

The Link



QR code for
The Link

Quendon & Rickling Parish NEWS and Church

July 2026

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Clematis by Peter Warwick

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

The Rev'd. Peter Allen, The Vicarage, 5, Meadowford, Newport, Saffron Walden, Essex, CB11 3QL

Telephone: L: 01799 732059; M: 07878176551 **Day off:** Friday

Curate: Revd Gavin Sunshine **Phone** 0739229845

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 July settles over Quendon and Rickling, our villages take on that unmistakable summer rhythm - fields full and green, gardens buzzing with life, and the long evenings inviting us to linger a little longer outdoors. It's a month when the pace of life softens, even if just slightly, and we find ourselves grateful for the warmth and light that this season brings.



This year, of course, July also carries the excitement of the World Cup, with the hopes and dreams of football fans across the globe rising and falling as they reflect the success or otherwise of their national team. Both Scotland and England fans well know this yo-yo ride of emotions and I suspect will be in for more of the same throughout this tournament. Some may just be looking forward to it all finishing so that they are no longer being exposed to football themed goods in the shops or football related programming on television, across social media, or on the radio waves. Wherever you stand on the World Cup there's something remarkable about millions of people - different nations, languages, and cultures - coming together around a single event and for a few weeks making the world feel a little smaller, a little more connected.

It strikes me that this mirrors something at the heart of our Christian faith. The early Church was a gathering of people from every background, drawn together not by nationality or success on the pitch, but by a shared hope in Christ. Today still, in our local churches our unity remains in Christ but it doesn't deny our diversity as those drawn to Christ and the life of the church. Therefore, we see people who ordinarily might not meet or get to know each other drawn together as a community with a shared focus and desire to be good news in the world.

The early Church was revolutionary in that it broke down cultural, social, and national barriers between peoples and taught that once a person is identified with Christ they become part of something bigger than self, shared by others but within which each has their own unique part to play. Writing to the church in Corinth Paul penned the words below.

"Now you are the body of Christ, and each one of you is a part of it."

This truth still remains part of our understanding with the local churches too, including Quendon and Rickling. We may be different characters, have different life experiences, have different social backgrounds, but we share in being part of a body that gets to know each other, appreciate each other, serve each other, and share in growing in faith with each other.



Football, at its best, shows us glimpses of this kind of diversity working in unity, which when it comes off on the pitch is what gives rise to people calling football 'the beautiful game.'

So, however far Scotland or England get in this tournament, and despite the tribalism of the supporter, may what we see on the pitch inspire us to see the potential humans display when diversity comes together in unity and may that give us insight into one of hopes and aspirations of what it means to be part of the Christian Church locally.

With every blessing,
Peter

Church Services in the Benefice

Sunday 5th July

9.30am Newport Contemporary Communion
11.15am Widdington Communion

Sunday 12th July

9.30am Newport All Age Service
11.15am Quendon Communion

Sunday 19th July

9.30am Newport Communion and Sunday Club
4.30pm Widdington Hymns and Pimms

Sunday 26th July

9.30am Newport Morning Worship
11.15am Rickling Communion
3.30pm Newport Messy Church

Quendon & Rickling 100 Club

Congratulations to the latest winners
June 2026

1st Prize	D White	£26
2nd Prize	R Hackwell	£15
3rd Prize	S Phillips	£ 5

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.

Teddy Bear Drop

Saturday 11th July from 2pm
Newport Church Yard
All Age Fun Day
All Welcome



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.	
Fraud and other cyber crime Report Fraud replaces the previous Action Fraud service and the National Fraud Intelligence Bureau, offering a more streamlined service where the public can tell the police about cyber crime and fraud as well as providing a Report Fraud Victim Service which offers dedicated, and specialist help to victims. You can report suspicious e-mails, text messages and telephone calls, fake web-sites and even fake advertisements. Report Fraud is at https://www.reportfraud.police.uk/	0300 123 2040
CRIMESTOPPERS To give information anonymously phone or report it online at www.crimestoppers-uk.org	0800 555 111
<i>The information you provide is very important to us, so please make sure that we can use it effectively, by reporting it correctly through the proper channels. Thank you.</i>	

Parish Information

Welcome Packs

The Parish Council provides a Welcome Pack of information for new residents to the Village. If any newcomers to the village have not received a copy of the pack, do please let the Clerk know on the contact details below and a welcome pack will be provided. If an e-mail address is provided the pack can be sent digitally.

