

The Link



QR code for
The Link

Quendon & Rickling Parish and Church

NEWS

February 2024

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Crocus Flowers
by Peter Warwick



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.



Dear All, here we are, in the second month of a new year, how's it going for you so far? Are your new year resolutions holding up? Did your dry January remain dry? Are you already on the look out for signs of a spring not too far over the horizon as a way of coping with the present cold and dark? For many, including myself, I suspect a new year has a frisson of excitement about it that proves to be short lived once the patterns and responsibilities of life reassert themselves on us after the Christmas and new year hiatus.

The author German author Eckhart Tolle has a theme running throughout all his writings encouraging his readers to live more in the moment and not to miss all it has for us and not to let the past or future be the primary influences upon on present well-being. One of his quotes below sums this up:

Realize deeply that the present moment is all you have.

Make the NOW the primary focus of your life.

— **Eckhart Tolle, The Power of Now: A Guide to Spiritual Enlightenment**

This quote alone may not convince us or equip us to live in such away but he unpacks this basic theme in great detail in his book, *The Power of Now: A Guide to Spiritual Enlightenment*. I did read it a few years back and there is much in it to commend and aspire to which if I practised might bring me some of the benefits he suggest living in the now can has for us.

It might be said that Jesus is an advocate for this kind of approach to living when we look at Matthew 6:19-34 from which the quote below comes:

Therefore do not worry about tomorrow, for tomorrow will worry about itself.

Each day has enough trouble of its own.

We know from the rest of Jesus's life as recorded in the Gospels that he did become concerned with the future when he was facing his impending trial and execution. So to take such quotes as mantras that will stop us being affected by the past and the future is probably too simplistic. And yet, there is something in this idea and aspiration of getting more from the now that I sense intuitively is good, healthy, and not to be dismissed lightly.

I can't comment about Eckhart Tolle's motivation but I believe Jesus's motivation and



reason behind saying such a thing is to point us towards trust. Trust in God, that ultimately he holds all things, including us in his hands and to him we are precious despite our present circumstances. When Jesus was struggling with what was to come in the garden of Gethsemane he showed great signs of extreme anxiety. Yet, in the end he places himself and his future into the care of God. Did this take away his fears and anxiety? I can't say for certainty, but what we can deduce is that it enabled him to cope with what he was experiencing at that time.

When we are struggling in life, in whatever way, the words quoted above may seem trite, unrealistic, and could cause hurt if offered as good advice to someone in such a place. And yet, is it possible that there is comfort and strength to face another day if we have hope that we are loved and precious in the eyes of God?

The passage in Matthew mentioned above also contains something else Jesus said to his hearers:

Consider the birds: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds!

None of us know what the future holds, but we can find hope in the one who holds the future in his hands. And maybe, if we seek to entrust ourselves to him a little more we might discover this leads to greater peace and security in the present, making the now a time to savour and appreciate a little more.

With love and prayers for all, Peter

Church Services in the Benefice

February 2024

Sunday 4th

9.30am Newport Contemporary Communion
11.15am Widdington Communion

Sunday 11th

9.30am Newport All Age Service
11.15am Quendon Communion

Wednesday 14th February

7pm Newport Ash Wednesday Service

Sunday 18th

9.30am Newport Communion
11.15am Widdington Communion

Sunday 25th

9.30 Newport Morning Worship
11.15am Rickling/Quendon (tbc) Communion

Quendon & Rickling 100 Club

Congratulations to the latest winners

December 2023

1st Prize A Ingham £32
2nd Prize M Dallimore £21
3rd Prize R Heggie £10

January 2024

1st prize S Gemmill £32
2nd Prize B Hutchin £21
3rd Prize K Gray £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.

