

The Link



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The Link

Quendon & Rickling Parish NEWS and Church

July 2024

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Rambling Rector rose
by David Lockwood



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.

For many in fulltime education June and July are months of the year when exams can weigh heavy upon those taking them and those supporting those taking them. Once exam season is over there will be a collective sigh of relief and a hiatus from the pressure and anxiety this period brings, that is, until the results are due. I can't ever remember coming across anyone who looks fondly back on taking their exams and longs for those days again like we might do other memories of our younger years. It would seem that on the whole exams and tests aren't something we associate with good feelings.



It may be that some of us think of having a relationship God is a bit like having to pass a test. A daily test of whether we are good or bad, a weekly test of whether we go to church or not, a lifetime test of whether our good works are sufficient enough to balance out our bad ones. Such an understanding can mean that we think of our daily lives as a challenge where we have to try and get through the day, doing exactly what is required of us, causing us to feel upset with ourselves when we fail to do or say what we ought, as well as feeling upset at the prospect of having disappointed God. Yes, we should seek to live our lives as those who want good for others as much as we want it for ourselves. We should seek to show kindness to others, welcome the stranger, do the right thing, and live a life that is filled with love rather than hate. But the approach to our faith which views God as marking us out of ten on a daily basis doesn't free us up to live well but rather leads us to live more constrained lives as we focus on not getting it wrong for fear of the consequences.

We all probably know from our own experience that when we feel supported, loved, heard, accepted, we are more likely to thrive as people. In contrast when we feel failures, that we are begrudgingly tolerated, and maybe not even likeable, we are less likely to feel free and thrive.

The human condition means that we will fall short of God's perfect design for our lives, sometimes more regularly than at other times. When this is the case, God wants us to know that despite our weaknesses and our wilful actions we are still held in his love. Those of us who are parents might have occasion to be disappointed, angry, and exasperated with our children in just the same way our parents would have had cause to be disappointed, angry, and exasperated at us. At such times the underlying bonds of

love we have within a family can make all the difference in how we react to each other and what we do about the actions that give cause for such feelings.

Similarly, God's unfailing underlying love for us gives us a way back on to the right path, the right choices, the right attitudes, and the right actions when we fall short. The Gospel message is primarily a message of good news, a message of a loving God, a message of a passage back from estrangement from him should we find ourselves in that state.



The parable we know of as the 'prodigal son' (see Luke 15:11-32) is just one story Jesus told to reveal the heart of a loving God when an errant child acts rebelliously and makes a complete mess of things. The son in the story fears that when he returns to his father he will not receive a welcome but rather have to work for a living just to survive as a worker in his father's business. How glorious must have been the recognition of the son who returned when he didn't receive reprimand but received a son's welcome, a son's love, a son's position in the family, and son's privileges, and a home once more.

This is the kind of love God wants us to know he has for us, and it is in the security and confidence of that love that we find the conditions to become the kind of human beings that God has created us to be. Growing into the person we are meant to be is a lifelong journey with steps forward and steps backward but if our hearts have an underlying desire to be all we can be and ready to acknowledge when we aren't our progress will be sure and steady.

Life isn't a test, we aren't under some kind of examination from God. No, life is founded upon relationship with a loving God, a heavenly Father who wants the best for us so much that he has given his best for us. With God we don't have to pass an exam to access his love, rather, open our arms and hearts to receive it and learn to see ourselves and others as those who are loved and on a journey towards the best person we can be by the grace of God.

Every best wish to you and yours, Rev Pete

Church Services in the Benefice

Sunday July 7th:

9.30am Newport Communion

11.15am Widdington Communion

Sunday July 14th:

Church away Day with open air service on Audley End estate 11am. There will be no services in any of the churches in the benefice this day

Sunday July 21st:

9.30am Newport Communion

11.15 Widdington Communion

Sunday July 28th:

9.30am Newport Morning Worship

11.15am Rickling Communion

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 (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: **07854 687748**

See also DCs' regular reports in *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: **02072 191943**

From the Parish Council Chair

Well, here's my first posting on the PC report!

Hopefully by the time this Link is published we might have had some weather reflective of the summer which is always one of my favourite days of the year.