Allotments (Quendon Hall Estate):

Peter Warwick, No.5 Thistley Crescent, Green Road, Rickling
Telephone: **01799 543526**

Highway Problems

The Essex Highways website is available for anyone noticing a problem to report it:
<http://www.essexhighways.org/Report-a-problem.aspx>
A tracking facility for all reported faults is available.

Contact our Parish Council

Details of Parish Council meetings may be found on the village web-site:
<https://www.quendonandrickling.co.uk>
and on village notice boards. All are welcome to attend.

The Parish Clerk is Keith Williams
Email:

quendonandrickling.clerk@hotmail.com
Telephone: **01279 814473**

Contact our District Councillors

Email: cllremanuel@uttlesford.gov.uk
Telephone: **01799 543487**

Mobile Telephone: **07801 039550**

Email: cllrhargreaves@uttlesford.gov.uk
Telephone: **01799 540411**

Mobile Telephone: **07854 687748**

See also DCs' regular reports in *The Link*.

Contact our County Councillor

Cllr Raymond Gooding

Essex County Council

County Hall, Duke Street

Chelmsford, CM1 1LX

Email: cllr.ray.gooding@essex.gov.uk

Telephone: **01279 813103**

Mobile Telephone: **07778 643759**

Contact our Member of Parliament

Kemi Badenoch, MP

House of Commons,

London, SW1A 0AA

Email: kemi.badenoch.mp@parliament.uk

Telephone: **02072 191943**

From the Parish Council Chair

Starting with a positive note by offering congratulations to the organisers of this year's School Runfest. Great to see (according to the results sheet) almost 100 youngsters taking part.

A couple of issues the village might want to be aware of. You may have seen in the news that Thames Water is being reviewed as being unfit for purpose and going back into government ownership. So on a related topic, during the recent heavy rainfall, a resident living on the B1383 noticed sewage running from under their wall. They phoned Anglia Water to report this. Anglia said they would get an engineer out to review the issue. The residents returned home to find not only the manhole cover in the middle of the road overflowing, but also a large puddle of sewage in their garden coming from the drain. A further call encouraged Anglia Water to escalate the job. The age and size of the village drainage is an issue and with the prospect of over 100 new properties will be an issue! It's probably an appropriate time to remind residents to only dispose of 'the three P's' in the plumbing! Apologies if you are having your tea.

The other issue being flagged, is the plague of heavy lorries and the excessive speeding through the village. The PC has, on numerous occasions contacted ECC Highways in the hope that something can be done. As you may know, the B1383 is designated as an alternative route for the M11 if there is a problem. The PC will again contact the relevant authorities to try and resolve this problem.

Sadly one of our Parish Councillors has had to step down and she will be missed. This opens up an opportunity for someone to step up and join the PC. If you would like to 'do your bit' for the village, please contact the Parish Clerk whose details are in the Link.

Enjoy the sunshine and hopefully 'it's coming home!'

Gari Spearpoint

District Councillors' Report

The Neighbourhood Plan

The revised Plan went to 'Regulation 15' on 2nd June. This means it was submitted to UDC along with documents required by statute. These are a Modification Statement to summarise what has changed since the current one, a Basic Conditions Statement which confirms it has regard to national policies, supports sustainable development, does not allocate less housing than required by the Local Plan and is compatible with 'assimilated obligations'. The latter are EU rules brought into UK legislation.

