

The Link



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The Link

Quendon & Rickling Parish NEWS and Church

March 2026

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A Celebration of Spring - Rickling Church

22nd March Morning Service 11.15am

Service of celebration of Spring

Church open from 9am

**Join us for tea and cake from 2 -
4pm**

and wander the churchyard

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 299 845

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.

Waiting Well, Roads, Roots, and Resurrection, Lent in Rickling and Quendon

If you want to understand Lent, don't rush to a theology book. Stand instead on Rickling Green or walk the old road through Quendon on a March morning. The ground is still a little soft underfoot, the daffodils have turned up early as if slightly over excited, and everything seems to be holding its breath, not asleep, just waiting.

Lent has always been a season of waiting. Not the impatient kind, more the kind shaped by trust. In villages like ours, this waiting has never been abstract. It has been written into soil and hedgerow, into gardens and roads, into seasons of bustle and seasons of stillness.

There was a time when Quendon did not wait quietly at all.

Before the M11, the road through Quendon was the road. Traffic poured through the village. Coaches, lorries, holidaymakers, salesmen, and the lost all arrived whether Quendon was ready or not. Cups of tea were poured quickly. The cafe worked hard. The hotel welcomed tired travellers. The pub served as refuge as much as destination.

And yet, even then, the village preached a quiet sermon.

The houses along the road faced the traffic with their gardens. Not defensive, but defiant in the gentlest way. Flowerbeds bloomed bravely against dust and noise. Hedges were clipped with care. Window boxes were tended like acts of faith. These gardens said to every passer by, Life is rooted here, beauty belongs even on the busiest road.

That is Lent, lived in soil and spade.

Centuries earlier, farmers would have understood this instinctively. Lent meant restraint, careful planning, surrendering control to weather and season. Seeds were sown without certainty. Hope was practiced daily. You did what you could, and trusted the rest.

You can still feel that spirit in the small, faithful gatherings at All Saints Church. Lent is not marked with drama but with honesty. Candles instead of fanfare. Silence where answers are in short supply. A reminder that faith, like farming or village life, involves patience and a surprising amount of waiting around.

Even the places of refreshment told the same story. The water fountain offered a

pause, a drink, a moment to stop before moving on. These were not grand gestures, but they mattered. They still do.

Then the motorway came.

Almost overnight, the noise lifted away. The road no longer demanded attention. Quendon exhaled. What had once rushed through now passed by at a distance. The cafe no longer fed the nation. The hotel no longer caught the last weary traveller. The pub returned to its truest calling, a place for locals first, strangers second.

And Lent returned to the road.

Not as deprivation, but as space. Space to notice birdsong where engines once dominated. Space for gardens to be gifts rather than shields. Space for a village to remember that it is not defined by how many people pass through it, but by how well it holds those who remain.

This rhythm still shapes life across Rickling and Quendon today. There is a gentle humour to it. After all, you can only look solemn for so long before someone mentions the reopening of cricket season. The pitch waits patiently through Lent, a promise yet unopened. Everyone knows what follows Easter, the first thwack of bat on ball, the careful optimism of the opening over, and the quiet confidence that this will be a good season. It always is, at least at first.

Lent also draws people together in quieter ways. The Parish Council continues its work, meetings held, plans made, potholes discussed as they must be. Beneath it all is something deeply Lenten, a commitment to the common good, to patience, to listening, to staying at the table even when agreement is hard won.

Unity in Lent does not mean uniformity. It means shared responsibility for the green, the road, the hall, the school, the future. It means trusting that what is planted now, often unseen, will bear fruit later.

Children sense it too. Mornings grow lighter. Easter stories are rehearsed with enthusiasm that peaks somewhere between palm branches and chocolate eggs. After Easter, joy spills out again, assemblies, laughter, playgrounds reclaimed from winter coats.

And then, just beyond Lent's horizon, comes Easter life.

A pub lunch at the Cricketers Arms tastes better after restraint. The bowls green comes back to life. Gardens burst into colour. Lambs arrive in nearby fields, wobbling, miraculous, and blissfully unaware of their theological importance.

Rickling and Quendon know this truth well. Waiting is not wasted time. Surrender is not defeat. When the road finally grows quiet, or the season finally turns, what remains is something deeper, community, faith, and joy renewed.

