

The Link



QR code for
The Link

Quendon & Rickling Parish NEWS and Church

December 2025/
January 2026

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Holly Berries by Kelly Izzard



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

Curate: Revd. Gavin Sunshine Phone: 07379 299845 **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.

Dear friends,

As the nights draw in and we turn the calendar to December, our minds and hearts begin to move towards Christmas. The lights go up in our streets and homes, the familiar carols return, and we find ourselves caught between the rush of preparations and the quiet waiting hope of Advent.



We might think it ironic that Advent is a season of waiting yet it happens at what for many of us is an extremely busy time of year which doesn't offer many opportunities to practice being still and enjoying the sense of anticipation that Advent invites us to enter in to.

And yet the busyness I mention might make being encouraged to enter in to the theme of Advent all the more timely. It's not the kind of waiting we might do when we are clock watching, but a waiting that is full of promise, anticipation, and hope. We wait for light to break into darkness, for peace to touch our world, and for God's love to be born anew in our hearts. Each candle on the Advent wreaths we will be lighting on the four Sundays before Christmas and on Christmas day reminds us that even the smallest light can shine brightly when the world feels shadowed.

This year has brought its share of challenges and change in our world and I'm sure for each of us there will have been periods where the light of life may have felt as if it had been extinguished for a while. Yet, I hope for you, through it all you managed to experience glimpses of God's goodness — in acts of kindness, in community spirit, in answered prayers, in the love of family, friends, and strangers, at times of worship, and at times of rest. Circumstances can seem to dim our eyes to the presence of God in such things but hopefully over a period of time we become aware of enough of them to help us keep our faith, hope, and love alive.



I have found that when I take the time to enter into the season of Advent intentionally, fighting the pull to just give up on it and go with the flow that I am always better prepared for celebrating Christmas and get more out of the miracle and meaning of Christmas. For Christmas is the

time we think more deeply and appreciate more gratefully the astonishing truth that God came among us — not in grandeur or power, but as a child, small and vulnerable. In that humble birth we see what love truly looks like: love that stoops down, love that welcomes, love that never gives up.

So however you find yourself navigating the busyness of the season I hope and pray that you will see that the invitation of Advent to wait in expectant hope is not a chore that just gets in the way. But rather know it as a gift being offered that helps keep you connected to the really important things of what it means to be human and loved by a God who became as we are that we might become like him and who promises to come into our world and lives again and again and again throughout the whole of your life and year to come.

May you find moments of stillness amid the bustle, and joy amid the routine. May Christ, the Light of the World, shine in your homes and hearts, and give you peace.

With my prayers and good wishes for a blessed Christmas and a hopeful New Year,

Your friend and vicar,

Revd Pete

Church Services in the Benefice

December 2025

Sunday 7th Dec

11.15am Widdington Communion

3.30pm Newport Whole Church Messy Church

Sunday 14th Dec

9.30am Newport All Age Service

3.30pm Quendon Carol Service

Sunday 21st Dec

10am Newport Said Communion

3pm Widdington Carol Service

6.30pm Newport Carol Service

Wednesday 24th Dec (Christmas Eve)

3pm Widdington Crib Service

5pm Newport Crib Service

11.15pm Newport Midnight Service

Thursday 25th Dec (Christmas Day)

9am Quendon Communion

10.15am Newport Christmas Celebration Service

10.15am Widdington Communion

Sunday 28th Dec

10am Widdington Benefice Service

January 2026

Sunday 4th Jan

9.30am Newport Communion

11.15am Widdington Communion

Sunday 11th Jan

9.30am Newport All Age Service

11.15am Quendon Communion

Sunday 18th Jan

9.30am Newport Communion

11.15am Widdington Communion

Sunday 25th Jan

9.30am Newport Foundress Day Service for Joyce Frankland Academy

11.15am Quendon Communion

3.30pm Newport Messy Church

Quendon & Rickling 100 Club

Congratulations to the latest winners

November 2025

1st Prize D White £28

2nd Prize B Chapman £18

3rd Prize C Mackrill £8

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 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 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 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

This morning, as I write this month's Link note, I'm looking out at the first frost of the winter. Considering this, I am reminded the PC has a stock of salt/grit available should paths be slippery. The three grit bins around the village should be full and there are more bags stored in the pub car park. If you need some, please let us know.

