

# The Link

Quendon & Rickling  
Parish  
and Church

The Link is available on-line at  
[www.quendonandrickling.co.uk](http://www.quendonandrickling.co.uk)

## NEWS

April 2023

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Quendon & Rickling Parish  
Council  
**WE NEED YOU**



We're short on councillors on the PC and we need you to come along and be part of the decision making body for your village.

Festivals, footpath maintenance and challenging housing development (to name a few topics) just won't happen without a PC!

Training is provided and qualifying criteria are simple - if you'd like to be a voice for the community in the village, and you've been a resident here for a year, you're in!

Meetings are once a month and there's some work to be done outside the meeting schedule, but it's not too onerous. You can contribute as much or as little as you feel you can commit to. We welcome new faces and new ideas - come along to a meeting (next one Wednesday 12th April 7:30 Village Hall) or drop a line to the clerk at [quendonandrickling.clerk@hotmail.com](mailto:quendonandrickling.clerk@hotmail.com)

Help us be proud of our village community

**Priest in Charge of the parish of Quendon and Rickling, Coordinating Chaplain Stansted Airport (2 days per week)**

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

**Telephone:** L: 01799 732059; M: 07878176551

**Day off:** Friday

**Churchwardens -** **Quendon:** Mrs Christine Osbourn 01799 543367 and Mrs Maureen Hawkins

**Rickling:** TBA

**Treasurer -** **Quendon and Rickling:** Mrs Sandra Arnold 01799 543075

# From the Vicarage Study

Rev. Peter Allen,

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

I can remember when I was a child, and Easter meant numerous chocolate eggs coming my way from aunts, uncles, family friends and more. Restraint not being my strong point, it used to find me devouring as many as I could in one go, and getting to that point where the thought of facing another piece of chocolate wasn't a mouth-watering prospect but a stomach churning one! My sense is that it is no longer the case that children get so many eggs from such a wide group of people today, and it maybe that chocolate no longer seems to be the treat as it once was. Familiarity and being over faced to the point of being turned off is not only something we can experience in relation to food, it can happen in relation to our approach to Easter.



I remember attending a Roman Catholic church where I was quite impressed with a statement that the priest said when giving out the notices for up and coming events and services. He interjected his notices with, "You don't have to go to all these things you know, as you can have too much religion." I'm not sure everyone understood his statement in the same way, but my take on it was that he knew that it was possible to mistake religious-looking activity for faith, and equate this activity with acting as a good Christian. Easter and Christianity are not about religion so much as they are about fullness of life. Nowhere does it say in the New Testament that Christ rose from the dead to bring us more religion. However it does say Christ came that we may have life in all its fullness. That Christ came to set us free. That Christ came to show us the way. That Christ came to give us sight to see the things of God.

These are just a few of the things Christ and others said about him, and the reasons he came to earth, died the way he did, rose again from the dead and ascended into heaven. Not one of them speaks to me of what may popularly be known as religion. Religious ceremonies, and religious tradition, and religious rites are very important and uplifting, when they give us the vehicle to express something of the faith that burns within and which just has to be expressed. Sometimes when our light of our faith is burning low, they keep us on course and give a structure too, but on the whole they need to be approached with faith and a heart that carries the Spirit of Christ within.



If this Easter you find yourself taking for granted the retelling of the Easter story, or getting over-faced with religious activity, it may be worth considering whether you are a seeker of life before you are a seeker of religion. Or has religion begun to take precedence over the life of the one it is meant to direct you to. For a moment in the place Jesus was buried, Mary mistook Jesus for someone who worked there as a gardener. It wasn't that Jesus wasn't there right in front of her, it was just that this reality had become blurred by other things, and having no expectation of seeing him there anyhow. We too can suffer a similar kind of inability to see that the risen Jesus is closer to us than we think, and that he wishes to lead us into greater life, greater freedoms, greater vision, greater wisdom, greater understanding and greater peace. Christ hasn't risen from the dead to bring us more religion, but to bring us life. May you know the reality of the risen Jesus this Easter.



Love and prayers for all, Rev Pete

*The Link* is produced on behalf of Quendon & Rickling Parochial Church Council.

Advertising supports the maintenance of our church buildings and their grounds.

*The Link* is printed through the generosity of

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Delivery to every household in the villages of Quendon and Rickling is by volunteers free of charge.

All correspondence for *The Link* should be addressed to the editor, Robert Arnold, e-mail: [robert@arnold-q.uk](mailto:robert@arnold-q.uk), telephone: 01799 543075

**Please supply copy by the 19th of the preceding month to allow for editing, printing and delivery.**

## Church Services in the Benefice

### Sunday 2nd April Palm Sunday

Communion.....	Newport	9.30am
Communion.....	Widdington	11.15am

### 6th April Maundy Thursday

Communion.....	Newport	7pm
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### 7th April Good Friday

Messy Church.....	Newport	10am
An hour by The Cross.....	Widdington	2pm

### Sunday 9th April Easter Sunday

Easter Celebration Communion.....	Newport	9.30am
Easter Celebration Communion.....	Widdington	11.15am
Easter Celebration Communion.....	<b>Quendon</b>	<b>11.15am</b>

### Sunday 16th April

Service of The Word including Sunday Club in Church House.....	Newport	9.30am
Communion.....	Widdington	11.15am

### Sunday 23rd April

Morning Worship.....	Newport	9.30am
Communion.....	<b>Rickling</b>	<b>11.15am</b>

### Sunday 30th April

Benefice communion service with Bishop of Chelmsford.....	Widdington	10am
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***No other services in the Benefice this Sunday***

### Sunday May 7th

Contemporary Communion with thanksgiving for the coronation of King Charles III.....	Newport	9.30am
Communion with thanksgiving for the coronation of King Charles III.....	Widdington	11.15am

### Sunday May 14th

All Age Service.....	Newport	9.30am
Communion Service.....	<b>Quendon</b>	<b>11.15am</b>

### Sunday 24th May

Communion Service including Sunday Club in Church House.....	Newport	9.30am
Communion Service.....	Widdington	11.15am

### Sunday 28th May Pentecost Sunday

Pentecost Celebration.....	Newport	9.30am
Pentecost Celebration Communion.....	<b>Rickling</b>	<b>11.15am</b>
Messy Church.....	Newport	3pm

## Reporting Crime

**For Crimes and suspicious activity NOW phone 999**

For other non-urgent contact and reporting a crime that has already happened **101**

**Alternatively you can report non-urgent incidents or suspicious activity and crimes online at <https://www.essex.police.uk/> and click on the appropriate button**

**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>

**0300 123 2040**

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> or, if the attempt was by Email, by forwarding it complete to: [report@phishing.gov.uk](mailto:report@phishing.gov.uk)

**CRIMESTOPPERS** To give information anonymously phone or report it online at [www.crimestoppers-uk.org](http://www.crimestoppers-uk.org) **0800 555 111**

***The information you provide is very important to us, so please make sure that we can use it effectively, by reporting it correctly through the proper channels. Thank you.***

## Rickling/Quendon Community Café

Quendon & Rickling Village Hall,  
Quendon CB11 3XQ

### Fun Bingo



Wednesday 19th April  
Coffee Morning  
10.00-12.00am

Please contact:  
Angie and Carole 01799 218061/543807



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## Quendon & Rickling 100 Club

Congratulations to the March 2023 Winners

1st Prize	C Foulser	£32
2nd Prize	P Lenthal	£21
3rd Prize	M Tissot	£10

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.