That is Lent here. And that is why Easter always feels so real.

Revd Gavin Sunshine

Church Services in the Benefice

Sunday 1 st March

9.30am Newport Contemporary Communion

11.15am Widdington Holy Communion

Sunday 8 th March

9.30am Newport All Age

11.15am Quendon Holy Communion

Sunday 15 th March - Mothering Sunday

9.30am Newport Morning Worship

11.15am Widdington

Sunday 22nd March

9.30am Newport Morning Worship

11.15am Rickling A Celebration of Spring

Sunday 29 th March - Palm Sunday

Benefice Service 10am Widdington

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

0300 123 2040

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/>

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.

Quendon & Rickling 100 Club

Congratulations to the latest winners

February 2026

1st Prize R Heggie £28

2nd Prize P Hills £18

3rd Prize C Holt £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.

Quendon Churchyards

Quendon Church is surrounded by an ancient graveyard and another is sited separately on the other side of the drive. They comprise a precious village asset containing a record of many of the former inhabitants of the village. They offer a tranquil place in which to relax, walk, and be surrounded by our past, but they do require maintenance.

Even with our unpredictable and changing weather patterns, the grass still requires mowing and other care, and the paths and hedges need tidying. These are not especially difficult tasks and rewards include receiving complimentary comments from users (sometimes even unsolicited!) and of course the satisfaction of standing back at the end and admiring your handwork!

Six of us took responsibility for this last year, but we are now down to five at the most. None of us get any younger and the more of us there are, the less there is for each to do.

The current scheme is for each participant to be allocated a 3 week period (negotiable of course according to other commitments) during which he or she undertakes responsibility for keeping the churchyards trim and spruced.

Please join us in keeping these facilities, which are open to all, safe and tidy. It isn't hard, machinery is provided (self-propelled mowers, a string trimmer and miscellaneous other tools), and it's a grand way to keep fit and "do your bit" for the community!

Contact Robert Arnold by e-mail; robert@arnold-q.uk or telephone: 01799 543075.

It's that time again.. The Quickling Village Pumpkin Competition

After last year's winning pumpkin, grown by Jo Kitcat weighing in at a hefty 34.5kg, I would like to invite villagers to come and join the fun and take part in the Quendon & Rickling Village Pumpkin Competition and try their hand at winning the village silver cup.

- All ages & abilities welcome
- £2.50 entry fee
- Competition seeds will be provided (3 seeds per entry) for the 'Grand Finale weigh in' of the entrants heaviest pumpkin to beheld in October at Autumn Daze.
- Silver cup to be awarded for the heaviest pumpkin

Please contact either

Katherine Nuthall (knqrpc@gmail.com) or our Parish Clerk, Keith Williams (quendonandrickling.clerk@hotmail.com) to register your interest. Please include your name and address.

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

Dear Q&R Villagers,

By the time you read this month's Link, the deadline (21st February) for comments to UDC regarding the planning application for Belchams Lane and Macy's Farm would have passed.

Prior to writing for this edition, I have read many of the numerous (passionate and pertinent) comments submitted by residents of our village and beyond. The PC sincerely hopes that the Planning Application department at UDC seriously considers the concerns of the Q&R villagers. At the recent PC meeting (12th February), over 40 villagers attended and had an opportunity to ask questions regarding the Application process. We hope it was helpful and now await news from UDC so we can then update the village accordingly.

It is always encouraging to see members of the public at PC meetings which are held on the second Thursday of each month.

Gari Spearpoint

District Councillors' Report

Waiting for everything ...

Following from last month's report some of the waiting is over. We will be having **County Council elections in May**. There was much media comment on loss of democratic right from possible cancelling of elections, but little on the issue that most people don't vote. At the last county election in Uttlesford the percentages ranged from 43% in Walden to 34% in Dunmow. We are in the Stansted Division where 40.3% of the electorate voted. We get the councillors the majority vote for but is dispiriting that so many people can't be bothered. How do they think their local services are run?

The Local Plan is set to be adopted on 25th March. All decisions after that will be on the new plan even if an application started life before then. This will be the successful conclusion of vast amount of work.

