

The Link



QR code for
The Link

Quendon & Rickling Parish and Church

NEWS

October 2026

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Spindle Tree Fruits



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: 07379299845

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.

What Are We Planting for the Future?

Harvest is one of those wonderful times of year when church and village life seem to meet naturally.

All around us, our local farmers have been gathering what was planted many months ago. Before the harvest came the preparation, planting, waiting and tending. It is a simple reminder that what we plant today shapes what we may harvest tomorrow.

We saw a lovely example of planting for the future recently at Rickling School, where we held a Blessing of the Backpacks for the beginning of the new school year.

The children brought their school bags forward and we prayed for them, their teachers and the year ahead. We weren't really blessing pencils, lunchboxes and PE kits! We were praying for everything those bags represented: learning, friendships, new experiences, challenges, kindness and growing up.

Throughout the service we had a wonderfully simple response: **"God goes with us."**

Those children are already planting. Every new thing they learn, every friendship they make and every act of kindness is helping to shape the person they will become.

The same is true for all of us.

Harvest is a good time to think about what we are planting in our own lives. That might mean eating healthier food, exercising, resting properly or simply looking after ourselves better. But what about our spiritual health?

Prayer, scripture, worship, generosity, forgiveness and making space for God can all begin as small seeds. Over time, healthy spiritual habits can produce extraordinary fruit.

We are seeing some of that planting through our **Alpha** course, which is currently running. Alpha creates space to explore Christian faith, ask questions and discover more about Jesus together. It plants knowledge and understanding that can continue to grow as we grow in Christ.

Our current Alpha is under way, but when we run the next one, we would love to welcome you. Whether you are new to Christianity, have been around church for years, or simply have questions, there will be a place at the table for you.

There is another example of planting much closer to home — me!

During my years as your curate, I have been in a season of being planted into, nurtured and encouraged. Pete, as my training incumbent, has invested enormously in my formation and ministry, but so have our congregations, schools, care homes and communities.

You have trusted me to preach and lead, to baptise and marry, to conduct funerals and walk alongside people through some of life's happiest and hardest moments. You have encouraged me, challenged me and prayed for me.

Soon my curacy will draw towards its conclusion and I will prepare for the next step, from curate to incumbent. Wherever God eventually calls me to serve, a little bit of Newport, Widdington, Quendon and Rickling will go with me. What has been planted here will hopefully bear fruit somewhere else for many years to come.

And that brings us to our own **season of stewardship**.

Stewardship can easily sound like another word for money. Financial giving certainly matters. If we want living, worshipping churches here in ten or twenty years' time, they need regular financial support.

But stewardship is much bigger than money. It can mean cutting the church grass for free, picking up a paintbrush, cleaning, arranging flowers, welcoming someone through the door, helping at an event, serving refreshments or simply offering a few hours when something needs doing. For others, it may mean looking again at regular financial giving.

The question isn't only **“How much should I give?”** It is also **“What can I plant?”** We have inherited our churches because generations before us planted. They prayed, worshipped, gave, repaired roofs, painted walls, cut grass, cleaned and served their communities.

Most of them never met us, yet we are enjoying their harvest.

Now it is our season to plant.

What we give today — our prayer, time, energy, practical skills and financial support — can help ensure that twenty years from now there is still a church here worshipping, serving its village, supporting its school, caring for people through life and death, and introducing another generation to Jesus.

We may never see the full harvest ourselves. But that is part of stewardship: **caring for what God has entrusted to us so that there is something fruitful to hand on.**

So this Harvest, as we thank God for what has been gathered in, there is another question worth asking:

What are we planting now that somebody else will one day harvest?

Rev Gavin

Quendon & Rickling 100 Club

Congratulations to the latest winners

September 2026

1st Prize	C Osbourn	£26
2nd Prize	A Merritt	£15
3rd Prize	M Michaelides	£ 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.

