

The Link



QR code for
The Link

Quendon & Rickling Parish NEWS and Church

November 2026

In this issue

2 Church Contacts	8 Hundred Parishes	16 Emergency Life-saving
2 Vicar's Letter	9 U3A	
3 Church Services	10 Flower Club	
4 100 Club	11 Maces Farm	
4 Pumpkin Competition	12 S.W. Museum	
5 Useful Contacts	15 Publication Details	
5 Parish Council	15 What's On	
6 District Council	15 Herorats	

Pumpkin Competition Display



Priest in Charge of the parish of Quendon and Rickling,

The Rev'd. Peter Allen, The Vicarage, 5, Meadowford, Newport, Saffron Walden, Essex, CB11 3QL
Telephone: L: 01799 732059; M: 07878176551 Working days Tuesday, Wednesday, Saturday & Sunday

Curate: The Revd Gavin Sunshine Mobile: 07379 299845

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.

Before Advent Comes: A Village That Remembers

By Revd Gavin Sunshine, Priest and Curate

There is something rather wonderful about November in Quendon and Rickling. The harvest has been gathered, the evenings are drawing in, and somewhere in the village someone is already thinking about Christmas. Although, if we're honest, the supermarkets have been thinking about it since August!

But November wasn't always simply the month before Christmas. In the old Christian and village calendars, it was a time filled with remembrance, kindness, community and preparation.

We begin with All Saints' Day on 1 November. And where better to think about that than All Saints Church in Rickling? For centuries, people have gathered there to worship, celebrate, mourn and give thanks. Generations have walked through its doors, each leaving something of themselves in the story of our village.

Then comes All Souls' Day on 2 November, when Christians remember those who have died. I wonder whose name comes to mind for you? A parent, a grandparent, an old friend, perhaps a neighbour who always stopped for a chat. Our villages are built not just from bricks and timber, but from the lives of those who came before us.

And then, on 11 November, Martinmas, a tradition many of us have forgotten. St Martin was a Roman soldier who, seeing a poor man shivering in the cold, cut his cloak in two and shared it with him. What a wonderful image as winter approaches. Not somebody waiting until they had plenty to give, but somebody sharing what they already had.

Perhaps there's a little Martinmas spirit we could bring back to Quendon and Rickling.

A telephone call to someone living alone. A letter to an old friend. An invitation for a cup of tea. Something small that tells another person, "You haven't been forgotten."

And village life once had plenty of that spirit. Imagine the old days when farms employed much of the community, the village shops were busy, the mill was working, and people gathered at the pubs. Rickling Green has echoed with cricket for generations, while the churches have witnessed countless moments in family life.

There is even a wonderful Christmas connection right here in Quendon. William Winstanley, a seventeenth-century writer associated with the village, became known as

“the Man Who Saved Christmas”, helping revive the festivities, food and customs that had fallen out of favour during the Puritan years.

So perhaps Christmas preparations really are in our village's history!

And that brings us to the Sunday before Advent, traditionally known as Stir-up Sunday, when families would begin stirring their Christmas puddings. The old church prayer began, "Stir up, we beseech thee, O Lord..." a reminder that preparation isn't only about what happens in the kitchen, but also in our hearts.

Advent itself is a season of waiting, of hope, and of preparing to welcome Jesus.

So before the decorations go up and the Christmas rush begins, perhaps we could ask ourselves a question.

What traditions do we want to hold on to, and what new ones might we begin?

Could we remember someone, reconnect with a neighbour, share something, or simply make time for one another?

Because perhaps the greatest gift our villages can offer this Christmas isn't something wrapped beneath a tree.

It's the wonderful reminder that we belong to one another.

And wherever you find yourself this November, our churches are here for you.

With every blessing,

Revd Gavin Sunshine

Priest and Curate

Church Services in the Benefice

Sunday 1st November

9.30 Newport Contemporary Communion

11.15 Widdington shoe box service

Monday 2nd November

7pm Newport All Souls Service

Sunday 8th November

10.30 Newport Remembrance Service

6.30pm Quendon Names of the Fallen

Sunday 15th November

09.30 Newport Safeguarding Sunday Service

11.15 Widdington Holy Communion

Sunday 22nd November

09.30 Newport Morning Worship

11.15 Quendon Holy Communion

3.30pm Newport Messy Church

Sunday 29th November

10am Widdington Benefice Service 1st Sunday of Advent.

