

# The Link



QR code for  
*The Link*

## Quendon & Rickling Parish NEWS and Church

July 2023

Welcome to the new look *The Link* from Robert and Sandra Arnold!

As noted in the flyer with June's issue, *The Link* has for many years - since May 2011 - enjoyed the enormous benefit of colour printing by the generosity of Simon Bridgewater. We extend our personal thanks to Simon for all his kind help, which has enabled *The Link* to develop into the substantial community magazine it has become, while continuing its aim of supporting our two architecturally-listed church buildings.

We are delighted to announce that *The Link* is now to be printed by another kind member of our community, Jon Millward. What generosity we have here in Quendon and Rickling - thank you Jon! We can continue with the benefit of colour, but in a new format.

Robert has already expressed his wish to hand over the editorship to someone else willing to take on the challenge. In the absence of any interest, he has continued, in the hope that a printed magazine like this, delivered free of charge to everyone in the parish, is valued. However this change in the way *The Link* is to continue from now on provides a "watershed" time for him to step back.

Sandra, who has been managing the advertising for a few years now, has offered to take over production of the magazine as editor.

100% of our advertising revenue is directed to church maintenance. This has included, for instance, the recent cleaning, repair and redecoration of Quendon's tower. Here is a valuable opportunity for another member of Quendon and Rickling to make a contribution to the community.

**We need a new advertising manager!**

Please contact me, Sandra Arnold: [sandra@arnold-q.uk](mailto:sandra@arnold-q.uk), 01799 543075.

**Don't forget the "Just Married" Event**

**8th July**

**Quendon Church**

**from 12midday**

**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

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.

As I write this piece it feels very much like summer is here as we are experiencing a sustained period of high temperatures and blue skies prompting us to dig out the sun cream for the daytime and our fans to help us sleep better during the hot and balmy nights.

For me, this time of year used also to mean an opportunity to take part in beach missions with other Church Army evangelists and church volunteers. Come the summer school holidays we'd set up our puppet theatre, our story board, print out activity sheets, bring out the multi-coloured parachute and wait for families to come to the beach so we could offer beach-based entertainment as we sought to share the Good News of the God's love with any who came along to join us.



For some families it wasn't until they were away from the usual busyness of life, home, and work, that they had the space mentally and physically to be able to think about issues of faith and consider the Bible stories we told and the message of God's incredible love for all people. Many a good conversation was had and for those who wished to know more once their holiday was over, we sought to connect them to the nearest church where they lived in order that the interest they'd formed whilst being away from it all was able to be further explored when they returned to normal life.

Many of us long for the summer holidays, or a holiday at another time of year, and the thoughts of them help get us through the rest of the year. However, if we can find ways to include within our normal daily lives mini periods where we consciously choose to stop, rest a while, and give space for thinking and reflecting on life and the place of faith we will be better equipped for living life in a more balanced and harmonious way all year round.



It's not always easy to do this and it's certainly harder to create new patterns of living than it is to stay with the old ones which we have created so much muscle memory for. The benefits though of creating new and potentially revitalising habits and patterns are worth it when we make the effort. Even sitting still for five minutes without any distractions and allowing the sounds of birds singing or water flowing or taking in the smell of cut grass and the aroma of garden plants can make a difference for the rest of the day.

We are fortunate that some of our local churches are open during the day offering a place and atmosphere where stopping and taking a breath can be more easily achieved if we find we need to get out of the home to do this. Sunday services can also offer this time out from the busyness of life and offer us food for thought on some of life's big questions about purpose and meaning.

However you spend the summer months, I hope they offer you a chance to take some time out to revitalise yourself in body, mind, and soul and that in doing so you may find encouragement to include in your everyday life such moments of ongoing revitalisation.