Church Services in the Benefice

Sunday 4th October

9.30 Newport Contemporary Communion

11.15am Widdington Harvest Service

Sunday 11th October

9.30am Newport All Age Service

11.15am Quendon Harvest Service

Sunday 18th October

9.30am Newport Holy Communion

11.15am Widdington Holy Communion

Sunday 25th October

9.30 Newport Morning Worship

11.15am Rickling Holy Communion

3.30pm Newport Messy Church A fun Children's event

Autumn Daze and the pumpkin weigh in

Saturday 3rd October

at 2pm on the Green,

The village apple press will be in residence for anyone who wishes to press apples

Bring a bottle(s) for your juice.

For Crimes and suspicious activity NOW phone	999
You can report non-urgent incidents or suspicious activity and crimes that have already happened online at https://www.essex.police.uk/ and click on the appropriate button ("Chat" feature is bottom right of screen). Alternatively phone 101 but online contact is preferred.	
Fraud and other cyber crime Report Fraud replaces the previous Action Fraud service and the National Fraud Intelligence Bureau, offering a more streamlined service where the public can tell the police about cyber crime and fraud as well as providing a Report Fraud Victim Service which offers dedicated, and specialist help to victims. You can report suspicious e-mails, text messages and telephone calls, fake web-sites and even fake advertisements . Report Fraud is at https://www.reportfraud.police.uk/	0300 123 2040
CRIMESTOPPERS To give information anonymously phone or report it online at www.crimestoppers-uk.org	0800 555 111
<i>The information you provide is very important to us, so please make sure that we can use it effectively, by reporting it correctly through the proper channels. Thank you.</i>	

Parish Information

Welcome Packs

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

Allotments (Quendon Hall Estate):

Peter Warwick, No.5 Thistley Crescent, Green Road, Rickling

Telephone: **01799 543526**

Highway Problems

The Essex Highways website is available for anyone noticing a problem to report it:

<http://www.essexhighways.org/Report-a-problem.aspx>

A tracking facility for all reported faults is available.

Contact our Parish Council

Details of Parish Council meetings may be found on the village web-site:

<https://www.quendonandrickling.co.uk>

and on village notice boards. All are welcome to attend.

The Parish Clerk is Keith Williams

Email:

quendonandrickling.clerk@hotmail.com

Telephone: **01279 814473**

Contact our District Councillors

Email: cllremanuel@uttlesford.gov.uk

Telephone: **01799 543487**

Mobile Telephone: **07801 039550**

Email: cllrhargreaves@uttlesford.gov.uk

Telephone: **01799 540411**

Mobile Telephone: **07854 687748**

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

Contact our County Councillor

Cllr Raymond Gooding

Essex County Council

County Hall, Duke Street

Chelmsford, CM1 1LX

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

Telephone: **01279 813103**

Mobile Telephone: **07778 643759**

Contact our Member of Parliament

Kemi Badenoch, MP

House of Commons,

London, SW1A 0AA

Email: kemi.badenoch.mp@parliament.uk

Telephone: **02072 191943**

From the Parish Council Chair

On re-reading my posts for the previous few months, I've mentioned the weather continually, so I'll apologise and hope that the recent, more British summer like temperatures have been favourable.

The continuing gas works around the village green and down Green Road have, I know, been a source of frustration to residents, not least the disruption of having regular rubbish and waste removed by UDC. The PC have spoken to council representatives and I believe this had some impact on getting the problem resolved.

Having village life disrupted by this type of issue isn't what anyone should expect.

In the topic of disruption, Q&R villagers are aware that the planning application for 110 dwellings for rental on the Belcham's Lane football pitch is still ongoing. UDC publish the agenda for planning application hearings on their website. The next meeting is on 30th September and the agenda is posted the week before. We just don't know yet when it will be heard but continue to monitor the situation. For those of you who have been tracking the project and seen the numerous documents submitted, you might have spotted the recent comments from ECC Highways who have made their

objections known quite clearly.

Sadly, a little gripe to finish with. A few of the posts we've installed along the path towards the Cricketer's have already been damaged. Should anyone witness this happening going forward, please let us know.