Quendon & Rickling 100 Club

Congratulations to the latest winners

October 2026

1st Prize	C Osbourn	£26
2nd Prize	S Cundy	£15
3rd Prize	M Atlee	£ 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.

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
<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>	

Pumpkin Competition

Congratulations to everyone who took part in this year's Quickling pumpkin competition. We had a bumper number of entries and it was a close competition with the winning pumpkin weighing a hefty 16.6kg! Well done Hudson Penning for winning the cup this year.

Second place was awarded to Otis Penning (12.4kg), third place to Cameron Clark (11.9kg) and fourth to Rory Clark (10.9kg).

Thanks to everyone who took part; growing conditions weren't exactly the easiest but I think we can all agree we had a splendid display. Thank you also to all the helpers and bakers who made this year's Autumn Daze such a success.



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 villagers, a mixed bag of stuff for this edition.

Firstly I should follow up on the late entry from last month's edition. Yes, the planning application for 110 rental dwellings on the football field has, as we announced, been withdrawn. We will probably never know the actual reason for the withdrawal but given the recent adoption of the new Local and Neighbourhood Plans, plus the 5 year build requirements being met, negates this type of development. Combine these with multiple public and private objections, common sense seems to have prevailed. Have we heard the last of this project, who knows?

I'm sad to report that more of the posts lining the path towards the school and pub have been damaged. We don't know if this is done at night when the path is dark so we intend to install reflective discs in the hope that it will prevent further damage. Talking about the path, many of you would have noticed deterioration and pot holes becoming bigger. We do still have material (stored in the pub car park) which could be used for repairing. Please let us know you have time to assist in doing this.

As I write, there are 68 days until Christmas! Apologies to those who really didn't

need to hear that. Nevertheless, for those who are looking forward to the holidays, we are currently planning the annual village Christmas Tree lighting festival with all the usual trimmings on Friday 4th December. Further details will be announced in the Link and other village information platforms.

Finally, we are hoping to recruit a new Parish Councillor in the near future but there is still space for others. It's been an 'interesting' sometimes challenging year and the more folks who are interested in getting involved in our village's community the more we can achieve on its behalf. Just let the Parish Clerk know.

Thanks. Gari Spearpoint

District Councillors' Report

Hybrid working

Essex County Council is forecasting job cuts and a budget gap of £170m next year with its Reform UK leadership predicting "significant re-organisation and rationalisation will be necessary". The council's budget for 2027-28 is expected to be £1.4bn and leader Peter Harris said it was "likely to include a reduction in job posts and regrettably, where necessary, redundancies" among the authority's 9,000 employees. (BBC website). But oddly 'The authority also said it would "re-examine" the council's work-from-home programme, which has many different arrangements for staff, depending on their role.'

Hybrid working is a part of the efficient operation of many businesses and became more established during covid.

Uttlesford council staff can work a mixed home and office routine as best fits the requirements of meetings and personal circumstances. It means the council can recruit from a much wider area. Councillors and officers can set up Teams meetings for free whenever they are needed. It reduces the cost and environmental damage from commuting. And the council has let out to commercial tenants all space made spare from hybrid working, which brings in very useful income. The buildings include a barn type office at Walpole Meadow, offices and conference facilities at Little Canfield which is also the bin lorry depot, and the Saffron Walden office. Including an office at Takeley bought as part of the council's commercial portfolio, Uttlesford District Council is probably the largest provider of rented out office space in the district, outside of the airport.

Formal decision-making council meetings are always held in person.

Food recycling

Everyone should have received a roll of compostable bags to go in food caddies and a leaflet with what looks like a space invaders theme. The big message is for everyone to segregate food waste into the food caddies and not put it in the other bins. Our food waste is transferred to an anaerobic digestion facility in Dagenham where it is processed and transformed into a biogas and fertiliser. The biogas, which is mostly methane – the same as household gas - is burnt to generate electricity for homes and

the fertiliser is used on Essex farms. We need to avoid contaminating the green lidded recyclables bins as this reduces what can be recycled.