Rev Pete

## Church Services in the Benefice

### **Sunday July 2nd**

Newport 9.30am Contemporary Communion  
Widdington 11.15am Communion

### **Sunday July 9th**

Newport 9.30am All Age Service

**Quendon 11.15am Celebration of marriage service with renewal of vows**

### **Sunday 16th July**

Newport 9.30am Communion and Sunday Club in Church House

Widdington 11.15am Communion

### **Sunday 23rd July**

Newport 9.30am Morning Worship

**Rickling 11.15am Communion**

### **Sunday 30th July**

Newport Benefice Communion 10am with speaker from Compassion Charity

### **Sunday 6th August**

Newport 9.30am Contemporary Communion

Widdington 11.15am Communion

### **Sunday 13th August**

Newport 9.30am All Age Service

**Quendon 11.15am Communion**

### **Sunday 20th August**

Newport 9.30am Communion

Widdington 11.15am Communion

### **Sunday 27th August**

Newport 9.30am Morning Worship

**Rickling 11.15am Communion**

## 'Just Married': a Celebration of Weddings Saturday 8th & Sunday 9th July



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

**Saturday 8th July from 12.00pm**

**Come and enjoy a cream tea**

**See how the fashions and styles of weddings have changed.**

**Visit our decorated church**

**Sunday 9th July 11.15am**

**Come and join us to renew your wedding vows at our morning service.**



All Garden  
Aspects

WWW.ALLGARDENASPECTS.CO.UK

TREE SURGERY • STUMP REMOVAL  
HEDGE CUTTING • FENCING

**QUALIFIED AND INSURED**

01279 755545 07940 231964

INFO@ALLGARDENASPECTS.CO.UK

Celebration of Weddings 8th & 9th July

**Can you help us?**

**We would love to see more of your wedding pictures**

We can accept scanned copies if you do not want to part with the originals.

Contact Suzanne [qrcc.sec@gmail.com](mailto:qrcc.sec@gmail.com)

**What were you wearing? May we display it?**

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

**Do you have a dressmaker's dummy -**

or know of someone who does, that you could loan us for this event?

Please contact Sandra [sandra@arnold-q.uk](mailto:sandra@arnold-q.uk)

**Would you help us on the day?**

For more information contact Christine [christineandos@gmail.com](mailto:christineandos@gmail.com), Sandra [sandra@arnold-q.uk](mailto:sandra@arnold-q.uk) or Suzanne [qrcc.sec@gmail.com](mailto:qrcc.sec@gmail.com)

## 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**

## From the Parish Council Chair

Hello Villagers,

Well - that was Flaming June - I hope you and your garden made it through our recent heatwave in good shape! I understand the Return of the Westerlies normally occurs in early July, aka the European Monsoon, so there's prospects for a refreshing inundation imminently (as I write in mid-June).

To get the unpleasant out of the way first. There has been an unhealthy increase in the amount of **dog poo** left out on the Green and also near Quendon Church. There are a lot of users of the Green including use of it for PE classes from the school. It's revolting to have dog poo left on the Green and is a major hazard for all users, whether uncollected or left in a bag. The same goes for footpaths. Make sure you pick up and dispose of the poo PROPERLY.

You may have spotted a **new football goal** erected on the Green recently, after a period of absence. This one is paid for by the PC, and is there by the good graces of RGRA and Mrs Bevan the landowner. It will be moved out of the way when cricket is planned, and will be moved around the Green in order to avoid wearing out any one part of the outfield. Given how long the last goal lasted (kindly donated by Biff Green), I am expecting this one to be equally

well-treated; the kids who use it value it and look after the equipment.

We welcome Sue Joannou as a **new councillor**. Sue has lived in the village, on the Green, for eighteen years, and has previously been Chair of Governors at the School, as well as clerk to the PC in her time. She's particularly interested in creating a focus around which we as a village can come together and establish more of a community; Sue is going to join the Events team amongst other duties, but if you have suggestions about how to foster a sense of community please drop her a line at [suejoannou@hotmail.co.uk](mailto:suejoannou@hotmail.co.uk)

That means we still are looking for one **further volunteer** to get up to our full complement of seven councillors - never too late to step forward and come and help make the decisions that affect our village!

Sue will also be helping out with the **Neighbourhood Plan** refresh. You will have seen the update from Phil and Brandon covering where we are on this topic in last month's edition of *The Link*. The refresh is focussing on two areas: sites for development and environmental recommendations. In the first case the project is examining a number of sites, largely in Newport parish, for recommendation as development. In the second initiative, the consultants, with local input, will be examining our current and proposed listings for Local Heritage Assets (e.g. valuable old houses and structures without listing protection), Locally Important Views and Local Green Spaces with a view to improving or securing planning protection for these assets..