Hope your Pumpkins are doing well.

Gari Spearpoint

Update: Quendon and Rickling Parish Council understand that Pegasi have withdrawn their Planning Application (UTT/25/3329/FUL) for the proposed Housing Development at Belcham's Lane and the Re Development at Maces Farm Yard.

We do not have any further information at this time but will keep you posted.

District Councillors' Report

Withdrawal of the Pegasi application for 110 rented houses

This application was withdrawn no doubt following UDC telling the applicant that it would be recommended to the Committee for refusal. I asked UDC officers a while ago why the application was being allowed to carry on with so many revised documents being published, when the outcome was clearly going to be refusal. The response was that the government's two year delay in publishing housing delivery figures had left the new Local Plan without full weight and so a refusal could not be a certainty. Those figures now having been published means we do have the required housing supply and therefore a full weight Plan, allowing officers to call a halt.

Thank you to everyone who submitted objections and attended the meeting at the Village Hall.

Neighbourhood Plan

The Regulation 16 consultation finished on 7th September. We are advised by UDC that the examiner may be starting his review on 28 September, but he sets the schedule and what he wishes to cover. He has an option to hold a hearing, but that would only be if there are contentious matters to resolve. Oddly there is no requirement to publish the consultation responses, we are told there are around 14 of them, and they go to the examiner. He can then raise any queries he may have. He will do a visit to the Plan area, unaccompanied and unannounced (although we may know because the Newport quarry is not open to public access and so will need to be arranged). But if you see a man going round with clipboard and papers inspecting the village, don't assume it is Pegasi trying again, and give him a friendly greeting!

Changes to the planning system

Governments have continually tinkered with the National Planning Policy Framework (NPPF) since it was introduced in 2012. Mostly to no good purpose but one change in the August 2026 update is welcome. We will all have seen the recent publicity about abuse of the planning rules by people building without permission. It used to be that when they then submit a retrospective application the requirement was to treat it as normal and ignore what had been done. That is now changed and intentional

unauthorised development must be given substantial weight against granting retrospective planning permission. That is not an absolute requirement to refuse as all factors must be considered, but ‘substantial weight against’ is a high bar to get over. I would not have included ‘intentional’ in the wording. Unauthorised is a matter of record, but intent opens up what was in the applicant’s mind and might allow a loophole particularly on smaller breaches. It seems not a good idea to imply ‘I didn’t know the rules’ is a defence against breaking them.

The bad news is changes to what may be taken to Committee. Rule changes from October require all applications of up to 10 houses to be officer decision only. Above 10 it is also the default that the Committee not be involved unless agreed via a two stage process, where the casting vote is with the senior planning officer, to take an application to committee. Also ward member call-in of applications is ended. Even worse the ‘reserved matters’ applications after outline permission are granted are also removed from committees. Having several people helping fine tune an already agreed in-principle application is where a committee can improve an application, seeing improvements that a single planning officer might not. There is already an automatic option for government intervention on refusals of sites above 150 houses.

It is unclear what problems the government thinks it is solving, but cutting out pretty much everything from Local planning committees is absolutely dire.

Councillor Surgeries

These are in Dorringtons every Friday from 10.30 to 11.30.

Our contact details are:



clliremanuel@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

Stansted Mountfitchet U3A

u3a

www.u3asites.org.uk/stansted

A thought-provoking October at Stansted Mountfitchet u3a

October promises to be an especially stimulating month for Stansted Mountfitchet u3a, with two Saturday Seminars and a fascinating talk at our monthly meeting.

On Saturday 10th October, doors open at 8.30am for a 9.00am start, when Dr Kevin Bryant presents Autism and ADHD Today: Pathology or Personality? Are autism and ADHD disorders, or simply part of natural human variation? Kevin will examine some of the scientific evidence surrounding these increasingly debated subjects and explore the questions behind the headlines.

Dr Bryant is a King's Fellow in Bioscience Education at Anglia Ruskin University. His research examines the social construction of knowledge and its influence on power relationships in higher education and healthcare. He lives in St Ives, Cambridgeshire, and runs his local u3a discussion group, Health Issues in the News: The Science Behind the Headlines.

