

# FAIRWEATHER WINDOWS

PART OF THE FAIRWEATHER GROUP

Specialising in Windows, Doors & Conservatories

Are you looking to replace those draughty old windows and doors?

Or create more space by adding a conservatory or extension to your home?



We are your local home improvement specialists, using only the best quality products, sold at very competitive prices. All products can be 'A' rated for extra energy efficiency and come to you with a full **10 year guarantee** from a FENSA registered company

Talk to a tradesman, not a salesman  
Save Energy - Save Money!

call us NOW on **01279 813888**

FAIRWEATHER  
PART OF THE FAIRWEATHER GROUP



Fascias & Soffits, Guttering, UPVC Profiles and Fixings

Unit 7 The Links Industrial Estate, Raynham Road, Bishops Stortford, Herts CM23 5NZ

**Trade Counter & Showroom NOW OPEN**



MOT & SERVICE CENTRE

A friendly, family run business here to help with all your motoring needs.

- MAINTENANCE
- REPAIRS
- DIAGNOSTICS
- AIR CONDITIONING
- FREE VEHICLE COLLECTION

- EXHAUSTS
- BRAKES
- TYRES
- WHEEL ALIGNMENT

MOT £35



\*Free vehicle collection from Henham, Elsenham, Stansted, Bishop's Stortford, Great Dunmow, Saffron Walden and surrounding areas.

**01279 850596**

WRIGHT-CARS.CO.UK CHICKNEY ROAD, HENHAM, CM22 6BH

**Flowers and Gifts**

01279 8125117 | WWW.CATHERINECOOK.COM | catherinecookflowers.co.uk

Paris Design Flowers & Gifts | 27 Edward Street | Stansted | CM24 8LN

**"STANSTED'S BIGGEST SECRET"**

**MILLWAY  
OFFICE SUPPLIES**

**All You Need Under One Roof**

**FREE  
PARKING**



OPEN  
MONDAY - FRIDAY  
8.30am - 5.00pm  
SATURDAY  
9.00am - 1.00pm

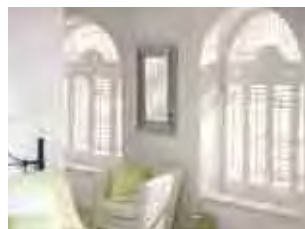
Chapel Hill, Stansted, Essex. CM24 8AP Tel: 01279 812009  
www.millwaystationery.co.uk millwaysue@btinternet.com

**STORT BLINDS**

INDIVIDUAL STYLE

SAVE UP TO 25% OFF NORMAL RETAIL PRICES  
WITH OUR STUNNING BLIND RANGE

BLINDS | SHUTTERS | AWNINGS | CURTAINS



**CALL FOR A FREE ESTIMATE**

www.stortblinds.co.uk | Tel:01279 504121



**Innovative Architectural Designs**

specialize in residential extensions, conversions,  
refurbishments & layout design.  
contact us for a free initial consultation

**www.dsdesigns.eu**

mob: 07738375496

Front cover photo:  
Taken by Mary Warnett

**Editor:**  
Ken Whyne  
01279 816084  
editor@stanstedlink.org.uk

**Advertising:**  
Mike and Marion Dyer  
01279 814059  
adverts@stanstedlink.org.uk  
Or check on website for prices

**Distribution Queries:**  
David Horton  
01279 813680  
distribution@stanstedlink.org.uk

**Treasurer:**  
Alan Wheeler  
01279 813745  
accounts@stanstedlink.org.uk

**Directors:**  
Malcolm Lloyd (Chairman)  
Yvonne Ayres  
Susan Bone  
Catherine Dean  
Marion Dyer  
Mike Dyer  
Sarah Ludlow-Elston  
Dick Pollard

The Link is produced by Stansted Mountfitchet Magazine Community Interest Company and supported by local churches, businesses and the Parish Council. It is delivered free to over 3000 homes and businesses in Stansted. Further copies may be purchased for £1 each or £11.00 per year, plus postage. Each edition is also available on our website.

## EDITORIAL



**Welcome to the merry month of May**, the UK's official National Smile Month. Nothing captures this spirit better than our front cover image of a smiling, happy David Richardson as he completed his 2.5k fundraising swim for Act One. A truly inspirational figure, David invites you to join him at the next Act One showcase on page 4. May is also National Pet Month, *Scenic dog walks* on page 33 invites dog owners to share and discover interesting scenic local walks. On the theme of walking, if you enjoy getting out and about and would like to *Improve your walking and balance*, we have some handy tips for you on page 15. There is some good news about local healthcare on page 14; GPs are to be given more control on the planning and provision of local Primary care! Responsibility and good discipline are skills that should be taught at an early age - read about the work of a Stansted Business Forum member on page 29, as she helps young people at Forest Hall Academy to develop their leadership skills. The future is bright, keep smiling 😊

## CONTENTS

<b>Advertising</b>	Index to Advertisers	40		Stansted Surgery	14
<b>Churches</b>	CAMEO	39		Improve your Walking and Balance	15
	Shalom	3	<b>Local Council News</b>	Stansted Network	19-22
	Stansted Family Church	3	<b>Local Roundup</b>	Birchanger Wood	37
	Stansted Free Church	2		B S & District Footpaths	15
	Stansted Quaker Meeting	2		In Memoriam Katharine Hurford	7
	St John's 300 club	3		In Memoriam Herman Richter	7
	St John's Church	3		Local Author wins Award	35
	St Theresa's Catholic Church	2		Stansted Business Forum	29
	Thought for the month	2		Stansted Windmill	9
<b>Children and Families</b>	Bentfield School	7		Update on New Pharmacy	33
	Messy Church	7		What's on in May	5
	Rainbow Fun Day	15		Women in Business Network	25
	St Mary's School	9		Write Here Write Now	15
<b>Clubs and Community Groups</b>	Directory of Clubs & Organisations	23	<b>Features</b>	Be a responsible Dog Owner	35
	Huw Johnson Club	11		Did you Know That?	31
	Mountfitchet Garden Club	27		Gardening Tips	27
	RSPB Stort Valley	17		Keep your Dog under Control	35
	Stansted Local History	29		Labtots	9
	Stansted is Well read	35		Merry Month of May	17
	Stansted U3A	11		Nature Notes	27
	Stansted Evening W I	25		Scenic Dog Walks	33
	The Place on the Hill	14	<b>Sports</b>	Thank you	17
	Ugley W I	29		Stansted Bowling Club	39
<b>Fundraising</b>	An Afternoon with Mabel Dodds	31		Stansted Cricket Club	39
	Act One Arts Base	4		Stansted Football Club	39
	British Red Cross Tea Party	4		Stansted Tennis Club	37
	Christian Aid	4	<b>The Arts</b>	A Classical Music Roller Coaster	13
	Grove Cottage Rock 'n' Roll	4		Aylesbury Consort of Voices	13
	St Clare Hospice Quiz	11		Granta Chorale	13
	Stansted 10K Fun Run	37		Harmonaires	13
	Stephs Wishes Tea Party	4		S Walden Choral Society	13
<b>Health &amp; Wellbeing</b>	GP Local Solution to Primary care	14			

**CONTRIBUTIONS** Up to 300 words in Word format. Photographs to be sent separately (jpeg).

By email (preferred) to editor@stanstedlink.org.uk by noon on 11<sup>th</sup> May for the June issue or by hand/post by noon on 8<sup>th</sup> May to 7 Blythwood Gardens, Stansted CM24 8HG.

**DISCLAIMER** Opinions in The Link reflect those of the authors and contributors. Publication (on paper or electronically) of articles, advertisement or product/services information does not constitute endorsement by The Link nor is any culpability accepted for work undertaken by advertisers.

Stansted network is compiled by Stansted Mountfitchet Parish Council. Stansted Link is printed by CZ Design and Print.

## THOUGHT FOR THE MONTH

A new Attender at Quaker Meetings said to me recently that one of the things he feels is important is living our faith in the world. This is something which has always been very important to Quakers. Most people know of the work of Elizabeth Fry in prison reform; Quakers were very active in the anti-slavery movement and the well-known chocolate manufacturers ensured working and living conditions of their workers were better than average. Joseph Rowntree did a famous study of poverty in York and the Foundation in his name still exists.