## 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. If an e-mail address is provided the pack can 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.

### Contact our Parish Council

Details of Parish Council meetings may be found on the village web-site <https://www.quendonandrickling.co.uk> and on village notice boards. All are welcome to attend.

The Parish Clerk is Keith Williams

Email: [quendonandrickling.clerk@hotmail.com](mailto:quendonandrickling.clerk@hotmail.com)

Telephone: **01279 814473**

### Contact our District Councillors

Email: [cllremanuel@uttlesford.gov.uk](mailto:cllremanuel@uttlesford.gov.uk)

Telephone: **01799 543487**

Mobile Telephone: **07801 039550**

Email: [cllrhargreaves@uttlesford.gov.uk](mailto:cllrhargreaves@uttlesford.gov.uk)

Telephone: **01799 540411**

Mobile Telephone: **0745 4687748**

See also monthly report in every issue of *The Link*.

### Contact our County Councillor

Cllr Raymond Gooding

Essex County Council

County Hall, Duke Street

Chelmsford, CM1 1LX

Email: [cllr.ray.gooding@essex.gov.uk](mailto:cllr.ray.gooding@essex.gov.uk)

Telephone: **01279 813103**

Mobile Telephone: **07778 643759**

### Contact our Member of Parliament

Kemi Badenoch, MP

House of Commons,

London, SW1A 0AA

Email: [kemi.badenoch.mp@parliament.uk](mailto:kemi.badenoch.mp@parliament.uk)

Telephone: **0207 219 1943**



# *You are invited to a Celebration of Weddings*

**Saturday 8th & Sunday 9th July**

**Visit Quendon Church for a celebration  
of weddings in our villages from 1895 to today.**

**With flowers, teas and a service including a renewal of wedding vows.**



**We'd love to show your pictures of past Quendon and Rickling weddings.**

**If you have photographs of Quendon or Rickling Church weddings  
please contact Suzanne: [qrpsc.sec@gmail.com](mailto:qrpsc.sec@gmail.com)**

## **From the Parish Council Chair**

April!

Surely it's Spring by now! March had us fooled for a bit; here's hoping we get something more spring-like this month.

Just a few points I'd like to mention this month.

In March we have been involved with starting the refreshment of the **Neighbourhood Plan** (NhP). Just to remind you, this is the Newport and Quendon & Rickling Plan, and, in the absence of an approved Local Plan, holds significant weight in local Planning decisions, as well as laying out how we, the community, would like our village to be in the future. It was adopted two years ago and is due to be refreshed. Brandon Chapman and Phil Sowter from Q&R are tackling the subject.

One of the most important areas it covers is a list of recommended sites in the villages for housing development. Obviously this overlaps with the Uttlesford Call for Sites – delayed, but due for decision in the next few months – which will form an important part of the Local Plan. It's likely that whichever way the decision falls, we must accept that some housing development is inevitable, given the demand for housing hereabouts, and

the plethora of developers interested. Where the NhP comes in is that it is an opportunity for us to direct where development should go, rather than leaving it to speculative developers to choose the sites that suit them.

There will be more on this in the coming months, and watch out over the summer for the Call for Sites decision on Pegasi's development plans here.

On the Bank Holiday Monday, May 8th, from 1pm we will be organising a **Coronation Picnic on the Green**. The Cricketers Arms will be providing a barbeque to augment any picnic you want to bring along yourself; it might be a good idea to bring a gazebo, just in case the weather is "spring-like".

There will be a free Bouncy Castle (for youngsters only, I'm afraid), stalls from village societies and music for entertainment; it'll be a good opportunity to come together and see old faces once more, have some fun, as well as celebrate His Majesty's Coronation.

**Wildlife areas** round the village will, as in previous years, be left unmown through the summer. This encourages pollinating insects especially. Maces Farm's Countryside Stewardship programmes should

## From the Parish Council Chair (cont.)

show some results this year, so I hope we'll see a blast of biodiversity round the village. The Information Boards that Maces Farm have put up contain a link to a lot of information on crops and stewardship initiatives by the farm, and are definitely worth a read.

**Councillors.** We're very sorry to see Rob Ryder resigning from the council due to his work and family commitments; Rob you've done great work liaising with the School and organising Events – thank you from all of us.

We have two vacancies on the Council at present. If we drop below three councillors we cannot make decisions, and the day-to-day concerns of the village will not be acted upon: no footpath maintenance, no village events, no development scrutiny, no community link to the district and county councils. Even with two vacancies, the hard-working unpaid volunteer

councillors we have are stretched at times.

Given the imminent pressure on development that will come as the Local Plan is developed, a voice for the community in these decisions is more vital than ever, and without Councillors this will not happen. So please do get in touch with Keith the clerk to put yourself forward as a Councillor; it's interesting and friendly and the work is not too onerous! Details elsewhere in this magazine, or on the website at <https://www.quendonandrickling.co.uk/parish-council/>

That's all folks, for April – let the growing commence and hope to see you on Monday May 8th – and for royalists amongst us: God Save The King!

Tom Duncan.

[tddqrpc@gmail.com](mailto:tddqrpc@gmail.com)

## District Councillors' Report

### Grant success

The UDC cabinet has in March approved £125k of funding for projects involving climate change actions, biodiversity and carbon reduction measures. Quendon & Rickling PC was awarded £5,425 in the Biodiversity Restoration and Enhancement category towards 'Clearance work on two Rickling Green ponds; one on the village green and one in Brick Kiln Lane.' We look forward to sparkling ponds, ducks, damselflies and bull rushes! At the end of August the fund reopens for another round of applications. With about £175k available.

### End of term

As there are district council elections in May, the March full council meeting is the last one for some time and a bit of an end of term event. Normally motions presented at Council are from the opposition as an administration doesn't need to raise instructions to tell itself to do things. However this time R4u councillors have raised three items. Here is a flavour.

### **Civic Amenity Site in Saffron Walden Booking System Motion:**

*'The Council believes that the Civic Amenity Site in Saffron Walden does not have queues. Council therefore calls on the Chief Executive to write to Essex County Council and request that plans for a booking system are abandoned and that the drop-in, no-appointment-necessary operating system is continued at the Saffron Walden site.'*

*Proposer: Councillor Martin Foley.*

John Lodge, well known to this parish, will be seconding the motion. Part of the reason for this intended action is that UDC is repeatedly blamed on social media for this piece of ineptitude which is entirely an Essex decision, on

which none of us were consulted and it seems the staff at the Civic Amenity Site were not consulted either.