Over the past couple of weeks, a small group of volunteers have been making a start on path repairs. This has largely been focused on the path from Rickling Green Road leading up to the school and the pub. This is a well-trodden route for school children, their parents and villagers going via the pathway. It has been noted that some village roads have several potholes which need addressing. There had been identifying paint marks, we could assume from ECC Highways, but with no action. Whilst it would be great to just go and fix them, we need to be mindful of safety and what Highways might say. I believe it's called the 'Rod Stewart approach!' Nevertheless, we will attempt to find out what repairs we could do independently.

Some positive news. Since last month's note, the cat's eyes on the B1383 have been reinstalled and the 'Active' speed sign at the North end of the village has reappeared.

All good news for road safety through the village. As mentioned previously, if there are any interested volunteers for 'Speed watch' monitoring, please get in touch.

Depending on when you are reading this edition of the Link, the members of the Parish Council wish you all a very Merry Christmas and a healthy and happy New Year.

Gari Spearpoint

District Councillors' Report

Newport Quendon & Rickling Neighbourhood Plan

The Neighbourhood Plan refresh will just have finished the six-week public consultation by the time the magazine is published. The Plan and supporting maps, appendices and independent reports are on the steering group website <https://www.nqrplan.org/>.

The consultation comments from residents and from statutory consultees such as Essex County Council and UDC will be published along with responses from the Steering Group. Revisions to the plan resulting from the consultation will be considered and then it will go to UDC for a compliance check before moving to an independent examination.

Local Plan

The inspectors proposed some modifications to the Plan and a consultation on those has recently finished. As far as we are aware there are no issues which will halt the smooth progress to adoption of the Local Plan

Newport on the One Show

It was on 17th November and if you want to watch it on iplayer it is near the beginning of the programme. The piece is about The Hill Residential Development on London Road in Newport and its exceedingly good energy credentials and the Octopus 'no energy bills' provision. The houses have no gas supply, which is a



requirement for the new Local Plan. They have solar panels, air source heat pumps and batteries which are about the size of a fridge. With average use the system provides enough power to run everything and to feed electricity back into the grid, which covers the funding for Octopus to make it viable.

<https://www.bbc.co.uk/iplayer/episode/m002mdxz/the-one-show-17112025>

Uttlesford Business Awards 2026

This is now open for entries and applications close on Friday 23 January 2026. Nominations can be submitted either by a business nominating itself or by a customer who wishes to recognise a business for its outstanding performance.

The categories are on the UDC website. Businesses which are shortlisted will be entered into 2 additional categories: Uttlesford business of the year which will go to the business which stands out from the rest, showing a strong overall performance and clear vision for the future, and The People's choice award which will give residents the opportunity to vote for a business they believe is committed to going above and beyond to provide excellent customer service. Votes for this award will open when the shortlisted businesses are announced on Thursday 5 February 2026.

An award ceremony, hosted at the iconic Saffron Hall on Thursday 26 February 2026 aims to be a relaxed evening of networking and celebration of some of the best small businesses in Uttlesford. The event, sponsored by London Stansted Airport and Ambitious Essex, will provide light refreshments and music by multi-award winning Jazz musicians. Award winners will receive a bottle of Saffron Grange English sparkling wine and a behind the scenes tour of London Stansted Airport.

The event sponsors are London Stansted Airport and Ambitious Essex

Uttlesford Business Awards 2026 - Uttlesford District Council

Wishing everyone a Happy Christmas!