During the relatively short time I have lived in the village (and been on the PC), I have tried to familiarise myself on the various lanes, footpaths, wooded areas etc. My predecessors' knowledge of who lives where and does what is a challenge but I'm getting there slowly. Part of my recent brief has been on Public Rights of Way (PROW) and ensuring the village has enough salt/grit for when and if the weather ever demands it. This has enabled me to get my 10,000 steps in and discover where some of the hidden gems of the village are located. With respect to 'salt,' we have plenty as I moved nearly a ton of the stuff into storage at the end of last year!

Talking of PROW, if when you are out and about on the various pathways and spot overgrown routes, do let us know the location and name of path if possible. Some of the routes are managed by the farm or private individuals. If you also find your own property boundary hedge encroaching onto public highways, we may be able to assist in clearing by contacting the Essex Highways folk.

We have welcomed two new Parish Councillors which is great news having lost a couple due to work and other commitments. It would be fantastic if we could get a couple more to share the (not onerous) activities the PC get involved in. As I mentioned last month, I had never planned to be as involved as I find myself, but it's manageable, and as they say 'many hands...'

We've just had one of the village highlights; the Quendon & Rickling Run fest. Congratulations to the organisers for an even bigger event this year. I believe there were over 300 runners! Having been on the marshal team, it was great to see runners of all ages and abilities. Hopefully the school will reap the benefits of the event.

Please keep your eyes open on notice boards and Social Media for village activities and planning developments and if you fancy being part of the PC team, please do get in touch.

I'm reminded that the Pumpkin growing activity is well underway. The date for Autumn Daze will be announced soon and we will see if there is a new name on the trophy this year.

Gari Spearpoint

Quendon & Rickling 100 Club

Congratulations to the latest winners

June 2024

1st Prize	R Hackwell	£30
2nd Prize	L Chandler	£19
3rd Prize	R Heggie	£9

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.

District Councillors' Report

The General Election

I was going to ignore the election and do a piece about helping people to use computers and smartphones in our world where not being 'connected' is increasingly difficult and isolating. Successfully helping I would add.

Unfortunately, instead I must call out falsehoods in the MPs election leaflet. She claims to have 'fought for and delivered' millions of pounds of grants from the UK Shared Prosperity Fund, the Rural Prosperity Fund, and millions for schools. She had no hand in these, and her claims are a lie. The Prosperity funds were bid for by Chelmsford City and Uttlesford District Councils and are administered entirely by them. UDC allocated 34 grants totalling £1.8m, as listed in June's Cabinet papers under my portfolio which includes economic support, involving much work by the applicants and our excellent officers. It is shameful in pursuit of self-interest for the MP to claim credit for the work of others, and of a council which she frequently criticises.

The school funding was a national arrangement. The MP's website states she 'welcomed' it, not that she did anything. She also claims to have obtained funds for Thaxted church, which I could find no evidence for. I suspect this is VAT recovery on conservation works which I know about from works on Newport church. You claim by emailing forms to a department in Glasgow and it doesn't require your MP to 'fight and deliver' it. After seven years, residents should be seeing genuine achievements, not false claims.

On the Prosperity grants, it is very satisfying to work with good officers and to present a good outcome for residents and the businesses and groups. Some council work is hard and some just impossible. But this is a joy.

What makes a good local MP?

Good MPs support their local councils regardless of politics. They meet regularly with leaders and council chief executives to cooperate on the issues of the day. Our inboxes may contain the same issues, and there is a need for teamwork. For us to pick up things an MP can't do, and vice versa. And support each other.

But the current MP attacks her local council. Any question about planning and she takes the opportunity to criticise UDC. On the bin problem, instead of assisting, she wrote unhelpful letters to our council leader, published them on village facebook groups, and then the local Conservatives commented trying to do as much political damage as possible. We need a team player who bats for our constituency.

Why has Residents for Uttlesford not fielded a candidate?

Because the constituency has different boundaries from Uttlesford and is now part of three constituencies. And because we tried it once a few years ago, lost our deposit and learned to stay local and not do it again.



The constituency includes northwest Chelmsford, Boreham and Writtle. Other parts of Uttlesford are now, following boundary changes, in Harlow - The Hallingburys, Hatfield Broad Oak and Hatfield Heath - and to the east of Thaxted, The Sampford's, Lindsell and Stebbing are in Braintree constituency. Assuming we get good MPs we will be able to look forward to the support of three of them!