### **To consider the motion regarding Essex Devolution as proposed by Councillor Hargreaves.**

*"The council considers that 'Greater Essex' is too diverse for a mayor to effectively represent and support all parts equitably, and that the extra cost of the precept, to pay for a fifth layer of governance, would be unwelcome for the residents of Uttlesford. The council believes that the possible 'Devolution' option for 'Greater Essex' is not a substitute for setting local government finances on a sound basis, and may result in wasteful projects. The council therefore instructs the Chief Executive to write to government urging them to implement a programme to fully fund councils on a long term stable basis, that will enable them to deliver all of the high quality services needed, before further considering Devolution deals."*

The government is offering cash handouts to higher tier councils but only if you have an elected mayor. This is another decision which neither residents nor elected councillors here have any vote on. The decision on adding this fifth layer of governance (parish, district, county, mayoralty and Westminster) is with Essex, Southend and Thurrock, which would be the fictional Greater Essex. Southend and Thurrock are independent unitary councils and not part of ECC. If handed out *pro rata* to population it could mean £2m a year to Uttlesford. But the distribution decision would be with the probably Conservative mayor in Chelmsford and there is no guarantee of an equitable arrangement. There is also the danger that extra cash is just deducted off the core financial settlements from government. I recently attended an online meeting with Minister Lee Rowley from the Department for Levelling Up, Housing and

## District Councillors' Report (cont.)

Communities on the final settlement of local authority funding for 23/24. There was a grand announcement of greater funding for the Rural Support Grant, which having lots of rural, UDC receives. After the meeting I checked with our deputy finance officer. Yes, we had got extra rural funding. But as the total settlement had already been capped, the extra amount was deducted off another line and we got nothing. Which must be the case for many other councils and the minister and officials must have known that when they made the statement.

What is needed is council core funding set out on a sound long term basis, not endless announcements of odd schemes from a department with an odd name, from short lived ministers.

### **Mould and Right to Buy Motion:**

*"The Council believes that this and other councils are tackling the health issue of mould in houses, accruing substantial investigation and remediation costs in the process, which are required by statute to be paid for out of rents from council tenants. The viability of the Housing Revenue Account is degraded by the loss of houses, and their rental income, through Right to Buy (RTB), from which this council loses on average 12 properties a year. A significant burden of rules and restrictions surrounds RTB which means that the Council cannot replace houses sold without adding in additional funds. The resulting loss is not only rental income, but a shortage of homes and a lengthened wait for housing applicants who need to move. This leads to overcrowding which in itself heightens the likelihood of homes suffering from damp and mould. Therefore, in order to support the financial viability of providing quality homes for tenants in the district, this Council instructs the Chief Executive to write to Government to request that they either:*

i. *fully reimburse councils' Housing Revenue Accounts for losses arising from Right to Buy, or*

ii. *follow the leads of the Scottish Government and Welsh Assembly and abolish Right to Buy entirely"*

Council house budgets are required to do everything - fix long term inherited problems, new problems, upgrades and fund new building. But since 1980 about £75 billion has been lost to council house budgets as a result of Right to Buy and about 2 million sales have taken place. Added to this is the strong disincentive for councils to build homes, only to have sell typically the best ones at a discount, lose income from future rental payments and not receive the full sale receipt. Mass building of council houses was destroyed at a stroke by Margaret Thatcher and Michael Heseltine and it is way beyond the powers of this council to repair that damage, but we do our best. Obtaining the full sale proceeds, and without a host of rules and restrictions, would help.

### **District Council Elections**

Judy and I standing for re-election in May. At this point we don't know of any other candidates for the ward.

### **Councillor Surgeries**

These are in Dorringtons every Friday from 10.30 to 11.30. If we have to cancel these, we will post on the village facebook.

*Cllrs Judy Emanuel and Neil Hargreaves*

Our contact details are:



[cjlremanuel@uttlesford.gov.uk](mailto:cjlremanuel@uttlesford.gov.uk)  
01799 543487 or 07801 039550

[cllrhargreaves@uttlesford.gov.uk](mailto:cllrhargreaves@uttlesford.gov.uk)  
01799 540411 or 0745 4687748



### **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](http://www.uttlesford.gov.uk/keepmeposted).

## Catching Speeding Motorists

As you may be aware, the Speed Watch group have been out over the past few months as regularly as possible attempting to raise awareness of the speed limit of the main road through our village.

It has been an interesting exercise and in spite of the 30 MPH signage at each end of the village and Speed Watch notices, it's worrying that folk still speed through.

In the recent sessions, we have recorded (and reported) dozens of motorists driving at speeds up to 47 MPH! On the back of the speedwatch reports the police have recently set up mobile speed traps here which have been very effective.

At the moment we are a small group and would love to have a few more volunteers to assist in this important activity. If you could spare an hour every couple of weeks, please contact the parish clerk at [quendonandrickling.clerk@hotmail.com](mailto:quendonandrickling.clerk@hotmail.com)

Remember, The Link welcomes items of interest to readers in the parish and beyond! Jokes, favourite recipes, puzzles, reminiscences are all good to include and keep our parish magazine fresh and lively!

*The Editor:* [robert@arnold-q.uk](mailto:robert@arnold-q.uk)

**Stansted Mountfitchet U3A**

On a lovely day in February the Garden Group made the first of their visits for 2023 by visiting Grove Lodge, Saffron Walden. The owner, Chris Shennan, introduced them to his half-acre, semi-woodland garden where hellebores, aconites, snowdrops, crocus and winter-flowering shrubs have been allowed free rein to create a beautiful, natural scene, high in biodiversity yet close to the town centre. There was plenty more to see with two ponds, topiary, an orchard and fruit and vegetable garden. They went the day after the garden opened under the National Garden Scheme and so delicious cake and cups of tea and coffee were available following their tour. A great start to the year.



Nearly 80 people attended the February Saturday Seminar at which David Morson talked about the conflict between Ukraine and Russia. They were taken back to the 9th century to discover the founding of Kievan Rus by Swedish Varangians, the forerunner of modern day Ukraine. They learnt about the frequently moving borders and the famines imposed on Ukraine by Stalin, bringing them up to the fall of the USSR in the 90's. Russia signed a treaty guaranteeing the borders of the countries formed out of that collapse. They were left with a much clearer idea of the history leading to this terrible war, helping them to see through current Russian propaganda.

Please see the Events page of our website for details of our next Seminar on 29th April and future Seminars in 2023.

Our speaker at the General meeting on April 20th will be Lindsay Whitehouse, who has been the Governor of several prisons including Chelmsford prison. He was also the first Deputy Police and Crime Commissioner for Essex and has written particularly for professionals involved in the Youth Justice system. His talk is called "My Life in Prison".