I was also able to tell our new Friend that living our faith in the world is the key to the many activities Churches Together in Stansted (CTS) is involved in. All the churches come together to see how we can make the world a little bit better, following the teachings of Jesus Christ. We have been raising money this year for Christian Aid, to help people in need all over the world. CTS also helps people locally and has been involved in projects such as the defibrillator project and the Food Bank. We are able to do so much more together than we can individually.

Jane Mitchell  
Society of Friends

### ROMAN CATHOLIC St Therese of Lisieux

High Lane, Stansted CM24 8LQ  
[www.sttheresasstansted.org](http://www.sttheresasstansted.org)

**Priest** Father John Garrett

**Office** Tel: 816889  
Email: [stansted@dioceseofbrentwood.org](mailto:stansted@dioceseofbrentwood.org)

**Masses** Saturday 6.00pm  
Sunday 10.00am  
Holy Days of Obligation 8.00am and 7.30pm  
Mon, Tue, Thu, Fri 9.30am

**Confessions**  
Saturday 10.00am  
and by appointment

**Baptisms** By appointment

Our Diocese of Brentwood celebrated 100 years on 22<sup>nd</sup> March with a Mass in thanksgiving for the centenary of the founding of the Diocese. This was celebrated at the Cathedral of St Mary and St Helena in Brentwood by Bishop Alan Williams. All the parishes were represented by numerous clergy, dignitaries and parishioners and they were joined by Cardinal Vincent of Westminster and Bishop Roger Crow of the Anglican Diocese of Colchester. A special tribute was paid to the Petre family, represented at the Mass by Baron Petre, Lord Lieutenant of Essex, whose members have made a significant contribution to the Diocese and the Church over the centuries. During the Mass a message from Pope Francis was read out, praying that we should 'experience anew the original freshness of the Gospel' and also a message from Bishop Stephen Cottrell, the Anglican Bishop of Chelmsford in which he referred to the friendship and partnership that exists between the two dioceses, which uniquely share the same boundaries. Part of his message read: "I believe God has laid upon us a particular responsibility to walk together and work towards that Christian unity that is Christ's prayer for his Church".

Eileen Quinn

### THE RELIGIOUS SOCIETY OF FRIENDS (QUAKERS)

Quaker Meeting House, 71 Chapel Hill  
Stansted CM24 8AE  
[www.saffronquakers.org.uk/stanstedhtml](http://www.saffronquakers.org.uk/stanstedhtml)

**Clerk** Jane Mitchell  
Tel: 503024  
Email: [sjane.mitchell@ntlworld.com](mailto:sjane.mitchell@ntlworld.com)

**Lettings** Richenda Whitehead  
Tel: 07773 603618  
Email: [richendajw@live.com](mailto:richendajw@live.com)

**Meeting for Worship** Sunday, 10.30am every week

**Light Group** 10.30am-12 noon 13<sup>th</sup> May.  
This is a guided meditation for personal enlightenment. You are warmly invited to attend.



**STANSTED FREE CHURCH**  
Methodist / URC  
Chapel Hill, Stansted CM24 8AG  
[www.stanstedfreechurch.org.uk](http://www.stanstedfreechurch.org.uk)

**Minister** Rev'd Roy Fowler  
Tel: 814809  
[minister@stanstedfreechurch.org.uk](mailto:minister@stanstedfreechurch.org.uk)

**Lettings** Marion and Mike Dyer  
Tel 814059  
[lettings@stanstedfreechurch.org.uk](mailto:lettings@stanstedfreechurch.org.uk)

#### Preachers for May

7<sup>th</sup> 10.30am Jerry Heyhoe  
14<sup>th</sup> 10.30am Mike Dyer - Christian Aid Service  
21<sup>st</sup> 10.30am Julie Finbow  
28<sup>th</sup> 10.30am Rev'd Roy Fowler - Communion





**Contact:** Howard and Ros Page  
Tel: 810813  
**Email:** contactstanfam@yahoo.com

Our Christian beliefs are conventional, we are just doing church differently.

Our **@27** meetings are held on alternate Tuesdays 9<sup>th</sup> and 23<sup>rd</sup> May 7.30pm coffee for 7.45pm start. **@27** is a house-church or homegroup-style meeting with modern worship, music, a Bible-based *thought for the day*, discussion, prayer and more. If you are looking for Christians with a contemporary outlook, a desire to grow in our faith and a vision to benefit our community, why not join us? All welcome - you do not have to be a member of the Family Church, or any church, to attend. Please contact us for more information about topic and venue.

**A date for your diary!** We will be partnering with Messy Church to sponsor this year's **Bouncy Picnic** on the Rec – inflatables for primary-age children on **Saturday 17<sup>th</sup> June** 1.00-4.00pm. Hot dogs will be available. This year volunteers from Stansted Family Café and Stansted Messy Church will be involved in running the event but everyone is welcome to attend! If you would like to join a prayer walk, or have a prayer-request, please contact us.



Ros Page

## ST JOHN'S 300 CLUB

Many congratulations to the holders of the winning numbers in the March draws, who were:

£100	No 123 Ann Conroy
£50	No 53 Nicola Ward
£25	No 201 Ollie Pocknell

The first draws for the new 300 Club year commencing on 1<sup>st</sup> May, will be held on Sunday 28<sup>th</sup> May in St John's Church following the 9.30am service.

If you are not yet a member and would like to join, please contact me for an application form. If I receive a completed form and payment (£24 per annum per number with a maximum of five numbers per household) prior to 28<sup>th</sup> May, you will still be eligible for entry into the May draw. Applications received after that date will go into the following draw at a cost of £22 per number, etc. Good luck to everyone for the coming year, especially those members who are still waiting for their number to come up – perhaps this will be your lucky year!!

Francine Cope  
Tel: 814562

**All enquiries:** The Church Office, St John's Hall,  
St John's Road, Stansted CM24 8JP  
Tel: 815243  
Office hours: 9.00am-12 noon Mon,  
Wed, Fri  
Email: st.johns.church@btinternet.com  
Website: www.stanstedstjohns.btik.com

**Rector:** Rev'd Paul Wilkin  
Tel: 812203  
Email: stansted.rector@gmail.com

**Director of Music:** Anne Brooks  
Email: anne.brooks22@yahoo.co.uk

**Church Hall Bookings:** Simon Wilson  
Tel or text: 07582 856689  
Email: stjohs.hallbookings@gmail.com

### St John's Diary

#### Sunday

8.00am Said Holy Communion  
9.30am Choral Eucharist (2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Sundays)  
9.30am Family Communion (1<sup>st</sup> Sunday)

#### Tuesday

9.15am St John's Tots

#### Wednesday

9.00am Morning Prayer  
10.00am Holy Communion

#### Thursday

10.30am-noon The Coffee Pot

#### Monday-Thursday and Saturday

5.00pm Evening Prayer

There are services of Holy Communion on the first Tuesdays and Wednesdays of the month in Norman Court, Hargrave House and Broome End Nursing Homes.

## From the Registers

### March

#### Funeral

16<sup>th</sup> Ingrid Margaret Shervington,  
age 79. Service at St Mary's,  
burial in cemetery.



SHALOM

Our next meeting is on Monday 8<sup>th</sup> May at 7 Blythwood Gardens when Catherine and Alan Dean will be giving an illustrated talk about their trip to Peru. Our informal coffee and chat *At Home* is on Monday 22<sup>nd</sup> May at 49 Recreation Ground. Both meetings start at 8.00pm. All welcome.



Marion Dyer  
Tel: 814059



## ACT ONE ARTS BASE

Thank you to everyone who sponsored my 2.5k *Swim for Act One* last September and helped raise an amazing £2,090.50. Special thanks to my superb support team who counted and cheered. I could not have done it without you.