The government's decision on Unitary Councils is still awaited. They have had all the submissions for some time. Like everything with government, they set immutable deadlines for everyone else to meet, but vague guidance on when they may respond to others.

The Council funding settlement has been dire and badly handled. Mid last year the Ministry issued figures of the intended 'Fair Funding' settlement on which our finance officers then built the budget and arranged a public consultation. However in December, much too late in the process, the ministry changed the figures, so all work had to be redone. Then amazingly in February the figures were changed again with finance officers being called to hastily arranged meetings. The government was pleased to announce that in our case a further £1m a year of business rates income would be taken away – still charged to our businesses but spent elsewhere. There was no apology for the chaos caused and the stress on officers endlessly recutting very complex budgets.

The government controls nearly every part of council revenues - council tax increases, business rates, grants and every council's total spending power. There is no devolution of revenue control and responsibility. To get round this Westminster stranglehold, councils like Uttlesford did commercial investments, which the government then barred. And even on profitable ones like UDC, deductions were imposed blocking use of part of the revenue on council services. Despite this our retained portfolio will bring in a usable £7m for services over the next 5 years.

Pegasi

It may be useful to set out the decision process for the application for the 110 houses. It will be a Planning Committee decision, but guided by an officer report setting out facts, policies and the various weights to be factored into the decision. There will be a recommendation as to what their decision should be.

As it is likely to come to committee after the adoption of the new Local Plan, the weakness of having a very out of date Plan will be gone. The application is clearly in

full conflict with the spatial policies of the new Local Plan and the Neighbourhood Plan, which carries full weight until June, after which the new Neighbourhood Plan will also come into play with material weight before adoption.

The officer report and recommendation will be published a week before the committee. There is opportunity for residents to address the committee. How this is handled should depend on the officer report and recommendation.



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.



THE HUNDRED PARISHES SOCIETY

www.hundredparishes.org.uk

Now that Spring is on its way, the weather should encourage us to make more use of bridleways and footpaths. Around 150 walk descriptions are available to download

free from our website, www.hundredparishes.org.uk. As well

as saying when to turn left or right, our route descriptions aim to point out things of interest along the way. Some of these will be marked on the local Ordnance Survey map.

Ordnance Survey (“OS”) has been the UK’s official mapping body since 1791 AD, having originated for military purposes. Its activities have left various physical markers which may still be encountered, albeit that mapping techniques have moved forward in recent times with the satellite-based GPS (global positioning system).

The two historic OS markers that are most likely to be encountered are “triangulation pillars” and “benchmarks”. Several thousand triangulation pillars (also referred to as trig points) were installed all over the UK - solid concrete pillars about 4 feet tall, usually erected at a high point with a clear range of vision. Each has a place on top for positioning a map measurer’s tool, a theodolite. The pillar’s location and height above sea level have been precisely measured and recorded so that from here the map-maker can plot the surrounding landscape.



**Triangulation pillar
Newport - Wicken
Bonhunt border**



**Triangulation Pillar In
Castle Camps**



**Incised benchmark -
north of Stansted**



**Incised benchmark
Littlebury**

OS surveyors also left “benchmarks” in thousands of strategic locations. These are additional altitude reference points, a horizontal line indicating height above sea level - chiselled into a wall or milestone from around 1840 until the 1990s. The benchmark was sometimes indicated on a brass plaque attached at the appropriate height. On OS benchmarks, the horizontal line appears above an upward-pointing arrow.

Please look out for trig points and benchmarks. If they are on a Hundred Parishes walk route but not yet mentioned in the description, please let us know.

Ken McDonald, Secretary



**Metal benchmark plate
Clavering church**



Incised benchmark Barkway

From our MP.

When I'm not standing at the Dispatch Box during PMQs, I'm out and about across our constituency, hearing directly from you. I visit small businesses, pubs, schools, hospitals, local farms, and knock on doors to understand what matters most to people across Quendon and Rickling.

Last month I visited the Cross Keys Hotel in Saffron Walden and heard first-hand about the cost pressures they are facing. Tim Sawtell, the Operations Manager told me that he had spent over thirty years in hospitality, and this was the most challenging time he had experienced in the industry.