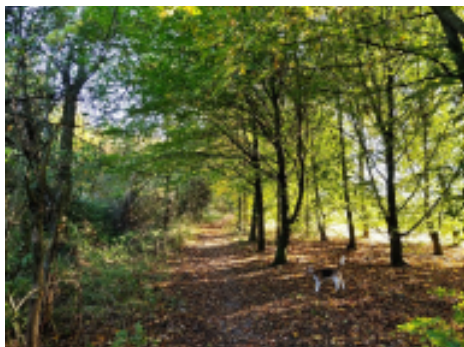
This is part of an Essex wide initiative and there is a website Join our Money Saving Food Challenge | Love Essex Microsite

The website states that the average Essex household wastes £83 every month by throwing away food that could have been eaten. Not only is this a waste of money, but it is also damaging to the environment. If disposed of in the general rubbish bin, rather than a food recycling caddy, food releases methane to the atmosphere. This is a greenhouse gas that is 25 times more damaging than carbon dioxide. It has advice about saving money, improving our carbon footprint, and reducing the amount of food we throw away.

Neighbourhood Plan

At the time of writing the examiner is about to visit the villages. He states: 'I send a note after I have visited the neighbourhood area to the various councils to ensure that I fully understand the issues and to seek clarification on specific issues. I also send a draft report to both bodies for fact-checking. This general approach ensures that any recommended modifications are quickly and effectively incorporated into the referendum and final versions of the plans concerned.'

Illustrating the Newport housing site allocation decision in the Plan in two photos, the east side quarry was chosen over the west side with the footpath



Councillor Surgeries

These are in Dorringtons every Friday from 10.30 to 11.30.

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

Whilst walking, cycling or driving in our beautiful and mainly rural area you will come across a variety of crops at various stages of their life cycle. One of these is sugar beet, a plant that is harvested during the colder months, from



Sugar beet growing

September to March.

When my wife and I were checking out one of The Hundred Parishes quiet lane walks last winter, we came across great mounds of root vegetables. The farmer explained that they were recently-harvested sugar beets that were about to be transported to the local sugar beet factory in



Sugar beet harvest

Bury St Edmunds, around 35 miles away.

Bury St Edmunds is one of just four UK processing plants, all in the East of



Sugar beet loading

England and run by British Sugar. In total, they produce over a million tonnes of sugar each year, around half of the UK's consumption (the rest is imported).

Sugar beet is sown in spring and harvested in autumn and winter. Sugar in the form of sucrose is produced by photosynthesis in the leaves and is stored in the root. An average mature root weighs about a kilogram or 2 pounds. About 20% of this is turned into sugar.



Sugar beet loader

The sugar content of the beet deteriorates if it freezes so the farmer must judge when best to harvest and then get the beet to the factory as quickly as possible. The harvesting process first removes the leaves and then lifts the beets from the ground into a truck driving beside the harvester. The truck deposits the beets into giant heaps.

On the day we watched the operation, the already-harvested beet was being loaded onto a fleet of large lorries for transport to Bury. Once in the factory, the beet is washed and processed to extract the sugar. The residue pulp is turned into animal feed.

Ken McDonald, Secretary

Stansted Mountfitchet U3A

The Gardening group had chance to admire the diligent work done by silent contributors over the centuries as they visited Chelsea Physic Garden, London's oldest botanic garden established in 1673! This living classroom of plants alongside seed banks and a catalogue of thousands of plants is used to inform modern research as well as preserving ancient wisdom for generations to come.

Challenged as we are by the media chipping away at our optimism, it was an unexpected antidote to listen to Andy Strange's talk on the RAF's Special Operations Executive. From his fund of knowledge he gave a highly convincing account of their extraordinary Second World War efforts to resist Nazism. Those in this movement did not look for renown or praise but worked tirelessly and often in secret even from those they were closest to. It was heartening to hear about their brave, understated activities in contrast to the attention-seeking of our own age. Using Lysander aircraft, single engine planes, clandestine flights into enemy-occupied Europe took place frequently to unload agents and weapons or pick up escaping personnel. Flights were navigated by map and compass, not radio and required incredible flying skills to land carefully in out-of-the way places before the enemy could respond. The pilots were not the only people putting their lives at risk. Personnel carried into enemy territory had instantly to blend in and not draw attention to themselves as they set about the information-gathering or spying missions. Women proved especially successful as operatives and flew into danger frequently.