Ljiljana Ortolja-Baird is bringing together all the necessary requirements to stage our **Boundaries Walk** which will be an opportunity to walk around the boundaries of the village. The full route is about 15 km but it's up to people how much they come along for. With the assistance of Maces Farm we will be able to trace most of the route right up to the edge of the parish boundary. It's likely to take place in late August or early September - keep an eye out for more news and how to sign up to participate.

Ljiljana is also organising a **First Aid course** which will have a limited number of places available to villagers, at no cost. Please look out for further information on the notice boards and on the Village facebook page (there's a link to this on the website) for further information.

In other news:

We are also looking to refresh the **Village Maps** which are at the Village Hall and outside the pub. These are out of date and there are a number of individual houses not shown as well as all the new builds at the south end of the village.

The latest we have on **Call for Sites** is that an initial list of sites will be put out for consultation in autumn this year.

Although **roadside verges** have been trimmed back by ECC in June, the very poor state of the footways along Cambridge Road has not yet been addressed; although funding has been allocated for the work it has not been scheduled yet. Our latest "promise" is for this to be addressed by the autumn.

Date for your diary: **Autumn Daze** - our celebration of all things autumnal plus the **Pumpkin competition** - will be held on Saturday 30th September on the Green.

Finally I'd like to record the Parish Council's appreciation of the two very capable people who make *The Link* work: Robert Arnold, editor, who is handing over the reins to Sandra (big shoes to fill, Sandra!), and Simon Bridgwater who has been so kind as to arrange to print the magazine for the last several years. Many thanks to you both for your dedication of so much time and effort to make the magazine work!

Best wishes to all for a fine but not too dry summer!

Tom Duncan.

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

## District Councillors' Report

Over the last couple of weeks I have been working on the appeal response for housing on the Coach and Horses garden in Newport - there have now been four applications refused by Uttlesford and this is the third appeal (the first two having been refused). In addition, there is another major application for housing on Whiteditch Lane in Newport, which is a tricky location, being a byway with a double-blind bend, no streetlights, pavement, or functional drainage. On Wednesday and Thursday last week I attended a Judicial Review at the Royal Courts of Justice between Widdington Parish Council and Uttlesford District Council. It was fascinating to witness the proceedings and hear the arguments for and against. This relates to a planning application to build houses on Cornell's Lane in Widdington which is a protected lane. The outcome will be released by the Judge by the end of July. I also spent a day being trained about the Local Plan process. The draft plan is scheduled to be released this autumn and much work is ongoing to support the decision-making process, including a new water assessment for the district covering water supply and foul drainage.

Judy

Our contact details are:



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

07874-385541

**u3a**

[www.u3asites.org.uk/stansted](http://www.u3asites.org.uk/stansted)

### Stansted Mountfitchet U3A

At our meeting on 20th July, Ray Newman will tell us about the work of a Real UK Cold Case Team. Ray, a former DCI, following retirement became one of the founding members of the Essex Police Major Crime Review Team, which investigated a number of then unsolved murders and missing person cases.

There will be a lighter topic in August - 'Charity Shops'. Tony Earle thinks that they yield up lots of interesting bits and bobs, but so far has found no 'Treasure!'

Saturday 19th August will see Professor Patrick Parrinder giving a seminar on H H Wells. 'The Realist and the Dreamer', at the Free Church Hall 9.30-12 noon. Many of you may know that he lived at Little Easton Rectory from 1912 to 1930 and I am sure you have all enjoyed at least one of his books. Tickets £7 from [saturdayseminars@gmail.com](mailto:saturdayseminars@gmail.com)

There will be another Saturday Seminar on 2nd September Titled 'Saving Humanity with a Doughnut!'. The speaker, Meryl Wingfield, will confront this dilemma - People talk about 'Saving the Planet' but will the planet or our grandchildren, survive our exploitation.

We have many group activities which we are sure many of you will enjoy. They are run by members for members and cover a wide range of interests. Please look at our website for details.

All our free Monthly Meetings are held on the third Thursday of the month, at St John's Church



Hall 1.30pm for 2.00pm. free tea and coffee will be served. If you are a prospective new member, please come along and introduce yourself to one of the committee members and you will be made very welcome.