Councillor Surgeries

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

Our contact details are:



cllremanuel@uttlesford.gov.uk
01799 543487 or 07801 039550

cllrhargreaves@uttlesford.gov.uk
01799 540411 or 07854 687748



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.

07874-385541

u3a

www.u3asites.org.uk/stansted

Stansted Mountfitchet U3A

Whether we consider it the close of one year or the beginning of another, these darker winter days often encourage us both to reflect and to look ahead. At Stansted Mountfitchet u3a, we can look back with pride on a year of growth – welcoming new

members and launching new activities – and forward with enthusiasm to what 2026 will bring.

Our interest groups now number 39, offering something for just about everyone. Over the past year we have added a third Pilates class to meet demand, introduced Lawn Bowling for the summer months (alongside ongoing Indoor Bowling during winter), and established new groups for Canasta, Music Appreciation, and Understanding IT. Most recently, we have welcomed Recorder Playing and Embroidery, both of which have been met with real enthusiasm. It is heartening to see members trying new things, rediscovering past skills, and sharing knowledge with others.

December is always a sociable month for us. Our Christmas Tea Party is now a firm favourite: Committee members don aprons to serve tea (not always expertly, but always cheerfully!), the Strummers provide musical entertainment, and our themed quiz ensures plenty of laughter. This is followed shortly afterwards by our Christmas Lunch at Bury Lodge, held in the beautifully atmospheric historic barn – another much-loved tradition that brings our year to a close in good company.

Looking ahead, our first monthly meeting of 2026 will take place on Thursday 16th January. We are pleased to welcome Dr Kevin Bryant, King's Fellow in Bioscience Education, who will speak on "Epidemic of Uncertainty – Rumours, Conspiracy Theories and Vaccine Hesitancy", offering a thought-provoking perspective on public responses to COVID and the development of the AstraZeneca vaccine.

We meet at St Theresa's Centre, High Lane, doors open at 1.30pm for a 2.00pm start. Visitors are always warmly welcomed.

Susan Sedgebeer



THE HUNDRED PARISHES SOCIETY

www.hundredparishes.org.uk

The Hundred Parishes Society is not a church or religious organisation but we encourage visits to churches because they are often the oldest and most interesting building in any community. Most of our churches are open regularly and welcome visitors.

Our website www.hundredparishes.org.uk has many short articles, including some about various aspects of churches including bells, clocks, memorials, poppyheads, spires, towers and windows. We recently added an article about church fonts, some of which appears in the next few paragraphs.

Fonts hold holy water which is used to 'baptise' people, an initiation into the



Anstey



Thorley

was designed by George Gilbert Scott, a prolific architect known mainly for his work designing and renovating churches and cathedrals.

Chickney church has a carved stone font from the 14th century. The bowl is lavishly decorated including shields bearing the coats of arms of local Braybrook and Fitzwalter families.



Debden

Christian faith. They are often situated near the church entrance. Our local churches have a great variety of fonts, usually made of stone. For example . . .

St. George's church in Anstey has an 11th-century font that is rare in that it is decorated with mermen (the male equivalent of mythical mermaids) holding their tails.

Thorley church has a 12th-century font. It was removed from the church and for many years was used as a drinking trough on a nearby farm before being reintroduced into the church in 1855. Its ornate cover



Chickney

Debden's 18th-century font is made of Coade stone and is richly decorated with roses and heraldry.

Over the last couple of years, I have been giving a talk entitled "A peek inside some Hundred Parishes churches" to local groups. The talk is a PowerPoint presentation with many photos. If your group might be interested, please contact me on hundredparishes@btinternet.com .

Ken McDonald, Secretary

From The Editor

I wish all the readers of *The Link* and everyone involved with its production, our contributors, our kind deliverers, as well as our loyal advertisers a very happy Christmas and a successful year in 2026.

Sandra Arnold



QUENDON & RICKLING GOLF SOCIETY

On Thursday 6th November we met for our last playing get together of the year at Bishop's Stortford. An annual event organised by Susie and Richard Hartley and once again a very enjoyable day. Although a little wet to start with it soon turned out to be a lovely Autumn afternoon.