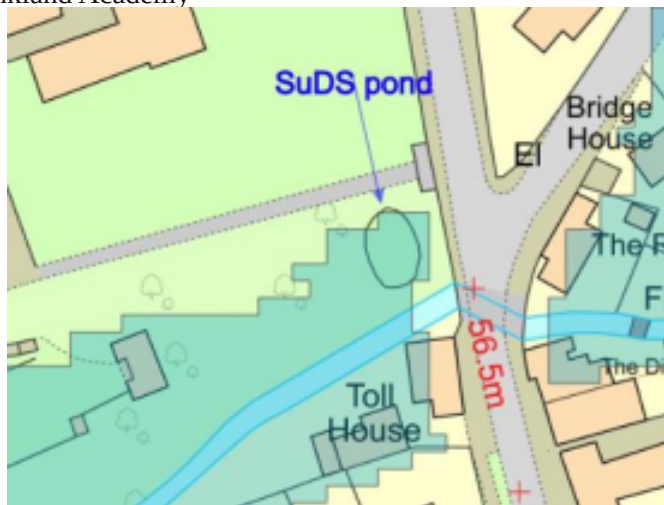
There is a Sustainability Assessment produced by the consultants AECOM and an extensive Consultation Statement summarising the many stages of work and consultations including a table of the Regulation 14 consultation and the changes made following that. All the documents and consultation responses are published on the website <https://www.nqrplan.org/>

UDC will verify that the required documentation is present and correct and will then run their own six week consultation – Regulation 16. The results of that will go to the examiner. So, with a sigh of relief, there is nothing more to do until we get the first questions from the examiner.

Sustainable drainage systems (SuDS)

ECC in their Regulation 14 response to policy NQR8 Flood Risk and Surface Water Discharges into Watercourses included ‘ECC recommends that the policy be amended to ensure that built development and SuDS must be kept outside of the flood zone’. Which being clearly sensible, was included.

The map and photo shows that we have exactly what ECC objects to – a flood attenuation pond in the Flood Zone (the darker colour box shapes), in the grounds of the Joyce Frankland Academy



The Inspector at the appeal hearing for the planning application for 24 houses on the cricket ground was shown this photo from 2014 but gave no weight to the objection that an attenuation pond which floods from the watercourse it empties into was not going to function when it is most needed.

NQR8 seeks to stop this happening again:

‘In assessing applications for development, locally recorded evidence of flooding, including historic events, photographic records, parish records and local authority investigations where relevant to understanding observed flood behaviour, should be considered. Proposals should be supported by flood risk evidence that reflects local circumstance and does not rely solely on modelled flood map assumptions.’



First big applications under the new Local Plan refused by the Planning Committee

Applications for 300 houses at Stansted and 180 houses at Birchanger were refused in June. They were outside the development limits for the Local Plan. The Plan remains at a disadvantage because of the continuing failure of the government to publish two years of housing supply figures which will show we have the required 5 year housing supply. A House of Lords question to the relevant Minister, Baroness Taylor of Stevenage, asking for the cause of the delay and when they will be published, was evasively answered. The cause was ignored and publication stated as 'soon'.

Of the Planning Committee, a freelancer who writes for local papers posted:

'It struck me as I sat there in the council chamber that we are very lucky to live in a democracy. Sometimes we probably forget that. Members of the public were invited to speak and articulate their views and concerns. People were polite to each other. Councillors asked extremely robust questions and properly considered the arguments for and against. To me, it seemed that councillors were carefully weighing up the needs of all their constituents and giving voice to them.

There was no shoo-in or 'already a done deal'; the debate and questions took a long time. And no matter what the outcome was, I felt grateful for that.

In the end, the committee voted unanimously to refuse the applications.'

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.

Cricket Pavilion

In the middle of June the cricket pavilion was broken into - they forced the front doors open and the rear emergency exit at the back and there were smashed bottles/glasses everywhere! Can everyone in the village keep an eye on the pavilion and if you see anything suspicious to put it on the Q&R Community Updates WhatsApp group! The police have been informed so will be keeping an eye on it!



THE HUNDRED PARISHES SOCIETY

www.hundredparishes.org.uk

Last year's Royal Horticultural Society's State of Gardening Report revealed that gardens cover three times the size of the UK's National Nature Reserves. They support over 50 million trees and thousands of species, providing habitats for over half of the UK's butterflies, amphibians and reptiles, and more than 40% of birds.

Many of the listed buildings within the Hundred Parishes are surrounded by a private garden which enhances their setting, reinforcing their sense of place. They support a great variety of trees, shrubs



Bridge Gardens - Saffron Walden



Audley End House garden

and flowers - some native, others introduced - providing havens for assorted wildlife. Gardens associated with such older properties will have been tended by many generations of residents, evolving over time as owners were influenced by fashionable trends.