## THE HUNDRED PARISHES SOCIETY

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

Conservation Areas were introduced in 1967. District councils are responsible for designating them. The area must have special architectural and/or historic importance that merits protection. The aim is to protect an area rather than single buildings. Within each Conservation Area, there will generally be individual buildings that have additional protection, classified as Listed Buildings. There may also be a Scheduled Monument, or trees with a Tree Preservation Order, or buildings or spaces that have been designated as Assets of Community Value. There are varying degrees of protection for each of these designations, all aimed at preserving our heritage for future generations.

Uttlesford District Council covers around half of the Hundred Parishes area. The Council has designated 33 Conservation Areas within the area. For each, it has published an appraisal that defines the area covered and explains the reasons for designation (see <https://www.uttlesford.gov.uk/conservation-area-appraisals>). These appraisals are often a helpful source for the kind of information provided in the route descriptions for walks that can be downloaded from [www.hundredparishes.org.uk](http://www.hundredparishes.org.uk).



### ***Much Hadham***

East Hertfordshire has the second biggest representation within the Hundred Parishes and this district council has designated 26 Conservation Areas here. Their appraisals are also available and provide valuable insight (see <https://www.eastherts.gov.uk/planning-and-building/conservation-areas>).

Similar appraisals are available from the other district councils which are represented within the Hundred Parishes: South Cambridgeshire, Braintree, North Herts, Chelmsford and Epping Forest. Within South Cambs, Linton has the only “Outstanding Conservation Area” designation, including Linton’s long High Street and some lanes on either side. Much of this area is explored on Walk 182 whose route covers less than 2 miles.

Our towns and villages are usually best explored on foot and each is included in at least one of the Hundred Parishes routes. If you are able to get out and about, I encourage you to try them.



### ***Linton***

Ken McDonald, Secretary

## Quendon & Rickling 100 Club

Congratulations to the June 2023 Winner.

1st Prize J Evariste £32

2nd Prize C Foulser £21

3rd Prize B Chapman £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.



## Quendon Estate & Maces Farms

The recent warm sunny weather has certainly seen further changes across the farm. As we are halfway through June, the countdown towards harvest is officially on. Our forecast currently is that we will commence around the middle to latter part of July as our winter Barley is now showing signs of turning golden yellow.

As we approach harvest, we will issue updates regarding our anticipated movements across the farm as our tractors and trailers will be out on the roads. Our combine will also be in fields close to houses whilst also in places using the road network. Please do give us a wave if you see us out and about.

Ahead of harvest, we welcome Beau Rollings who joins us full time as our new Farm Operator. Beau has been the combine driver for Maces Farms for the last three years and spent twelve months with us before recently heading out to Australia. We are delighted to have him back and no doubt you will see him round the farm to say hello to moving forwards.

We also welcome Enrico and Finn to the farm who will be helping this harvest with corn carting and cultivations ahead of next season. It is great to have them both in the team.

We thoroughly enjoyed assisting with the RunFest on the 10th June. It was wonderful to see such a fantastic turnout and we look forward to helping again next year. Many congratulations to everyone who organised the event.

As to forthcoming events we look forward to continuing working with the Parish Council to finalise the Parish Boundary walk for later in the summer. Further details will be released in due course.

We have also launched our Spring update on our information boards to provide information on what husbandry operations we have been up to over the last quarter. When you are walking past, please do scan the QR code to find out more.

Thank you to those who registered for the community surgery on the 21st June. Due to approaching harvest, we will hold our next community surgery on Wednesday 27th September 2023 starting at 10am and finishing at 6pm at Maces Farm office. If you would like to attend to learn more about the Quendon Estate and Maces Farms please book a time in advance by emailing Robert Timmins: [RTimmins@pegasi.co.uk](mailto:RTimmins@pegasi.co.uk).

## From our MP

I would like to take this opportunity to once again congratulate and welcome our councillors elected in Chelmsford and Uttlesford. I look forward to working with them to improve the lives of residents across the constituency.

The Coronation was a special time and it was wonderful to see across our local community groups of coronation celebration events across the constituency. A special thanks to all those who took the time to put together special events for their town, village or neighbours.

### **My short story competition winners!**

To celebrate World Book Day this year, I launched a short story competition to encourage young writers across the constituency to create an imaginative story set in or about their town or village.

I was pleased to announce Jessica Jackman from Great Easton Primary School and India Rowlandson from Saffron Walden County High school as the winners, with a number of runner's up from schools across Chelmsford and Uttlesford.

I was impressed not only by the number of children who sent in an entry this year, but by the quality of stories. We have some talented future authors in this constituency.