Susie Hartley, Steve Prangnell and Mervyn Waite emerged as the winning team. Jamie Price hit the longest men's drive and Cathie Southcott the longest ladies. Nearest the pins were Christine Noakes and Ray Hart. Here the happy winners are seen all of whom received one or more of the much sought after Q&R Winner balls.

We will soon be planning our events for 2026 and so, as always, if you are not already a member but would like to join us, you would be most welcome. If you play the game, or would like to start, we take little notice of individual's standards for the priority is to meet up with like minded people from in and around the village and have ...some fun.

Keep Golfin'

Brandon 07909 686627



Quendon Bowling Club News

Bowling

As the outdoor season has ended and with work progressing on the maintenance of the bowling green, surrounds and the gardens we turn our focus to indoor bowling. On a Thursday afternoon we have a team bowling at the Turpin's indoor rinks in Saffron Walden as part of a league competition. This is a very different from outdoor bowling and, with the assistance of some coaching, improvement is evident, and we are now mid table. For those who prefer something a little more light-hearted on a Wednesday afternoon from 2-4pm, in the clubhouse, we play short mat carpet bowls, a fun game played on a mat appx. 10m x 2m with a wooden obstacle in the middle to negotiate before you get to the jack. £2 per person including tea and biscuits. If you are interested in joining us for this contact John 07724 071959.

We are a very friendly welcoming and social club with members of varying abilities, come and meet us and see what we offer.

Social Members / Evenings

As the nights draw in our social evenings will be continuing on the second and fourth

Fridays of the month with games, music, banter and of course drinks at club prices with our Saturday events in between. At the time of reading this we would have held our Race Night in the clubhouse, always popular with 8 races, a mixture of flat and jumps, all shown on our big screen. We will also be holding an Xmas Party night on Saturday 20th December, including a short festive themed quiz, a bit of festive fun with themed knitwear and fancy dress for possible extra points. Our plans for our January Saturday evening event are for the return of our pub games Olympics featuring pub skills past and present and a couple of new games of “skill”, a bit of post Xmas fun and chill. Further details of these will be posted on the Parish Notice boards and various WhatsApp pages or call Ray Hart (number below). Why not follow us on Facebook? You can visit our social club 3 times as guests before having to sign as a social member, the cost of which is very reasonable, and our bar prices are generally at least 40% cheaper than local alternatives.

Remember you don't need to bowl to be a social member to come and join in the fun.

Looking for a venue

Our Clubhouse is also available for hire by the hour, half day and full day at very reasonable rates and has recently been hired for an afternoon baby shower and for a milestone birthday party, both of which were a great success. If you need a venue for your club, meeting, party celebration please contact Ray Hart on 07973 632923 by either text or WhatsApp for further details.

Newport and District Flower Club

Autumn has arrived along with the darker evenings but beautiful mellow sunshine and a gloriously coloured landscape. Our flower club will have finished the year with the Christmas demonstration that took place in November and we follow with a break until February 2026. October, however, saw our club member and NAFAS demonstrator Lorraine Gagen tutor us in the creation of a floral topiary design. This workshop was enjoyed by many club members who produced their own designs – every one different! Our next meeting will be on Wednesday 18th February 2026 when we welcome back the wonderful Gill McGregor, an international demonstrator, teacher and author. A great start to the year! Please come and join us – you will be made very welcome. In the meantime, Newport and District Flower Club send you the best of wishes for Christmas and the New Year.



7pm for 7.30pm start – third Wednesday of the month

Ugley Village Hall, Cambridge Road, CM22 6HR

Sandra Honour Email: sandra@thewesleys.net

Maces Farms – December/January Update

And just like that, we find ourselves heading into the Christmas period and closing out another year on the farm. 2025 has certainly had its ups and downs, but overall, it's been a fairly kind year thanks to the dry conditions. It's always easier to make progress with outdoor jobs when the rain stays away.



herbicide, which only works effectively in applied. I should also apologise in advance to all the hay fever sufferers, me included, as the village will once again be surrounded by the bright yellow flowers of rape in the spring.