Neighbourhood Plan

In a change of schedule from that announced last time, we are

holding off the regulation 14 consultation until after the UDC Regulation 19 plan is published. Which itself has had to be delayed till the 5th July as could not be done in the election period. Once Regulation 19 is published the district's housing supply requirement falls to 4 years, which we have. This means then that the old 2005 Plan regains full weight. Our existing Neighbourhood Plan also carries full weight, so our area will, in determining planning applications, have the benefit of two Plans at full weight. Which is good.

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.

Stansted Mountfitchet U3A

For the first time in its history the u3a nationally is holding a Festival this July. u3a Festival 24 will take place in the beautiful city of York over 3 days from 18-20th July and will be held at the University of York based around their exhibition centre. Members will be running a wide variety of activities - talks, sporting events, musical entertainment and workshops - which will make this u3a national festival something to remember. A number of members from Stansted Mountfitchet will be going, including one or two from the committee, so we hope to bring back lots of fresh ideas for our own u3a going forward.

This month the Garden Group will be visiting David and Anne Willet's garden in Little Hadham. David, who, in February, entertained us with a talk on Famous Gardens, is a member of Thorley u3a and opens his garden annually in aid of charity.

May's Saturday seminar plunged into a highly contested controversy in palaeontology. Did birds evolve from dinosaurs or reptiles? Our speaker, Mike Howgate, began by saying, very forcefully, that he was going to give the minority view, speak against the conventional wisdom of the day and argue that it was from reptiles. He gave a witty, compelling and fascinating account of his views, tracing the theory of flight from reptiles such as Longisquama Insignis, and denouncing the arguments that flight evolved from dinosaurs. Such was the combative nature of his argument, that it left us all wanting more. So, watch this space - it may be that the dinosaur pathway will get an airing soon !

Finally, do please remember that new members will always be very welcome to try out any class before committing. Do check out the website: u3asites.org.uk/stansted or phone 07874385541 to find out more information about the variety of activities on offer.

Susan Sedgebeer

**THE HUNDRED PARISHES SOCIETY**

www.hundredparishes.org.uk

The 19th century was a period of great railway development. Several railways in The Hundred Parishes no longer exist although they played an important role during their hundred-year lifetime.



Ashdon Halt

The Saffron Walden Railway was constructed in 1865. It branched off the London-Cambridge main line and ran from Audley End Station to Saffron Walden. In 1866 it was extended to Bartlow, to link up



Bartlow

with the Stour Valley Railway. Following loss of passengers and freight from rail onto road, a report in 1964 by Sir Richard Beeching identified many lines that were now deemed uneconomic; many stations and miles of track were decommissioned, including the Saffron Walden line.

In Hertfordshire, a line ran from St. Margarets to Buntingford, including stations at Braughing, Hadham, Standon and West Mill. The Buntingford Line was closed to passengers in 1964 and goods trains a year later. Buntingford Station, off Aspenden Road, is now a private residence.



Buntingford



Braughing

Braughing station opened in 1863 and closed in 1964. It too is now a private residence but retains many of the original features including the platform, signal box and signals.



Dunmow Cutting

Another line ran from Bishop's Stortford via Dunmow to Braintree. Much of this is now the Flich Way Country Park, a 15 mile route that was opened in 1994 and is largely maintained by a group

of volunteers, Friends of the Flich Way. It is used by walkers, horse riders and cyclists and is part of National Cycle Network Route 16. The demise of the original rail line can't be blamed on Beeching - it closed in 1952 for financial reasons.



Takeley

Our website www.hundredparishes.org.uk includes a fuller exploration of local railways under the Articles section, while the Walks section includes routes from current railway stations – plus a new series of Quiet Lane walks that do not use footpaths.

Ken McDonald, Secretary

PEGASI

We are pleased to share an update on the progress of our development plans for the land on Belchams Lane.

Following the constructive feedback received from the initial consultation with the Planning Inspectorate, public consultation, and the Uttlesford Quality Review Panel, we have been diligently revising the scheme design to incorporate all the valuable comments.

We will be initiating another round of public consultation in September. As we prepare for this, we will provide more detailed information closer to the date.

Your continued involvement is essential, and we look forward to your participation in shaping the future of this project.