Initially, they were stocked with native trees and shrubs, selected for their ability to provide fuel, timber, fence posts or fruits, while vegetables helped feed the family.



Horse Chestnut Steeple Bumpsted

From the mid-17th century onwards, non-native tree species began to appear such as Cedars and Horse Chestnuts, these being planted initially within the estates of trend-setting wealthy landowners. By the mid-19th century, gardeners were able to source an increasing number of exotic species as diligent plant hunters discovered them in various parts of the globe and the precious seeds or small saplings were grown on in nurseries and then released for sale.



Cedar Tree Hargrave House - Stansted

Engaging with a garden improves mental, physical and social wellbeing, with 77% of gardeners reporting

positive impacts on their mental health. Local residents have access to wonderful, extensive gardens such as Easton Lodge, Audley End House or Saffron Walden's Bridge End Gardens, but enjoying a private garden brings a great deal of pleasure too.

Our website www.hundredparishes.org.uk includes an Article on Gardens and the What's On page shows dates of specific local open gardens.

Tricia Moxey, Trustee.



Pond in open garden

07874-385541

u3a

www.u3asites.org.uk/stansted

Stansted Mountfitchet U3A

Well-considered ideas.....

You know that feeling when you slow down to exchange pleasantries with a passer-by and the chat turns out to be a really interesting conversation, they tell you some extremely useful information or make you laugh - it lifts your mood and off you go a little enlivened. Through the u3a you can access that feeling by joining groups and attending varied activities. Local people have decided they want access to some fun and to expand their horizons. Maybe a weekly dose of line-dancing might set you up, discussing a book you have all read, or brushing up on your school French? Some groups meet once a month, others weekly - you can organise to suit your circumstances.

After the recent Saturday seminar with Dr Hugh Doherty, many felt the pleasant shock that comes with hearing a surprising depth of knowledge imparted with real joy. Dr Doherty, a master of his material - King Stephen and The Anarchy in 1138 - achieved the elusive goal of covering, for most, a sketchily known period with nuance, complexity and clarity, all resting on a firm foundation of impeccable scholarship. More Saturday Seminars are on the way; these, and all the group classes, can be found on the website, www.stansted.u3asite.uk/.

In the Poetry for Pleasure group, Vicky led a discussion on the American poet Billy Collins. There was no doubt about his popularity as everyone felt that satisfying sensation of 'when you put it like that, I completely get it!' Some of the best phrasings are not at all opaque but use everyday images in a new way. For example, seeing the earth as an 'orange tangerine', or the sensation of falling asleep and beginning to dream as 'drifting into a story that will never be written'.

These reports on a mere two groups do not do justice to the 30+ on offer. Check the website or call 07874 385541.

Julia Cook

Newport and District Flower Club



Our May meeting was a spectacular ‘Night at the Movies’ with a demonstrator new to our club, Julie Richardson, all the way from the Isle of Wight! In a previous career, Julie was a member of the Royal Navy but qualified as a NAFAS floral demonstrator in 2024. Julie’s personality



Pirates of The Caribbean

and sense of humour, and that of her mum’s who accompanied her, engaged our members and visitors and got everyone guessing the ‘movie’ being depicted by her arrangements. It was a great evening and the cartons of popcorn served



Julie's Love Actually

by the committee added to the mood! May also saw the National Flower Show at Hylands House in Chelmsford which some of you may have attended. In addition to the

numerous outdoor flower and trade stalls and a talk from BBC’s Adam Frost, the inside of the house was adorned with the most wonderful floral displays all themed around the Wild West. There were various floral art competitions and we would like to take this opportunity to congratulate our club member and NAFAS demonstrator Lorraine Gagen for gaining two second places with her designs. Looking ahead, we have a demonstration in the evening of Wednesday July 15th with Debbie Bull entitled ‘Forget Me Not’. Please come and join us. You will be very welcome.

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

Ugley Village Hall, Cambridge Road, CM22 6HR

Sandra Honour – Programme Secretary

Email: ugleybunchflowerclub@gmail.com

Facebook : Ugley Bunch Flower Club

Quendon Bowling Club News

Bowling

Well, after that brief but welcome burst of early summer sunshine the rain returned making working on the green very difficult. With lots of tender care and the liberal application of the necessary treatments we are now regularly mowing, spiking and grooming again, and the quality and playing condition of the green is receiving the approbation of visiting teams.