For Crimes and suspicious activity NOW phone	999
You can report non-urgent incidents or suspicious activity and crimes that have already happened online at https://www.essex.police.uk/ and click on the appropriate button ("Chat" feature is bottom right of screen). Alternatively phone 101 but online contact is preferred.	
Action Fraud is the UK's national reporting centre for fraud and cybercrime where you should report fraud if you have been scammed, defrauded or experienced cyber-crime in England, Wales and Northern Ireland. If you have been defrauded i.e. lost money phone or report online at https://www.actionfraud.police.uk/reporting-fraud-and-cyber-crime If someone has tried to defraud you but you have <u>not</u> lost money, phone or report online at https://www.actionfraud.police.uk/report-phishing	0300 123 2040
CRIMESTOPPERS To give information anonymously phone or report it online at www.crimestoppers-uk.org	0800 555 111
<i>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.</i>	

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

Telephone: 01279 814473

Contact our District Councillors

Email: cllremanuel@uttlesford.gov.uk

Telephone: **01799 543487**

Mobile Telephone: 07801 039550

Email: cllrhargreaves@uttlesford.gov.uk

Telephone: **01799 540411**

Mobile Telephone: **0785 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

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

Telephone: **0207 219 1943**

From the Parish Council Chair

Hello Villagers,

A belated welcome to the new year - I hope Christmas was peaceful and that 2024 is kind to us all!

Way back at the start of December we had the Christmas Tree Lights Switch-on. Father Christmas arrived in his horse-drawn sleigh and it was great to see so many villagers turn out and sing along accompanied by the Bishops Stortford Brass Band. Many thanks to Sue and Gari for organising the tree, music and decorations.

A reminder about parking on the Green. The edges are looking pretty ragged in the winter weather and that's partly been caused by careless parking on the track down to the pub/school at one end and too many cars/vans driving on the grass at the south end. We'll be looking to restore the poles marking the edge which have disappeared over the years, to help preserve the Green. The Green is private land and at the Belchams Lane end there is only space for two cars so please do respect that restriction.

What will 2024 bring to Quendon and Rickling? Here are a few certainties for the year, from a PC perspective, although not all are perhaps welcome.

Firstly - **development**. Pegasi still has plans for a large-scale development on the Football Field. Despite UDC rejecting any prospect of large-scale development in small villages in the Draft Local Plan, and despite our own opposition Pegasi are still planning to press ahead with a tweaked version of the development off Belchams Lane where the football field stands now. It's likely that they will present their latest plans to the village in February or March, with a planning application to follow in July or so.

Given Uttlesford's distinct preference for no such development in villages like ours, it's also likely that UDC will be against the development, despite any promises from Pegasi of enhancements to the community such as a shop/deli. Much more on this to come in 2024 I am sure.

In addition Pegasi have indicated they will continue with the Permitted Development project to turn Bradleys Barn into five small rentable properties. The barn - on Brick Kiln Lane heading towards Rickling Church End - is likely to be developed from the middle of this year.

Scndly - **village events**. We are planning a village "Quickling" fete in the middle of the year, with a fun dog show, stalls, food and music. These things require a lot of effort to get organised, so if anyone would like to help out then please get in touch with Sue Joannou or any member of the PC to put themselves forward - whether it's with ideas, contacts, or a willing pair of hands.

We'll also be holding an autumn event and Christmas lights later in the year.

Thirdly - **Neighbourhood Plan**. You will be invited to review the refreshed NhP in the near future. The refreshed Plan doesn't put forward any additional sites in Quendon and Rickling for development, but of course we are impacted by any expansion in

Newport. The Neighbourhood Plan, though, covers more than just development, and the refreshed plan includes identification of local Green Spaces and enhanced environmental policies which will be very interesting to read.

Finally - **Councillors!** We are still several short of a full house on the Council and would really welcome some new recruits. Being a councillor isn't a huge amount of work. As well as attending meetings there is a fair amount of reading to be done, but it's not too onerous. You get the opportunity to influence how the villages are managed and how to spend money to improve life in the village and cohesion of the community. If you'd like to join us then please drop a line to the Clerk at quendonandrickling.clerk@hotmail.com or contact any existing councillor.

A note on the weather. It's been getting colder over January and Gari has been hard at work filling the grit bins in the village. If you see a stretch of slippery pavement then do feel free to spread some grit from the bins to make walking round the village safer. As a reminder the grit bins are to be found at Coney Acre, outside the Cricketers Arms and at the entrance to Thistley Crescent.