Due to constant pressure, the Government has announced a U-turn on business rates for pubs. This is a welcome step, and pubs such as the Cricketers Arms in Rickling Green will benefit from this measure. But it doesn't go far enough. Only five per cent of retail, hospitality, and leisure businesses see relief. The Government must scrap business rates for thousands of small businesses to allow our villages and high streets to thrive.

The Government also announced that they will be reversing their plan to cut funding for listed places of worship. Following pressure from the Conservative MPs in Parliament, the partial U-Turn means that the Listed Places of Worship Grant Scheme will now be replaced by the Places of Worship Renewal Fund; this renewal fund will be worth £92million over four years. Previously churches like All Saints Church in Rickling has received funding* for vital repairs. This investment helps protect our

local places of worship and I will continue to urge the Government to ensure they protect pillars that play such an important part in our communities.

Some of you may be aware that I produce a monthly newsletter for residents with updates on these issues and more. If you'd like to sign up, please visit www.kemibadenoch.org.uk. As always you can email my office with any issues that you may have, and we will be happy to help at kemi.badenoch.mp@parliament.uk.

* Note: this scheme allowed reclaiming VAT back for repair works undertaken.

07874-385541



www.u3asites.org.uk/stansted

Stansted Mountfitchet U3A

Debunking conspiracies and other challenges

The welter of decisions and imponderables that seized us all during Covid, were recollected by Dr Kevin Bryant whose particular job, when the vaccine became available, was to dispel some worryingly damaging ideas that were circulating amongst student nurses training at Anglia Ruskin about the Covid vaccination. As a researcher in Physiology, Anatomy, Biochemistry and Nutrition he was tasked with allaying the concerns of nurses who were to step up to the front line of the NHS. The unfortunate misconception circulating, that somehow vaccination led to changes in DNA, caused many student nurses to balk at taking the crucial vaccination. He produced a clear and vital scientific explanation, demonstrating how the vaccine worked so nurses became convinced and able to take up their places in an NHS fighting hard for us all. The u3a audience also benefited from an excellent summary of the science of the vaccine and, during a lively Q&A session, Kevin explored techniques of combatting conspiracy theories and the significance of trustworthy science.

Yet further critical issues are to be addressed by the u3a in March, beginning with the Garden group welcoming back writer and broadcaster Geoff Hodge to give a talk on "Gardening in the Global Greenhouse" on March 9th - well timed to coincide with the springtime itch to get out and nurture our environment. Then, on 14th March, David Morson will ask the question, "Are Donald Trump and Elon Musk the Logical Consequence of Globalisation?", promising a dissection of how possibly we are where we are, whilst at the monthly meeting on 19th March, best-selling author Andrew Baker will recollect the infamous Profumo Affair.

Information on the extensive activities happening in the u3a can be found at stansted.u3asite.uk, or by 'phoning 07874 385541.

Julia Cook

Quendon Bowling Club News

Bowling

The rain finally stopped and the sun came out for long enough for the green to be dry enough for its first cut. This is about a month after it would be usually done so we are

still on catch up with the other care it needs to be in top condition for the start of the season . Our Thursday afternoon team has had mixed results of late but as most of the players are new to indoor bowls this was to be expected. Our Wednesday afternoon carpet bowls is still popular with sometimes 12 players, 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 and a warm place to socialise. 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

By the time this reaches you we would have held our “Beetle Drive” evening and, looking forward on Saturday the 21st March, we will be holding a lighthearted quiz / darts game somewhat similar to “Bullseye”. We cannot promise s Bully’s bonus or a speedboat as a prize but it promises to be great fun. Details of our events are 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 £30.00, and we are pleased that we have had several social members join us since November

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. We meet on the second and fourth Fridays of the month and with an event on the Saturday in between.

Looking for a venue

We are pleased to have recently hosted Mr & Mrs Belton's surprise 60th Wedding anniversary celebrations in the clubhouse and would thank them for their kind comments on the village Facebook page.

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, or party celebration please contact Ray Hart on 07973 632923 by either text or WhatsApp for further details.



