



OR code for The Link

Quendon & Rickling NEWS Parish and Church

2

July 2025

In this issue

- Church Contacts Vicar's Letter Church Services 100 Club Cricketers Arms Events 5 Flower Club
- Useful Contacts
- Parish Council District Council
- 2 U3A 4 Maces Farm 4 Hundred Parishes 6 Heat Pump Presentation 14 6 S.W. Museum

Quendon Bowling Club

- Community Café 7
- 9 ICO 16 10 What's On 18 11 Publication Details 19 12 Emergency Life-saving 19 13
- **Canterbury Bells by**

15

16



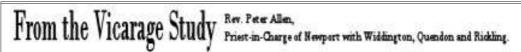
Priest in Charge of the parish of Quendon and Rickling, Coordinating Chaplain Stansted Airport (2 days per week)

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 -

Treasurer -

Quendon: Mrs Christine Osbourn 01799 543367 Rickling: contact church.jo@yahoo.com Quendon and Rickling: Mrs Sandra Arnold 01799 543075



"I Am the Light of the World" – Living Out Our Faith in Ordinary Time

As we move through Ordinary Time in the Church of England calendar, we might be tempted to think of it as the quiet stretch—the "in-between" season. The big moments like Christmas and Easter are behind us, and Advent and harvest still lie ahead. But if we look closely, this season is anything but ordinary. It is in these quieter days that we are invited to deepen our walk with Christ—not through spectacle, but through the slow, faithful rhythms of everyday life.

In the Gospels, Jesus makes a series of profound statements that begin with the words "I Am." Each one gives us a glimpse into His identity—and each offers us an invitation. Not a demand for perfection, but a gentle call to live, grow, and follow, wherever we are on our journey of faith.

Let's begin with the one we hear in John 8:12:

"I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life."

This promise reminds us that Christ's presence is not reserved for mountaintop moments. Even in the shadowy places—of doubt, grief, or confusion—He offers to guide us. We may not always see the whole path, but the Light walks with us, step by step. Whether we've been walking with Jesus for decades or have only just begun to explore faith, we are all called to follow that light in the best way we can. Jesus also said:

"I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty." (John 6:35)

In a world where we hunger for meaning, peace, and belonging, Jesus offers nourishment that reaches beyond the physical. It's not about having the right words or theology—it's about drawing near, trusting that He is enough for today. Like bread on the table, His love is daily, sustaining, and generously given.

Then we hear:

"I am the good shepherd. The good shepherd lays down his life for the sheep." (John 10:11)

The shepherd knows each sheep by name, and He leads us not with force, but with love. In the muddle of life, it's easy to feel lost or not good enough. But Jesus

reminds us that we're known, we're watched over, and we're worth His care. He doesn't ask us to be perfect—just to be willing to follow the sound of His voice.

Later in John's Gospel, Jesus says:

"I am the resurrection and the life. Those who believe in me, even though they die, will live." (John 11:25)

This is more than a promise for the end of life—it's a promise for now. Jesus brings new life into dead places: broken hopes, strained relationships, weariness of heart. Ordinary Time becomes extraordinary when we begin to see that even in the daily routines, God is bringing life, healing, and renewal.

Then Jesus declares:

"I am the way, the truth, and the life. No one comes to the Father except through me." (John 14:6)

This isn't a test of who's "in" or "out." It's an invitation to walk with the One who leads us home, who reveals what is true, and who gives us life that is full and free. We may not always have clarity about the future, but we are promised a trustworthy guide for the journey.

And finally, Jesus says:

"I am the true vine, and my Father is the gardener... Abide in me as I abide in you." (John 15:1,4)

To "abide" doesn't mean to rush or strive—it means to remain. To stay close. Ordinary Time gives us space to do just that: to remain connected to Jesus through prayer, worship, community, and quiet acts of kindness. Even if we feel like a withered branch some days, His life continues to flow into ours, renewing us.

Each of these "I Am" statements is a gift to ordinary people like you and me—people with questions, with messy lives, with mixed faith and doubt. You don't need to know all the answers or have everything sorted to follow Jesus. You just need a heart that's willing to take a step.