It doesn't take long to settle into the winter routine, as the shorter days often set the pace. Our work becomes a mixture of maintenance jobs both in and out of the workshop. We also have some exciting preparations underway before the year ends, as we're investing in new hedges in the new year. In addition, a stretch of existing hedgerow is being laid to preserve its long-term health as a biodiverse habitat. Projects like these are an important part of my plans to enhance biodiversity on the farm, encourage more wildlife, and allow nature to lend a hand where it can.

I'd like to take this opportunity to wish everyone well over the Christmas festivities and perhaps spare a moment to think about the time and effort that goes into producing the food on your plate on Christmas Day. Believe me, I take just as much pleasure in growing it as I do in eating it.

Season's Greetings

The Team at Maces Farms

Mgemmill@pegasi.co.uk

All follow-up spraying is now complete, so most of the fields will be left to rest over winter. Thankfully, the recent colder spell has reduced the risk of aphids spreading viral diseases. One method of controlling grass weeds in oilseed rape is the use of a residual cold conditions—so this can finally be





Saffron Walden Museum

Visiting the Museum

Our standard opening hours are: Tuesday-Saturday 10-4.30pm; Sundays & Bank Holidays 2-4.30pm

Closed Mondays (apart from bank holidays)

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

www.saffronwaldenmuseum.org

1647 Reimagined, Saturday 25th October, 2023

Saffron Walden Museum was delighted to participate in a special reenactment marking a significant moment in local history. At 11:30, a procession departed from the Museum heading toward the Old Sun Inn, which once served as Fairfax's Parliamentarian army headquarters. Led by an enthusiastic drummer, the group paraded through the marketplace to spread their message, inviting visitors to learn more at the church. This event vividly recreated one of the earliest forms of representative democracy, where 'adjutators' selected by soldiers in Fairfax's army expressed their concerns to Parliament's commissioners, advocating support for the Irish conflict. Afterwards, the Sealed Knot invited families to enjoy engaging 17th-century games at the Museum and later impressed visitors with a live firearms demonstration on Castle Green.



Objects of the month

This month's objects, or rather objects of the month, are a Naga Spear and Belt from Nagaland and the Naga peoples of North Eastern India. The spear is one and a half metres in length, made up of a wooden shaft with a forged steel blade attached at the top. The upper third of the spear, just before the blade, is decorated with hair dyed in red and black in alternating colours, with pom-poms fastened to the shaft using rattan cords and tree sap glue. The belt is made of blue woven material, decorated with red threads in a zig-zag and diamond lozenge pattern. Suspended from the bottom of the belt, a fringe of hair dyed red hangs gathered into multiple small ponytails, decorated with a yellow bead



where the hairs meet the belt. The Nagas craft many beautiful objects, including their traditional attire. The costume and spear are intricately adorned with hair dyed in red and black, a common colour scheme among the peoples of the Naga Hills.



The Naga consist of over 20 tribes with diverse origins, cultures, and languages, numbering about 2.5 million people today. These groups mainly reside in small villages on hillsides and near water sources in the Naga Hills of Nagaland state, northeastern India. The tribes have various forms of political organisation, ranging from autocracy to democracy, with authority sometimes vested in a council of elders or a tribal council. The different tribes farm rice and millet and hunt alongside Naga fishermen, who are known for using poisons to incapacitate or kill fish.

The Naga people were traditionally known as headhunters; sometimes, their village outskirts—consisting of huts on stilts—were decorated with displays of shrunken heads. The Nagas opposed British rule, and it was in opposition to the British that they found a sense of national identity. However, by the 1930s, an uneasy peace had been established, and due to numerous missions within Nagaland, many had converted from Animism to Christianity.

