



**QR code for**The Link

# Quendon & Rickling Parish NEWS and Church

#### September 2024



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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

Rickling: contact church.jo@yahoo.com

**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.

#### The changing seasons of life

I wonder if you can cast your mind back to some of those new school years you started each September, especially the time you progressed from primary to senior school. Were you excited, nervous, did you have a new uniform, a new pencil case, a new school bag?

Another September experience can be the beginning of glorious autumnal colours appearing on the trees, the warm September days sometimes followed by the encroaching cooler air of September evenings and noticing that the nights are beginning to draw in. For some these changes are welcomed and for others the leaving behind of the warmer, longer days is not welcome at all.

However, God created nature's seasonal changes for good reasons. The dying of the light is necessary for the grain to sleep in the dark earth so that it may awaken in the springtime and bring new life. The author of Ecclesiastes noted these principles in his description of the cycles of life when he said that "There is an appointed time for everything. And there is a time for every event under heaven." (3:1) After the flood of Noah, God promised to never again destroy the earth, and promised that "While the earth remains, seedtime and

harvest, cold and heat, summer and winter, and day and night shall not cease." (Gen. 8:22)

The unfolding of the seasons was an inspiration for the Celtic imagination. In the pre-Christian tradition there are significant feast days aligned with the equinoxes and solstices. The Christian calendar incorporates many of these rhythms, with Christmas falling near the winter solstice, the feast of John the Baptist at the summer solstice, and Easter after the spring equinox.



Whatever your memories or thoughts of this time of year where there is a sense of turning a corner and looking towards the coming autumnal months, I hope you can see within the changes of your life in general and seasons of the year, global warming notwithstanding, the hand of God and his loving care and provision. Such provision is practical and tangible in the form of food, people, and the beauty of

creation. It is also spiritual and known through the activity and presence of the Holy Spirit around us and within us. For it remains true, just as Man does not Jesus said, we humans do not live by bread alone, but by every word that comes from the mouth of God. Ensuring we nourish our whole selves with God's good provision makes us more likely to be healthy within our whole selves, body, soul, and spirit.

Live on bread Alone but on every Word that comes from

Rev Pete

#### **Church Services in the Benefice**

#### September

#### Sunday 1st September

9.30am Newport Communion 11.15am Widdington Communion

#### **Sunday 8th September**

9.30am Newport All Age New Beginnings Breakfast sandwiches will be being served before the service from 9am

11.15am Quendon Communion

#### **Sunday 15th September**

9.30am Newport Communion

11.15am Widdington Communion Morning Worship with Baptism

#### **Sunday 22nd September**

9.30am Newport Morning Worship

11.15am Rickling Communion

3.30pm Newport Messy Church

#### Sunday 29th September

11am Widdington Benefice Harvest service followed by Harvest Lunch in Widdington Village Hall

#### October

#### Sunday 6th October

9.30am Newport Communion

11.15am Widdington Communion

#### **Sunday 13th October**

9.30am Newport All Age

11.15am Quendon Communion

#### Sunday 20th October

9.30am Newport Communion

11.15am Widdington Communion

#### Sunday 27th October

9.30am Newport Morning Worship

11.15am Rickling Communion

3.30pm Newport Messy Church



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 <a href="https://www.essex.police.uk/">https://www.essex.police.uk/</a> 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 not 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		
The information you provide is very important to us, so please make sure that we can use it	t effectively, by		

reporting it correctly through the proper channels. Thank you.

#### **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 email 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

#### Quendon & Rickling 100 Club

Congratulations to the latest winners

August 2024

1st Prize C Mackrill £30 2nd Prize M Michaelides £19 3rd Prize S Cundy £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.

#### From the Parish Council Chair

We hope the summer period has been good for everyone. Whilst there has not been a PC meeting in August, the Council have been in regular discussions regarding parish business including participation at the Quendon & Rickling Family Fun Day on 7th September hosted by friends at the Cricketer's Arms. This publication may be with you after the event so hopefully it was a warm dry day and everyone enjoyed themselves. That said, hopefully you will also be looking forward to the annual

village event 'Autumn Daze' where we celebrate traditional fare featuring everything Apples, including - Pressing, Bobbing and other fruit related activities! Refreshments and other fun activities will be available and please do come and say hello to the PC representatives.

