

The Link



QR code for
The Link

Quendon & Rickling
Parish
and Church

NEWS

May 2026



Crab Apple Blossom 2026

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

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

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

Churchwardens -

Quendon: Mrs Christine Osbourn 01799 543367

Rickling: contact church.jo@yahoo.com

Treasurer -

Quendon and Rickling: Mrs Sandra Arnold 01799 543075

From the Vicarage Study

Rev. Peter Allen,

Priest-in-Charge of Newport with Widdington, Quendon and Rickling.

Dear friends,

I hope that you are enjoying the longer daylight hours and the opportunities and encouragement they offer us to be out and about more. The day light and specifically the sunshine is so important to us to keep up our levels of vitamin D and our feelings of well-being. A life without light can soon be felt by us, whether that is light from the sun or light from the Son of God.

A deficiency of one affects our bodies, and a deficiency of the other affects the soul, or that inner kernel that is the bit of us that can know and experience life and the divine on a spiritual level. This essential part of us may be difficult to locate literally within our frames but I suspect, for most of us, experience points towards our being made up of more than just what we can see and touch.

In the gospel according to John, 12:18, Jesus spoke of himself as the Light of the World;

"I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life."

By saying this He was proclaiming that there is something about Himself that offers insight, guidance, direction, wisdom, and hope to us in a world that can be very difficult to know how to negotiate at times. A world in which we don't always know which way to turn, a world in which it's hard to hear the truth because of the noise of so many competing voices, a world in which it can be difficult to remain hopeful in the face of the slings and arrows of life whether personal or general. It is the soul that is the primary element of who we are; through which the things Jesus as the Light offers are received and best understood. Without some light of this type shining upon and into the soul our lives can be impoverished spiritually, which can have a knock-on effect to how we feel about life, ourselves, and the wider world.

Easter Sunday may be behind us for 2026 but the One at the centre of the life, power, and hope that the resurrection message offers us remains firmly by our side in our day to day lives and is ready to offer Himself to each of us as our light along the way today and forevermore.



So, if as the world is springing into new life around you and the light of the sun and the longer days is hopefully lifting your spirits, why not give the One who offers Himself to us as the kind of light that illuminates and guides the soul, or the real us, a place within your life today.

Journeying with the Light of the world is not an exact science, as with any relationship, but there is great comfort and hope in knowing that we are not alone in our negotiation of life in all its rich tapestry. And experience can confirm that that knowing He is there alongside us as The Light is not wishful thinking but a spiritual reality just as much as the sun in our universe is a physical reality too.

With every best wish to you all, Pete



Church Services in the Benefice

Sunday May 3rd

9.30am Newport Communion

11.15am Widdington Communion

Sunday May 10th

9.30am Newport All Age

11.15am Quendon Communion

Thursday May 14th Ascension Day

Newport 7pm

Sunday May 17th

9.30am Newport Communion

11.15am Widdington Communion

Sunday May 24th Pentecost

9.30am Newport Morning Worship Pentecost Celebration

11.15am Rickling Pentecost Celebration

Newport 3.30pm Messy Church

Sunday May 31st

Newport 10am Benefice Service

Please note, there will only be one service in the benefice this Sunday

Notice of Annual Parochial Church Meeting .

The Annual Parochial Church Meeting will be held in

Quendon Church

on 20th May 2026 at 7.30pm.

For the election of Parochial representatives to the PCC. With an annual report on proceedings of the PCC and activities of the parish and the financial statements of the council for the year ending 31st December 2025.

All welcome to attend.

Quendon Churchyards

We would really like your help

Many villagers enjoy the churchyards, a village asset, at Quendon, but to ensure that they can be maintained we need volunteers to assist the current small band of mowers. The more volunteers there are, the less each has to do. Details in previous issues of The Link.

Please contact Robert Arnold by email at robert@arnold-q.uk or telephone 01799 543075.

The Annual General Meeting

of

The Quendon & Rickling Hall Committee

Will be held on

Monday 8th June 2026 at 3.00 pm

In the Village Hall

Please come and give your support. All residents are entitled to attend and vote.
Coffee and biscuits provided.