I would also like to thank all the pupils, their parents and school staff who took the time to take

part in the competition. It's great to see how World Book Day has become an established date in the school calendar and one that children look forward to. In particular, I would like to express my gratitude to local author Alison Miles who kindly supported me with this competition, helping shortlist the winners and runners up.

Congratulations to Jessica and India for their well-written stories, both of which were rather mysterious and eerie.

### **Welcoming 500 new officers for Essex Police**

In Essex we now have 500 extra officers since 2019.

The additional officers will be invaluable for a constituency like ours - helping to cut rural crime, anti-social behaviour in our towns and villages and keeping our communities safe.

### **Additional funding to fix potholes across the constituency**

Earlier this month Essex Highways launched its resurfacing programme, to upgrade the condition of many roads across Chelmsford, Uttlesford and the rest of the county.

Government announced over £5.4 million to fix over 100,000 potholes across Essex earlier this year. This will repair some of the damage caused by the cold and wet winter conditions.

Concerns regarding potholes came up on the doorstep during the local elections, and I am keen to keep residents updated on the progress made to sort the ones in our constituency. You can find the full resurfacing programme at <https://www.essexhighways.org/news/1/road-surfacing-weve-got-it-covered>.

### **Government support for rural businesses and communities**

Chelmsford and Uttlesford will benefit from over £1.2 million in new funding from the Government as part of the Rural England Prosperity Fund. Eligible councils will begin to deliver on their plans in the coming weeks and receive the extra investment between 2023 and 2025.

Local projects across the constituency will benefit from the additional funding to help improve community facilities and support arts and culture to grow local tourism. Agricultural businesses looking to expand their remit and rural businesses looking to launch or grow will also receive investment.

I look forward to sharing more information about the projects and seeing the benefits of this investment across the constituency from both the Rural and Shared prosperity funds.

### **The Uttlesford Business Start-up Grant**

Having worked closely with Uttlesford District Council on their bid for a portion of the Government's UK Shared Prosperity Fund, I am pleased to see the council's new Business Start-Up Grant being funded from the scheme.

The Business Start-Up Grant is available for start-up and early-stage businesses i.e. those who have been trading for less than 2 years. Business must be based in Uttlesford to apply. Maximum grants are up to £2,500 and are match funded.

For more information on eligibility and how to apply, see <https://www.uttlesford.gov.uk/business/article/8244/Business-Start-up-Grant>

How to contact me

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

Tel: 0207 219 1943

Write: Kemi Badenoch MP,

House of Commons,

London, SW1A 0AA

## Rickling/Quendon Community Café

Quendon & Rickling Village Hall,  
Quendon CB11 3XQ

### Fun Bingo



Wednesday 19th July  
Coffee Morning  
10.00-12.00am  
Please contact:  
Angie and Carole 01799  
218061/543807

# BERDEN Fete 23!

Saturday July 15th  
2-5pm

**FREE  
ENTRY  
&  
PARKING**

### NEW ENTERTAINMENT FOR 2023

In addition to Bishop's Stortford Town Band,  
Afinado and Andy Bowie Jazz,  
we are welcoming:

*Wild Roses*, *Rock Choir* *Wild  
& Roses*  
&  
**MISS BALLOONATRON!**



*Plus all your favourite Traditional Stalls*

Including:

Tombola, Grand Draw, Auction, Bottles, Cakes, Vintage Pre-loved,  
Books, Toys, Greasy Pole, Crockery Smashing and much more!

Why not treat yourself to a **BEER** with your **Berden Burger**?  
Or relax with a **Berden Cream Tea**?

Please follow car park signs to CM23 1AY  
Contact: [berdenfete@outlook.com](mailto:berdenfete@outlook.com)

## Police contact information

For crimes and suspicious activity <b>NOW</b> 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 <a href="https://www.essex.police.uk/do-it-on-line/">https://www.essex.police.uk/do-it-on-line/</a>	
<b>Action Fraud</b> 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.	0300 123 2040
If you have been defrauded i.e. lost money phone or report online at <a href="https://www.actionfraud.police.uk/reporting-fraud-and-cyber-crime">https://www.actionfraud.police.uk/reporting-fraud-and-cyber-crime</a>	
If someone has tried to defraud you but you have <u>not</u> lost money, phone or report online at <a href="https://www.actionfraud.police.uk/report-phishing">https://www.actionfraud.police.uk/report-phishing</a>	
To give information <b>anonymously</b> phone CRIMESTOPPERS or report it on-line at <a href="http://www.crimestoppers-uk.org">www.crimestoppers-uk.org</a>	0800 555 111