If you're curious about these "I Am" sayings—or about what faith might mean for you —know that you're always welcome in one of the churches here in our village. They're open not just for Sunday services but for quiet prayer, for questions, or even just a chat. You don't have to speak to someone in a collar—sometimes it's a neighbour, a friend, someone sitting next to you on a pew, or pouring the tea after the service.

We're here. You're welcome. And Christ—the Light, the Bread, the Shepherd, the Resurrection, the Way, the Truth, the Life, the Vine—is still walking among us, even in the most ordinary of days.

Gavin Sunshine

Church Services in the Benefice Benefice Service for July

Sunday July 6th

9.30am Newport Communion

11.15am Widdington Communion

Sunday July 13th

No morning service Newport due to Newport Fun Run

11.15am Quendon Communion

6.30pm Newport Refresh

Sunday July 20th

9.30am Newport Communion and Kids Club

11.15am Widdington Communion

Sunday July 27th

9.30am Newport Morning Worship

11.15am Rickling Morning Worship

3.30pm Newport Messy Church

Quendon & Rickling 100 Club

Congratulations to the latest winnersJune20251st PrizeB Chapman£282nd PrizeS Gemmil£183rd PrizeM Tissot£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 online at <u>https://www.essex.police.uk/</u> and click on the appropriate button ("Chat" feat 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
The information you provide is very important to us, so please make sure that we can use i reporting it correctly through the proper channels. Thank you.	t effectively, by



Cricketers Arms



WHAT'S ON SUMMER 2025



Ibiza Chills Sundowner with DJ Matthew Parker from 4.30pm (FREE ENTRY)



Our 6th Birthday Party! 12pm-6pm Live Music, BBQ & FREE Bouncy Castle



Phan 23

Family Fun Day & Dog Show

We Won! We have been crowned Best Destination Pub in Essex!

FREE ENTRY

Thank you to everyone who voted for us

Now serving food ALL DAY on Fridays & Saturdays, featuring our new Pizza menu 3pm-6pm

01799 619260 ~ thecricketersarmspub.co.uk

Parish Information

	Welcome Packs	The Parish Clerk is Keith Williams	
	The Parish Council provides a Welcome Pack	Email:	
	of information for new residents to the	quendonandrickling.clerk@hotmail.com	
	Village. If any newcomers to the village have	Telephone: 01279 814473	
	not received a copy of the pack, do please let	Contact our District Councillors	
	the Clerk know on the contact details below	Email: cllremanuel@uttlesford.gov.uk	
	and a welcome pack will be provided. If an e-	Telephone: 01799 543487	
	mail address is provided the pack can be sent	Mobile Telephone: 07801 039550	
	digitally.	Email: cllrhargreaves@uttlesford.gov.uk	
	Allotments (Quendon Hall Estate):	Telephone: 01799 540411	
	Peter Warwick, No.5 Thistley Crescent, Green	Mobile Telephone: 07854 687748	
Road, Rickling Telephone: 01799 543526		See also DCs' regular reports in <i>The Link.</i>	
		Contact our County Councillor	
	Highway Problems	Cllr Raymond Gooding	
	The Essex Highways website is available for	Essex County Council	
	anyone noticing a problem to report it:	County Hall, Duke Street	
	http://www.essexhighways.org/Report-a-	Chelmsford, CM1 1LX	
	problem.aspx		
	problem.aspx A tracking facility for all reported faults is	Chelmsford, CM1 1LX	
	problem.aspx A tracking facility for all reported faults is available.	Chelmsford, CM1 1LX Email: cllr.ray.gooding@essex.gov.uk	
	problem.aspx A tracking facility for all reported faults is	Chelmsford, CM1 1LX Email: cllr.ray.gooding@essex.gov.uk Telephone: 01279 813103 Mobile Telephone: 07778 643759	
	problem.aspx A tracking facility for all reported faults is available. <u>Contact our Parish Council</u> Details of Parish Council meetings may be	Chelmsford, CM1 1LX Email: cllr.ray.gooding@essex.gov.uk Telephone: 01279 813103 Mobile Telephone: 07778 643759 Contact our Member of Parliament	
	problem.aspx A tracking facility for all reported faults is available. <u>Contact our Parish Council</u> Details of Parish Council meetings may be found on the village web-site:	Chelmsford, CM1 1LX Email: cllr.ray.gooding@essex.gov.uk Telephone: 01279 813103 Mobile Telephone: 07778 643759 <u>Contact our Member of Parliament</u> Kemi Badenoch, MP	
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	problem.aspx A tracking facility for all reported faults is available. <u>Contact our Parish Council</u> Details of Parish Council meetings may be found on the village web-site: https://www.quendonandrickling.co.uk	Chelmsford, CM1 1LX Email: cllr.ray.gooding@essex.gov.uk Telephone: 01279 813103 Mobile Telephone: 07778 643759 <u>Contact our Member of Parliament</u> Kemi Badenoch, MP House of Commons,	