Quendon & Rickling 100 Club

Congratulations to the latest winners

April 2026

1st Prize C Foulser £28

2nd Prize C Mackrill £18

3rd Prize M Hawkins £8

Quendon & Rickling 100 Club generates a source of funds for the Village Hall and both our two churches, All Saints, Rickling and St Simon & St Jude, Quendon.

For Crimes and suspicious activity NOW phone

999

You can report **non-urgent incidents** or **suspicious activity** and **crimes that have already happened** online at <https://www.essex.police.uk/> and click on the appropriate button ("Chat" feature is bottom right of screen). Alternatively phone **101** but online contact is preferred.

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.

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

The headline for the County this month is the ECC Council Elections (7th May). It will be interesting to see how it plays out and who becomes the incumbent controlling party we can contact for issues affecting Quendon & Rickling villages. On the same date as the election, as the Village Hall is being used for polling, we will be holding the PC meeting at Quendon Bowling Club (7/5/2026 - 7:30pm start).

The April edition of the Link had a 'positive note' from the District Council regarding the application for development on Belchams Lane. We still await details of when UDC Planning will discuss the application but we will let the village know as soon as we hear any news of a date. As mentioned previously, there will be an opportunity for a 'limited number' of the public participants to give their views on the Application at the Planning Hearing. If this is something you would be willing to do, please let the Parish Clerk have your details and we can discuss topics for presentation.

We have received several messages regarding the excessive speeding through the village, especially at night. Some of the properties close to the main road (B1383) are being disturbed regularly by heavy lorries rerouting when the M11 is being worked on

at night. Our understanding is the published diversion when work is taking place is NOT via the B1383 but this is clearly being ignored. This issue has been reported to ECC, Highways and other groups. Recent railway bridge strikes in Newport by lorries have also flagged the urgency for something to be done about this problem.

We are enjoying some nice Spring/early summer sunshine so hopefully we can look forward to some enjoyable outdoor activities, including Cricket on the village green and Bowling at Quendon's Club to name a couple of options.

Finally, The new Parish Council year starts in May and if you would like to be part of the team doing their best for the village, please contact the Parish Clerk or pop along to the next meeting. Usually these are held on the second Thursday of the month (with the exception of May as mentioned above).

Gari Spearpoint

District Councillors' Report

Pegasi

A call out for the Q&R Parish Council members for taking the trouble to attend the UDC Planning Committee in April as a trial run to observe how it works. This was the first outing of the new Local Plan. There were eight planning applications, some with significant complexity, and it lasted over 7 hours, although I suspect the PC members learned what was needed without staying the whole day.

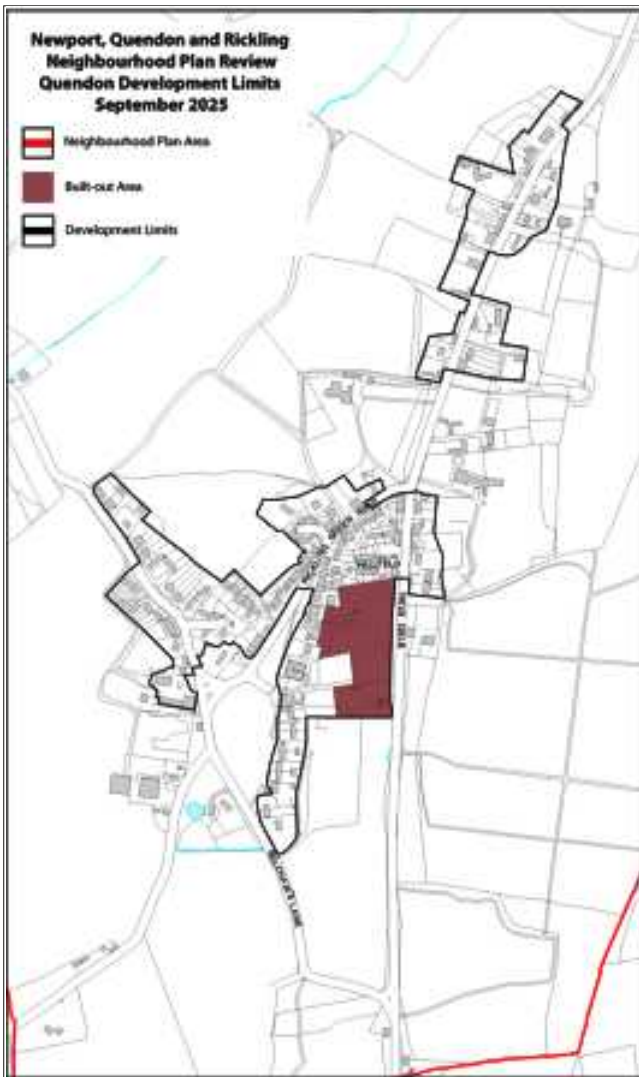
Something I have not seen before is the ambulance service requiring a financial contribution for capital spend. It is a well considered submission on the Pegasi application and includes the statistic that based on 275 more people, and the current call out rates, it would add about 4% to their work in the CB11 3 postcode. They are looking for £42,000, should the application be approved, which would be in addition to any NHS contribution. Just an example of how development stresses all types of service unless investment is done in parallel.