## 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.

<b>Name</b>	<b>Home Telephone</b>	<b>Locality</b>
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



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

<b>Event</b>	<b>Date</b>	<b>Time</b>	<b>Place</b>	<b>Notes</b>
Saffron Searchers	<i>1st Monday/month</i>	20.00-22.00	Q&R Village Hall	
Pilates	<i>Mondays</i>	09.00-10.00	Q&R Village Hall	Jan Crawley 07742 182272
Dance Exercise	<i>Tuesdays</i>	10.30-11.30	Q&R Village Hall	Christine Alexander
Community Café	<i>3rd Weds/month</i>	10.00-12.00	Q&R Village Hall	Angela 01799 218061/Carol 543807
U3A Choir	<i>Wednesdays</i>	11.15-13.15	Q&R Village Hall	
Carpet Bowls	<i>Wednesdays</i>	19.00	Quendon Bowls Club	David Edwards 07804 954095
Social Evening	<i>2nd &amp; 4th Fridays</i>	<i>Evening</i>	Quendon Bowling Club	
Just Married	8th July	Quendon Church		See p3
Vows renewal	9th July	11.15	Quendon Church	See P3
Communion	23rd July	11.15	Rickling Church	
Autumn Daze	30th September		Village Green	

*The Link* is published on behalf of Quendon & Rickling Parochial Church Council, who do not necessarily share or endorse any opinions expressed by contributors or advertisers. It is created, printed and delivered entirely by volunteers. Advertising supports the maintenance of our church buildings and their grounds.

*The Link* is delivered free of charge to every household in the villages of Quendon and Rickling and is available online at: <https://www.quendonandrickling.co.uk>

All correspondence for *The Link* should be addressed to the editor, Sandra Arnold, by e-mail: [sandra@arnold-q.uk](mailto:sandra@arnold-q.uk), or at Talbots, Cambridge Road, Quendon, CB11 3XJ; otherwise telephone 01799 543075

Please supply copy by the 19th of the preceding month.



**angli-EAR**  
Hearing & Tinnitus Solutions

Reconnect to your life

Whatever your hearing difficulty, angli-EAR Hearing uses the most up-to-date tests and equipment to find the best solution for you.

Independent audiology experts you can trust

- Hearing Assessments
- Ear Wax Removal
- Hearing Aids
- Tinnitus Solutions

Book your **FREE** ear health check today

01223 661399  
info@angliearhearing.co.uk

BOOK ONLINE [www.angliearhearing.co.uk](http://www.angliearhearing.co.uk)



*More than just a service*



Heating



Plumbing



Renewables



Bathrooms

All Domestic & Commercial works undertaken

[www.shelfordheating.co.uk](http://www.shelfordheating.co.uk)

T: 01223 833426 E: [sales@shelfordheating.co.uk](mailto:sales@shelfordheating.co.uk)

## NICK SHUTES PAINTING AND DECORATING LTD

High quality interior and exterior redecoration

Woodwork repairs and replacement

Fascias, soffits and cladding

**01799 542385 or**

**07885 778213**

[www.nickshutesdecorating.co.uk](http://www.nickshutesdecorating.co.uk)





**PEASGOOD  
& SKEATES**  
THE  
FAMILY FUNERAL SERVICE

*A personal caring service from  
a local business, day or night*

**Shire Hill and High Street  
Saffron Walden  
01799 523314**

*Also at Duxford, Sawston,  
Cambridge and Haverhill*

**Free professional bereavement  
support available to all our clients**

**Pre-paid funeral planning**



[www.peasgoodandskeates.co.uk](http://www.peasgoodandskeates.co.uk)

[enquiries@peasgoodandskeates.co.uk](mailto:enquiries@peasgoodandskeates.co.uk)

**CAMWOOD  
HOME IMPROVEMENTS**

Boiler installations and services  
Cylinder installations  
Heating  
Kitchen refurbishments  
Garage conversions

References available - Fully insured

Free advice & estimates - Competitive rates

Office: 01279 814296 Mobile: 07714 300920

Email: [camwoodhomeimprovements@outlook.com](mailto:camwoodhomeimprovements@outlook.com)

Gas safety registered engineer



Bespoke Designs  
Professional Craftsmen  
and much more!