### Act One Showcase Sunday 11<sup>th</sup> June 2.00pm-5.00pm

Come and see *Act One* make disability history with dance at Trestle Art Base, St Albans. Please contact me for more details. Hope to see you there!

David Richardson

Tel: 899157

Email: dddhhr@gmail.com



*"For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I was naked and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me."*

Christian Aid was set up to respond to the needs of refugees in Europe after World War II. Seventy years later there are more than 65 million people displaced because of war or hunger or destitution. These familiar words of Jesus tell us that if we meet the needs of others, we are doing it for Christ. This biblical passage is at the heart of what Christian Aid does. With our financial help, it meets the needs of refugees throughout the world, just as it did from its inception. This year there will not be a house-to-house collection in Stansted in Christian Aid Week. Instead, there are fundraising events happening throughout the year; but if anyone would like to make a donation, please go on-line at [caid.org.uk/week](http://caid.org.uk/week) or telephone 08080 006 006. Donations can also be given to me. Some readers will have sung *When I needed a neighbour were you there?* at school assemblies. This song is based on the above Bible passage, and the last verse is: *Wherever you travel I'll be there ... And the creed and the colour and the name don't matter: I'll be there.*



Catherine Dean

Tel: 813579

### Quiz Night for Christian Aid

Sometimes when we see the amount of poverty and hunger of others in the world, we feel overwhelmed and helpless that the problem is too big, or worry whether the money raised will get to the right people and that it is just a 'drop in the ocean'. However, when I saw the plight of starving children in Yemen, I thought I would like to do something. So I have organised a Quiz Evening, as that is something I feel I can do best, on **Saturday 13<sup>th</sup> May 7.00pm for 7.30pm** at St Theresa's Parish Centre, High Lane (with thanks to Fr John). I will be the quizmaster. Tickets are £10, and to maximise donations to the **Famine Relief Appeal for Children in Yemen**, we will not be providing refreshments, so please bring your own food and drink (there is no bar). There will be a raffle. Please sign up at one of the Stansted churches or contact me by 6<sup>th</sup> May. Thank you for your support.

David Morson

Tel: 850209

## BRITISH RED CROSS TEA PARTY



### The Case of the Missing Wheelchair ...

Suffer a serious immobilising ankle, knee or leg injury and you will certainly be offered crutches or a walking frame but not a wheelchair. In other words, you are on your own because the NHS is not obliged to offer one even on short term loan. The Red Cross is the biggest national provider of



wheelchairs in the UK for people who would otherwise be stuck on the sofa! Long before the NHS existed - during World War I in fact - the Red Cross was providing wheelchairs for injured servicemen. Today - and this is an amazing total - the Red Cross loans out 83,000

wheelchairs each year free of charge (although 80% of users make donations). Users are able to return to work earlier, attend vital college lectures and school lessons, get to shops and the pub, and are able to make fewer demands on family, friends and professional carers. Demand for wheelchairs is soaring. Please help us to raise funds for this special Red Cross project by joining us for a **Tea Party** on **Wednesday 10<sup>th</sup> May 3.00pm-5.00pm** in the Day Centre. Tickets cost £5 and are available in advance from us; space is limited and we only have room for 50 so please apply early. All proceeds will be donated to the British Red Cross and the Essex Red Cross **Wheels in Motion Appeal**, which aims to purchase wheelchairs to be used for short-term loan by the residents of Essex. There will be a raffle and stalls on the day. For more about the project please see [www.redcross.org.uk/wheelchair](http://www.redcross.org.uk/wheelchair).

Audrey Rogers Tel: 812162

Christine Stiles Tel: 813172



### Afternoon Tea

Steph's Wishes is a local charity set up in memory of Stephanie Knight who passed away in May 2013. We aim to give *Memory Days* to young people aged 18-25 who have recurring or terminal cancer. Fundraising is crucial to continue this good work and, as in the past, Stansted residents have been very supportive of our annual *Afternoon Tea*. We hope you are able to come along and enjoy this year's event with us on **Saturday 17<sup>th</sup> June 2.00-5.00pm in St John's Hall**. We will have a variety of cakes and bakes for sale, plus tea, coffee and refreshments for the children. There will be a tombola with great prizes for all the family; a brilliant raffle with vouchers to local restaurants, beauty treatments and attractions; Kids' Corner with fun craft activities; and a water or wine lottery game.

We are selling raffle tickets now, so please contact us if you would like to purchase tickets in advance (£2 per strip or three strips for £5), or to donate a prize/bottle of wine. As always - thank you.

Fran Alvey Tel: 07917 122931

Kellie Farnham Tel: 07738 466464



## Stansted Windmill Open Days 1.30 - 5.30 pm

Sun 30th Ap & Mon 1st May  
Sat 13th & Sun 14th May  
(National Mills Weekend)  
Sun 28th & Mon 29th May  
(Bank Holiday Weekend)



## ROCK 'N' ROLL

8 pm Sat 6th May  
Henham Village Hall

**The Daisy Chains**  
Award Winning All-girl Group

**Tickets £20 from**  
[www.brightfuturemarketing.co.uk/rockandrollforgrove](http://www.brightfuturemarketing.co.uk/rockandrollforgrove)

In aid of Grove Cottage ~ All Welcome  
Tel 656085 for more information



## British Red Cross TEA PARTY

3 - 5 pm Wed 10th May  
Day Centre

Tickets £5 (limited numbers) from  
Audrey 812162 or Christine 813172

### Raffle and Stalls

Proceeds to **Wheels in Motion Appeal**  
supplying wheelchairs for short-term loan

## WHAT'S ON IN MAY

1 Mon/13 Sat/14 Sun/28 Sun/29 Mon	Windmill	Open 1.30 - 5.30 pm
2 Tue	Stansted is Well Read	Dog and Duck 8 pm
3 Wed	Mountfitchet Garden Club	Day Centre 7.30 for 8 pm
4 Thu	Stansted Local History	Day Centre 7.45 for 8 pm
5 Fri	Business Forum	The Ash 7 am
6 Sat & 14 Sun	Family Café	Day Centre 10 - 11.30 am
6 Sat	Grove Cottage Rock 'n' Roll	Henham Village Hall 8 pm
8 Mon	Ladies' Night	Tennis Club 7 pm
	Shalom	7 Blythwood Gardens 8 pm
9 Tue	RSPB	Bishop's Pk Comm Centre 7.30 pm
10 Wed	Red Cross Tea Party	Day Centre 3 - 5 pm
11 Thu	<b>Link copy due in today</b>	<b>before 12 noon</b>
	Stansted Evening W I AGM	Day Centre 7.45 pm
13 Sat	Aylesbury Consort of Voices	St Mary's Church 6.30 pm
	Christian Aid Quiz	St Theresa's 7 for 7.30 pm
14 & 28 Sun	Skips	Lower St Car Park 12.30 - 4.30 pm
14 Sun	Rainbow Fun Day	St Mary's School 12 - 3.30 pm
	Granta Chorale	Saffron Hall 3 pm
16 Tue	CAMEO	Day Centre 7 - 8.30 pm
18 Thu	Stansted U3A AGM	St John's Hall 1.30 pm
20 Sat	Farmers' Market	Ugley Village Hall 10 am - noon
21 Sun	Messy Church	St Mary's School 3.30 - 5 pm
	Harmonaires Concert	St John's Church 5 pm
22 Mon	Shalom At Home	49 Recreation Ground 8 pm
23 Tue	Hearing Help	Day Centre 2 - 4 pm
27 Sat	Katharine Hurford Memorial Mtg	Meeting House 2.30 - 3.30 pm



## Friends of St Mary's Church

### AYLESBURY CONSORT OF VOICES

Sat 13th May 6.30 pm

St Mary's Church

### À Capella Light and Sacred Music

Adults £10, Children & Students Free  
from Steve Golding, Chapel Hill  
or on the door

Proceeds to Organ Restoration Fund



## QUIZ EVENING

Quizmaster David Morson

7 for 7.30 pm Sat 13th May  
St Theresa's, High Lane

Tickets £10 from 850209  
Bring your own food & drinks

In aid of Children in Yemen Famine Relief



## Stansted Messy Church

3.30-5pm Sun 21st May  
St Mary's School, Hampton Rd

### Activities~Celebration~Food

An exciting and informal style of church  
for all ages but particularly for families with  
children under 12