Local Plan

Judy chaired the first part of the Planning Committee on its first day. The long meeting was partly because of issues with some applications, but also understandably applying entirely new policies takes longer. An application of relevance to Quendon & Rickling was one for 28 houses at Clavering, behind the houses opposite The Cricketers. The case officer considered it within built area and put it forward for approval as infill under Core Policy 3. The committee challenged this and the minutes record the officer saying the Plan does not define built area. The committee decided it is not built area and refused the application.

In the new Local Plan Newport has built area defined by lines on a map, but all smaller settlements no longer have defined building limits. Therefore the new Neighbourhood Plan is stepping in to prevent this uncertainty for Quendon by setting defined limits as shown in the map.

There is a restriction in the Local Plan that Neighbourhood Plans cannot allocate sites



larger than 100 houses. This was a significant problem for Newport, being required to supply 300 houses. On the same day that the Local Plan was adopted the government reduced the conformity requirements for NhPs, so the restriction no longer applies, although the housing requirement does. This restriction was a cause of delay while meetings were held with UDC, but we can now press on to the next stage, which will be publication of a revised plan incorporating comments from the Regulation 14 consultation, and then a consultation run by UDC.

County Elections on 7th May

Last time I was able to note candidates Bianca Donald for R4U, who is a teacher and a UDC councillor, Ray Gooding, current County Councillor, and Geoffrey Sell who is Libdem group leader at UDC.

To these are added David Radford, Green Party, who is former chief executive of Somerset County Council,

Philip Hoy Reform and Liam Arora who is Social Media Officer for the local Labour Party. For the Reform candidate, his leaflet says nothing specific about him, Google search found no record and the leaflet has no contact detail for him, so my intention of supplying a fact about each candidate is not possible.

The independent poll predictions from <https://www.pollcheck.co.uk/locals-2026> show across all five Uttlesford county divisions that the outcome is entirely between Reform and Residents for Uttlesford. The other four parties are shown as being a very long way behind.

Local Government Reorganisation

The new West Essex Council will be formed of Epping Forest, Harlow and Uttlesford

plus the functions of ECC such as social care, education and highways. Integration work is underway, but slowed by the election, and may be further slowed with likely Essex and possibly Epping and Harlow (who re-elect one third of councillors each year) changing political control. Here there will be a new Ward adding Debden and Wimbish to Newport, Quendon & Rickling and Widdington. It will have two councillors, reduced from four – currently three district and one county.

There will be elections for the new Ward to the shadow council in May next year.

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 Facebooks.

Our contact details are:



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

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



Other News from Uttlesford District Council

You can get email newsletters and alerts on a whole range of topics via Keep me posted – sign up and find out more at www.uttlesford.gov.uk/keepmeposted.

07874-385541

u3a

www.u3asites.org.uk/stansted

Stansted Mountfitchet U3A

“I’ve come to talk with you again.”

Paul Simon

Who wouldn’t enjoy an afternoon in good company listening to the soulful sounds of Paul Simon? Such was the very pleasant task of the Poetry Group, as they listened to and discussed just how poetical Paul Simon’s lyrics are. His most famous lines: *“Hello Darkness my old friend, I’ve come to talk with you again”*, certainly seem to qualify.

Simon’s gentle, plaintive voice sparked a most satisfying discussion for the group. The tea and biscuits were top notch too! Future group topics include the poetry of Americans Walt Whitman and Billy Collins, as well as Zimbabwean poet Batsirai Chigma.