**Quendon and Rickling Community Café**

Hi everyone

This is just a little notice to let you know what we are up to over year and will update with trips dates and times of the trips .

We are planning to go to the Bury St Edmunds market day at the end of May, and have some spare seats. If you would like to join us it will be £22.00 and I will have to know ASAP if you are interested to come along. We hire a 25 seater coach so most people know each other.

The Jumble sale is on again in September this year and any jumble can be dropped off in my lean to at 4 Thistley Crescent, Rickling Green from July onward, or the night before at the hall.

A Crafty Christmas event is being held in November, date to be arranged, so if you would like a stall to sell your craft it will be £10.00 per stall and will be a Saturday.

The final trip to be arranged is the Thursford Spectacular at the end of November, so if you would like to join us please let me know ASAP.

Our membership is growing every month and if you would like to become involved with any of our events or want to know more, please phone Angie or Carol 01799 543807 or 01799 218061.

Look forward to seeing you.

*Angie Hutton*

**Quendon & Rickling Golf Society**

Just a gentle reminder that the Quendon & Rickling Golf Society will be meeting at Whitehill Golf Club (Dane End) on Thursday 27th April. The day consists of 18 holes of friendly golf with bacon butties and coffee to start and sandwiches and chips (one of golfers' favourites) to finish. We are expecting a good turnout with 4 new guests already, which we will be delighted to welcome. If anyone else would like to join us please contact me as soon as you can and I will give you all the details.

KEEP GOLFIN'

Brandon Chapman

**01799 543518/07909 686627**



## Quendon Estate & Maces Farms

Spring is certainly showing signs of arrival as we welcome injections of colour around the Estate.



Following our last article, we are proud to have successfully completed planting 2,500 trees in various woodland compartments across the Estate

to restock areas that were previously thinned or clear felled for management reasons. The planting completes the first phase of restocking trees on the Estate and we plan to continue again in the autumn.

On the farm, spring operations are starting to commence and we have completed our first pass of applying fertiliser to our autumn sown cereal crops, which have responded well and have benefitted from a healthy dose of rain.



Towards the end of February, we completed the installation of our new information



boards which are located in various positions across the public rights of way network which crosses through parts of the farm. Each information board has a QR code which can be scanned to find out more

about the respective areas of the farm, what operations have been carried out, plus what environmental initiatives we are undertaking. Keep your eyes peeled and give them a go. We welcome your feedback.

Whilst we wait for a clear weather window to drill our Spring Barley, other operations on the horizon include

identifying and re-establishing stewardship areas which unfortunately have struggled following the extreme heatwave last year. We will also soon be back out in the fields to continue tending to our autumn crops to mitigate weeds and pests as temperatures start to rise.



A number of people have also asked us about the appearance of the 'oversized mole hills' that are in certain fields. These are formed of treated biosolids from Anglian Water which will remain in situ until after harvest, when the heaps

will be spread on to the fields and incorporated before an autumn crop is drilled. The reason for utilising biosolids is to reduce dependence on artificial inputs and to add nutrients back into the soils.

Thank you to everyone who registered for the community surgery on the 15th March. We hope you found it interesting. If you would like to meet with us to ask a question or learn more about the Quendon Estate and Maces Farms, our next community surgery will be held on Wednesday 19th April 2023, starting at 10am and finishing at 6pm at Maces Farm office. If you would like to call in to see us, please book a time in advance by emailing Robert Timmins: [RTimmins@pegasi.co.uk](mailto:RTimmins@pegasi.co.uk).

Robert Timmins

Resident Agent & Company Surveyor

Tel: +44 (0) 207 245 4510

Mobile: +44 (0) 7468 012 350

Email: [RTimmins@pegasi.co.uk](mailto:RTimmins@pegasi.co.uk)

Address: Quendon Estate & Maces Farm, Maces Farms, Maces Farms Office, Bury Farmyard, Rickling Green, Saffron Walden, Essex, CB11 3YG

Pegasi Management Company Limited



**QUENDON BOWLS CLUB**

Open Weekend on the 22nd & 23rd  
April between 9am - 5pm

*New Members Welcome*

Try Lawn Bowls, Friendly Tuition  
Club house licensed bar & snacks, pool table, darts, carpet bowls

**Fun for all the family**

Cambridge Road, Quendon CB11 3XQ  
Large Car Park

## Quendon Bowling Club News

### Outdoor Bowling

Despite the poor weather of late (who expected the snow?), the green is getting plenty of TLC to get it into tip top condition ready for the new season. The rotted ditch boards have now been replaced and re-secured, the green has been spiked to aerate it and has also been fertilised. Brushing on a regular basis and grooming continues and mowing in earnest will start soon. Also the lawn in front of the clubhouse and the gardens and beds are now having their spring spruce up to get ready for the new season.



Charlie



John Hand-mowing

We have been invited to host the League finals day at the end of the season, so we are working hard to ensure that everything is perfect for us to showcase the club and its facilities.

I am pleased to say we have, as a club, entered three Leagues this year. The Steeple Bumpstead and the North West Essex Leagues as in previous years, with the addition this year of the Essex and Herts Senior League. All these are for mixed teams, and we could do with a few more ladies to bowl. Our first competitive match is on the 2nd May, which will be at home against Stansted.

Our club open day has now been extended to an open weekend on Saturday the 22nd and Sunday 23rd of April for anyone interested, or just curious, to come and give it a try. Coaching will be given and all you need is flat soled footwear - trainers are fine - and a range of different size and weight bowls will be available for you to try.

Come and meet the members, see what facilities we have and have a drink at the bar or a cup of tea from the kitchen.

### Indoor Bowling

Unfortunately, I cannot report any good news about our team who play on a Thursday afternoon at Turpin's in Saffron Walden, despite their best efforts and a few close finishes, they remain firmly at the bottom of the table.

Short mat carpet bowls will continue in the Clubhouse on Wednesday evenings at 7.00pm until the end of April. We usually have two "rinks", a very light-hearted and social way to get introduced to bowling, and the club members, and to have a chat over tea and biscuits and sometimes even cakes.

### Social Evenings

Our social evenings are continuing in the clubhouse during the off season on the second and fourth Fridays of the month and are increasingly being supported by local people, and for that we thank you. I know from your feedback that you are all enjoying the evenings and have made some new friends within the club. We have our "Play Your Cards Right" evening on the 24th March, and our dates for April will be 14th and, along with the usual offerings, a Quiz night on the 28th. Keep your eyes on the village notice board and, also the Quendon & Rickling Facebook pages for regular updates.

### General

We are pleased to welcome Tim and Irene who have signed as full social members and are regular visitors on Fridays.

Don't forget that the Clubhouse, including the kitchen and licensed bar, including bar staff, can be hired out for your special occasion. There is plenty of parking and, when the better weather arrives, outside seating. Currently the hire rate is £80.00, so if you wish to enquire about availability, please contact Mick on 07570 156095 or leave a message on the Clubs answerphone 01799 543544 and we will get back to you.