In addition to the above, it has been a busy period on the green with regular Cricket matches taking place. There are few things nicer than the sound of leather on Willow (I'm pretty sure bats are made from other material these days) whilst enjoying refreshment from 'the local.' Continuing a sporting theme, Quendon Bowls club have had a really good and busy year with teams in several leagues, inter-club competitions and friendlies with other local clubs. They recently held an inter club gala where 16 teams from, Essex and Hertfordshire participated in the event. Sounds like a great day with a BBQ, Pimms Tent, subsidised bar and several fun competitions along with the serious stuff of the main Bowling tournament, which this year was won by a team from Bishops Stortford BC. The club has a really active social program during the year and this will come in to its own during the 'non bowling' autumn and winter months. Do watch out for advertised events. Another great advert for our Village.

We're always looking for new and innovative ideas to add into the Village schedule. One suggestion being floated is a sewing and knitting club. There are several talented ladies in the village and I'm sure any novices would be welcome to join in. This idea is in its early days so if that is something you would be interested in being part of, please let us know.

Hope to see you at future events and possibly our next PC meeting on 11th September where we hope to welcome another new Council member.

FINALLY On the subject of housing development.

You would have seen that the government is putting pressure on the building of new homes. Whilst the village has so far not been targeted for large housing development Uttlesford District Council are involved in future planning applications.

We have been made aware of potential development in the district and the following note from UDC gives an idea of what we should be aware of.

"I have sought to set out the current picture in simple terms and provide the relationship between our emerging Local Plan and national changes. There are still unknowns with regards to how the national picture will look come year-end, and how other districts will cope with their numbers etc. The government may change its mind on some of the proposals (but I doubt it). The fact of the matter is we have a Reg19 Plan that ticks a lot of the Labour Government's boxes (social housing, addressing climate change, ensuring provision for early years education etc). Our plan also includes some headroom in our housing numbers, and that along with the fairly moderate (relative to some other districts) uplift in housing needs figures means we can continue with our Local Plan as is. The council agreed it just in time. We will need to keep an even closer eye on major planning decisions and appeals over the next six months as a result of the HLS changes.

The Planning Team is currently finalising a glossy, high-res version of the Reg19 and

each Parish/Town Council will get a copy (along with district libraries). The consultation will go live on 8 August for eight weeks. Public events will be held in September (dates tbc). In October and November responses will be packaged up, along with all the plan documents and sent to the Planning Inspectorate in late December (early January at the latest). We will then await details of our Examination in Public (EiP) programme.

The above is to the best of my knowledge and judgement and I hope you find it useful."

From UDC

Cheers for now.

Gari

#### **District Councillors' Report**

Local Plan 2021 - 2041 moves to the next stage



At a full Council meeting at the end of July the Local Plan was voted by 24 to 12 to move on to the 'Regulation 19' stage. Three R4U councillors broke their holidays to be able to attend this important vote. The new government housing targets were announced on the same day and if we had not voted for Regulation 19 this would have switched Uttlesford to the Government's new housing target regime, adding a further 1500 houses to the Local Plan requirement. Failure to move on would also have added long delay, heavy costs to taxpayers, leaving our District again at risk of even more speculative development, and possibly leading to the government taking over and making the Local Plan itself.

The Plan has been kept free of the political interference which we believe led to the previous failures. But sadly, despite a very strong warning from officers, the

Conservative and Libdem opposition still attempted to block the Plan and ignored the very serious consequences of doing so. Two Conservatives and one Libdem did however vote for it.

The position now is that in the short term UDC is only required to have a 4-year housing land supply (which it does) and so the bias towards permitting applications outside of the old Local Plan limits is taken away. This will last until a revision of the National Planning Policy Framework (NPPF) comes into effect towards the end of this year. This will be the fourth revision since it was created in 2012. Although we are exempt from the new higher national housing targets I do feel this government, similar to the last one, is living in the 1950's. In 1951 About 200,000 houses were built of which 173,000 were by local councils. In 2022 just over 200,000 were built of which only 4,230 were built by councils. Developers now build large scale housing not councils. Therefore 'punishing' local authorities with very high targets is not going to work as councils cannot control speed of building and developers will restrict supply to keep prices up and also so as not to stress their labour force costs and supply chain costs. They are not philanthropists and flooding the housing market is not in their interests. A different approach is needed.

The stats are here https://www.statista.com/statistics/746101/completion-of-new-dwellings-uk/ or follow the qr code. Do note that the



exceptionally large numbers from the 1950's to the 1970's do not show the huge demolitions of high density two up two down terraced houses. Some of which is still going on. On the face of it not relevant to here, but this is the site of my Great Aunt's terraced house in Blackburn, demolished about six years ago and now replaced by housing of maybe a quarter of the density. The way we currently build, 1.5m houses in five years will consume a lot of land.