Winter won't last forever though and it's good to see aconites and (soon) snowdrops showing through. Keep warm, everyone!

Tom Duncan

tddqrpc@gmail.com

District Councillors' Report

Planning

The latest housing build figures released by the government (which councils have no influence over) have shown a slow of building in Uttlesford. This has triggered a 20% buffer requirement instead of the 5% requirement we had at April 2023, and so UDC no longer has the required 5-year land supply. This means that the weighting towards giving permissions as required in the National Planning Policy Framework (NPPF) has reappeared.

The good news is the Dec 2023 reissue of the NPPF gives Neighbourhood Plans a 5-year life at full strength, so we have returned to a full weight NhP, and which has been very effective at opposing unsuitable applications. Our NhP was 'made' in 2021 and under previous rules only had a full weight for two years.

Readers may be aware of the recent Local Plan intervention letter from the Secretary of State for Levelling Up, Housing and Communities, Mr Gove demanding a revised Local Development Scheme (LDS). This is the timetable for bringing a new Local Plan to fruition. The Council had already published and agreed this LDS providing that timetable on 16th October 2023. And UDC is currently on schedule to deliver against it, with the Draft Local Plan 'regulation 18' having been approved by full Council on 30th October 2023, and the public consultation period having closed on 18th December 2023, the day before his letter, and exactly on the published schedule. Regular and supportive meetings have been held between Department officials and

our council officers. Therefore, the intervention letter was a surprise. A measured response has been sent.

The government has provided £100k for us to have some more planning officers. Currently the typical caseload is about 80 applications each. However, Judy and I have the impression that the volume of applications in this Ward has fallen and typically it is down to householder applications for example for extensions.

Neighbourhood Plan

With Quendon & Rickling PC not wishing to bring forward any sites, and no housing requirement in the Local Plan, we are concentrating on Newport for the spatial strategy. The two Newport sites for 412 houses put forward in the Local Plan have some very serious constraints including a 28-minute traffic queue, and the evidence base was in several material matters dramatically inaccurate. UDC have been made aware. Working with our consultants, we have drafted other options which avoid the issues, and will be writing again to the landowners inviting their input as to what they could deliver. The needs include a new Health Centre, new Early Years provision and expansion of the primary school, all of which are also supported in the Local Plan responses from Essex County Council and the NHS. ECC stated they do not have space to expand the school. However, the developers for the 89 house site on London Road, which has the show house just opening, and is next to the school, offered ECC a gift of land for their expansion along the school boundary. Unbelievably Essex refused this free gift. The NhP group is working on a strategy to resolve this in the absence of any answers from either Essex or UDC.

A draft Housing Mix analysis has been done by consultants AECOM, which we have fact checked and await the final version. It is a fascinating and most thorough work using census and affordability data and predictions of the age mix and future requirements. Unsurprisingly it highlights how difficult it is to build houses which first time buyers may be able to afford. We will present some extracts in a future Link.

Here are a couple of tables from it:

Tenure	Newport and Quendon and Rickling	Uttlesford	England
Owned	68.5%	70.6%	61.3%
Shared Ownership	2.5%	1.8%	1.0%
Social rented	16.3%	13.0%	17.1%
Private rented	10.7%	14.6%	20.6%

Tenure	2011	2021	Unit change	% change
Owned	866	1,036	170	19.6%
Shared Ownership	13	38	25	192.3%
Social rented	171	276	105	61.4%
Private rented	107	162	55	51.4%

Also, a Strategic Environmental Assessment has just started which looks at matters such as sewerage, water, and the general ability to sustain development. We have ensured they know of the inaccuracies in the UDC evidence so we should get our own accurate view.

Some new policies have been drafted and others altered.

Budgets

Our 24/25 budget is in preparation. We are not in the position of other authorities, typically those with social care responsibility, who are going to s114 effective bankruptcy, but it will still be a tough budget. We have had two below inflation government funding settlements, and the continuing bar on making council tax increase above 3%, means a hard look at everything. The council gives £700k a year, nearly 5% of the budget to voluntary bodies and grants such as to Citizens Advice.