Another Saturday Seminar takes place on 24th October, when Don Mobley, a former USAF pilot now living in Suffolk, turns his attention to the United States Constitution and the balance of political power. His presentation, The Constitution vs Unitary Executive Power, will examine the Founders' system of checks and balances, Project 2025, changes made during the first 18 months of the current administration, and concerns surrounding the 2026 midterm elections. It promises an illuminating examination of the implications for American democracy.

At our monthly meeting on Thursday 15th October, a speaker from the Jane Austen Society will explore the life and work of arguably Britain's best-known female writer of the nineteenth century. The talk is designed for a general audience.

These events are just a small sample of the wide range of activities and interest groups available through Stansted Mountfitchet u3a. To take part, you need to be a member. If you are retired or no longer in full-time employment, come along to a monthly meeting at St Theresa's Centre, High Lane, or visit www.stansted.u3asite.uk to find out more and join us.

Susan Sedgebeer



THE HUNDRED PARISHES SOCIETY

www.hundredparishes.org.uk

At the beginning of September, The Hundred Parishes Society held its twelfth Annual General Meeting. Each year we have chosen a different venue so that we can introduce members to another location they may not have visited before. Last year, for example, we went to the museum in Saffron Walden where we were given an informative guided tour.

In 2026, it was the turn of Great Waltham, one of our largest parishes and in the far south-east corner of The Hundred Parishes. Before the meeting, I



Badyngghams



Langleys gatehouse

took some of our members on a short walk around the centre of Great Waltham village, pointing out a few of its many ancient buildings.

We passed the fascinating 16th-century private house called Badynghams, with four spectacular original chimney stacks, and then the war memorial where the 36 men from the parish who died in the first world war and nine in WWII are remembered.

We moved on for a brief excursion into the Langleys

estate, enjoying a view from the footpath of its magnificent Grade I listed Georgian mansion, built in 1719 by the Tufnell family who still own it today.

We then made our way to the parish's Norman church, dedicated to St. Mary and St. Lawrence. Church warden David Williams introduced



Everard Memorial

the group to some fascinating features, especially the splendid Everard memorial which is 400 years old. Church historian

Peter Wells was unable to join us but several members purchased copies of his excellent book about Great Waltham and its church, published within the last year.

Just a short walk took us back to the village hall for refreshments and the formal part of the AGM where I and our chairman Douglas Kent were re-appointed.

Where do you think we should go next year?



Great Waltham Church

Ken McDonald, Secretary

Quendon Bowling Club News

Bowling

Well the season has now ended, it's been challenging, not only bowling on the green but with the weather that did not help the maintenance of the condition of the playing surface. After a brief rest the Greens Team, who all are club members will be beginning to "put the green to bed". This is a critical time to both repair where necessary and then prepare the green for its winter rest. That's 140 m sq. to be scarified, hollow tined, top dressed and seeded as required, all before the weather breaks. Once that is done we then turn our attention to any necessary repairs to the ditches and general surrounding grounds.

We have had a better season results wise, with a great contribution from some of our "new to bowling" members who stepped in to play in league games,

Steeple Bumpsted League finished in 3rd position. North West Essex finished in 5th position. And, due to the need to still play some games that were postponed to the excessive heat, at the time of writing the final league standings are still to be announced for the Herts and Essex Seniors league but we expect to be either 2nd or 3rd.

We held our club internal competitions at the beginning of September and particular mention needs to be made of some of new bowlers George Anderson, Rob Newman and his wife Anne all of whom were part of winning teams in both the triples and pairs competitions.

Now that the summer season has ended, we will again enter a team in the Thursday afternoon winter indoor league at Turpin's facility in Saffron Walden, behind the Lord Butler Centre. We will also soon restart our Wednesday afternoon carpet bowls in the clubhouse. 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).