#### Consultation

In the areas intended for a scale of development it provides affordable housing, new schools, a surgery, employment land and parkland.

You are invited to submit your representations to the consultation which opens on Thursday 8 August and closes at 5pm Wednesday 3 October 2024. A number of dropin exhibitions are being held across the district so that residents and businesses can find out more about the proposals.

**Event Details:** 

Monday 02 September 2024 5pm-8pm - Stansted & Elsenham Public Event - Ugley Village Hall

Wednesday 04 September 2024 5pm-8pm - Dunmow Public Event - Foakes Hall, Great Dunmow

Monday 09 September 2024 5pm-8pm - Saffron Walden Public Event - Saffron Walden Town Hall

Tuesday 10 September 2024 5pm-8pm - Takeley Public Event - Priors Green Community Hall

#### **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 facebooks.

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.



#### THE HUNDRED PARISHES SOCIETY

www.hundredparishes.org.uk

The Hundred Parishes has an exceptional depth of ancient buildings. More than 6,000 are "listed", meaning that they appear on the National Heritage List for England. Each

property listing includes a description and many of these descriptions take their text from the guide books produced by one exceptional man, Nikolaus Pevsner.

Pevsner, an architectural historian, was born in 1902 in Leipzig, Germany, the son of a Russian-Jewish fur merchant. In 1933 he moved to England and settled in Hampshire. Following the outbreak of World War II, he was taken to an internment camp but was released three months later.



Work on his series of architectural guide books, The Buildings of England, began in 1945. The edition covering the whole of Hertfordshire was published in 1953; Essex and Cambridgeshire followed in 1954.



Manuden

Most of the ancient architecture in The Hundred Parishes is mentioned by Pevsner in these three editions, either in general terms or in great detail. One example in Essex is Manuden, which he describes as follows: "Manuden has a specially pretty, short village street with timber framed cottages with oversailing upper floors near the church and a small assortment of Georgian houses a little further west".

In Cambridgeshire, he described the Norman interior of Ickleton's parish church as having few equals in the country.

In Hertfordshire, the 17th-century almshouses in Buntingford were described by Pevsner



**Buntingford** Almshouses

stateliest almshouses in the county".

Mikolaus Pevsner was granted British citizenship in 1946, appointed CBE in 1953 and knighted in 1969 "for services to art

and architecture". In total, he was responsible for 46 county-wide guides. He died in Hampstead, London in 1983.

The website www.hundredparishes.org.uk has more than a hundred walk routes that can be freely downloaded. The route descriptions

draw attention to some of the listed buildings that are passed.

Ken McDonald, Secretary

07874-385541



www.u3asites.org.uk/stansted

Ickleton

#### Stansted Mountfitchet U3A

#### u3a Festival and Garden Group Delight in Perfect Weather

In a year marked by unpredictable weather, the first u3a Festival at The University of York was blessed with sunshine and the hottest day of the year so far, providing the perfect backdrop for a variety of activities. Held over three days in July, the festival featured more than 80 events, showcasing the best of the u3a community. Organised and enjoyed by nearly 1,000 members, the festival highlighted the vibrant spirit and enthusiasm of u3a participants. With the success of this inaugural event, hopes are high for it to become a regular fixture in the u3a calendar.

Meanwhile, the Garden Group enjoyed another beautiful day with a visit to the garden of Thorley u3a members Anne and David Willett in Little Hadham. Known for its exquisite design and planting by Anne, the garden features charming borders, a tranquil water feature, and strategically placed focal points that guide visitors through the garden and into a small, well-tended woodland area.

In keeping with tradition, Anne and David hosted the group with tea, coffee, and homemade cake on the lawn, adding a delightful social element to the garden tour.

Looking ahead, we are looking forward to welcoming Jason Middleton as the speaker for the General Meeting on 19th September. A professional gemologist, Mr Middleton will share his passion for jewellery, tracing its role from ancient civilisations to modern times. Attendees will have the opportunity to handle items and purchase a selection if desired.

New members are always welcome to explore any class before committing. For more information about the variety of activities available, visit the website

u3asites.org.uk/stansted or call 07874 385541.

As the u3a continues to grow and thrive, these events underscore our dedication to lifelong learning and social engagement, making it a cherished part of many members' lives.

Susan Sedgebeer

#### Rickling/Quendon Community Café

Quendon & Rickling Village Hall, Quendon CB11 3XQ



#### Fun Bingo/Raffle

Wednesday 18th September Coffee Morning 10.00-12.00am Please contact: Angie 01799 218061

### NEWPORT & DISTRICT FLOWER CLUB

Friendship, Fun and Flowers

Our club meeting on 18th September will be a demonstration by Barbara Collins her title is 'Shades of Autumn'. Barbara is an amazing demonstrator, so we know this will be an outstanding fun evening and her arrangements are raffled at the end of the evening. Please do come along and bring a friend with you.