Ahead there are more fascinating u3a talks and events to look forward to, including Cambridge Lecturer Dr Christine Corton talking about Dickens' life with reference particularly to David Copperfield. Don't forget there are also challenging and fun classes being run every day by the u3a as well. All information is set out on the web site or by phoning 07874 385541.

Julia Cook

Quendon Bowling Club News**Bowling**

The league seasons are now a distant memory; work on the green, surrounds and gardens continues.

We got off to a good start to the winter indoor league, played at Turpin's centre in Saffron Walden, with a win against Thaxted. Unfortunately the next game against Radwinter, league winners for the last few years, did not go so well, with a defeat, albeit by a much lesser margin than last year. Our Wednesday afternoon carpet bowls in the clubhouse has started and new players are always welcome. This is a game played, not surprisingly, on a long mat laid out in the clubhouse and is played with small bowls about the size of an orange, a very friendly and light-hearted afternoon

with tea, biscuits and sometimes cake. If you are interested in either of the above, please contact me (details below)

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 and Facebook or call Ray Hart (number below).

By the time you will be reading this we would have had our Family Fortunes game show evening. The next Saturday event will be on 21st NOVEMBER. We will be having a quiz night with our quizmasters Mandy and Lee. Teams of maximum of 6 with a cash prize for the winning team, entry will be £2.00 per person and we anticipate a 7.30 start with doors open at 7.00.

Looking a little forward we will be having a Christmas Party Night on Saturday 19th December. All are welcome for an evening of festive fun and games. Wear your Christmas costume, be it full fancy dress or just festive knitwear.

Our bar prices are very competitive and apart from various board games we also offer a pool table and darts board and of course good friendly company for those dark evenings that are coming.

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. You do not need to bowl to become a social member just come for the Craic.

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 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.



Newport and District Flower Club

By the time you receive this publication we will be well into Autumn, nights having drawn in and fast heading towards Christmas! We can, however, take a moment to remember our wonderful September demonstration by Lorraine Gagen entitled ‘Into the Wardrobe’. We are lucky enough to have Lorraine, a qualified NAFAS demonstrator, as a member of our club and she lit up our evening with the most beautiful and vibrant arrangements. We all know how expensive flowers are these days and it is becoming particularly difficult for demonstrators to work within flower club budgets. Lorraine, however, was very careful sourcing her blooms, using not only those from the high street and her own garden and allotment but from our local

flower farms. This enabled her to showcase the most glorious flowers not often found in florists and supermarkets. As mentioned last month, November 18th will be our last club meeting and we are welcoming Rachael Borenkova with her Christmas title of ‘A Floral Concert’. Extra special refreshments will be provided in addition to tea and coffee so please come and join us. We would love to see you there!

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



One of Lorraine Gagen's
arrangements

Maces Farms update



Drilling wheat

October has been another busy month on the farm, with autumn drilling just about coming to an end as we head into November.

So far, we’ve drilled 130 hectares of oilseed rape and 650 hectares of winter wheat, and we’re currently trying to get the last 50 hectares of winter beans into the ground. Once that’s done, we’ll have around 200 hectares left to drill in the spring.

Looking at the oilseed rape, which I talked about planting last month, it is looking a little better now. But, for me, it’s still far from guaranteed that it’ll make it through the winter.

Looking back over the last eight weeks, flea beetle has certainly done its best to destroy the

crop, but I think the biggest problem has been the lack of moisture. The crop had pretty much everything it needed to get away and grow well,



Loading the Drill with seed

apart from one very important thing — enough water.

The winter wheat we drilled earlier in October has also come up a bit patchy in places. Again, that really shows just how dry the ground has been, particularly where the seed hasn't quite managed to find any moisture. That said, some of the other fields are looking good, so hopefully they'll get properly established before winter sets in.