[www.stanstedchurches.com/messychurch](http://www.stanstedchurches.com/messychurch)



## CHARITY CONCERT

5 pm Sun 21st May  
St John's Church

### Musicals, Gospel, Rock, Pop, Swing & Jazz

£12 Adults, £6 Child & Students  
Tickets from Liz & Ray 813270 or  
St John's Office 815243  
(Mon, Wed, Fri 9 am - noon)  
Pay Bar - Bring your own Nibbles

Proceeds to St John's Hall Refurbishment



## Green Waste Skip Dates

Lower Street Car Park  
Sundays 12.30 - 4.30 pm

May 14th & 28th  
June 11th & 25th

## UGLEY FARMERS' MARKET

10 am - noon Sat 20th May  
Ugley Village Hall



Meat ~ Poultry ~ Fish ~ Eggs  
Honey ~ Preserves ~ Chocolates  
Fruit & Veg ~ Home Baking ~ Plants  
Cards ~ Ceramics ~ Skincare  
Knitting & Needlework  
Refreshments with cake and bacon rolls

Free Parking ~ All Welcome

## GRANTA CHORALE

### Bach Jesu, mein Freunde

Motets from Byrd to MacMillan

Sunday 14th May 3 pm

Saffron Hall, Saffron Walden

Tickets £14, under 18s £5 from  
S Walden Tourist 01799 524002  
Saffron Hall 0845 548 7650  
[www.saffronhall.com](http://www.saffronhall.com) or at the door



## Family Fun Day

12 - 3.30 pm

Sun 14th May

St Mary's School

Hook a Duck ~ Bouncy Castles

Go Karts ~ Rides ~ Dancing

Ball in a Bucket ~ Karate Displays

BBQ ~ Licensed Bar & much more

Entry 50p adults ~ children bands for  
unlimited bouncy castles & rides £5





## George Cooper

Physiotherapy & Sports Injury Clinic  
27 Cambridge Road, Stansted CM24 8BX  
Free parking at rear

Chartered Physiotherapist  
MCSP, SRP, HPC, MSC,  
BSC (HONS)

**\* Sports Rehab Gym \***

15 yrs experience in professional football treating the following:

Neck Pain ~ Back Pain ~ Pelvic Pain ~ Sciatica  
Tennis/Golfers Elbow ~ Osgoods Schlatters  
Shin Splints ~ Severs Disease ~ Sprains ~ Strains  
Tendinitis ~ Arthritis ~ Whiplash ~ Carpal Tunnel



Tel: 01279 813253  
Mob: 07972 375956  
Email: [info@gcphysiotherapy.co.uk](mailto:info@gcphysiotherapy.co.uk)  
[www.gcphysiotherapy.co.uk](http://www.gcphysiotherapy.co.uk)



## Lower Street Clinic

36 LOWER STREET, STANSTED, ESSEX  
ESTABLISHED 1989

*Osteopathy, Cranial Osteopathy  
Aromatherapy, Homeopathy  
Chiropody/Podiatry  
Infant Massage Instruction  
Pilates Instruction*

We have a specialist clinic for  
pregnant mothers, infants and children.

FOR FURTHER INFORMATION OR  
TO MAKE AN APPOINTMENT, PLEASE TELEPHONE

**01279 815907**

the osteopath

## Why live with your aches and pains?

Hazel Williams is one of the few practitioners who specialises in both structural and cranial osteopathy to treat a wide range of patients from babies to the elderly, from the immobile to athletes.

Her treatment can help with: back, neck, joint, arthritic and muscle pain, trapped nerves, sports injuries, headaches and migraine. She also incorporates acupuncture to aid pain relief and provides specially formulated pilates classes to help with rehabilitation.

Her aim is simple... **to give you continual relief from pain wherever possible.**

To claim your **free assessment consultation\*** please call Hazel at her surgery on:

**01279 813371**

61 Blythwood Gardens, Stansted, Essex.  
[osteopathy@hazel-williams.co.uk](mailto:osteopathy@hazel-williams.co.uk)  
[www.hazel-williams.co.uk](http://www.hazel-williams.co.uk)

\*Hazel Williams reserves the right to remove or change this offer at any time without prior notification.

**EXCLUSIVE DENTISTRY  
WITHOUT EXCLUSIVE COSTS!**

[www.whelbydental.co.uk](http://www.whelbydental.co.uk)



Membership at Whelby Stansted joins you to a **limited group**, who pay a **fixed monthly fee** to receive **quality year-round dental care.**

BY JOINING WHELBY DENTAL YOU WILL RECEIVE:

- ✓ A FREE NO OBLIGATION ASSESSMENT
- ✓ AFFORDABLE MONTHLY PAYMENT PLANS FOR ALL ROUND CARE OF YOUR TEETH
- ✓ PLANS START FROM £22 PER MONTH
- ✓ MEMBERS ARE ELIGIBLE FOR FREE WHITENING\*

**A GREAT ALTERNATIVE TO THE NHS!**

\*TERMS AND CONDITIONS APPLY

Whelby Stansted,  
7 The Alcorns, Normans Way,  
Stansted, Essex CM24 8DF

☎ 01279 442602  
✉ [whelby@live.co.uk](mailto:whelby@live.co.uk)

**www.greatback.co.uk**



## How are YOU feeling today?



### Stansted Chiropractic & Physiotherapy Clinic

Chiropractic, Acupuncture, Massage and Rehabilitation Exercise for the treatment of:

**Back Pain, Neck Pain, Minor Sports Injuries, Migraine and other Joint and Muscle Problems**

We are offering an initial consultation with a **Chiropractor** or **Physiotherapist**, which includes a thorough physical and spinal examination for **£25** (normal fee £50) on production of this advert.

**Saturday morning appointments**

**MRI on referral \* Digital X-ray available on site**

**Bringing affordable Chiropractic & Physiotherapy closer to home**

Registered with the  
General Chiropractic Council

Registered with the Health  
And Care Professional Council

**01279 815336**

**BUPA and AXA/PPP**

20 Cambridge Road  
Stansted CM24 8BZ

Mark Gurden MSc (Chiro), DC, PhD  
Marcel Morelli MSc (Chiro), DC.  
And Associates

**Registered Doctors of Chiropractic**

## IN MEMORIAM

### HERMAN RICHTER

20<sup>th</sup> October 1924 - 10<sup>th</sup> January 2017

Herman died peacefully in his sleep at Glen Rosa Residential home in Ilkley after a short illness. Herman was one of life's survivors; he came to England as a prisoner of war after



World War II and was interned in East Anglia. He was transferred to Mitchells Farm near Saffron Walden to work as a farm labourer and general handyman, where he made a strong and enduring friendship with the Tinney family who owned the farm. He moved to Stansted when he married Irmie, and spent

most of the rest of his working life at Stansted Airport mending aeroplanes. Initially they lived in one of the houses on Elms Farm, had two daughters, Heidi and Ingrid, and then moved to a house on Brewery Lane. In spite of much sadness, Herman loved life and enjoyed simple pleasures - good food, a glass of wine, a bit of gossip and his garden. He was very sad to leave the village but, as always, made the most of his changed circumstances by making new friends and putting on a brave face!

Ingrid Richter



[www.bentfield.essex.sch.uk](http://www.bentfield.essex.sch.uk)

Our nursery class at Bentfield Primary School is changing ... We currently offer free early years provision for all three and four year olds within a designated early year environment within the school. The children are able to take **15 hours each week** for 38 weeks of the year from the term after their third birthday. We offer sessions in the term in which they are three, which are paid sessions. From September 2017 working parents/carers of three and four year old children could be eligible to receive an additional 15 hours of free childcare and education a week, on top of the current entitlement of 15 hours. This is because the Government is rolling out its new scheme where eligible families could receive up to **30 hours of free childcare** per week. To check your entitlement please look at:

<https://childcare-support.tax.service.gov.uk/moreinfo/par/2> which also links to a useful childcare calculator and information regarding the new childcare vouchers. We are currently considering the views of parents/carers in the wider community by offering a market research survey to find out what hours parents/carers would be interested in. We are keen to discover the potential demand for hours, before, during and after the school day, both for eligible free places and additional paid places. If you are interested please complete the survey on our school website as this will inform our future provision. For further information please contact Aileen Smith, the nursery teacher/deputy headteacher email: [a.smith@bentfield.essex.sch.uk](mailto:a.smith@bentfield.essex.sch.uk) or telephone the school on 813626.