We meet on 3rd Wednesday of the month (except January, August, & December) – 7pm at Ugley Village Hall, Cambridge Road, CM22 6HR. Contact Patricia Sanz flowersanzp2020@gmail.com

Visitors are always very welcome.

#### **Quendon Bowling Club News**

#### **Bowling**

At the time of writing (19th August) we are nearly at the end of the outdoor bowling season. It has been a season of mixed results. Last year we were promoted in both the Steeple Bumpstead and N W Essex Bowls Leagues, we have stayed up in the former but unfortunately have been relegated in the N W Essex. In our second season in the Herts & Essex Seniors League we still have two matches to play but are holding third position.

In other competitions we made the semi-finals in both the Walter Smith and League Cups and have had players representing the club in other competition semi-finals.

During the season we have held two very successful gala days that has attracted Bowls Clubs from across four counties and N E London, we also hosted a County match between East Hearts and N W Essex. A lot of great bowling on display and a great recognition for the club and the excellent facilities it offers.

We will be starting our indoor bowling in September which will be at Turpin's, in Saffron Walden, on a Thursday afternoon. Also we will be having indoor short mat bowls in the clubhouse on a Wednesday evening.

#### **Social Members / Evenings**

Following our summer social events of the Caribbean Party and Pimms our social events will be returning in full swing now on the second and fourth Fridays of the month with our special events on the third Saturdays. In the coming months we are looking forward to another Race Night, Quiz Nights, Christmas celebrations and a Neil Diamond Tribute act and much more. Remember you don't need to bowl to be a social member and take advantage of our facilities, events programme and bar at club prices. Keep a lookout on the Parish notice boards and on our website for details. Why not follow us on Facebook? Or even come over and meet us in person, we are a very friendly lot.

#### As an Aside

Bowls is good for your wellbeing, not only mentally but also physically. At a rough calculation each member of our Bowls club, in the last season, on the green, has walked in excess of 21 miles and sent down nearly 103,000 bowls.

The Clubhouse is also available for hire by the hour, half day and full day. If you need a venue for your club, meeting, party celebration please contact us either by Facebook or calling 01799 541196 and leave a message.

#### Jocelyn Donoghue



(Emotional Freedom Technique)

Unlock your emotional freedom with EFT.

Emotional freedom technique (EFT or Tapping) is a method some people use to help manage emotions and troubling thoughts that may be affecting their life. Have you felt like you have lost your spark and are yearning to reignite it?

EFT can help us break free from self-limiting beliefs and embrace boundless possibilities.

The possibility to be the Wild, Brave and Free individual you want to be.

If you are interested in learning more, schedule a complimentary 20-minute video consultation or to book an appointment feel free to reach out to me on 07841 098079 or jocelyntd1@hotmail.com.

Based in Clavering









Saturday 14th September 'Pop Up' Cafe Open 11am -1pm

> St Nicholas Church. Berden, CM23 1AU

YOUR CHURCH NEEDS YOU as never before! Dust off your trainers. oil your joints (and your bicycle!) and come and explore the Essex borders and raise

funds to support Friends of Essex Churches Trust. Parking also available at Berden Village Hall, CM23 1AE, whilst you Ride and Stride



To find out more and for sponsorship forms go to www.friendsofessexchurches. org.uk/ride-stride





#### History of MEMULLEN McMullen Brewery

#### Wed 18th Sept @7pm

Join us to hear from Fergus McMullen about the McMullen family Brewery's history and sample some beer!



All events are FREE but donations are encouraged to support St Nicholas Church.

Refreshment's available from 6.30pm To reserve a seat at an event please contact natalie.trapmore@outlook.com



WE ARE
MACMILLAN.
CANCER SUPPORT

So people facing cancer can have the support they need to feel more in control of their life. From the moment they're diagnosed, through treatment and afterwards.





#### Saffron Walden Museum

#### Visiting the Museum

Our standard opening hours are:

Tuesday/Thursday-Saturday 10-5m; 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

#### Heritage open day - 7th of September

As part of England's Open Heritage Day the Saffron Walden Museum will be free all day! There will be a regular Finds Surgery with the Essex Finds liaison officer as well as a secondhand book sale and mystery object boxes. Visit the museum for a day of historical wonder.