As we look back on what's been a really challenging year for the farm, I suppose that's one thing about farming — no matter how difficult the season has been, we're always looking ahead and hoping the next crop, and the next growing year, will be a better one.

Mark Gemmill

Farm Manager Mgemmill@pegasi.co.uk

Maces Farms



Drilling wheat



Rolling a Field of wheat



Spraying the crop



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.

www.saffronwaldenmuseum.org

Objects of the Month

Black History Month provides a crucial opportunity to reflect on the histories we tell, inherit, and need to understand more fully. At Saffron Walden Museum, this involves examining how Uttlesford, Saffron Walden, and the museum's collections are linked to global stories. The international collections include objects from Polynesia, Africa, the Arctic, and the Caribbean, regions whose relationships with Britain and the British Empire were influenced by trade, diplomacy, migration, coercion, colonial expansion, and sometimes formal political association.

These collections raise important questions about how objects were collected, whose voices were valued, and whose experiences were omitted. They also prompt us to consider the connections between country houses, local institutions, public funds, slavery, exploitation, and the transatlantic trade in enslaved African people. Acknowledging these histories is not about simplistic judgement but recognising that museums are shaped by power, wealth, and inequality, and we have a responsibility to interpret collections with honesty, care, and critical attention.

To help celebrate black history month and to showcase some of the amazing textiles to come out of the African continent, we are taking a closer look at three famous textiles from West Africa: Kente, Adire and Adinkra.

Kente

Kente is a celebrated handwoven cloth from Ghana, closely associated with Asante and Ewe weaving traditions. Its vivid colours and geometric patterns are more than decoration: many designs have names and meanings linked to proverbs, historical events, leadership and shared values. Formerly worn mainly by royalty and on important ceremonial occasions, Kente is now used at festivals, weddings, graduations and other significant events. It can express identity, status, memory and cultural pride, making the cloth a powerful form of visual storytelling.

Kente is woven on a loom in long, narrow strips. These strips are carefully arranged and sewn edge to edge to form a larger cloth, allowing colours and patterns to continue across the finished textile. In established weaving communities, skills are developed through close observation, practice and knowledge passed between generations. Each stage—from selecting threads to joining the strips—requires precision and cooperation.

A Kente design can communicate ideas much like a spoken or written text. An Asante weaver combines geometric weft blocks to create a recognised statement. The pattern Obaakofo Mmu Man, translated as “One person does not rule a nation,” expresses the importance of shared responsibility and collective decision-making. Choosing and wearing a particular pattern may therefore make personal values publicly visible.

Kente also continues to inspire artists. Ghanaian artist El Anatsui creates vast, shimmering works from discarded metal bottle tops, joining small pieces into flexible surfaces that recall woven cloth. His *Man's Cloth* (1999–2001) and the monumental *Behind the Red Moon*, shown at Tate Modern in 2023–24, connect textile traditions with contemporary questions about trade, consumption and transformation. During Black History Month, Kente offers a way to celebrate African creativity while recognising that Black history is carried through living skills, language, art and community knowledge



RATS ACCREDITED IN ANGOLA AND AZERBAIJAN

Nineteen HeroRATs have passed national accreditation across Angola and Azerbaijan and are now ready to search for landmines and other explosive remnants of war (ERW) for another year.

In Angola, all eight rats secured approval to work for another 12 months. Each completed two independent tests, searching areas containing an undisclosed number of targets. Two officials who had never seen the rats working before were impressed by how quickly they searched the ground.



In Azerbaijan, 11 rats and six handlers passed their assessments and have begun operations near Khanabad village in Karabakh. The team is expected to search 80,000 to 90,000 square meters each month, supporting clearance needed for displaced families to return safely and rebuild their livelihoods.

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
U3A 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
Carpet Bowls	Wednesdays	pm	Quendon Bowls Club	Ray Hart 07973632923

What's On (cont.)