## For Sale

**HSL Aysgarth Petite single rise and recline comfy chair.**

**Less than 2 year old and in excellent condition.**

**£650 ono (it cost £1,800 new)**

**Contact Sandra at [sandra@arnold-q.uk](mailto:sandra@arnold-q.uk) or call 01799 543075**





## Saffron Walden Museum

The museum for north-west Essex



### Visiting the Museum!

Our standard opening hours are:

Wednesday-Saturday 10-5pm

Sundays & Bank Holidays 2-5pm

Closed Mondays (apart from bank holidays)

Tuesdays are reserved for pre-booked group visits by schools and other parties in term time.

### Meteorites land at the Museum



**Sahara desert  
meteorite**

© Gerald Lucy

A special display of meteorites comes to Saffron Walden Museum from Sunday 12 March to Friday 14 April. These rocks from space include meteorites that landed in Africa, Greenland, North America and Russia.

Rocks can also be ejected from the surface of planetary bodies when they are hit by a comet or

giant meteorite. You will be able to see pieces of rock ejected from Mars and the Moon which landed on Earth as meteorites.

Its unveiling accompanied the Museum's Object of the Month for March - the cast of the meteorite that landed in Ashdon a hundred years ago on 9 March 1923. The fall was witnessed by a thatcher called Frederick Pratt who was working in a wheat field at Ashdon Hall Farm. He heard a



**Cast**

'sissing' sound and looked up to see "...the earth fly up like water". Later he dug up the stone from a depth of two feet with another farm worker called Curven. Frederick took it to the police station in Saffron Walden, then to his vicar in the village of Wendens Ambo. Reverend Francis W. Berry purchased the meteorite and donated it to the Natural History Museum, where it was investigated by the Keeper of Minerals, George T. Prior. He classified it as a stony chondrite meteorite. It contains minerals feldspar, pyroxene and olivine, white specks of nickel-iron and other minerals from which the solar system formed 4.5 billion years ago.

Chondrites are by far the most abundant class of meteorites, but they are also the most interesting, as they are thought to have been formed at the same time, and from the same stuff, as the inner rocky planets of our Solar System. They contain a mixture of fine-grained crystalline and glassy materials, and there are several different types, but they are all characterised by the presence of 'chondrules' - tiny, near-spherical beadlike objects about a millimetre in size. Chondrules are named after the Greek word chondrus, meaning grain, and are

only found in meteorites. There is no scientific consensus on how chondrules were formed, but they are thought to have once been molten droplets in space, formed at very high temperatures, which solidified and aggregated into asteroids. The Ashdon meteorite is 12cm x 9cm x 6cm in size and weighs 1.27kg. The smooth face of the meteorite was melted by the heat generated as it travelled through the Earth's atmosphere from space. To celebrate the centenary of the fall, the Museum's cast, made in 1926 using a mould of the original meteorite, was on display during March.

More information about the meteorite fall in Ashdon is provided thanks to information from Ashdon Village Museum, the Essex Rock and Mineral Society and the Geologists' Association.

### World Cultures Gallery

In recent weeks we have been doing preventative conservation work behind the scenes in our world cultures gallery, to reduce the chance of moth infestation over the Spring.

We've been removing organic items for freezing, as well as vacuuming the floor of the big walk-in Oceania and Melanesia case to remove debris which pests can feed on. We surprised a few visitors when they spotted us inside the display case!

### Documenting the Archæology Collections

Work continues to create digital records for a large collection of metal-detected finds donated by a local enthusiast. The most recent work has been on coins collected at Stagden Cross near High Easter from the

Late Iron Age and Roman periods. This Late Iron Age coin has a horse rider on the reverse, and the front (obverse) has the head of 'Jupiter Ammon'. This is the

Roman god Jupiter shown with curled ram's horns, a tradition taken from the important Egyptian god Ammon who was usually shown with horns. Ammon's curled horns are also the inspiration for the name of fossil ammonites.

### Upcoming Exhibition - Feeding the Family Sat 1 April - Sun 2 July 2023

**The history of food preparation and food serving from Roman times to present day.**

In recent weeks we've been researching the history of food for our upcoming exhibition.

Jenny visited The Gibson Library, in town to look through 18th century cookbooks, one associated with Elizabeth Lindsay from 1766 and a later 18th century cookbook, associated with Lofts Hall.



## Saffron Walden Museum (cont.)

Meanwhile Charlotte's been busy creating replica food for the exhibition using dental alginate to take casts of real food to get the right shapes and sizes and then painting the cast versions up to look realistic for the displays.

### Easter Holiday Activities

#### **4 April : Jumping Bunny Puppet**

Create your own bouncing bunny buddy. This split pin puppet will have you jumping for joy!

30min sessions between 10.10am-2.30pm. Sessions cost £2.40 per child.

Pre book your preferred time slot online via our Art Tickets page at <https://saffron-walden-museum.arttickets.org.uk/>

Drop in spaces may be available on the day on a first come first serve basis.



#### **5 April: Easter Egg Suncatcher**

Celebrate spring with this hands on suncatcher activity. This hands on session is suitable for ages 4+ plus although anyone is welcome to take part, younger children may need help from there grown up.



30min sessions between 10-3pm. Sessions cost £2.40 per child. Pre book your preferred time slot online via our Art Tickets page (see above).

### New Wildlife Habitat

We are pleased to welcome a new log pile in the area behind the castle, adding to the stag beetle loggery that was already there. The wood for this latest log pile comes from several trees that were made safe after storms last year. Hopefully this new habitat will provide shelter for bugs, small mammals and even reptiles or amphibians, and we are looking forward to seeing what fungi emerge.

### Saxon Hair Care



The latest batch of archaeological 'small finds' to be checked and moved to a new storage location are objects from the mid-Saxon manorial site at Wicken Bonhunt, excavated 1971-4 by the Department of the Environment. The items shown hint at hair care routines. The two delicate pins, no more than 5cms long, would

have been for securing women's hair or possibly light items of clothing; the pin with the curly head is made of bronze and the other is of bone. There were also many fragments of



double-sided bone combs, the teeth all cut by hand using a very fine miniature saw. Everyone needed a fine comb to get rid of nits (headlice)! More finds from Wicken Bonhunt are displayed in the Museum's Early History gallery.

### Is this Mary Queen of Scots's Glove?

One of the "star" objects in our human history collections is this 16th century glove which is thought to have been worn by Mary Queen of Scots.



It is a gauntlet style glove, which would have been worn on the left hand. It is made from kid leather, which has

been decorated with coloured silk and elaborately embroidered with silver wire with gold lace additions. The design, which is repeated on both sides of the gauntlet, includes roses, foliage and trees as well as a bird with a long tail which is pictured in flight.