We will be having a "Family/Friends Fortunes" game show night with our own George Anderson hosting based on the popular TV game show, on OCTOBER 17th. Teams of 2 either family or friends guessing the results of "our survey of 100 people said"!!

And 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, more details to follow

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.

QUENDON & RICKLING GOLF SOCIETY

On 14th September 13 of us ventured south and played at Abridge Golf Club near Epping. The weather was perfect for a day on a course that none of us had played before but we were warmly greeted by the Club and enjoyed some undulating fairways and some challenging raised greens in a lovely picturesque setting.

We decided that this venue would be the one where we compete for the Annual Bandit Trophy and where Mervyn Waite landed up with that honour with a splendid round.

As you will see from the picture the happy golfers displayed their winnings from team games to nearest the pin. The day concluded with a huge plate of Mash and Sausages in Onion Gravy .. a golfers delight!

We have one more event this year and our AGM (really just a Christmas time gathering) in December. If you are not already with us we welcome anyone to join us, don't worry about your standard of golf we just get together to enjoy some lovely outside exercise and have some fun. Just give me a call if you are interested.

Keep Golfin'

Brandon Chapman

07909 686627



Newport and District Flower Club

Our August club meeting was not in the evening, as usual, but in the afternoon of 12th August where close on 40 people joined us for our annual Cream Tea. Visitors and members were welcomed with a glass of alcohol free Prosecco before sitting back and enjoying a wonderful demonstration by Elaine Boobier entitled 'Teatime in Bloom'. Beautiful colourful arrangements were created in tea cups, picnic baskets and other novelty containers all representative of a glorious teatime! A cream tea was then served with home made scones, cream, jam and pots of tea with Elaine's arrangements raffled off at the end of the afternoon.



Our October meeting will be a workshop on 21st October but please make a note in your diary for our last demonstration of the year on 18th November, ‘A Floral Concert’ with Rachael Borenkova. This will be our Christmas event with extra special refreshments! Please join us for this festive evening.
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

Maces Farms Update

With August bringing us virtually no rain, it was a relief when September finally brought some much-needed rainfall. At last, conditions improved enough for us to feel comfortable planting the OSR. After a five-week wait, we were finally ready to go for it.

Breaking Down How We Plant OSR Here at Maces Farms

Firstly, oilseed rape is a great break crop for winter wheat. It produces an oilseed that can be used for things like cooking oil and biofuels.

Now, it’s also one of the most profitable crops on the farm — if you can successfully grow it, that is! Believe it or not, several of the other break crops available to us simply aren’t profitable.

So, here’s how we go about establishing our OSR.

1. Preparing the seedbed

Here at Maces Farms, we use a low-disturbance approach. The aim is to disturb the soil as little as possible while still



Low Disturbance Subsoiler



Raking the surface

creating the right conditions for the crop. We start by running a low disturbance subsoiler through the field. This lifts the soil profile and introduces some air, helping the soil to breathe.

The dry conditions had already done

some of this naturally, but it wasn't consistent across the whole field. We then rake the surface. This means that when moisture does arrive, any unwanted plants and weeds can quickly chit and start growing. The raking also helps disturb slug eggs and cabbage stem flea beetle larvae, while mixing crop residue into the surface and helping it break down more quickly.

2. Waiting for rain

Then came the waiting game. We did eventually get some rain, but initially it just wasn't enough. So we had to be patient and wait for the right conditions. Eventually, we got enough moisture to give planting the green light. The perfect amount of rain was 34mm apparently, but I felt 27mm was sufficient.

3. Preparing for planting

Before we can start drilling, we need to decide which variety we're going to grow. There are dozens of OSR varieties to choose from, so the question is: which one is right for our farm? This year, we decided to go with a hybrid. There's more risk involved because the seed costs around three times as much as using our own home-saved seed from harvest. But from experience, hybrids tend to be far more vigorous in the spring and, in trials, can produce around 10–15% more yield. For me, that potential makes the extra seed cost worthwhile.