Councillor Surgeries

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

Our contact details are:

cllremanuel@uttlesford.gov.uk

01799 543487 or **07801 039550**



cllrhargreaves@uttlesford.gov.uk

01799 540411 or **0785 467748**



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.

Quendon Bowling Club News

Bowling

Although our outdoor bowling season does not start in earnest until May there is a lot of work going on to ensure that the bowling green will be in tip top condition by then. To try to keep us in practice we play on a Thursday afternoon at the indoor facilities at Turpin's, adjoining the Lord Butler Centre in Saffron Walden and there is indoor short mat bowls in our Clubhouse on a Wednesday evening.

Social Members / Evenings

Our social evenings are on the 2nd and 4th Fridays of the month, with cash bingo included on the 4th Fridays. Doors open at 7.00pm and for the bingo eyes down 8.00am. We were asked to introduce Saturday Night socials, and these have been a great success. Our next Saturday evening social will be on the 17th February when

we will have live entertainment: it will be a Valentines Party with Elvis. Details will be on Facebook and the parish notice boards. Remember you don't need to bowl to be a social member, but we are always looking for new and second-hand bowlers.

A Thought

We are often told "bowls is only for old people". It is true that there are a lot of retired people who play bowls but there are also a lot of younger bowlers in the county who enjoy the sport.

Bowls keeps you healthy, it is primarily aerobic and also provides cardiovascular exercise. During an average team game, you will bend more than 50 times, walk approximately 1.3 kilometres, swing your arm more than 50 times to deliver a bowl weighing more than 1.4 Kg.

There are also mental and social benefits, we will always welcome new members, people feel safe in familiar surroundings and company both on or off the green and great friendships can be formed.

Rickling/Quendon Community Café

Quendon & Rickling Village Hall,
Quendon CB11 3XQ

Fun Bingo/Raffle



Wednesday 21st February
Coffee Morning
10.00-12.00am
Please contact:
Angie 01799 218061

Crime Prevention Advice

Remember to lock your doors properly.

Some uPVC doors can be levered open easily if not locked correctly, allowing thieves to enter people's homes and steal car keys and other items, (mostly cash and cards), and then steal the victim's car from the roadside or driveway.



THE HUNDRED PARISHES SOCIETY

www.hundredparishes.org.uk

The Society's website has been updated although it retains the name www.hundredparishes.org.uk

The most significant change is the addition of a section called Articles. This section consists of about 80 pages and offers a window onto more aspects of the Hundred Parishes, complementing the existing introductory pages to parishes, walks, people, what's on, etc.

The Articles section comprises a series of short essays on a diverse range of subjects ranging alphabetically from Almshouses to Workhouses. Most of the articles started life as a submission to local parish magazines; most have been expanded. We have introductory articles about the Hundred Parishes Society's origins, aims and activities. Other topics include Aviation, many aspects of Churches, Landscape, Listings, Museums, Parish names, Pub names, Village halls and Village signs – and many more.

This expansion of the website has provided an opportunity to include some 600 additional photos. The Articles section will grow over time, usually to incorporate new subjects that are submitted as monthly articles to parish magazines.

We like to receive feedback, whether that be to report a problem, expand our knowledge, or perhaps just to express an opinion on what the Society is doing or could do.

We particularly rely on feedback to keep our What's On page up to date and the contact details current within our parish introductions. The details that require most frequent change usually relate to our pubs, either closing, re-opening or changing their contact details.

We hope residents will take a fresh look at the website. We hope they will find something to interest them and perhaps inspire them to investigate further, either online or better still on foot, following one of our suggested walk routes.

Ken McDonald, Secretary

Chilly conditions often greet us as we step outside in the early months of the year. The old saying - "When the wind is out of the East, tis never good for man nor beast" - certainly rings true. Before the advent of broadcast weather forecasts, people had to rely on checking nearby weathervanes for the wind direction. These were usually found on tall buildings such as church spires, while Audley End



House has gilded weathervanes mounted on eight corner turrets. Today, a variety of designs can be seen. Robert McFarlane's books of old words include about fifty that describe winds, storms or clouds. One Essex term he mentions is aigrish, used to describe a sharp cutting wind. The East Anglian word for a strong sudden gust is gussock, or twitchy for an unsteady wind.