The glove is lined with bright crimson satin, a narrow band of which is turned outwards, and forms a binding on to which is sewn gold lace and there are small silver spangle pendants fastened on to it. The opening at the side of the gauntlet is connected by two broad bands of crimson silk, now much faded, each decorated at the edges with silver lace.

It has been commented that the glove has been altered and that the pieces hanging from the wrist were a later insert in keeping with 17th century fashions, which we hope to explore further with experts

This glove is thought to have been given by Mary on the day of her execution (8th February 1587) to Marmaduke Dayrell who was Master of the Household, Clerk of the Avery at Fotheringay Castle as a token for his "faithful devotion to her Highness's service." The glove remained for a long time in the possession of the Dayrell family. It was initially loaned to the Museum in 1837 by Frances Dayrell of Shudy Camps Park, Cambridgeshire which is close to Haverhill, before it was later donated to the museum.

### Would you like to join our team?

We are always looking for new volunteers to join our team on a regular basis. We would also be delighted to hear from volunteers who are able to provide adhoc 'cover' for our regular shift volunteers when they have planned absences such as holidays, hospital appointments, etc.

To find out more about these and 'Learning and Support' volunteer opportunities please contact the museum using the details below.

For full details of our opening times and to book online:

Website: [www.saffronwaldenmuseum.org](http://www.saffronwaldenmuseum.org)

Email: [museum@uttlesford.gov.uk](mailto:museum@uttlesford.gov.uk)

Phone: 01799 510333





## THE HUNDRED PARISHES SOCIETY

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

As the weather warms, we look forward to an abundance of flowers offering food for bees, hoverflies and butterflies. A report by the Essex Wildlife Trust indicates that such sightings may be much reduced. During 2022, members of the Trust participated in the UK citizen science Bugs Matter Survey, recording 'bug



**Dragonfly**



**Gatekeeper butterfly**

splats' on vehicle number plates to monitor flying insect abundance. The numbers of insects recorded on 277 journeys across Essex suggested that insect numbers have declined by 60% since 2004.

This is a worrying trend as it has implications for the survival of many other organisms. The majority of plants rely on insect pollinators to set seed including wild and garden flowers and three quarters of our food crops. Many song-birds feed on insects, and seed eaters such as skylarks and house sparrows nourish their young on insects.

The reasons for this decline are complex, but as most arable crops are grown without any weeds this reduces the variety of food supplies for caterpillars, aphids and bugs.



**Green grasshopper**

Fewer flowers mean less food for bees, adult butterflies and moths.

Fortunately, many insect species are resilient, and we can help with the survival of some. I encourage you to plant up your gardens with native hedgerow shrubs, a tree or two and install a bug hotel as these provide many habitats where insects can over-winter. Accepting flowery lawns and planting a wide selection of flowers is not only attractive to us but provides nourishment for an abundance of insects too.

There are many helpful guides to creating a wildlife garden; the RHS website is helpful as is Gardening for Wildlife by Adrian Thomas published by Bloomsbury in 2017.



**Thick-legged Flower beetle**



**Large Red Damselfly**



**Mayfly**

To get involved with the survey see <https://www.buglife.org.uk>

Visiting local gardens for helpful tips is fun too - see the What's On page of [www.hundredparishes.org.uk](http://www.hundredparishes.org.uk).

*Tricia Moxey, Trustee*

## The Uttlesford Open 2023

### A Sense of Place: The People, Place and Landscape of Uttlesford

Calling all artists, makers and creatives! An exciting opportunity to submit artwork to Saffron Walden Museums first open call art exhibition.

The Uttlesford Open 2023, Saffron Walden Museum's first open call art exhibition, will open to the public on Saturday 22nd of July. The exhibition aims to showcase artistic talent from across Uttlesford. Open to anyone, from complete beginners to seasoned professional, the exhibition will give local artists the chance to have their work exhibited in the historic museum building.

Artists, aged over 18 who are living, working, or studying in Uttlesford or within 20miles of Saffron Walden Museum are invited to submit artworks on the theme of *"A Sense of Place: People, Places and Landscape of Uttlesford"*.

Entries will open on the 3rd of April and close on 11.59 on 20th of May 2023.

After the closing date, a panel of judges will select work to go on display in July at Saffron Walden Museum. The artworks will be judged on both their artistic merit and their response to the theme.

#### **How to enter step by step**

Art works in any medium will be accepted with the exclusion of film or audio



## The Uttlesford Open 2023 (cont.)

pieces. 2D art works can be no larger than 50cm on their longest side. 3D pieces must not exceed 25Kg and be no larger than 50cm wide and 50cm deep at the base.

The charge for entry is as follows:

1 artwork: £10.00; 2 artworks: £15.00

Concession rates are available to students holding a valid student or Over-60s holding ID. They are:

1 artwork: £5.00; 2 artworks: £7.50

Please note that this is a judged exhibition, and your work may not be selected for physical exhibition at the Museum. The entry fee is non-refundable. All fees must be paid as part of the online submission process. Those artworks which are not selected for the physical exhibition will be shown digitally. If the entry fee is not paid, none of the submitted works will be considered for selection.

Entries to The Uttlesford Open 2023 must be made via email. You must be able to include digital images of artworks for the selection process. You will need access to a computer and the internet, a valid email address and clear digital image(s) of your artwork(s) for the submission process. If you need help to apply or have access needs, please contact [museum@uttlesford.gov.uk](mailto:museum@uttlesford.gov.uk)

Submissions can be made from 3rd of April 2023 and applications will close at 11.59pm on 20th of May.

The number of applications is limited to 500, so early entry is recommended.

To enter you must pay an entry fee for one or two art works via our art tickets page (see below), ensuring to read the full T&C's beforehand. You will be asked to include your digital receipt from art tickets when emailing your entry to us.

The purpose of the Uttlesford Open exhibition is to support artists and to allow the public to purchase artwork. As a result, all work submitted for the Open must be available for sale.

Work sold during the exhibition is subject a museum commission at 25% and VAT on the commission.

We anticipate that works priced up to £200 will sell more frequently than artworks valued higher than £200.

For more information: <https://www.swmuseumlearning.com/uttlesfordopen23>

For help: [Museum@uttlesford.gov.uk](mailto:Museum@uttlesford.gov.uk)

Pay your entry fee: <https://saffron-walden-museum.arttickets.org.uk/>

Submit your entry: [UttlesfordOpen@uttlesford.gov.uk](mailto:UttlesfordOpen@uttlesford.gov.uk)

## Wellbeing Hub – Hospice brings specialist services to the heart of Saffron Walden

West Essex and East Hertfordshire charity, St Clare Hospice, is expanding its services into the heart of Saffron Walden with a new 'Wellbeing Hub'.



St Clare Wellbeing Hub – Saffron Walden, delivers a range of specialist services directly to the people of Saffron Walden and surrounding villages. Meaning those living locally with life-limiting conditions can be helped to live well, with the weekly drop-in hub taking place every Thursday from 10am - 3pm in the Salvation Army Hall.