Heritage Open Day is England's largest community led festival of history and culture, involving thousands of local volunteers and organisations. Every year in September it brings people together to celebrate their heritage, community and history. Stories are told, traditions explored, and histories brought to life. It's your chance to see hidden places and try out new experiences – and it's all FREE.

**August's object of the month** was a selection of 18th century ladies' shoes from the

museum's collections.



Despite not being a particularly lucrative trade for shoe binders, closers and finishers to work in, shoemaking flourished in the 18th century. Many 18th and 19th century shoes were made on straight lasts, rather than separately crafted left and right lasts, the shoes just moulded to the foot, creating a left and right side over time! Hence the importance of breaking in a new pair of

shoes or boots! By 1750, shoes began to be regularly made in different sizes, before that, they only made shoes of non-standard sizes on special order.

Throughout most of the 18th century, fashionable well off ladies wore shoes constructed with patterned fabric, which was often brocaded or embroidered. Indian inspired floral designs were particularly popular. On embroidered examples, where the stitches have worn away you can often make out where the design was originally marked on the fabric in pencil.

Women's shoes of this period typically had a slender 'Italian' style heel, with a wedge under the instep. Women started to choose shoes with pointed toes, and there were even more elaborate pointed toe styles called hooked, where the pointed toe curled upwards.

The shoes were typically made with silk uppers, decorated with silver gilt thread detailing. Some examples of this period were decorated with green sequins made from iridescent beetles' wings, which caught the light and sparkled.

Buckled shoes grew in popularity by the mid-18th century. The ornate buckles were often made separately so they could be changed to match the wearer's outfit.



#### From the ICO

### Social media and video sharing platforms put on notice over poor children's privacy practice

The ICO have been calling on 11 social media and video sharing platforms to improve their children's privacy practices.

This follows an ongoing review of social media and video sharing platforms as part of thier Children's Code Strategy. The ICO'sTech Lab reviewed 34 of these platforms focusing on the process young people go through to sign-up for accounts.

Eleven out of the 34 platforms are being asked about issues relating to default privacy settings, geolocation or age assurance, and to explain how their approach follows the code, after concerns were raised by the review.

They are also speaking to some of the platforms about targeted advertising to set out expectations for changes to ensure they are in line with both the law and the code.

#### **Electoral Commission reprimanded after cyber attack**

Hackers gained access to the Electoral Commission's servers which contained the personal information of approximately 40 million people in 2021/2022.

Access was gained by impersonating a user account and exploiting known software vulnerabilities in the system that had not been secured.

The attackers had access to the personal information held on the Electoral Register for over a year, including names and home addresses.

Servers weren't up to date with the latest security updates and many accounts used passwords that were similar or identical to the original ones that were allocated.

The Electoral Commission didn't have appropriate security measures in place to protect the personal information it held – this was a clear and avoidable error.

### Sick of being bothered by nuisance calls?

Nuisance calls don't deserve your time or patience – hang up and report them to us. We'll use the information that you provide to help us investigate and take action.

We also have simple tips you can use to protect your family from predatory companies that target the elderly:

Get them registered with the Telephone Preference Service (TPS).

Report any nuisance calls they receive to us.

Ask them if they've received any suspicious marketing.

Notify Action Fraud or Police Scotland if they've been victim of fraud and Ofcom for silent calls.



No **Maces Farm** update this month as harvest in full swing. An update will follow in the next issue.

However thank you to Peter Warwick for the picture of a harvested field.



#### APOPO

APOPO's innovative Search and Rescue rats are ready to take their training to the next level, but they need your support to make it happen!

The Innovation (R&D) team has been preparing the rats for search and rescue missions. Now, they are ready for real-world training in Turkey, where they will learn to navigate more complex disaster scenarios and find survivors under the rubble.

Use the qr code to find out more.



#### **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	<b>Home Telephone</b>	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

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

For further information see www.communityheartbeat.org.uk/

#### 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
U3AChoir	Wednesdays	11.15-13.15	Q&R Village Hall	
Carpet Bowls	Wednesdays	19.00	Quendon Bowls C	llub David Soloman 07817248301
Social Evening	2nd & 4th Fridays			
Family Fun day	7th September	12.00 -16.00	The Cricket Green	Rickling Green
Fun Dog Show	7th September	14.00	The Cricket Green	Rickling Green
Communion	8th September	11.15	Quendon Church	
Communion	22nd September	11.15	Rickling Church	
Macmillan Fundra	aiser 27th September	r 14.00-22.00	The Cricketers Arr	ns Rickling Green

#### What's On (cont.)

Autumn Daze 5th October 14.00 Rickling 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

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