In the interim, you can share any feedback you may have at - <https://www.belchams-lane-consultation.co.uk/>

Rickling/Quendon Community Café

Quendon & Rickling Village Hall,
Quendon CB11 3XQ

Fun Bingo/Raffle



Wednesday 17th July

Coffee Morning

10.00-12.00am

Please contact:

Angie 01799 218061

**CARE 4
CALAIS**

Kate Vass from Widdington and her friends Harvey, Naomi and Louisa, are on a mission to support the refugee crisis in Calais and need your help to send the Team of 4 to Calais this summer. If you would like to help, any amount will be gratefully received, please visit the gofundme page at: <https://gofund.me/d1e2a3b6> where you can read all about their journey.

Golf Society

The society's second venture of the year was to local venue Great Hadham GC. The course was in good condition and the pre and post match food was well received. On a dry but breezy day the main event was the competition for the Bandit Trophy, with Steve Prangnell emerging as clear winner with 41pts and runner up Sarah Coke with 36pts. Steve also won the men's longest drive with the ladies longest drive going to Jaine Fieldhouse. Nearest the pin was won by Tony Jones who with partner Sarah were successful in the "Hidden Pairs" competition, finishing ahead of Jane Waite and Steve.

If you would like to join the society then please email or call Brandon Chapman : pebbles4@btopenworld.com or 543518.



Maces Farms July 2024 Update

As we pass through summer solstice it's quite unbelievable that we have had a summer at all, certainly from the farms perspective it's been one of the worst growing seasons by some time. The constant wetness and cold soils have made it very difficult for the plants to establish and thrive. It certainly is a season that you want to forget. But let's put this into context, we are a temperate climate and often produce good quality foods year on year without any major risk, other parts of the world are not so lucky. The trends are certainly changing as the Earth warms up and I wonder if the risk of growing food within the UK will increase even more.

Crop protection has been so important this year and although the crops are below average there is still hope that from mid-June to early July we will get a good grain fill. This is all down to how much the sun shines turning the power of the sun into carbohydrates. I have grown more Bread wheat this year and the focus is more on quality over yield. The aim is to have a Minimum Protein content of 12%.

Our seasonal harvest staff have started this month which means Harvest is only a matter of weeks away. Normally the Winter Barley is ready first, then the OSR and traditionally the wheats a week or two after that. The Beans and Oats are normally cut in-between cutting the wheats. If you are out and about do stop and look and even take the odd photo we don't mind, just please stay on the public rights of way.

We welcome for the first time a Local School pupil on a 3-day work placement to experience a large commercial arable farm. For me it's a great thing to do and to promote farming as a potential career: it's not all about driving tractors, it opens a world of avenues for example Agronomist, Scientific roles, Ag engineers, Grain traders or in Machinery sales. The average age of a farmer is well over 60 so we need to bring youngsters into the industry.

Here's to a safe and happy start to harvest.

Mark Gemmill

Mgemmill@pegasi.co.uk



NEWPORT & DISTRICT FLOWER CLUB – Fun with Flowers

Our aim is to encourage the love of flowers with an atmosphere of fun and friendship. Members are offered a full programme of demonstrations and workshops. No flower arranging skills are necessary.

We invite you to come along and enjoy watching the very talented floral demonstrators produce amazing arrangements that are raffled off to lucky members of the audience.

We meet on 3rd Wednesday of the month (except January, August, and December) – doors open at 7pm start 7.30pm at Ugley Village Hall, Cambridge Road, CM22 6HR

Visitors are always welcome to attend our meetings. £10 includes tea/coffee & biscuits.

Our 17th July club night will be a demonstration with beautiful floral designs by Morag Bennett, the title will be 'A Celebration of Flowers'. Why not come along! Our contact is Patricia Sanz, Email: flowersanzp2020@gmail.com



Saffron Walden Museum

Visiting the Museum

Our standard opening hours are:

Tuesday, Thursday-Saturday 10-4.30pm; Sundays & Bank Holidays 2-5pm

Closed Mondays (apart from bank holidays)

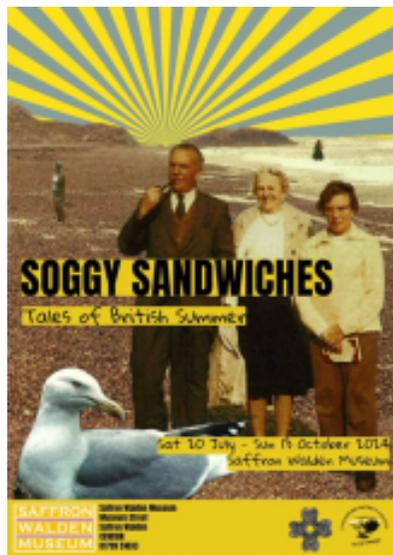
Wednesdays are currently reserved for pre-booked group visits by schools and other parties in term time.