The Wellbeing Hub runs a rolling schedule of sessions, bringing the current wide range of specialist support offered at the Hospice site in Hastingwood, to the town. This will include therapies support, social work support, and specialist nurse specialist input. People with diagnoses including (but not limited to) cancer, heart, lung and kidney conditions, and neurological conditions, will benefit.

Support includes: information on finances, benefits and future planning; emotional and spiritual support; fatigue and breathlessness management; mindfulness and relaxation; a drop-in café and dedicated fortnightly Bereavement Café.

Tracey Hall, Head of Community Engagement, is running the project and said, "We're delighted to be bringing our specialist Hospice services straight to the people of Saffron Walden. We know that the distance to the main Hospice site is a challenge for many local people. We hope that the new weekly Wellbeing Hub will mean more people with life-limiting conditions can get the support they need and deserve."

"If you have been recently diagnosed with a life-limiting condition, for example cancer, heart failure, COPD, or Parkinson's, we are here to support you and help you to live well. The Wellbeing Hub's aim is to be there for more people, from an earlier point in their diagnosis. We want more local people to get the advice and support they need, as early as possible."

Tracey continued, "Being told that you have something that cannot be cured comes with so many questions and fears for people. From how to get benefits and financial support, to having conversations with their family, and planning their future care. Our expert professionals can also give advice and run sessions to help people to stay well for longer, and to keep doing the things they love. This can include tips for fatigue management,



## Wellbeing Hub (cont.)

breathlessness workshops, and advice on managing nutrition and medication.”

A St Clare Community Hub was first launched in Saffron Walden at the Salvation Army in 2021 with social work and counselling support on offer. The success of this pilot project has led to the expansion of services on offer at the new Wellbeing Hub. It means that a wider range of Hospice services will be available to people in the town, and on a more regular basis.

As well as a schedule of specialist sessions, the Wellbeing Hub also includes a fortnightly Bereavement Café for local people looking to connect and find support from others experiencing grief and loss.

There is also the chance for anyone to drop-in, every single Thursday, during the Café Clare session from 1pm

– 3pm. You don’t need to pre-book, and it is open to all people wishing to find out more about St Clare Hospice.

The Saffron Walden Wellbeing Hub takes place every Thursday, 10am – 3pm, at the Salvation Army Hall (Abbey Lane, CB10 1AG). Parking at Swan Meadow Car Park.

The Wellbeing Hub officially opens on a weekly basis from Thursday 2nd March 2023.

For more information and to view the Spring/Summer 2023 schedule of sessions, visit: [stclarehospice.org.uk/wellbeing-hub-saffron-walden](https://stclarehospice.org.uk/wellbeing-hub-saffron-walden).

Contact Tracey Hall, Head of Community Engagement, on **01279 773700** or [info@stclarehospice.org.uk](mailto:info@stclarehospice.org.uk) for information.

East Anglian Traction Engine Society - Registered Charity No. 296027

# SAFFRON WALDEN CRANK - UP

STEAM AND VINTAGE VEHICLE SHOW

Steam Engines \* Tractors \* Vintage Cars  
\* Trade and Crafts \* Bar & Food  
Traditional Fairground



**Carver Barracks, Wimbish, Saffron Walden CB10 2YA**

**ADULTS £7 each, CHILDREN FREE - GATES OPEN 10.00**

*Tickets available to pre-book now at reduced rates! Visit our website.*

**[www.swcrankup.co.uk](http://www.swcrankup.co.uk) - 07882 175438**

# 22nd & 23rd APRIL 2023

## CRIME PREVENTION from Neighbourhood Watch

### How safe is your money with you?

“I don’t carry much cash around with me so I’m ok!”

NO!!

If you use a contactless card you are equally vulnerable.

Mobile payment devices like the above can make your bank account or credit card vulnerable.

Most banks and credit card companies provide you with a contactless payment card that allows you to tap and go. In some cases this is all the criminal wants. If they set the amount onto their machine, all they need do is get close to you and your card, and that’s it! £100 put straight into their bank account...or perhaps £200..£300...or more if they tap again. This can be done by getting close to your purse or wallet in your bag or

## **CRIME PREVENTION from Neighbourhood Watch (cont.)**

pocket, often in crowded locations, even perhaps by bumping into you, and without the need to actually take your card!

This method of money theft also appears to be increasingly used (nationally) by traditional pick pockets and distraction thieves who no longer have to acquire your PIN to use the card at an ATM to withdraw cash or use the stolen cards to buy goods in shops instead. They simply use their skills to steal your card and then using their own mobile payment devices, tap the card multiple times and transfer the money, before the bank becomes aware of what is happening.

### **So what can you do to help avoid this?**

Get yourself a card defender pouch that holds your cards and blocks the Radio Frequency Identification wireless connection between your card and the machine. You may be able to get one of these free of charge from your local Police at public engagement events or via your Neighbourhood Watch scheme. For example the Card Defender Diamond is a RFID blocking solution that will protect contactless cards within a 10cm radius of it. It eliminates the need for multiple individual card holders/pouches. Various options available on the internet

You could get yourself a new purse/wallet/card case with RFID blocking measures incorporated into the design. (Again various options are available but make sure you buy one from a trusted source).

Reduce the thieves pay-out by asking your bank or credit card to reduce the maximum amount, (currently £100) that you can spend contactlessly... after all you can still use the card for larger amounts if you use your PIN. You may be able to do this yourself via a banking app.

If you are not sure whether your card has been mislaid or stolen, if you have an app and are able to do, so put a temporary block on the card until such time you find it or decide it is definitely lost or stolen and then cancel the card completely.

RFID signal blockers (e.g. Faraday pouches) are also recommended for keyless cars. Please be aware that all flexible RFID blocking devices may lose their efficiency if they wear out and may need replacing after a time.

### **Stay alert when using ATMs!**

Action Fraud has reported an increase in distraction tactics being used at ATM's.

In part due to the increase of chip & pin cards, fraudsters are 'shoulder surfing' to watch as you type your PIN into the machine, before using distraction tactics to clone or even steal your bank card. Remember to always shield your PIN when typing it in and check no one is standing too close behind you.

### **Clare's Law**

If you're worried your current partner or ex-partner might

have an abusive past and believe they may pose a risk to you in the future, you have The Right To Know. Using Clare's Law, you can make an application to request information about any previous history of violence or abuse a person might have. For information about Clare's Law visit our website: <https://www.essex.police.uk/advice/advice-and-information/daa/domestic-abuse/alpha2/request-information-under-clares-law/>

Have you been subjected to domestic abuse? Don't suffer in silence. Find support networks across Essex at <http://www.essexcompass.org.uk/>.