From the Parish Council Chair

Starting off with updates on some Parish projects. The wooden posts to protect the village green areas from parking damage have arrived and I'm hoping by the time you read this update they will be in place. Given the delay in any ECC activity to repair potholes around the village, we have decided to purchase appropriate material to fix some. Once the order has been processed, we will provide more information to the Village. Having said that, we will need some willing volunteers to move the materials to the various locations requiring attention. If anyone has a trailer or small tractor-like vehicle that they are willing to use, please do let us know.

I'm sure most of you are a little bored from hearing about issues we've reported to ECC. Believe me so am I. Having sent numerous emails to Cllr Ray Gooding (the new chair of Essex County Council!), I have this week received the following inconclusive response.

"I am aware that you have not been satisfied that I have not responded to your requests for information regarding Highways Issues. I am also aware that you have written to Kemi Badenoch regarding those same items and I should say that is difficult to respond repeatedly with a similar answer. I have copied Kemi into this reply so that she is appraised of the current situation.

I will therefore set out the current position which is as follows: -

1. The damaged Bollard on the central island in the location of the Village Hall has been reported and is included for repair on the maintenance schedule. I cannot give you a date when that will be completed but when I am advised of that I will inform you appropriately.

2. The VAS sign at the Northern End of the village. The sign, as you know, has been hit by a vehicle and whilst it is working, it is extremely dirty and the facia is parallel to the carriageway so that it is not visible to the traffic. I should confirm that there has been no funding within the County Highways budgets for the repair of such signs in the recent past. However, I have today been advised that funding has now been secured, and I have made request for this unit to be cleaned and repaired. The only difficulty with this is that the unit is located extremely close to the carriageway and for the safety of the workforce, it may be necessary to provide traffic management on a very temporary basis.

3. Clearance of the footpath on Cambridge Road. I am aware of your frustration that this has not been resolved however, as we have discussed and I have advised you on a number of occasions, the complexity of completing this work with the associated costs have meant that the Highway Authority do not consider this to be a priority for their limited resources and frankly, I have exhausted almost all of the available routes that I have to raise this on their agenda. Having said that, again as I have previously explained, I am negotiating with Officers to include this in the "Members Schemes" programme which may, subject to available resources, be in a position to do this work. The same complexities are involved but the hope is that this may be the means to get this work completed.

Obviously, I will advise you when I receive some positive feedback but in the meantime, I should say that if I am not able to respond every time you ask, it does not mean that I am not doing everything I can to expedite the solutions."

Let's hope his next communication includes dates and details.

Gari Spearpoint

District Councillors' Report

Breaking News...

Judy has a new role as a member peer on behalf of the Local Government Association. She will join LGA teams helping other councils review their performance, and also bring best practice ideas back to Uttlesford. The appointment follows an application process, references, a team interview and now there will be training courses.

What else do we do besides ward matters?

Councillor responsibilities are recut every May. These are the committees and groups

Judy is on:

Appointments Committee, Council, Local Plan Panel, Planning Committee (Co-Chair) and Planning Committee Working Group (Co-Chair)

The Appointments committee is for senior officers. Councillors only have absolute say on appointing the chief executive, but in practice for other senior staff we work with HR, seeing the CVs and a panel does interviews, then it recommends to the chief exec, who is the decision maker. Since R4U took charge six years ago all but one of the senior management team are new. We now have an immensely professional and robust team, which has taken a little time, and is standing the district in good stead through the complexities of Local Government Reform.