The season continues with increasing success in some areas but still struggling in others. As a small club we have a limited pool of experienced playing bowlers, but our new learning members are filling the spaces to ensure we can fulfil our league commitments. They are coming along well and with the in-house coaching are improving greatly. If you fancy a trial, please contact me (contact details below) and we can facilitate a taster session.

In our weekend friendlies, when we give our new and in experienced bowlers the opportunity take part in competitive games against local clubs, we have had a recent match with Standon & Puckeridge but had to cancel the one against Gt Dunmow

In the Herts and Essex seniors league we are building on our good start with two wins against Much Hadham and Elsenham but a loss at Saffron Walden, we are currently third in the league but only a couple of points off the leaders.

The N W Essex league is still proving more difficult with a win against Saffron Walden but a loss at Haverhill. As we stand we are presently in the lower third of the league.

We are continuing our strong start in the Steeple Bumpstead League with wins against Clavering, Steeple Bumpsted and Castle Headingham Hawks and are currently second in the league with an away game at Balsham this Friday.

We are a very friendly welcoming and social club with members of varying abilities, come and meet us and see what we offer. We have a “roll up” on Tuesday evenings from 6.00 to 7.00 where you can have a go and see if it suits you, you only need a pair of flat shoes and either our club members or our qualified coach will show you the ropes.

Our upcoming home games for July, in the Seniors League, are away to Stansted on the 9th and home games against Thaxted on 16th, Bishops Stortford on the 21st and Havers Park on the 28th. All starting at 2.00 pm. In the North West Essex we only have one home game on the 15th against Haverhill and one away game against Elsenham on the 8th. In the Steeple Bumpsted league we only have one home game against Steeple Bumpsted B on the 3rd and then 4 away games against Saffron Walden on the 10th, Castle Camps B on the 17th, Castle Headingham on the 24th and Steeple Bumpsted C on the 31st.

Social Members / Evenings

We have a strong social side with various events throughout the year, as we have home games some Fridays you can watch the match as well as enjoying a drink in our grounds. We are usually open on the 2nd and 4th Fridays of the month, and our “specials” are advertised on the Parish notice boards and various WhatsApp pages or call Ray Hart (number below). Following the success of our version of the “Bullseye” TV game of the 70’s, look out for our take on “Family Fortunes” that will be coming soon, as will our Caribbean evening complete with Jerk Chicken and flaming torches.

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 £30.00

a year

Remember you don't need to bowl to be a social member and our reasonable bar prices will get you 2 large wines , and 2 gin and tonics and a diet coke for less the £15, 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 used several times by local people, and we have 2 bookings going forward. 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.

Maces Farms

June finally brought us some much-needed rain, with 40–50mm recorded across the farm. The big question now is whether it will be enough to save our yields. In truth, the rain came a little too late to fully recover what had already been lost, but it has certainly

helped claw back some potential.

Alongside the rain, we also experienced a tremendous hailstorm which damaged some of the wheat ears. Thankfully, it only affected a narrow strip of the farm, so the damage has been very

localised. Typical, really – just when you're hoping for rain, it arrives in the form of giant lumps of ice! Not quite what we had in mind.



Interestingly, Charlie Ireland managed Maces Farms many years ago when it was run by Strutt & Parker. Farming really is a small world. We also entered a local farm competition and were delighted to finish as runners-up

Earlier this month, I took the team to the Cereals Event, which this year was held at Diddle Squat Farm.

It's always a great opportunity to see the latest machinery, crop trials and innovations in UK farming. Ollie was particularly pleased to meet Cheerful Charlie.



this year. It was a lovely recognition of the hard work and dedication that goes into caring for the farm throughout the year. Special thanks go to Beau and Ollie for all the effort they put in.

Harvest is now just around the corner, so preparations are well underway. We are also pleased to welcome Theo and Isaac, who will be joining us for Harvest 2026.

Here's hoping for a safe and successful harvest. I look forward to sharing the results with you over the coming months.