David Rogers  
Headteacher

## IN MEMORIAM

### KATHARINE HURFORD

11<sup>th</sup> June 1923 - 8<sup>th</sup> March 2017

Many in Stansted will have been sorry to hear of the death of Katharine Hurford at the age of 93. Although until the last couple of years she lived in Bishop's Stortford, she had been a member of Stansted Quaker Meeting since 1982. Ecumenism was very important to her. She was a strong supporter of, and worked hard for, Churches Together in Stansted, where she was widely known, respected and liked. Living in Mountfitchet House towards the end of her life, and no longer able to get to Quaker Meetings, she attended the Rev'd Paul Wilkin's services in the home. Katharine lived her Christian faith, always ready to help others. The fact that she was immensely capable and was a 'doer' was evident from the time she became head girl at her school. Having joined the WRNS in the War, she readily responded when volunteers were recruited 'to do something secret';



this was to be trained in code-breaking at Bletchley Park. She then volunteered to go abroad, and continued the code-breaking work in Ceylon. She was deeply affected there by receiving former prisoners of war, who were in a dreadful state. After the War, she worked for the BBC, then, after she married and had children,

for many voluntary organisations, including Citizens' Advice and Oxfam. She supported children at a school in Kenya. Katharine was very committed to her husband Michael, their two daughters and six grandchildren, but still found time for a wide range of interests. She enjoyed acting, and the fruits of her accomplished artistic achievements can be seen on the walls of the Quaker Meeting House. It is no surprise Katharine had many friends, who cherished her loyalty, kindness and, right to the end, her sense of fun. She will be missed.

A warm invitation is extended to all who knew Katharine, to come to her Quaker Memorial Meeting on Saturday 27<sup>th</sup> May 2.30pm-3.30pm at the Meeting House, Chapel Hill. This takes the form of an hour of reflection on Katharine's life, during which there is an opportunity for family and friends to share and hear individual and personal memories of Katharine. Tea, cake and the opportunity to mix and chat, will take place directly after the meeting.

Jane Mitchell

Katharine is fondly remembered by many of *The Link* team as she was Secretary of the Link Committee for a number of years.

Ed

## STANSTED MESSY CHURCH

[www.stanstedchurches.com/messychurch](http://www.stanstedchurches.com/messychurch)



We return to our usual venue of **St Mary's School** for our next event on **Sunday 21<sup>st</sup> May 3.30pm-5.00pm**. This relaxed and lively style of church for all ages has activities, celebration and food, and plenty of **FUN**. Everyone is welcome, particularly families with children aged under 12, and there is no charge. See our website for more details.



Marion Dyer  
Tel: 814059



## MITCHELL SCHOOL OF DANCE

Mrs Mitchell LISTD Dip AISTD AES Dip

Fully qualified and registered teacher

Email: [wmitchelldance@gmail.com](mailto:wmitchelldance@gmail.com)

*Dancing Displays Examinations  
Choreography National Competitions*

St. John's Church Hall, Stansted

Birchanger Church Hall



Tel: 01992 812781



Graham School  
of Dance  
& Theatre Arts



Outstanding tuition for children in

- \* **MELODY BEAR** introductory dance classes for pre-school children age rising 2-3 years
- \* **NURSERY BALLET** for children age 3-4 years and
- \* **Royal Academy BALLET**, plus **Introductory MODERN DANCE** for children age 4-7 years

Classes held at **MOUNTFITCHET ROMEERA LEISURE CENTRE, STANSTED** on **MONDAYS**

Classes also at our 6-studio premises in Bishop's Stortford, & other local venues

For further details & a free prospectus:

E: [info@grahamschoolofdance.co.uk](mailto:info@grahamschoolofdance.co.uk)

T: 01279 654423

[www.grahamschoolofdance.co.uk](http://www.grahamschoolofdance.co.uk)



## CHIROPODIST

Mrs Julie Golden

HPC Registered ~ State Registered

Home Visiting Practice Est. 1994

01279 873492 Mob: 07916 075451

*A professional service at a competitive price*

## PERSONAL TRAINING & NUTRITION

Stansted Boot Camp  
Wed 7.15pm & Sat 10am

Local Fitness Professional, keen to make the good people of Stansted fitter, slimmer, healthy & happy!

**FREE**  
initial  
consultation



Please contact: **Anna Scanlan** m: 07968 941 447  
e: [fitness@annascanlan.com](mailto:fitness@annascanlan.com) [www.annascanlan.com](http://www.annascanlan.com)

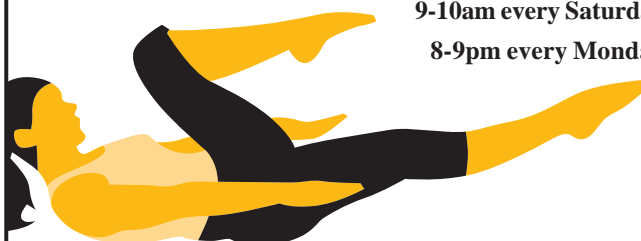
## Back to Basics Pilates Class

with **Hazel Williams** Registered Osteopath

7-8pm every Friday

9-10am every Saturday

8-9pm every Monday



At the Quaker Hall, Chapel Hill, Stansted Mountfitchet. To book one of the limited places available please call Hazel on: 01279 813371 or 07973 409675 or to find out more go to [www.hazel-williams.co.uk](http://www.hazel-williams.co.uk)

Please wear loose clothing and bring an exercise mat.

50% introductory class on Fridays only (subject to availability)



R. Handford & Co.  
Podiatry Limited

## Bishop's Stortford

- ◆ Orthotics
- ◆ Diabetic Foot Care
- ◆ Routine Treatment

H.P.C. Registered

16 Hockerill Street, Bishop's Stortford

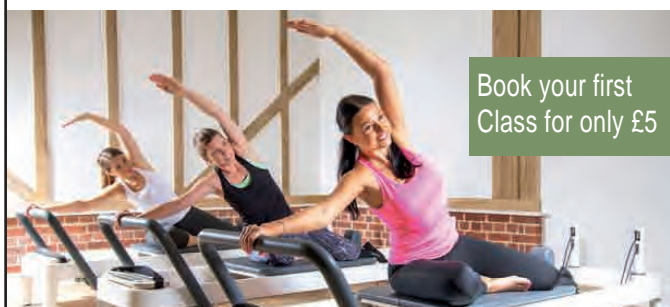
01279 652249 [info@feet.org.uk](mailto:info@feet.org.uk)

[www.feet.org.uk](http://www.feet.org.uk)



A Pilates & Yoga studio at  
Wickham Hall, Bishop's  
Stortford

Use Pilates reformer beds to gain core strength, fitness and flexibility in a way that is gentle on the body regardless of age, weight or fitness level.



Book your first  
Class for only £5

Tel: 01279 757633

[www.akashawellness.co.uk](http://www.akashawellness.co.uk)



## LAB TOTS PRE-SCHOOL SCIENCE

I am Sophia Mitchell (although my Lab Tots call me "Proff"), the owner and founder of Lab Tots pre-school science. Our mission at Lab Tots is to ignite a lifelong love of science, getting children really interested in STEM (science, technology, engineering and maths) subjects from a young age. They are not just learning about the world around them, but are practically experimenting, discovering and exploring scientific principles and concepts as well as their own ideas in an incredibly fun, interactive and engaging way. We use science as a platform to support Montessori principles and all the EYFS (Early Years Foundation Stage) curriculum, giving that extra bit of magic that only science can! Lab Tots brings a world of scientific adventure in a fun, enjoyable, entertaining and safe environment; leave the mess with us and take the fun home with you! Every session is different, comprising amazing jaw dropping demos like our rainbow geysers and rocket launches; hands on activities like our dino dig and spacewalk; physical representations like our path of least resistance obstacle course, polymer conga and good vibrations, right through to creative, sensory play like rainbow rain, bubble mania and popping sherbet! We believe that science should not be stuffy, boring or reserved for the classroom. Science is everywhere and should be for everyone to explore and have fun whether you are 3 or 103!