At the Saturday Seminar, David Morson asked whether Donald Trump and Elon Musk are the logical consequence of globalisation. The large audience enjoyed a stimulating, well-researched examination of an important current topic, all laced with humour, Trump and Starmer masks, a touch of mimicry and real insight. Also at the

Monthly Meeting, Andrew Baker, a teacher for over 40 years and now an author on British Politics, traced the impact of 'The Profumo Affair' on society with comparisons to modern 'outrages'. He concluded, somewhat poignantly that after the affair a chastened Profumo dedicated himself utterly to service, as a volunteer at Toynbee Hall a charitable institution addressing the impact of poverty in the east end of London.

The next Saturday Seminar on 9th May will see the return of historian Dr Hugh Doherty discussing 'The Anarchy', a very bloody period in English history (1135 - 1154), after the death of Henry 1.

Remember, if you fancy a philosophical think, tucking in to Pub Grub or unwinding with a Sunday Walk, to name only three possibilities, check the u3a website and click on 'groups' at the top for these and a host of other enjoyable pursuits, or for more information ring 07874 385541.

Julia Cook



City of Cambridge
Symphony Orchestra
Campanella (Henry No. 10000)

Igor Stravinsky
Symphonies of Wind Instruments

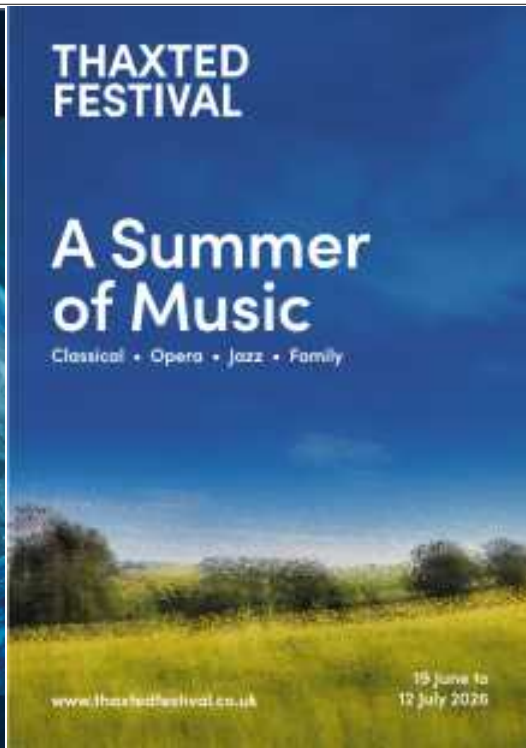
Doreen Carwithen
Piano Concerto
Piano: Juanjo Blázquez

Sergei Rachmaninov
Symphonic Dances

Conductor: Robert Hodge
Leader: Philippa Barton

West Road Concert Hall
Saturday 16 May 2026
7:30pm

Tickets: £20 Adult, £10 Student, £5 under 14
Tickets from www.ccsa-online.org



**THAXTED
FESTIVAL**

**A Summer
of Music**

Classical • Opera • Jazz • Family

www.thaxtedfestival.co.uk

15 June to
12 July 2026

Maces Farms May 2026

As we move through spring, the weather continues to challenge any sense of consistency. After an exceptionally wet January and February, March and April have turned notably dry. Combined with higher-than-average winds, soil moisture has depleted quickly, leaving ground conditions much drier than expected for this time of

year.



Looking ahead, much now depends on May. While sunshine is always welcome, what is really needed are well-timed showers to sustain crop development and preserve yield potential.

The team has been working hard to keep all spring operations on track, and we are pleased to report that crop protection applications are up to date. The dry conditions



have, at least, kept disease pressure low, which has helped reduce immediate risk in that area.



However, attention is now turning to nitrogen management in our wheat crops. The final application is approaching, but without sufficient rainfall, nutrient uptake could be significantly compromised. Nitrogen use efficiency remains a key concern - current estimates suggest crops may only utilise around 60% of applied



nitrogen under suboptimal conditions. With fertiliser prices rising sharply - reportedly by as much as 30% due to geopolitical pressures - careful timing and application decisions are more important than ever.

Spring cropping has progressed well. Our spring oats, grown for milling, are now emerging strongly and are typically supplied to companies such as Morning Foods, producers of Mornflake cereals. In addition, fields surrounding the football pitch and nearby areas have been sown with a legume mix. Subject to rainfall, these will provide valuable habitats for pollinators and contribute to soil fertility through natural nitrogen fixation.