Mark Gemmill

Farm Manager

Mgemmill@pegasi.co.uk



Saffron Walden Museum

The museum for north-west Essex



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.

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

www.saffronwaldenmuseum.org

Still going on to a Land Down Under

Work is still underway on the Australian case in our World Cultures Gallery, so a little update is due.

The World Cultures Gallery's last major redisplay was in 1983, when Sir David Attenborough opened it. The interpretation in the gallery has aged well, thanks to the work of Len Pole, the ex-curator who oversaw the galleries and the museum's development. However, it is starting to show its age. To give the gallery a bit of a lift, we have started to redo the cases. Lynn Morrison (ex-conservator and current volunteer) is also giving them a clean inside and out.

We started with the Australian case, which is the smallest case and one of our most special collections. So far, we have emptied and cleaned the case, sourced organic

pigment, painted, reupholstered, and we are in the middle of finalising the new interpretation.

The museum holds one of the earliest, if not the earliest, collections of things from Southeast Australia and Victoria. This collection almost exclusively comes from John Helder Wedge, one of the founders of Melbourne and a man who was born in Shady Camps. Wedge's story is problematic and fascinating; it is a tale of adventure and discovery, of colonisation and of humanity. To open up this narrative, to tell the tale of the people whose objects they are, how they are used and how they came to be in Saffron Walden, a whole new display and interpretation is required. We took the opportunity to empty the case when a visiting researcher from Australia visited to examine and photograph the Wedge collection.

This work is only made possible with the help and dedication of our museum volunteers, and a big thank you goes to Lynn Morrison, Gerry Martlew and Dr Tracey Black

Object of the Month

Polyglot Bible printed by Christophe Plantain, Antwerp, 1571 CE.

This large leather-bound Bible was donated to the museum in 1895 CE by G.S. Gibson with another printed book of scripture from 1483. It is a fine example of a polyglot Bible printed by Christophe Plantin (1520–1589 CE) and edited by Benedictus Arias Montanus. Plantin produced these Bibles in Antwerp, then under Habsburg control and part of the Spanish Empire, between 1569 and 1572 CE. This was during the early years of the Eighty Years' War (1568–1648 CE), which saw conflict between those who identified as Dutch, often in disparate rebel groups rather than a unified national force, and the Spanish government. The war concluded with the Peace of Westphalia in 1648, which recognised an independent Dutch state. The conflict had many causes, including excessive taxation, the rights and privileges of the Dutch nobility and the Reformation.



This Bible was printed by Christophe Plantin, a French humanist book printer and publisher. Plantin founded the prominent Antwerp publishing and printing house, Plantin Press, which continued until 1867. The company's former building is now the Plantin-Moretus Museum of Printing.

In 1562, Plantin was suspected of heresy and fled to France. He returned to Antwerp in 1564 and restarted his press at the De Gulden Passer – the Golden Compass – which featured in the frontispiece of his books. To demonstrate his orthodoxy, Plantin promised the King of Spain a printed eight-volume polyglot Bible; the King agreed and provided financial support. Twelve volumes were printed on vellum, treated calfskin, and 1,200 on paper.

This is a single volume of an eight-volume set. It is a complete copy of the Bible written in three languages: Latin, Greek and Hebrew. On the surface this may appear simple, but it is anything but.

This is volume six, featuring the complete Bible in Hebrew and Greek with interlinear translation in Latin. Volumes 1-5 had columns side by side, four across a page, each column in a different language. One is in Greek, Syriac, Latin, and a translation from Syriac into Hebrew. Volumes 7 and 8 contained dictionaries, lists of names and grammar rules. These volumes would have been bound according to the client's requirements, with copies bound in red Moroccan leather and others in generic bindings; this was often done to ensure they would fit within the client's library.

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.

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, but largely covers the costs of production.

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: thelink@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.

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
USA Choir	2nd/4th Wednesdays	11.15-13.15	Q&R Village Hall	
Pilates	Tuesdays	18.30 -19.30	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
Social Evening	2nd & 4th Fridays	19.00-23.00	Quendon Bowling Club	
Teddy Bear drop	11th July	14.00	Newport Church Yard	
Communion	12th July	11.15-12.15	Quendon Church	
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