Forecasting the weather for those who till the soil is helpful as weeks of westerly winds can bring relentless rain causing waterlogging of the ground, while cold easterly winds dry out the soil and retard growth.



Currently, the UK Meteorological Office operates over 200 official automated sites, each recording accurate measurements of temperature, wind speed and direction, and the amount of precipitation. These readings are processed by



powerful computers and the results enable forecasters to make predictions about future weather conditions. Local recording sites include the Cambridge Botanic Gardens and Stansted Airport. By searching the Met Office website <https://www.metoffice.gov.uk> you can check the local weather forecast to help plan your day.

Many individuals or schools are interested in operating a personal weather station and the Met Office is keen to enhance the weather observations network; it asks those who have a personal weather station, manual or automatic, to send data to its Weather Observations Website, WOW, at <https://www.metoffice.gov.uk>.

Tricia Moxey, Trustee

For more information on the pictures see the website at www.hundredparishes.org.uk



Rickling/Quendon Community Café

Quendon & Rickling Village Hall,
Quendon CB11 3XQ

Social Activities



10.00am - 12.00pm 3rd Wednesday

February 21st 2024	August 21st 2024
March 20th 2024	September 18th 2024
April 17th 2024	October 16th 2024
May 15th 2024	November 20th 2024
June 19th 2024	December 18th 2024
July 17th 2024	

All Welcome

Contact: **Angie Hutton on 07552748367**

Come along and try a morning with us:

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City of Cambridge
Symphony Orchestra
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Gustav Holst
The Perfect Fool

Ney Rosauro
*Concerto for
Marimba No. 1*

Richard Strauss
Ein Heldenleben

Conductor Robert Hodge
Leader Philippa Barton
Percussion Jordan Ashman

West Road Concert Hall
Saturday 3 February 2024
7:30pm

Supported charity



Tickets: £20 Adult, £10 Student, £6 under 16
Tickets: www.ccsa-online.org / ADC Ticketing 01223 300085

07874-385541

u3a

www.u3asites.org.uk/stansted

Stansted Mountfitchet U3A

A chilly and rainy winter day did not keep a large hall full of u3a members from their monthly meeting where Ray Clark gave a talk; 'Stay tuned - I could say something brilliant at any moment', a familiar catch phrase many recognised. Ray's subject was the rebellious and exciting broadcasting of Pirate Radio and Radio Caroline in particular, where he worked for many years. Enthusiasm for the music drove him and the other presenters to tolerate cramped conditions out on the choppy sea as his fascinating slides demonstrated. Please do check the details of the 2024 monthly talks on the u3a website. There really is something to interest everyone.

The poetry group recently enjoyed sessions on Maya Angelou and John Keats; then in December the theme was celebrations from different cultures. 2024 promises more intriguing poetry and discussion including sessions on Elizabeth Barrett-Browning and Sylvia Plath to be prepared by members of the group. The group meets locally on the first Thursday of each month in the afternoon and welcomes anyone with an interest in poetry and life - if that sounds a little po-faced know that Pam Ayres has been a regular choice!

The u3a Singers were welcomed back to the Hadham Country Club once again for their Christmas performance which was enthusiastically received by the audience - such that they have been booked for Christmas 2024 already! New members are welcome and details can be found on the website.



For their Christmas celebration The Bus Pass group stayed relatively close to home by journeying to Saffron Walden. This intrepid group have further intriguing destinations in store for 2024 so think about making extra good use of your bus pass in friendly company.