The invasion of Burma, whose borders with India are inhabited by the Naga, by Japanese imperial forces saw the Naga caught up in the conflict. Although the Naga had only just come to terms with the British, they established a relationship with the British and Indian armies, forming a guerrilla force that operated in the Burmese jungle, acting as scouts and guides for various Commonwealth forces.

The Naga not only scouted and guided but were also known for attacking Japanese patrols. During 1944, a crucial year for British and Commonwealth forces in India and Burma, the Naga provided vital intelligence despite facing punishment from the Japanese. Frederick



Weedman of the 7th Battalion of the Worcestershire Regiment recalls that on one occasion, a Naga headman was flogged until he passed out, refusing to reveal the locations of the British forces. When he regained consciousness, he was forced to watch his wife receive the same punishment. Both remained resolute despite the terrible torture.

The Naga played a vital role in British operations, gathering intelligence, supplies, and

transporting the wounded even under heavy fire. The Naga are just one example of the many irregular forces that contributed to the Allies' victory worldwide. In many conflicts, Britain has been supported by smaller nations or tribes who find themselves forced to make a choice amid immense pressures, fighting for their own survival in a war not of their making, yet giving everything in the hope of recognition of their state, nation, or simply their identity.

Today, the Naga nation is fighting for independence, which they first declared in 1947 following the partition of India and Pakistan, in an ongoing guerrilla conflict with Indian authorities. However, their cause remains largely unknown outside the region. Like many tribal peoples who forged a cohesive identity in response to 19th- and 20th-century imperialism, smaller groups and peoples are often overlooked in favour of larger notions of nationhood and have since struggled to find a voice on the international stage.

Many of these individuals, tribes, peoples, and nations often go unrecognised in our November celebrations and remembrances, yet many members of the main Allied forces owe their lives to the Naga and others like them, who fought against overwhelming and technologically advanced odds by utilising their knowledge and skills to support the Allied cause.

News from Uttlesford

Keep it local with 5 councils

Local government in Essex is changing. There are currently 15 councils, but the government wants to reduce this to three, four or five.

We want to be clear where we stand – we think five is best.

Bigger isn't always better. That's why we're backing a West Essex Council made up of Uttlesford, Epping Forest and Harlow.

The five-council model keeps key decision-making as close to home as possible. It protects local identity and heritage, and ensures local voices continue to shape local priorities.

You will be able to have your say during the public consultation run by the government 2025/2026.



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	
Dance Exercise	Tuesdays	10.30-11.30	Q&R Village Hall	Christine Alexander

What's On (cont.)

U3A Choir	2nd/4th Wednesdays	11.15-13.15	Q&R Village Hall	
Pilates	Tuesdays	19.00 -20.00	Q&R Village Hall	Vikki 07810 826465
Pilates	Thursdays	09.00-10.00	Q&R Village Hall	Vikki 07810 826465
Pilates	Thursdays	18.30-19.30	Q&R Village Hall	Vikki 07810 826465
Carpet Bowls	Wednesdays	14.00-16.00	Quendon Bowls Club	John Pampling 07724071959
Social Evening	2nd & 4th Fridays	19.00-23.00	Quendon Bowling Club	
Carol Service	14th December	15.30	Quendon Church	
Communion	25th December	09.00	Quendon Church	
Communion	11th January	11.15	Quendon Church	
Communion	25th January	11.15	Quendon 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
Chris Phillips	01799 542351	Middle - Cambridge Road
Sue Phillips	01799 542351	Middle - Cambridge Road
Wendy Stannard	01799 541869	Middle - Cambridge Road
Paul Carrol	07889 344869	Southern end - Cambridge Road
Joanne Hales	07903 596011	Rickling Green
Janice Hart	01799 541196	Rickling Green/Brick Kiln Lane/Rickling
Ann Merrit	01799 542110	Rickling Green/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.

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