### Why should your child become a Lab Tot?

Do you want to develop their curiosity in the world around them, nurture their understanding, and introduce them to scientific concepts and principles from day one? Do you want to improve their dexterity, reasoning, team work, communication, creative and imaginative problem solving? Do you want them to become truly well rounded individuals? If the answer to any of these questions is yes, then Lab Tots is definitely for you! Classes are running in St John's Hall on Tuesdays 3.30pm-4.15pm. Please contact me to book a place. Looking forward to seeing you soon ...

Sophia Mitchell

Tel: 01763 274405 or 07720 292350

Email: labtots.preschool.science@gmail.com

### Summer Term Science Classes @ St John's Church Hall



Tuesdays 3.30 - 4.15 pm



Starting 25th April



Only £60 for 6 sessions



See ~ Do ~ Create  
Interact ~ Experiment  
Learn ~ Develop

Call Sophia on 07720 292350 to book your place

Email: labtots.preschool.science@gmail.com

www.labtots.com



labtots.preschool.science

## St Mary'S C of E Foundation School



So much has been happening at St Mary's, it's hard to believe we're already in the summer term! Year 4 was selected for a special school children's performance of *Madame Butterfly* in Covent Garden. The children were spellbound by the extraordinary range of the human voice and marvelled at one of the most beautiful performance spaces in London:

*'As we entered, a joy of excitement shot through me, at the same time, I was a tiny bit scared. I couldn't wait!'* (William)

*'I looked around ... the seats were velvet red and there was a beautiful patterned gold ceiling that led up to make a semi-circle.'* (Isaac)

Years 5 and 6 enjoyed *Light & Space* recently. The children were overawed by the sheer complexity and scale of the universe and its constellations. Mr Moulds shared his knowledge about galaxies, supernovas and black holes.

*'Will you read me a story?'* continues in Reception, with our weekly secret reader. This has been very successful, exploring stories, developing writing, reading and speaking, while making links into science, technology and maths.

Storm Doris kicked off our *Splendid Skies* topic beautifully! Our new weather station recorded top speeds of over 60mph. The children made kites and arranged with Stansted Airport to send off some balloons, with the school email attached to each one, hoping to receive replies from afar! St Mary's took part in World Book Day. There were versions of Where's Wally, Harry Potter, Willy Wonka, and many other literary characters and inventive costumes. St Mary's netball and football teams have started the first half of the league with some strong wins. Key Stage 1 and Reception participated in their first cross country, winning a collection of medals! Our Quiz Night is on Friday 12<sup>th</sup> May. If you are new to the area and would like to look around the school, please call 812212 to make an appointment.

Christine Tonkins  
Headteacher



### STANDED MOUNTFITCHET WINDMILL

The AGM in March was well supported. It was a good sociable evening with nibbles and drinks followed by a fun quiz devised by Richard, our Treasurer. Our training session in April was primarily for those people who wished to learn about the Windmill and perhaps go on to become Stewards, but regrettably not much interest was shown for this. However, all was not lost, as we had passers-by who visited us and showed their appreciation with donations, for which we are very grateful. On behalf of the Windmill Committee and all who know Ted Pretty, our Vice-Chairman, who has been unwell, we send our very best wishes for a speedy recovery and hope he will soon be restored to the fullness of health.

**Windmill openings in May:** Bank Holiday Monday 1<sup>st</sup>, Saturday 13<sup>th</sup>, Sunday 14<sup>th</sup>, Sunday 28<sup>th</sup> and Bank Holiday Monday 29<sup>th</sup>. All openings 1.30pm to 5.30pm.



Molly Clark  
Co-trustee  
Tel: 816768

## FAMILY NEWS (LONDIS)

Your Fully Licensed Local Convenience Store  
13 Chapel Hill, Stansted CM24 8AB

National Lottery and Paypoint

Dry Cleaning Service & Free ATM

We deliver a wide range of newspapers and magazines

Get it delivered 7 days a week at your door step

We also handle Hermes Parcels (collect & drop-off)

Tel 813485 Email: familynews@acme-group.co.uk

OPEN: Mon - Sat 5.00am-9.00pm; Sun 5.00am-8.00pm

Are you thinking about making your will?

## Herts & Essex Wills

offers clients a Will drafting service at a FIXED FEE with appointments in your home at a time to suit you

To arrange an appointment or for a brochure

**Please call 01279 505234**

[www.hertsandessexwills.co.uk](http://www.hertsandessexwills.co.uk)

Member of the Institute of Professional Willwriters

## HELPLINE

**07704 553727**

If you have a **PROBLEM**  
or are in need of  
**ASSISTANCE**

Monday - Friday  
9.00 am - 4.00 pm

Stansted's voluntary community care service



## PIANO (Classical & Jazz) VIOLIN and SINGING LESSONS in MANUDEN



All ages & abilities welcome - beginners to diploma

ABRSM Grade Exams prepared for

Tuition outside school hours so no vital lessons missed

**JAMES PRIEST BMus, MMus in Performance TCML**

To discuss individual requirements tel 01279 647050

## TUITION

Reading ♦ Writing ♦ Maths ♦ Science

I have many years of experience, teaching throughout the primary age range (4-11 years) and as a school SENCO. Give me a call to discuss your child's needs.

**Katy Dockerill**

☎ 01279 812997



**JOHN WILSON**  
  
JOHN WILSON  
fine quality jeweller

**Manufacturing & Remodelling  
Jewellery for all Occasions  
Old Gold Bought**

**Mobile: 07900 931 910 Workshop: 01279 647 878**



## Past Discoveries

UK Wide Family and House History Research

By a Qualified Professional Genealogist -

**Lisa Dunbar DipGen.**

Tel: 01279 817073 Mob: 07966 501874

[www.pastdiscoveries.co.uk](http://www.pastdiscoveries.co.uk)

[enquiries@pastdiscoveries.co.uk](mailto:enquiries@pastdiscoveries.co.uk)



All enquiries are welcome. All types of genealogical research undertaken - including brief look-ups to full family histories, brick-walls in your own research, house and historical building research and bespoke hardback bound family history books which are ideal as Birthday or Christmas presents. We also offer various family history packages.

### For hire:

**Stansted Quaker Meeting House**  
71 Chapel Hill, Stansted CM24 8AE

On a regular basis for classes, clubs and organisations  
2 halls, kitchen for making drinks, peaceful garden,  
disabled access and toilet, hearing loop, screen, piano  
Ample public parking opposite

Competitive rates  
Contact Lettings Clerk **Richenda Whitehead**  
for further information or bookings  
Tel: 07773 603618  
Email: richendajw@live.com



## Ugley Village Hall

With two halls, ample parking, facilities for the disabled and competitive rates, Ugley Village Hall on the B1383 (Cambridge Road), is available for hire throughout the year for children's parties, adult parties (over 25s), functions, clubs, classes and social meetings.