Names of the Fallen	8th November	18.30	Quendon Church
Quiz Nights	21st November	7pm	Quendon Bowls Club
Holy Communion	22nd November	11.15am	Quendon Church
Benefice Service	29th November	10am	Widdington Church

Emergency Life-saving

Should someone suffer a cardiac arrest or show symptoms of a heart attack e.g. pains in the chest, then your first action should always be to phone the ambulance service on 999. The service will refer you to our Automated External Defibrillator which is at the front entrance to Quendon & Rickling Village Hall. Another is sited outside Reception at the front of Rickling School. Anyone can save a life by using one of them until an ambulance arrives. In addition you can seek help from any of the volunteers listed below.



Name	Home Telephone	Locality
Robert Arnold	01799 543075	Northern end - Cambridge Road
Sandra Arnold	01799 543075	Northern end - Cambridge Road
Chris Phillips	01799 542351	Middle - Cambridge Road
Sue Phillips	01799 542351	Middle - Cambridge Road
Wendy Stannard	01799 541869	Middle - Cambridge Road
Paul Carrol	07889 344869	Southern end - Cambridge Road
Joanne Hales	07903 596011	Rickling Green
Janice Hart	01799 541196	Rickling Green/Brick Kiln Lane/Rickling
Ann Merrit	07801235758	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.

Please mention

The Link
**when responding to
advertisements here.**

**An advertisement this size is
only £45 for a whole year!**

THE GRANGE
MAINTENANCE

Grass & Hedge Cutting
Fencing
Turfing
Patio & Driveway Cleaning
Grounds Maintenance Contracts



Contact Will Grange - 07516783138

Binwash

We
clean
your
Wheelie
bins!

Commercial & Domestic



**Low cost &
highly efficient service!**

Professional machinery

High pressure wash and dried

Disinfected and deodorised

4 weekly schedule or 1 off visit

www.binwash-uk.com

01799 529899

enquiries@binwash-uk.com



**CROWN
SWEEPS**



Essex, Suffolk, Bedfordshire
Hertfordshire, Cambridgeshire

07838916915

Chimney Cleaning Service



www.crownsweeps.com



[instagram@crownsweeps](https://www.instagram.com/crownsweeps)



info@crownsweeps.com



[facebook@crownsweeps](https://www.facebook.com/crownsweeps)

**Shark
Sealants.**



Transform your Home with Precision and Care

Why Choose Us?

- | Expert Craftsmanship
- | Reliable Service
- | Affordable Rates
- | Flexible Scheduling

Our Services Include:

- | Bathrooms & Kitchens
- | Window & Door Seals
- | Flooring & Skirting Boards
- | Expansion & Movement Joints

**Top-Quality
Mastic Application Services**

Contact Us Today!

- | Phone: 07721 684153
- | Email: chrissharkey@me.com

****Special Offer****

Mention this advert for a 10% discount
on your first job!

Christopher THE LOCKSMITH

ARE YOUR LOCKS BEHAVING BADLY?

We Value Old Fashioned Customer Service
A Local Trusted Family Business Since 1989

- 🔧 Specialist in UPVC & Wooden Doors
- 🚚 No Call Out Charge
- 💰 No Fix No Fee
- 🔑 All Work Fully Guaranteed
- 👴 10% Senior Citizen Discount



For More Advice & Help
Call Christopher:

07772 111 222

www.christopherthelocksmith.co.uk



Aspyre
Qualified
Hypnotherapist



Freedom from: anxiety, phobias,
overwhelm, smoking/vaping,
insomnia/sleep issues, low confidence,
low self-esteem, fear of public
speaking, weight/pain management,
addictions, IBS, nail biting,
skin-picking, driving/exam anxiety

Free initial consultation. 5+ Google Reviews
Registered & Fully insured, Online Sessions

Contact Maria - 07748324603
Clinical Solution Focused Hypnotherapist
maria.manzo@aspyrehypnotherapy.com
www.aspyrehypnotherapy.com



THE
QUENDON LEAF
BRINGING NATURE HOME

Beautiful houseplants & expert care

FOR HOMES & WORKPLACES

Plants & planters
Plant care, repotting & rescue

Our Quendon studio opens
8 November

BUY YOUR PLANTS DIRECTLY FROM US

07900 986424
[@thequendonleaf](https://www.instagram.com/thequendonleaf)