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

www.saffronwaldenmuseum.org

History of the Holiday

As Midsummer approaches and the Sun sits high in the sky come and explore the history of the British Summer Holiday from its beginnings to its waterlogged sunsoaked seaside best. How has how we holiday changed? From suits to swimsuits, trains to planes, soggy sandwiches to instant BBQs. The history of the holiday with plenty of fun for everyone (ages 1-100).



Object of the Month

The Museum's 'Object of the Month' provides an opportunity to explore interesting and unusual objects from our stores.

Object of the Month for June was Woad

The leaves of the woad plant (*Isatis tinctoria*) are a traditional source of blue dye across Europe, famously used by Celtic people in Britain at the time of the Roman Empire to paint or tattoo themselves blue. This may not be true, however. The main written evidence for this is from an account by Julius Caesar using the words "vitro inficiunt". "Vitro" means "glass", and the phrase translates to "infected with glass" or possibly "stain/dye with glaze". Modern attempts to paint skin with woad find it flakes off too easily, and the caustic,

corrosive nature of the substance would cause severe burns if used in tattoos. The blue colour could have come from substances containing copper, or even iron if prepared correctly.



Car thefts

We all do it, walk away from the car and with our back turned to the car press the button on the key fob to lock it, never thinking that it may not lock. Yet a simple thing like looking at the car as you press that button to get the confirmation of it locking with lights flashing, or just pulling the handle to check it is locked can prevent a lot of thefts of or from motor vehicles. Why does it not always lock, it could be fault, battery running low, user error or some individual with device to block your signal nearby. In any case Lock it & Check it and we can prevent some crimes.

Modern cars are more advanced and rely more and more on computers to manage their systems, our thieves become more technical too. To cater for both the technical and less technical thief use the locking system on your vehicle and look to the good old fashioned "Krook Lock", steering wheel, or pedal lock to supplement it, it has a great visual deterrent.

With high value cars consider the fitting of a tracking system, look for a system that uses a number of communication methods i.e., RF frequency, phone networks, and GPS satellite connection. There are even systems where you can "Geo-fence" the vehicle location so that if it moves beyond this the tracking system is activated and an alert sent.

If you have cars of different values, where possible park the higher value car in your garage. When parking a car on your driveway ensure it is well lit and park the lower value car in front of the higher value car, as the thieves are more likely to target high value cars and will be deterred if they can't easily drive such a car away from the scene. Locked gates and collapsible posts on the driveway will also deter the thief.

A lot of cars nowadays have ‘keyless entry’, when not using the car put your car keys/fobs in faraday bags, these will block the signal from your car key/fob being used by thieves.

Please also ensure that you put your car keys somewhere safe and out of sight, when you return home. Put your car keys/faraday bag in a drawer (preferably one that is noisy to open) or some other secure place, but don’t take them up to the bedroom with you.

Lastly before you turn in for the night check that all doors, ground floor windows and other easily accessible windows are closed and locked. If you have an intruder alarm and can do so activate the downstairs zone. To stop the burglar getting to the vulnerable windows and doors to the rear ensure that side gates are closed and locked.

For further advice and suitable products see: www.securedbydesign.com/guidance/crime-prevention-advice/vehicle-crime/car-security



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FOUNDATIONS,
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Please mention

The Link
**when responding to
advertisements here.**

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

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/month	20.00-22.00	Q&R Village Hall	
Pilates	Mondays	09.00-10.00	Q&R Village Hall	Jan Crawley 07742 182272
Dance Exercise	Tuesdays	10.30-11.30	Q&R Village Hall	Christine Alexander
Community Café	3rd Weds/month	10.00-12.00	Q&R Village Hall	Angela 01799 218061/Carol 543807

What's On (cont.)

USA Choir	Wednesdays	11.15-13.15	Q&R Village Hall
Carpet Bowls	Wednesdays	19.00	Quendon Bowls Club David Soloman07817248301
Social Evening	2nd & 4th Fridays	19.00-23.00	Quendon Bowling Clu
Church Away Day	14th July		Audley End Estate details TBA
Newport Flower Club	17th July	19.30 -22.00	Ugley Village Hall
Communion	28th July	11.15	Rickling Church

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.

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

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