Mine are the Appointments Committee (Vice-Chair), Cabinet (Vice-Chair), Council, Investment Board (Vice-Chair), North Essex Parking Partnership (Vice-Chair), Voluntary Support Grant Committee (Chair) and the North Essex Economic Board

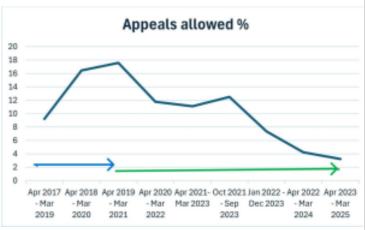
Local Plan

Planning Inspectors G Davies BSc (Hons) DipTP MRTPI and W Cooper BA (Hons) MA CMLI during June have been holding evidence sessions at the council offices. The programme has included consideration of the housing supply coming from the Plan, the recent release of the current five year housing supply figures, showing we have the required supply both now and from the Plan, site allocations and policies, particularly environmental ones. They asked a number of questions before the sessions, and will consider submissions from many parties, requests for modifications to the draft Plan, and modifications they may require themselves. UDC has employed barristers to support the planning team, and they are key players in the hearings and in ensuring an effective presentation of the Plan, and responses to matters raised.

Judy attended several days of the hearings and spoke a number of times. I attended the session relating to the Newport Quendon & Rickling Neighbourhood Plan 300 house allocation and reported on progress, which in summary is that we will be at the formal Regulation 14 consultation stage this summer.

Free from Designation

The government has removed UDC from planning designation, which means developers of larger sites no longer have the option of going direct to the Planning Inspectorate. The designation was triggered the bv planning committee refusing too manv applications which were



subsequently overturned at appeal. The criterion is that above 10% of total major site decisions being reversed is unacceptable. Many factors are in play on decisions, but the failure to have an up-to-date Local Plan is a key weakness. The chart shows that the peak of nearly 18% overturns was reached just as the current administration came to power in 2019, and has now reduced to a very low level.

Oddly during the designation 75% of applicants still chose to come to UDC. The ones who did not found that the Inspectorate's decisions had a much higher refusal rate than UDC, and with no right of appeal.

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.

Cllrs Judy Emanuel and Neil Hargreaves

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.

Quendon Bowling Club News

Bowling

Well, the season has got off to a shaky start with mixed results, unlike the Spurs we have no manager to sack, so we are holding up the other teams in all three leagues.

We recently hosted an Inter association match Between N W Essex and Cambridgeshire with 48 bowlers participating, many of them county "badged" players. After they gathered for a two course meal and drinks in the clubhouse. The weather



was kind and the day was enjoyed by all, a narrow defeat for the N W Essex team We recently had our open weekend and are pleased to say that we have had three people from the village join us and also another two from Saffron Walden. All are non-bowlers at present but show promise and with a bit of coaching and practice I'm sure they will be playing in some of our weekend friendly matches before the close of the season.

Generally, on Tuesday evenings we have a coaching session for the new bowlers, practice for more experienced bowlers, and anyone who wants to give it a try. This session is from 6.00 until about 7.30 depending on numbers. Come along if you want to give it a go.

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

Our social evenings are continuing with games, music, banter and of course drinks at club prices. The dates of these Friday socials and our special events will be posted, keep a lookout on the Parish notice boards and on our website for details. Why not follow us on Facebook? We will also publish the dates of our home games as the bar and grounds will be open on these occasions; you can visit 3 times as guests before having to sign as a social member, the cost of which is a very reasonable £30 a year as the bar prices are generally at least 40% cheaper than local alternatives.

Remember you don't need to bowl to be a social member and join us.

Looking for a venue

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.

u3a

07874-385541

www.u3asites.org.uk/stansted

Stansted Mountfitchet U3A

Members of Stansted Mountfitchet u3a have enjoyed a series of engaging outings and events this spring and summer.