For bookings or further information please contact Susan Bone  
Tel: 01279 814052/Email: [uglevillagehall@gmail.com](mailto:uglevillagehall@gmail.com)



**Manuden Village Community Centre**

[www.manudencommunitycentre.co.uk](http://www.manudencommunitycentre.co.uk)

### Available for Hire

Stunning New Fully Licensed Venue

Fundraisers ♦ Meetings ♦ Celebrations

**Special Offer Children's Parties £50**

**Licensed for Civil Weddings and Receptions**

**Floodlit Astro**

See website for events, classes and clubs including

- Pilates
- Yoga
- Karate
- Zumba
- Body Balance
- Short Mat Bowls

**Owlets Playgroup**

For more information please contact  
Chris **01279 817111** [info@mvcc.manuden.org.uk](mailto:info@mvcc.manuden.org.uk)





## STANSTED MOUNTFITCHET U3A

www.stanstedu3a.org

Peter Holden MBE was our speaker at the April Saturday Seminar. He worked for over 40 years at the RSPB and his talk on *The World of Birds in Spring*, was extremely interesting and informative, covering many topics including birdsong, plumage, breeding, habitats, and migratory journeys. At the March monthly meeting, Charlie Haylock talked about the *History of Spoken English*. His knowledge of dialects, accents and word derivations is extensive, and everyone enjoyed his comical anecdotes and examples of speech from around the world. Many U3A members attended the St Clare Hospice Quiz in March. The next **Saturday Seminar** *Reimagining Theatre - a Director's Perspective* is on **24<sup>th</sup> June** at 9.30am, with Gailie Anderson of Contexture Theatre Company. Tickets £4 members, £5 non-members from Alan 07790 213510 email: stanstedseminars@gmail.com.

The **Card Making Group** meets every 4<sup>th</sup> Wednesday in the month at 2.00pm in the Day Centre. As well as learning different techniques for making greeting cards, we enjoy tea and a chat. All materials are supplied at a nominal cost and other than joining the U3A there is nothing more to pay. Come along and receive a free card pack, have a cuppa and see what we do! Don't worry if you are new to card making, as we are a friendly lot and help each other. Contact Pat Powell on 874805; email: pat@2of2.co.uk.



The **Art Appreciation Group** are devoting their May and June meetings to a world-class collection of sculptures which is very close to home, in Harlow. At the meeting on Wednesday 17<sup>th</sup> May at 2.00pm in the Day Centre, Jenny Lushington from The Friends of Harlow Sculpture and Gibberd Gallery, will give an introduction to the collection of 84 pieces, all on public display, and including works by Henry Moore, Elisabeth Frink, Barbara Hepworth and Auguste Rodin. She will explain the 60-year history of the collection and highlight the latest additions plus the internationally renowned 'listed sculptures', of which Harlow has seven. Visitors are welcome. The meeting on Wednesday 21<sup>st</sup> June will be a walk, providing the opportunity to see some of the sculptures sited in central Harlow. For further information about the Art Appreciation Group, or details about the June visit to Harlow, please contact: stanstedartappreciation@btinternet.com.

The next **monthly meeting** will be the AGM on Thursday 18<sup>th</sup> May and the entertainment will be the handbell ringers from Matching Green. Doors open at 1.30pm. U3A contact details: email: stanstedu3a@live.co.uk. Helen (Chair) 812945, Liz (Secretary) 813270.



Suzanne Parra



## ST CLARE HOSPICE SPRING QUIZ



A huge thank you to all the quizzers who attended the St Clare Spring Quiz. You were all very generous on the evening raising a fantastic £544 in the raffle and a further £115 in the Heads and Tails game when the winner donated her winnings. An amazing total of £1,790 was gratefully received by the Hospice, and the money will help ensure its patients continue to receive special palliative care.



Caroline Bore  
Hospice Volunteer  
Tel: 813938



Spring term at the Club has flown by; we have had a beetle drive and a bingo evening, made bead necklaces and Easter cards during our arts and crafts evening, and played games on our activity night. We also welcomed back Amy, a music therapist, who ran an evening for us, where we got to be conductors of our own orchestra, use instruments to create animal sounds and volume to play a sound-based treasure hunt. It was lots of fun and we were remarkably tuneful! We start the summer term with a quiz night, and then have a pub trip, a science evening and a games night to look forward to. We are also starting to think of ideas for our summer day trip. Thanks to all those who came to the AGM, rounding off another successful year, and to all our Committee members who so ably support me and the Club, particularly our Treasurer, Bill, who looks after all our finances so well. We are always seeking volunteers to help on Thursday evenings, as well as car and bus drivers and bus escorts – the latter opportunities only require about one Thursday a month commitment. We are also a great place to do your Duke of Edinburgh Award community volunteering. Please contact Sandra (812627) or myself for more information – we would love to hear from you!



Katharine Collis  
Tel: 461270

## Get the Most out of Life

One session help with  
smoking therapy  
(plus support)  
Weight ~ Gastric Band  
Confidence ~ Exams  
Phobias ~ Anxiety  
OCDs ~ School  
Hypnobirthing  
Irritable Bowel Syndrome  
Past Lives  
and much more

### Glynis Cheers

MA, CIPD, DPM, BSCH,  
Diploma Clinical Hypnosis  
**01279 812165**  
threecheers@btinternet.com

BARNET FAYRE  
VANITY FAYRE

## Hair & Beauty

32A Lower Street,  
Stansted

**Your friendly  
Local Salon**

**Est 25 years!**

Please telephone:

Hair 01279 813087

Beauty 01279 813180

## Stansted Psychotherapy

*motional Relief*

*Behavioural Change*

*Mindfulness & Relaxation*

Psychotherapy, Counselling  
& Coaching

**Sian Lloyd**

UKCP Registered Psychotherapist

Experienced, Local, Confidential

Why wait any longer?

**Tel: 01279 817976**

sian@stanstedpsychotherapy.com



.....A fresh start towards positive change

For stopping **smoking**, sleep disturbances,  
**anxiety** & low **mood**, sports **performance**, fears, **pho-**  
**bias** and habits, pain and **weight** management

Call to arrange your **FREE, no-obligation** consultation  
07951 776608 or [www.freshleafhypnotherapy.co.uk](http://www.freshleafhypnotherapy.co.uk)

[www.naturalfamilyhealth.org.uk](http://www.naturalfamilyhealth.org.uk)

## Jan Rickwood



Lower Street Clinic 36 Lower St  
Stansted Essex CM24 8LP

**01279 815907**

**07889 375200**

[jan.rickwood@btinternet.com](mailto:jan.rickwood@btinternet.com)

**Homeopathy  
Aromatherapy  
Baby Massage**

## ESSENTIAL GEM

Head to Toe in Beauty

Beauty Therapy by Gemma Wright Fully Qualified & Insured



All treatments available in my  
**LUXURY BEAUTY STUDIO** in Stansted

Waxing ~ Tinting ~ Facials  
Massage ~ St Tropez Spray Tans  
Manicures and Pedicures ~ Gel Colour

For an appointment please call **07921 522380**

Email: [gemma@essentialgem.co.uk](mailto:gemma@essentialgem.co.uk)

[www.essentialgem.co.uk](http://www.essentialgem.co.uk)



## Bentfield Beauty Spa

[www.bentfieldbeautyspa.co.uk](http://www.bentfieldbeautyspa.co.uk)

Ladies Prosecco spa parties

Spa treatments from £20

Environ facials

Finishing touches & grooming

**Contact Lisa: 07958 664325 01279 496151**

Email: [bentfieldspa@outlook.com](mailto:bentfieldspa@outlook.com)

2 Bentfield Causeway, Stansted CM24 8HU



**FIND US  
ON THE  
B1052 NEAR  
NEWPORT!**

**JUST LIKE  
WENDY'S**

**01799 542504**

**SPARROWS HILL, NEWPORT CB11 3TU**

**Open Mon - Sat 10 am - 5 pm**

**Interiors & Gifts Galore!!**

**[www.justlikewendys.co.uk](http://www.justlikewendys.co.uk)**



## AN INVITATION TO THE HARMONAIRES CHORAL CABARET ...



### Sunday May 21<sup>st</sup> 5.00pm Fund-raising concert

Join **The Harmonaires**, the region's freshest choral group, for an early evening of upbeat, joyful and eclectic choral singing featuring unique arrangements of songs across contemporary genres, accompanied by the sumptuous Susie Savage Trio. Enjoy musical theatre, gospel, rock, pop, swing



and jazz favourites - from Glenn Miller and The Duke, to Billy Joel and Snow Patrol; from Chattanooga to Africa, to the West End. Sit back and relax in the beautiful surroundings of St John's Church, and see it transformed into a cabaret venue allowing you to sup your favourite beverage and tuck into some tasty snacks whilst we entertain you. Tickets are just £12 adults, £6 students and children from: St John's Church Office 815243 (Monday, Wednesday and Friday 9.00am-noon); Liz Jennings and Ray Smith 813270 or 07920 000940; The Harmonaires 07903 009569. There will be a pay bar; bring your own snacks and nibbles. All proceeds to St John's Hall.