Maces Farms

While last year was one of the driest, we've experienced for some time, 2026 has certainly made up for it, with two exceptionally wet months to start the year. As a



result, fertiliser applications across the farm have been delayed. With the persistently wet and mild conditions, disease pressure is now beginning to build. What we really need is a spell of consistent dry weather — something we haven't yet had. Once conditions improve and the land dries out, we'll be able to travel properly and supply the

crops with some much-needed nutrition.

Despite the challenges, the crops are holding up well. They are not under stress and are benefiting from residual nitrogen released from last year's crop residues as they have broken down, providing a useful supply of available nutrients.

The days are gradually getting longer, which is always encouraging. Alongside managing our 1,100-hectare farm, I also enjoy tending to my garden. The spring



bulbs are now emerging

in the borders — a welcome and reassuring first sign that spring is on its way.

Recently, the farm team has attended several agricultural machinery trade events. It's always valuable to see what new technology and innovations are on the horizon.

Each year, robotics and automation become more widespread in agriculture. While I think it may still be a few years before we invest ourselves, it's clear that this

technology will eventually become the norm. I'm particularly impressed by robotic lawn mowers at home — they keep the grass perfectly neat and short with minimal effort.

As mentioned last month, we have now completed the



planting of over 1.2km of new hedging across the farm, expertly carried out by Hedgelife. The focus now shifts to ensuring these hedges establish successfully. Our biggest challenge is deer damage, as they are keen to browse the tender new shoots. Ollie will be dedicating a significant amount of time to protecting the young plants.

I have a deep appreciation for wildlife and enjoy seeing deer roaming the countryside. However, over the years their numbers have increased considerably. Balance is essential in the British countryside — each species taking only what it needs to survive. Unfortunately, establishing hedges and trees is becoming increasingly difficult as wildlife populations in some areas become out of balance.

Mark Gemmill

Mgemmill@pegasi.co.uk



Saffron Walden Museum

Visiting the Museum

Our standard opening hours are:

Tuesday, Thursday-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.

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

www.saffronwaldenmuseum.org

Object of the month

This month's featured item is a French heavy cavalry sword from the Battle of Waterloo. Used by French cuirassiers during the late Napoleonic Wars, it has a straight, sharply pointed blade reinforced with two fullers, or grooves, that provide additional stiffness without adding weight. The cuirassiers, named after their metal breastplates and heavy helmets, contrasted with British heavy cavalry, who wore various helmet styles. Dressed in dark blue uniforms and mounted on large, heavy horses, they aimed to break enemy infantry lines by charging at full speed, wielding this powerful blade with its point aimed straight ahead, driven by their muscular charge.



The sword itself is the outcome of years of technological and theoretical development, designed to support the French way of fighting and informed by the estoc of the late medieval/Renaissance period, a straight-bladed sword with little edge, used to thrust

through armour. The swords were no good for slashing, and Napoleon himself was said to have told the cavalry to charge with the point rather than sabre (slashing cuts). The Battle of Waterloo, to the British and many others, is probably the most famous battle fought during the Napoleonic and French Revolutionary wars (1792-1815), which saw the rise and fall of Napoleon and French power on the continent and across the globe. The wars were fought across Europe and into Russia, in Egypt, and in the newly formed United States and the Seas of the Caribbean and beyond.

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.

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	<i>1st Monday/month</i>	20.00-22.00	Q&R Village Hall	
Dance Exercise	<i>Tuesdays</i>	10.30-11.30	Q&R Village Hall	Christine Alexander
U3A Choir	<i>2nd/4th Wednesdays</i>	11.15-13.15	Q&R Village Hall	
Pilates	<i>Tuesdays</i>	19.00-20.00	Q&R Village Hall	Vikki 07810 826465
Pilates	<i>Thursdays</i>	09.00-10.00	Q&R Village Hall	Vikki 07810 826465
Pilates	<i>Thursdays</i>	18.30-19.30	Q&R Village Hall	Vikki 07810 826465
Carpet Bowls	<i>Wednesdays</i>	pm	Quendon Bowls Club	John Pampling 07724071959
Social Evening	<i>2nd & 4th Fridays</i>	19.00-23.00	Quendon Bowling Club	

What's On (cont.)

Communion	8th March	11.15am	Quendon Church
Celebration of Spring 22nd March		11.15am	Rickling Church
Tea and Cake	22nd March	14.00-16.00	Rickling Church

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

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