One ongoing challenge that continues to escalate is fly tipping. We have already recorded over six incidents on the farm this year alone, with waste often originating from domestic garden clearances. In many cases, irresponsible contractors dispose of waste illegally on farmland, leaving the burden of removal with the landowner. Unfortunately, this is becoming an increasingly common issue across the British countryside.



As we head into May, we remain hopeful for a balanced

mix of rainfall and sunshine—conditions that will be crucial in supporting crop growth and ensuring a successful season ahead.

Here's to some much-needed rain and a productive month ahead.

Mark Gemmill

Mgemmill@pegasi.co.uk



THE HUNDRED PARISHES SOCIETY

www.hundredparishes.org.uk

The Romans introduced wine making to the UK and vines were cultivated to some extent until World War I when land was needed for growing food.



**Hazel End Vineyard
Farnham**

Viticulture (the process of growing grapes) began to revive in the 1970s with warmer summers and the development of grape varieties suited to English conditions. Today, we have several successful vineyards in The Hundred Parishes.

One of the first was Chilford Hall in Linton parish. It was run by the Alper family for 50 years before changing hands in 2024. The new owners continue to manage the 20-acre vineyard alongside their Grillo Outdoor Kitchen business.



Henham Vineyard

In Great Bardfield, Great Lodge produces its own wines from six different grape varieties. The vineyard is open to visitors midweek from May to September and there is also a wedding venue on site. Website: <https://www.greatlodge.co.uk/vineyard/>

In Farnham, Hazel End Farm has been growing grapes for over thirty years. Their sparkling white wine is sold as Three Squirrels.

This celebrates the fact that the Gosling family who own the land once had a bank in Fleet Street where a sign above the door read “Ye Three Squirrels”. Website: <https://www.corylet.com/>

In Saffron Walden, the first vines were planted at Saffron Grange in 2008. The family business is now well established, producing white sparkling wines and offering vineyard tours for small groups from mid-April. Website: <https://www.saffrongrange.com/>



Gunyah Vineyard

In Stansted Mountfitchet, a new vineyard was planted in 2021 on a south-facing slope. The first grapes were harvested in 2023 and wine from

the Gunyah Vineyard is now on sale. Website: <https://www.thegunyahvineyard.com/> . This vineyard can be seen across the valley from Hundred Parishes walk number 137. Another vineyard has appeared in recent years in Henham – and there may be others. Please email hundredparishes@btinternet.com if you find any more.
Ken McDonald, Secretary



Newport and District Flower Club

Our March workshop was a great success with 20 members and visitors carefully following Lorraine Gagen's instructions on how to create a crescent arrangement. All materials were provided including containers, flowers and foliage but it was amazing to see so many different interpretations. Once our displays were complete, Lorraine showed us to how to 'manipulate' leaves to create interesting forms that can be used on their own or within arrangements. We all managed to produce a cone using a large aspidistra leaf into which a single bloom such as a rose could be added but the plaiting of a palm leaf remained a challenge for most of us – much laughter ensued, however, as we all tried our best. More practice needed!



Later that month, some club members attended the Cambridge Group of Flower Clubs Spring meeting at Chesterford Community Centre where the renowned Morgan-Douglas Nuth demonstrated his 'Botanical Flair' using some very original mechanics such as



cardboard cat scratchers and plaster of paris bandages! As already reported, April 15th was our AGM and our next club meeting will be in the evening of 17th May where we welcome, for the first time, Julie Richardson, all the way from the Isle of Wight with her demonstration 'Night at the Movies'. Visitors are always welcome and we are delighted that several have now joined as members. To contact us, please use the NEW email address shown below and follow us on Facebook.

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 Clubs

CRICKET ON THE GREEN!