On 10 May, following our 3 May Wartime Memorabilia Exhibition and the 80th VE Day anniversary, many members boarded a Richmond's Coach for a visit to the National Memorial Arboretum. Under perfect skies, participants took the guided land-train tour to familiarise themselves with the site before exploring peaceful woodlands and pausing at memorials of personal significance.

Two days later, on 12 May, the Garden Group travelled to Myddleton House Gardens in Enfield, former home of self-taught plantsman Edward Augustus Bowles. The 1818 house — named for Sir Hugh Myddelton of New River fame — now houses the Lee Valley Regional Park Authority. Restored in 2011 with Heritage Lottery funding and reopened by the then Duchess of Cornwall, the gardens were at their fragrant best, with wisteria in full bloom and early roses adding serene charm.

Meanwhile, the Bus Pass Group set off on a sunny, breezy outing to the riverside town of Maldon. Members split into small groups, many reuniting for lunch at riverside cafés. Highlights included the historic High Street, moored Thames barges, the Thomas Plume Library's rare books and the intricate Maldon Embroidery depicting the town's history. The day ended with a leisurely sit in the sun, enjoying estuary views and friendly company.

Looking ahead, at our monthly meeting on 17 July, City of London guide and historian David Williams makes a welcome return, this time to present the City's pioneering biodiversity policy, exploring its pocket parks, commons, woodlands, playing fields and Royal Parks. Visitors and prospective new members are warmly invited to St Theresa's Centre, High Lane, from 1.30 pm for a 2 pm start.

Susan Sedgebeer

Maces Farm – July 25 Update

June has been relatively quiet on the farm as we prepare for the upcoming harvest. Reflecting on the spring, it's fair to say we've had a favourable season. Despite the first six months being notably dry, crop performance looks promising in terms of both yield and quality.

The settled weather has been a welcome relief—not just

for crop development, but also for staff and machinery. Being able to complete most spring or

complete most spring operations within a standard working week has made a significant difference to worklife balance.

Interestingly, our two on-farm weather stations—just two miles apart—have recorded a 25% difference in rainfall this season, highlighting how localised conditions can

have a real impact on crop growth.

As harvest approaches, our focus has been on wrapping up the current season while planning for the next. July also brings our Red Tractor inspection, where the farm is assessed to ensure we meet the highest food production standards. It's a valuable reassurance for consumers, especially given that some imported products don't meet the same level of assurance.

In June, we entered a local farm competition and were

delighted to place 3rd. Given the challenges of being understaffed, this was a proud moment for Beau and I — a reflection of the hard work we both put in year-round. Next year, we'll be aiming for the top spot!





We were also pleased to support the Rickling Primary School RunFest by hosting parking for 124 cars. It was a real family effort—my wife Sarah and our sons, Jacob and George, made a great car park team.

This month, we welcome Alex and Isaac to the harvest team. With five people needed to bring in the crop, their help will be vital.

Here's to a safe and successful harvest season. I look forward to sharing early yield insights in the August update.

Mark Gemmill Mgemmill@pegasi.co.uk



THE HUNDRED PARISHES SOCIETY

www.hundredparishes.org.uk

have combined to provide suitable conditions for farming. Currently, cereals cover



about two-thirds of our arable fields with crops of winter or spring-sown barley, oats and wheat. 20% of fields have been planted with oil seed rape or vegetables. Grasslands make up the remainder of fields, providing forage for cattle, sheep or horses.

Barley



Wheat



Sunflowers

Inevitably the weather influences the success or otherwise of crops. This spring has been exceptionally warm, very dry and sunny so there are concerns about a possible drought, reduced crop growth and lower yields. Some farmers started earlier than usual to irrigate vulnerable crops, and all are hoping for some more rainy days ahead as plants need moisture to absorb the nutrients they require for growth.

Healthy soils will retain more moisture; some farmers are planting 'cover crops' beneath the main crop as this will help to reduce water run-off and leaching of nutrients. Leaving wildflower margins around fields encourages assorted predators that eat pests of crops. Many farmers diversify their activities to



Oats



Oil Seed Rape



Borage

spread the risk: planting different crops, creating fishing lakes for anglers or converting barns for holiday lets or wedding venues.