**01279 626389**  
[andrewbanks.co.uk](http://andrewbanks.co.uk)

*★ ★ ★*  
**Clare** *gents hairstylist*  
@ Rickling Green

- ★ Appointments from 7am Mon-Sat
- ★ FREE easy parking
- ★ Fully qualified & insured



**Call: 01799 542424**  
**Text: 07791 058406**



# CHIROPODIST

Mrs Julie Golden

HPC Registered/State Registered

## Home Visiting Practice

Est.1994

**01279 873492**

Mobile 07916 075451

A professional service at a competitive price



- Boiler Servicing & Repairs
  - Full Central Heating Systems
    - Bathrooms
    - Underfloor Heating
  - Landlord's Safety Certificates
- All work undertaken, fully insured & guaranteed



DD 01799 542920  
M 07816 355483



## TONY WOOD

Qualified Registered Electrician

All electrical works undertaken

Re-wires, new circuits, extensions  
Replacement Consumer Units  
Electric showers, heating, additional sockets  
Internal and external lighting

Free advice & estimates  
References available  
Competitive rates  
Fully insured

Please ring Tony on  
07714 300920  
01279 814296

Or e-mail [camwoodhome@outlook.com](mailto:camwoodhome@outlook.com)  
Electrical Safety Register Approved Contractor



# Quendon

OSTEOPATHY

Jacolin Sheaf (Lampon) D.O.

4a Red Cottages,  
Cambridge Road, Quendon,  
Saffron Walden, Essex CB11 3XH

Structural Osteopathy,  
Cranial Osteopathy.

Treatment of back and neck pain,  
muscle and joint pain,  
Tension headaches,  
trapped nerves and sports injuries.

One-to-one Pilates instruction.

Specialist Clinic for  
pregnant mothers,  
babies and children.

Tel: 01799 543444

Email: [info@quendonosteopathy.co.uk](mailto:info@quendonosteopathy.co.uk)

Web: [www.quendonosteopathy.co.uk](http://www.quendonosteopathy.co.uk)

ONSITE PARKING  
AT THE NEW CLINIC



Paddy McKeown



- ◆ Services offered include:
- ◆ Chimney and Flue Sweeping
- ◆ Wood Burning Stoves
- ◆ Open Fires
- ◆ Aga/Rayburn
- ◆ Bird Nest Removal
- ◆ CCTV Examinations

t: 01799 599981  
m: 07956 099788

e: [paddy@waldensweeps.myzen.co.uk](mailto:paddy@waldensweeps.myzen.co.uk)

[WWW.WALDENCHIMNEYSWEEPS.CO.UK](http://WWW.WALDENCHIMNEYSWEEPS.CO.UK)



# Binwash

We  
clean  
your  
Wheelie  
bins!

Commercial & Domestic



Low cost &  
highly efficient service!

Professional machinery

High pressure wash and dried

Disinfected and deodorised

4 weekly schedule or 1 off visit

[www.binwash-uk.com](http://www.binwash-uk.com)

**01799 529899**

[enquiries@binwash-uk.com](mailto:enquiries@binwash-uk.com)



## E & C

# Decorators

The Feminine Touch

Mother and Daughter duo. Est 1998  
All types of internal and external decorating.  
Minor wood work and plaster repairs.

Free estimates.

Fully insured.

Contact Liz on **07815 817283**

or [liz.ellett@btopenworld.com](mailto:liz.ellett@btopenworld.com)

Please mention

*The Link*

when responding to  
advertisements here.

An advertisement this size is  
only £45 for a whole year!

**BRAND  
TOURIST**

INSIGHT | STRATEGY | CONTENT

ARE YOU  
**STANDING OUT  
ON LINKEDIN?**

I can help you grow your audience using a proven strategy combined with high-quality content to engage with your audience.

Let me build your LinkedIn following while you get on with your day job.

Scan the QR code and message me, Jonathan Webb, to get your LinkedIn profile working for you now!

+44(0)7753 743318 [info@brandtourist.com](mailto:info@brandtourist.com)



SCAN HERE