For details of these and many other u3a groups held in the Stansted area please visit the website: www.u3asites.org.uk/stansted

Julia Cook

Maces Farm

The wet weather continued into Christmas so little work on the land could be achieved and 2023 turned out to be one of the wettest years in over 10 years. The crops planted in the Autumn have fared well and even beginning to green up under some rare winter sun. 2024 didn't exactly start of well with nearly 50mm of rain falling in the 1st week causing localised flooding on what is already saturated ground. I had to quickly attend 1 field with a blocked outlet to minimise soil run off. The soil is the farm's biggest asset so it's never nice seeing it flow down into a ditch and off far away.

Patience is the name of the game and finally we have had a dry spell, all be it very cold. The recent dry and freezing conditions have allowed Beau and me to finish our autumn wheat drilling, so we are finally up to date. With spring seed in short supply, it was a much-needed week of field operations.



This time of year, we have a constant stream of Grain going off farm to various locations including 232t of Hard Biscuit Wheat that got delivered into Allied Mills in Bishop Stortford - we always strive for local trade where we can.

With small signs of spring in the verges and under trees the farm will start to gear up for the preparation of the Spring workload. This spring we have Sugar Beet and Spring oats going in, but we shall wait for



slightly warmer soil temperatures than currently. Ideally, we aim for about 10 degrees soil temperatures before we get too carried away.

Mark Gemmill

MGemmill@pegasi.co.uk



Visiting the Museum

Our standard opening hours are:

Wednesday-Saturday 10-4.30pm

Sundays & Bank Holidays 2-4.30pm

Closed Mondays (apart from bank holidays)

Tuesdays are currently reserved for pre-booked group visits by schools and other parties in term time. Please note that from March this reserved for pre-booked groups day will switch from a Tuesday to a Wednesday, to allow more coach parties and groups visiting the town on market day to visit the Museum.

Please note that during the Winter months, November-February, the museum closes earlier at 4.30pm, rather than at 5pm

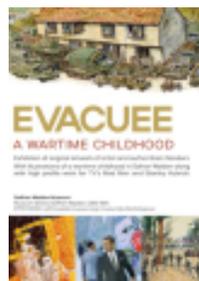
New Exhibition: Evacuee: A Wartime Childhood

runs until Sunday 17 March 2024

The museum is exhibiting the original artwork of artist and author Brian Sanders.

His professional career as an illustrator spans over 5 decades. High profile work includes Mad Men and Stanley Kubrick, examples of which feature in the exhibition. Scenes of Saffron Walden and the district from his two books, *Evacuee: A Wartime Childhood* (2010) and *Return of Evacuee: A Post-war Childhood* (2016) dominate the exhibition, accompanied by wartime items and photographs from the museum's collections.

Brian Sander's book, *Evacuee: A Wartime Childhood* is on sale in the museum for just £8.99



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, or at Talbots, Cambridge Road, Quendon, CB11 3XJ; otherwise telephone 01799 543075

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

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
Chris Phillips	01799 542351	Middle - Cambridge Road
Sue Phillips	01799 542351	Middle - Cambridge Road
Wendy Stannard	01799 541869	Middle - Cambridge Road
Ljiljana Ortolja-Baird	07793600697	Southern end
Paul Carrol	07889 344869	Southern end - Cambridge Road
Joanne Hales	07903 596011	Rickling Green
Janice Hart	01799 541196	Rickling Green/Brick Kiln Lane/Rickling
Ann Merrit	01799 542110	Rickling Green/Brick Kiln Lane
Tom Duncan	01799 541299	Brick Kiln Lane
Sue Joannou	07805 037586	Rickling Green
Jacolin Lampon	07710 281382	Southern End - Cambridge Road

For further information see 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	<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
USA Choir	<i>Wednesdays</i>	11.15-13.15	Q&R Village Hall	
Carpet Bowls	<i>Wednesdays</i>	19.00	Quendon Bowls Club	David Soloman 07817248301
Social Evening	<i>2nd & 4th Fridays</i>	19.00-23.00	Quendon Bowls Club	
Holy Communion	11th February	11.15	Quendon Church	
Valentines Party	17th February	TBA	Quendon Bowls Club	
Ash Wednesday service	14th February	7pm	Newport Church	
Holy Communion	25th February	11.15	Rickling/Quendon Church tbc	

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