Linseed

In recent years, some have been able to realise the potential of their south-facing fields, conveniently located over underlying

chalk, to plant grape vines. Guided by the results of detailed soil analysis, coupled with careful selection of appropriate species of grape, these winemakers are now producing

first class sparkling English wines and also bottles of excellent red, white or rosé wine. Many offer tours of their vinevards as an added attraction.



Grape Vines

Walkers following routes from www.hundredparishes.org.uk will

appreciate the area's scenic beauty and rich agricultural heritage. Routes 127 and 161 pass vineyards and we should look out for other unusual crops.

Tricia Moxey, Trustee.

NEWPORT AND DISTRICT FLOWER CLUB



The club has had another very enjoyable month. Doreen Robinson thrilled us with her displays entitled 'Gone Fishing', a celebration of National Go

Fishing Day!

Another highlight was a visit to Dorset to enjoy a workshop with Floral Demonstrator and six times RHS Chelsea Gold Medal winner Angela Turner. Angela runs a floristry school from her Botanical Workshop and is a wonderful teacher. Several members of the club joined other clubs from the area for this overnight trip. The following day we travelled to Salisbury Cathedral for their magical flower festival entitled 'The Spirit of Water'. Over 30,000 blooms were used to create the most wonderful displays.

Coming up in July we have a club workshop and you might like to join us for our afternoon Cream Tea and mini floral demonstration on 13th August at Ugley Village Hall. A really popular event but tickets are limited so please book ahead.

Visitors always welcome

7pm for 7.30pm start every 3rd Wednesday of the month

Ugley Village Hall CM22 6HR

Sandra Honour

Email: sandra@thewesleys.net





NOTICE

To all OIL and LPG users in the village

PRESENTATION HEAT PUMPS

Quendon & Rickling Village Hall, Cambridge Road, Quendon, CB11 3QX

Wednesday 9th July 2025

Afternoon: 3.00 - 4.00pm Evening: 7.00 - 8.00pm

Tea and coffee will be served

There has been a lot of scepticism and misinformation about Heat Pumps and many people still know very little about the details, so come along and find out:

- · Why correct installation is critical and how to avoid a bad job
- Why the Government will pay you £7500 to install a Heat Pump (NB limited availability)
- Why VAT has been removed from Heat Pumps this year, so there's no better time to invest
- How you can keep warm day & night and still cut your energy bills and carbon

If you cannot make the meeting or would like more information, please call Neil Holley on:

Office: 01992 641 461 Mobile: 07767 831 763









Saffron Walden Museum

Visiting the Museum

Our standard opening hours are:

Tuesday, Thursday -Saturday 10-5pm; 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.

www.saffronwaldenmuseum.org



This year, Saffron Walden Museum, nestled in the breathtaking expanse of Northwest Essex, celebrates its 190th birthday. Since opening on the 12th of May 1835, within a purpose-built facility, the museum has become one of the oldest of its kind in the country. Focused initially on Natural History and World Cultures, the museum has flourished and expanded—from the intricate tales of agriculture to the vibrant narratives of cultural heritage, from the elegance of wood to the allure of gold. Saffron Walden Museum is a treasure trove filled with wonders from across the globe

June's object of the month

190 YEARS OF SAFFRON WALDEN MUSEUM

June's star object is a fossilised vertebra from a pliosaur's spinal column. At the museum, we usually see ichthyosaur vertebrae, which are usually quite small, flat and round – often compared to an ice hockey puck, with a dish-shaped hollow on both sides. This pliosaur vertebra is much bigger and more strongly built, pictured next to a mug for scale. The difference in shape is due to the animals' different



swimming styles. Ichthyosaurs had a flexible backbone with lots of small vertebrae, as they moved their tails side-to-side to swim, like sharks. Pliosaurs were heavybodied animals which swam using large flippers, like turtles, and did not need such a flexible backbone. Ichthyosaurs and pliosaurs existed together alongside dinosaurs but belonged to their own groups within the reptiles, distinct from each other and from dinosaurs.