2026 SEASON

SATURDAY 02 MAY – ASPENDEN, STANDON & PUCKERIDGE CC (AWAY)

SATURDAY 09 MAY – SAWSTON AND BABRAHAM CC (HOME)

SATURDAY 16 MAY – ASHDON CC (AWAY)

SATURDAY 23 MAY – CHESTERFORDS CC (HOME)

SATURDAY 30 MAY – GREAT SHELFORD CC (HOME)

SATURDAY 06 JUNE – GREAT CHISHILL CC (AWAY)

SATURDAY 13 JUNE – CAMBRIDGE OLD MONKS CC (AWAY)

SATURDAY 20 JUNE – BIRCHANGER CC (AWAY)

SATURDAY 27 JUNE – WHITTLESFORD CC (HOME)

SATURDAY 04 JULY – ASPENDEN, STANDON & PUCKERIDGE CC (HOME)

SATURDAY 11 JULY – SAWSTON AND BABRAHAM CC (AWAY)

SATURDAY 18 JULY – CHESTERFORDS CC (AWAY)

SATURDAY 25 JULY – GREAT CHISHILL CC (HOME)

SATURDAY 01 AUGUST – BIRCHANGER CC (HOME)

SATURDAY 08 AUGUST – WHITTLESFORD CC (AWAY)

SATURDAY 15 AUGUST – GREAT SHELFORD CC (AWAY)

SATURDAY 22 AUGUST – CAMBRIDGE OLD MONKS CC (HOME)

SATURDAY 29 AUGUST – ASHDON CC (HOME)



JOIN OUR FANTASY LEAGUE THIS SEASON FOR A CHANCE TO WIN PRIZE MONEY!



SIGN UP NOW!



Saffron Walden Museum

The Centre for World War Studies



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.

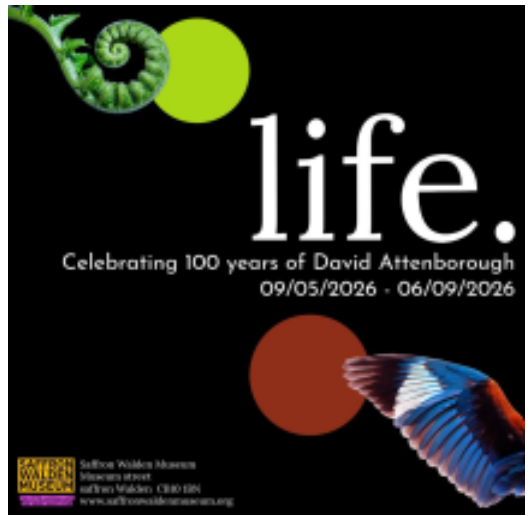
www.saffronwaldenmuseum.org

New exhibition

Life : Celebrating 100 years of David Attenborough

May 9 @ 10:00 am - September 6 @ 5:00 pm

To celebrate sir David at 100 we are super happy to announce our next exhibition. 'LIFE'. Few have done more for the public understanding of the world. Inspiration for us all. Admission fees apply.



Simpler Recycling – what it means for you

Simpler Recycling is a new national scheme to make recycling rules the same across England. The aim is to reduce confusion by ensuring everyone can recycle the same core materials at home, wherever they live.

Under Simpler Recycling, all councils must collect paper and card, plastic, glass, and metal at least fortnightly, with other waste such as food waste and general rubbish collected separately.

Uttlesford already meets these requirements, so residents should not notice any changes to their bin collections. The scheme simply makes recycling clearer and more consistent wherever you live.

If you're unsure how to recycle an item, use the Can I Recycle It? tool on the Uttlesford website. Just type in the item and your postcode to see the correct local disposal options.

Visit a repair café

Do you have a broken lamp you love? Or a pair of ripped trousers you don't want to part with? Repair is the answer!

We want to encourage more people in Uttlesford to repair their items. This could be through learning new skills or visiting a local repair café.

Repair cafés are community run spaces where volunteers use their skills to repair items brought in by locals. There are several repair cafés across the district, most of which are free to attend. Some repair cafés do require a booking, usually via email or Facebook.



Uttlesford dates:

Little Canfield Men's Shed: Sunday 26 April (last Sunday of the month)

Berden Repair Café: Saturday 13 June, 10am to 1pm

Radwinter Repair Café: Saturday 13 June

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>	18.30 -19.30	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	
Communion	10th May	11.15	Quendon Church	
Ascension Day	14th May	19.00	Newport Church	
APCM	20th May	19.30	Quendon Church	

What's On (cont.)

Pentecost Celebration 24th May
Village Hall AGM

11.15
8th June

Rickling Church
15.00

Q&R Village Hall

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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>

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