SCAN TO FOLLOW



CAMWOOD
HOME IMPROVEMENTS

**Kitchens • Bathrooms
Electrics • Conversions
Air Conditioning**

All other aspects of building
Fully Qualified Experienced Tradesmen

Office: 01279 814296 Mobile: 07714 300920

Email: camwoodhome@outlook.com

www.camwoodhome.co.uk

[camwoodhome](https://www.instagram.com/camwoodhome)



TONY WOOD

Qualified Registered Electrician

All electrical works undertaken:

Re-wires, new circuits, extensions
Replacement Consumer Units
Electric showers, heating, additional sockets
Internal and external lighting

Free advice & estimates
References available
Competitive rates
Fully insured

Please ring Tony on
07714 300920
01279 814296

Or e-mail camwoodhome@outlook.com
Electrical Safety Register Approved Contractor

Electrical Safety
Register

Quendon OSTEOPATHY

Jacolin Sheaf (Lampon) D.O.

4a Red Cottages,
Cambridge Road, Quendon,
Saffron Walden, Essex CB11 3XH

Structural Osteopathy,
Cranial Osteopathy.
Treatment of back and neck pain,
muscle and joint pain,
Tension headaches,
trapped nerves and sports injuries.
One-to-one Pilates instruction.
Specialist Clinic for
pregnant mothers,
babies and children.

Tel: 01799 543444

Email: info@quendonosteopathy.co.uk

Web: www.quendonosteopathy.co.uk

ONSITE PARKING
AT THE NEW CLINIC

PEASGOOD & SKEATES THE FAMILY FUNERAL SERVICE

*A caring and professional service
from a local business, day or night*

**Shire Hill, Saffron Walden
01799 523314**

**High Street, Saffron Walden
01799 513513**

*Also at Duxford,
Cambridge and Haverhill*

www.peasgoodandskeates.co.uk



Ask us about ...
Funeral Plans



More than just a service



Heating



Plumbing



Renewables



Bathrooms

**All Domestic & Commercial
works undertaken**

www.shelfordheating.co.uk

T: 01223 833426 E: sales@shelfordheating.co.uk



- Boiler Servicing & Repairs
- Full Central Heating Systems
- Bathrooms
- Underfloor Heating
- Landlord's Safety Certificates

All work undertaken, fully insured & guaranteed

Phone 01799 542920

Mobile 07816 355483



E & C
Decorators
The Feminine Touch

Mother and Daughter duo. Est 1998

All types of internal and external decorating.

Minor wood work and plaster repairs.

Free estimates.

Fully insured.

Contact Liz on **07815 817283**

or liz.ellet@btopenworld.com



TC TREE SURGERY
& GROUNDS MAINTENANCE

AVAILABLE FOR :

- CROWN REDUCTION/ THINNING - TREE REMOVAL - POLLARDING
- FELLING - SITE CLEARANCE - FENCING - DECKING - TURFING -
- GRASS & HEDGE CUTTING - CONTRACT GROUNDS MAINTENANCE

CALL OR EMAIL FOR A FREE NO OBLIGATION QUOTE

TEL : 07834 785716 / 01279 850257

EMAIL : TCTREESURGERY@GMAIL.COM

WWW.TCTREESURGERY.CO.UK

PILATES CLASSES

QUENDON VILLAGE HALL

TUESDAY 6.30PM
THURSDAY 9.00AM
THURSDAY 6.30PM

1-1 CLASSES PRIVATE STUDIO QUENDON
200M CLASSES AVAILABLE

Back Problems? Weak Abs?
Poor Flexibility? Bad Posture?

PILATES IMPROVES
Core Strength/Flexibility/Posture/Balance
& Enhances Body Awareness



VICKI 07810 826465



ANDERSON.V@BTINTERNET.COM

Clare [★] [★] [★] *Gents hairstylist*
@ Rickling Green

- ★ Appointments from 7am Mon-Sat
- ★ FREE easy parking
- ★ Fully qualified & insured



Call: 01799 542424
Text: 07791 058406

City & Guilds
Qualified