From the Information Commissioners Office

Lots of people now own at least one smart home product, also known as Internet of Things (IoT) products. TVs, connected toys, kitchen appliances, doorbells, baby monitors, speakers and fitness trackers are all smart products that slide seamlessly into our homes and everyday lives.

They work by connecting to other products or 'things' over the internet, and to the environment around them. For example, you can ask your virtual assistant on a smart speaker to change the temperature in the room, which it does by connecting to your smart thermostat over the internet.

The benefits of these products are obvious, but the risks to your personal information are often less clear.

What should I check before I buy?

Do your research

Smart products naturally collect more of your personal information than other products in order to function. It's important to do some research about which one is right for your needs before buying. Read some reviews and pay attention to how long the manufacturer states they will provide security updates for your product.

Make sure you're comfortable with the information the device wants to access. Privacy policies can be daunting, but taking a look at the section on data collection and sharing should help you gather the information you need. You can ask yourself the following questions to make sure you're happy before you buy:

What personal information does the device collect from me to work?

What else can it collect from me and how often?

If additional information isn't needed for the device to work, am I comfortable sharing it?

Will my information be shared with other organisations?

Why will it be shared?

What should I do during set up?

Make sure you pay attention when you set up your new device and carefully consider the options about what information it collects. Most devices will ask you what information you want to share at the start, but you can also review your choices in your privacy settings at any time. Remember, don't press agree unless you do.

Check your permissions

Many smart products come with an accompanying app to set them up and access the settings. When setting up your product, you have the option to grant it permission to collect certain information. This could include access to your phone's microphone, approximate or precise location, camera, your phone contacts and photos.

Use the privacy controls to limit the permissions to access your personal information, if they seem unreasonable or excessive. You can decide if you want to grant permissions without any time restriction or only when the app is in use. Be picky about who gets your information

Some smart products ask to share information with other organisations in order to unlock more features. You should only consent to sharing your information with companies you know and trust.

Think about the adverts you want to see

You might want to keep some interactions with your smart product private. For example, you may not want to receive personalised adverts about something you asked your smart assistant to add to your shopping basket.

Organisations can use the information your smart product collects to build a detailed picture about you. They could use this to personalise adverts you see based on your online behaviours and location, depending on the type of product you have. Organisations should only use this information for personalised advertising if you've consented.

When you set up your device, check what options you have to control the use of your information for advertising. You can always change this later by going back to the privacy settings.

Choose a secure password

You wouldn't leave your house with the key still in the front door, so don't lock your

devices with an easily guessable password. The law on smart products now requires manufacturers to meet basic security requirements. This includes banning easily guessable default passwords. There are a number of ways you can reduce the risk of your account being compromised:

If your device does have a weak password, then follow the NCSC's advice and create a password using three random words.

Never reuse your passwords, and choose an entirely different combination, if you change it.

Consider getting a password manager. You can use it to store all your passwords in one place and keep them secure, so you only need to remember one log-in.

Look at websites, such as haveibeenpwned, to help you identify whether the password you have chosen has appeared in a data breach before. You could check these regularly and change your password, if needed.

How should I keep up to date when I'm using the product?

Keep up with the security updates

Updating your software to the latest version can fix any bugs and glitches and strengthen protection against hackers and cyber criminals. New updates often address any vulnerabilities that could enable hackers to access your information.

Please mention

The Link when responding to advertisements here.

An advertisement this size is only £90 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
U3A Choir	Wednesdays	11.15-13.15	Q&R Village Hall	_

What's On (cont.)

Pilates	Tuesday	19.00	Q&R Village Hall Vicki 07810826465
Pilates	Thursday	09.30	Q&R Village Hall Vicki 07810826465
Pilates	Thursday	18.30	Q&R Village Hall Vicki 07810826465
Social Evening	2nd & 4th Fridays	19.00-23.00	Quendon Bowling Club
Communion	13th July	11.15	Quendon Church
Mornng Worship	27th 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.



	1 V	
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
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.

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

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

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





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