I also need to prepare our variable-rate seed map. We change the seed rate depending on the soil type. The principle is fairly simple: the higher the clay content, the more seed we plant to achieve the same target plant population per square metre. That information is all sent directly to the tractor, allowing us to adjust the seed rate across the field in very small areas — roughly every six square metres.

We also apply some granular nitrogen with the seed to give the crop a kick-start.

Alongside the OSR, we plant companion crops of buckwheat and berseem clover. All of this has to be carefully planned and calculated before we even start drilling.

And this is where the financial risk really becomes apparent.

Before anything has even gone into the ground, we'll have invested more than £150 per hectare. With 130 hectares to plant, that's nearly £20,000 invested



Drilling

before we even know whether we're going to have a successful crop.

4. Planting the seed

Once everything was ready, we loaded the drill and calibrated it for the OSR seed, fertiliser and companion crops.

Then we were ready to go.

Beau spent two days — around 30 hours in total — drilling the crop.

Once it was planted, we rolled the fields. This improves seed-to-soil contact, helps conserve moisture and can also help slow down the movement of slugs.



Rolling the fields

5. And so, the aftercare begins...

You might think the hard work is now done.

Unfortunately, it's the opposite!

Getting the seed into the ground is the easy part. Now comes the stressful bit.

We constantly monitor the fields for anything that could affect the crop's establishment and growth — slugs, pigeons, deer, rabbits, cabbage stem flea beetle and competition from volunteers left behind by the previous crop. The risk of Hare Coursers driving all over the field and causing damage is quite high as well.



Damage from cabbage stem flea beetle

We also employ an agronomist (a crop doctor in other words) to advise us and help give the crop the best possible chance of success.

The early stages of growing OSR can be pretty stressful because, quite frankly, everything seems to want to eat it or destroy it!

And because we've established this crop later than I would ideally like, the nervous wait continues.

Now we just need it to keep growing until it's big and strong enough to fend for itself. Fingers Crossed!

Mark Gemmill Farm Manager Mgemmill@pegasi.co.uk

Maces Farms

Something spooky is going on....



SAFFRON WALDEN MUSEUM
100 Years of the Museum

A WILDLY SPOOKY HALF TERM

Tues 27 October: Lolly-Pop Broom Creatures
4 x sessions at 10.30am, 11.15am, 1.00pm, 1.45pm and 2.30pm
£2.40 per child, 30mins per session

Wed 28 October: Potions and poisons book making
2 x sessions - 10-11.30am, 12.30-2pm and 2.30-4pm
£3.00 per child, 1.5hrs per session, pre-book only

Thurs 29 October: Trick or treat animal eye-balls
4 x sessions at 10-11, 11.30-12.30, 1.30-2.30pm, 3-4pm
£5 per child

Friday 30th October: Spooky story telling
Younger children 2-7yrs - 10am - 11am £2.40 per child with natural sciences specimens to look at and handle
Older children 8+ years - 11.15 - 12.15 £2.40 per child with natural sciences specimens to look at and handle
Jam jar ghostie - 3 x sessions of 1pm, 2pm and 3pm £2.40 per child

Special Exhibition: 100 years of David Attenborough
Specially extended by popular demand until 1st of November

Scan here to book your place or get £1000s of information from the museum's website

Saffron Walden Museum
Museum Street
Saffron Walden CB10 1BA

Something spooky is stirring at the Museum this October half-term! Join us for a playful programme of Halloween crafts and stories, including potion-book making, trick-or-treat eyeballs, jam-jar ghosties and brilliant broomstick characters. There will be plenty to delight little monsters of all ages – with just the right amount of fright. Book via Eventbrite... if you dare!

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

What's On (cont.)

Carpet Bowls	Wednesdays	pm	Quendon Bowling Club Ray Hart 07973 632923
Social Evening	2nd & 4th Fridays	19.00-23.00	Quendon Bowling Club
Pumpkin Weigh in	3rd October	14.00	Village Green
Harvest Festival	11th October	11.15	Quendon Church
Holy Communion	25th October	11.15	Rickling Church

Emergency Life-saving

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



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.

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