### **What is the Amazon refund scam?**

You receive an automated phone call, asking you to press a button to talk to a person. This person is the scammer who tells you money has been taken from your account for an Amazon Prime subscription by mistake. They apologise and ask if you would like it refunded.

Once you have agreed to this and followed their steps. The scammer will then claim they sent too much money to you by mistake, asking you to send it back. This will be a large sum.

Amazon would never contact you like this.

If you think you might have been a victim of this scam or any other call your bank immediately and report it online.

For advice on steps you can take to help secure your belongings, protect yourself and prevent yourself from becoming a victim of crime, visit

[www.essex.police.uk/cp](http://www.essex.police.uk/cp)

### **Preventing stolen doorstep deliveries**

Here are some things you could do to reduce the risk of doorstep theft:

- track your parcel to ensure you or someone else is at home for the delivery
- install a video doorbell; this can be connected to your mobile so you are notified immediately of any delivery, and is easier to install than a full CCTV system
- install a security light
- arrange for your parcel to be delivered to a trusted neighbour, or other family members who will be at home; if you live in a flat, is there a concierge who could accept the parcel for you?
- use an off-site locker service for frequent deliveries, or for expensive items; these parcel boxes are more likely to be in busy, safer locations - such as supermarkets - rather than secluded areas which could be targeted by thieves.

Dispatch – Uttlesford Edition is a digital newsletter published every Wednesday, to provide you with a weekly update about what's been happening in the Uttlesford district, along with news, crime prevention



## CRIME PREVENTION from Neighbourhood Watch (cont.)

advice, upcoming community events and more. Once you sign up, it's sent directly to your email inbox. It's completely free and you can unsubscribe at any time.

Sign-up today by going to <https://www.getrevue.co/profile/eputtlesford> and make sure you're the first to receive our new e-newsletter.



**DO YOU WANT TO HAVE A SAY IN HOW YOUR COMMUNITY IS POLICED?**

Essex Police Strategic Independent Advisory Group and Local Independent Advisory Groups play an important part in ensuring that Essex police consult with and understand the views of our diverse community. The aim is, in reviewing our work-practices, to help the Force better understand how our processes and policies can affect the different communities in Essex.

To allow this consultation process, members are recruited to offer advice and guidance to the police, to assist and advise at times of critical incidents and provide constructive feedback around new policy developments and police recruitment.

If you're interested in shaping the way policing is delivered in Essex and ensuring your community has a voice, download an application form from [www.essex.police.uk](http://www.essex.police.uk) or email [lag@essex.pnn.police.uk](mailto:lag@essex.pnn.police.uk) for more information. Alternatively scan the QR code below with your smart phone.



### Can you describe your valuables?

Don't forget to take photos of your jewellery for your records and to property mark and register other relevant property!

For more advice on steps you can take to help secure your belongings, protect yourself and prevent yourself from becoming a victim of crime, visit <https://www.essex.police.uk/cp/crime-prevention/>

### Burglaries

In some other areas there has been a noticeable increase in burglaries via rear first floor windows and balcony doors.

Please do not leave anything around that may be able to be used to help access upper stories, e.g. insecure ladders

or wheelie bins that can be used to access flat roofs. Make sure that your windows are secure, especially at the rear of your home and where they are out of sight from passers-by.

If you have a zoned alarm do not forget to set it for upstairs as well, when you are out.

Also remember to make your house appear occupied by using timers for lights and radios where you can.

For more advice on steps you can take to help secure your belongings, protect yourself and prevent yourself from becoming a victim of crime, visit [www.essex.police.uk/cp](http://www.essex.police.uk/cp)

### Scams- Spot the Difference



(For those of you who may be unsure: the second one is the scam. Your bank would expect you to know how to log into your own account, so wouldn't be offering a (dodgy) link!).

If you are unsure, always contact your bank by a trusted method. Don't chance it!!



Paul Harris, Essex Police Staff No 42077939

Essex Watch Liaison Officer for Brentwood, Epping Forest, Harlow and Uttlesford districts

Tel: **07738 736687** (Please avoid leaving phone messages and email me instead.

[Paul.Harris@essex.police.uk](mailto:Paul.Harris@essex.police.uk) Thanks)

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



## 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. Another is sited outside Reception at the front of Rickling School. Anyone can save a life by using one of them until an ambulance arrives. In addition you can seek help from any of the volunteers listed below.

Name	Home Telephone	Locality
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
Wendy Stannard	01799 541869	Middle - Cambridge Road
Anne Howes	01799 543545	Southern end - Cambridge Road
Paul Carrol	07889 344869	Southern end - Cambridge Road
Joanne Hales	07903 596011	Rickling Green
Janice Hart	01799 541196	Rickling Green/Brick Kiln Lane/Rickling
Clare Willoughby	01799 543637	Rickling Green/Brick Kiln Lane/Rickling



For further information see [www.communityheartbeat.org.uk/](http://www.communityheartbeat.org.uk/)

**Remember: Using the defibrillator can't cause injury. Doing nothing can.**

## 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
Saffron Searchers	1st Monday in month	20.00-22.00	Q&R Village Hall	
Pilates	Mondays	09.00-10.00	Q&R Village Hall	Jan Crawley 07742 182272
Dog Training	Mondays	20.00-21.30	Q&R Village Hall	Pauline Everton
Dance Exercise	Tuesdays	10.30-11.30	Q&R Village Hall	Christine Alexander
Dance Exercise	Tuesdays	14.30-15.30	Q&R Village Hall	Christine Alexander
Community Café	3rd Weds in month	10.00-12.00	Q&R Village Hall	Angela 01799 218061/Carol 543807
U3A Choir	Wednesdays	11.15-13.15	Q&R Village Hall	
Carpet Bowls	Wednesdays	19.00	Quendon Bowls Club	David Edwards 07804 954095
Buffy Playbus	Fridays	09.15-10.30	Rickling Green	Term-time
Social Evening	2nd & 4th Fridays	Evening	Quendon Bowling Club	
Easter Communion	9th April	11.15	Quendon Church	
Hall AGM	12th April	15.00	Q&R Village Hall	All are encouraged to take part!
Open Day	23rd April		Quendon Bowling Club	
Bowls Open Day	22nd-23rd April	09.00-17.00	Quendon Bowls Club	See p9
Crank-Up	22nd-23rd April		Carver Barracks	Steam & Vintage Show See p15
Communion Service	23rd April	11.15	Rickling Church	
Golf Event	27th April		Whitehill GC	Brandon Chapman 01799 543518
Coronation Picnic	8th May	13.00	Rickling Green	See Parish Council Report
Local Election	4th May	07.00-22.00	Q&R Village Hall	
Communion	14th May	11.15	Quendon Church	
Communion	28th May	11.15	Rickling Church	
Village Weddings	8th-9th July		Quendon Church	See p5

**Coming soon to Quendon and Rickling: bluebells and daffodils.**

**Here's a picture of last year's daffs at Rickling Church from regular contributor Peter Warwick.**





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