Liz Jennings



## FRIENDS OF ST MARY'S

### Aylesbury Consort of Voices Saturday 13<sup>th</sup> May 6.30pm

The Consort will be giving a concert in the church featuring a wide range of *A Capella* light and sacred classical choral music. Tickets: adults £10, children and students free, available from Steve Golding, 6 Chapel Hill tel 814270 or on the door. Tea, coffee, bar and savoury snacks. Proceeds to the organ restoration fund. Please support St Mary's!

Keith Turner and Lynda Dale

The organ in St Mary's Church was rebuilt in 1950, not 1940 as incorrectly stated in last month's Link. Ed.



[www.swchoral.org.uk](http://www.swchoral.org.uk)

### Fauré Requiem Saturday 24<sup>th</sup> June 7.30pm Saffron Hall

Programme also includes Ravel's *String Quartet* and *Introduction and Allegro* and Lili Boulanger's *Hymne au Soleil* and *Psaume 24*. Tickets from [www.saffronhall.com](http://www.saffronhall.com) and on the door. Ticket includes Pre-Concert Performance by SWCS's Youth Choir SignuptoSing at 6.30pm.

Helen Sterling

## A CLASSICAL ROLLER COASTER

On 18<sup>th</sup> March we attended a music@stansted concert given by award winning cellist Tim Lowe and pianist Andrew Brownell. Beautifully combining sonatas by Beethoven,



Fauré, Tchaikovsky and Franck, the talented combo took the audience on a 'classical music' roller coaster of emotions, from contemplation to excitement, sadness and joy! It was an outstanding evening of live music entertainment. We are very fortunate that such leading musicians are attracted to perform live in Stansted; further evidence of a village punching above its weight. Well done to the organisers.

Ken Whyne



### Sunday 14<sup>th</sup> May 3.00pm Saffron Hall: Bach *Jesu, meine Freude* and Motets from Byrd to MacMillan

Sacred music is usually heard in a church setting, but the clear, warm acoustic of Saffron Hall will shine its own light on this wide-ranging music. Bach's 20-minute masterpiece *Jesu, meine Freude* features amid a host of other pieces from different eras: Byrd's *Laudibus in Sanctis*, Verdi's heart-felt *Homage to the Virgin Mary* for women's voices, rich French 20<sup>th</sup> century harmonies in well-loved motets by Duruflé and Poulenc; James MacMillan's *Strathclyde Motets: O Radiant Dawn* and *Data Est Mihi Potestas*; *Factus Est Repente* from choir member Sarah Cattley; and Janet Wheeler's *By Thee I will Abide*. Come and share this inspiring programme and join the choir afterwards for a chat and refreshments. Tickets: adults £14, under 18s £5 from Saffron Hall box office 0845 548 7650, online at [www.saffronhall.com](http://www.saffronhall.com), and on the door.

Sue Sylvester-Bradley



## ROCK 'N' ROLL FOR GROVE COTTAGE

Wallow in the '50s and '60s golden age of music and fashion on Saturday 6<sup>th</sup> May 8.00pm, when Henham Village Hall will be brought to life by pulsating music from award winning all-girl group **The Daisy Chains**. Tickets £20 from [www.brightfuturemarketing.co.uk/rockandrollforgrove](http://www.brightfuturemarketing.co.uk/rockandrollforgrove).



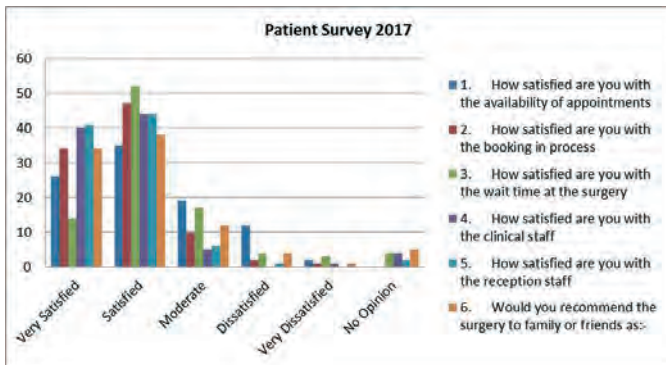


## THE STANSTED SURGERY

[www.thestanstedsurgey.nhs.uk](http://www.thestanstedsurgey.nhs.uk)

### Patient Survey

The patient participation group (PPG) conducted a survey of over 90 patients in February and the results are displayed below. The survey shows that the lowest level of satisfaction is around appointment access which will be reviewed by the practice. The next meeting of the PPG will be in the surgery on 18<sup>th</sup> May at 7.00pm.



### Health and Well-being Guidance

Keeping physically and mentally active reduces the likelihood of developing many illnesses ie heart disease, diabetes, certain cancers, osteoporosis and dementia. Daily activity of 30 minutes per day at least 5 days a week is recommended but it does not have to be going to the gym! Sometimes it is beneficial to break this up into 2-3 periods of 10-15 minutes. The American Heart Foundation recommends that you walk at least 10,000 steps every day to reduce your risk of developing heart disease. Five lifestyle behaviours that add years to life are identified by the World Health Organisation:

- 1 **Do not smoke**
- 2 **Drink moderately - no more than a glass of wine or half a pint of beer a day**
- 3 **Keep physically active at work and in leisure time**
- 4 **Eat five or more servings of fruit and vegetables a day**
- 5 **Control body weight and blood pressure**

Barry Chandler  
Practice Manager  
Tel: 813200

Email: [Stansted.surgery@nhs.net](mailto:Stansted.surgery@nhs.net)

## West Essex GPs set to Design Local Solutions in Primary Care

West Essex Clinical Commissioning Group (CCG) will take on fully delegated commissioning responsibilities for general practice from 1<sup>st</sup> April. While the legal liability for primary care will remain with NHS England (NHSE), the CCG will buy and plan the care that people receive in GP practices. Primary care co-commissioning offers the opportunity to fully utilise the knowledge of GPs and build on the relationships that the CCG has developed. The CCG is already responsible for buying and planning the majority of health-care services, including hospital, community, ambulance and mental health services. By commissioning services in general practice the CCG have more control of the wider NHS budget, enabling it to increase its investment on primary and community services. This new responsibility will also lead to the development of a more collaborative approach to designing local solutions in primary care. The CCG sees it as the beginning of a longer journey towards place based commissioning, where different commissioners come together to jointly agree commissioning strategies and plans for local services, using pooled funds. Dr Rob Gerlis, chair of West Essex CCG and Harlow GP said: "We now have more control of how money is spent on primary care and we can plan at a local level more than ever before". CCGs that have already taken on co-commissioning have reported that the move has enabled the development of a clearer vision for primary care, which is aligned to wider CCG plans for improving health services.

### What does it mean for me?

#### The potential benefits of co-commissioning include:

- Improved access to primary care and wider out-of-hospital services, with more services available closer to home
- High quality out-of-hospital care
- Improved health outcomes, equity of access, reduced inequalities
- A better patient experience through more joined up services

Primary care co-commissioning is one of a series of changes set out in the NHS Five Year Forward View. It gives CCGs an opportunity to take on greater responsibility for general practice commissioning and was introduced to support the development of integrated out-of-hospital services, based around the needs of local people. For more information see [www.westessexccg.nhs.uk/about-us/primary-care-co-commissioning](http://www.westessexccg.nhs.uk/about-us/primary-care-co-commissioning).



Looking for a  
**NHS Dentist?**

**plus Hygienist, Cosmetics & Implants**

Castle Dental is taking NHS Patients  
Open Monday - Friday 8.30 am - 5 pm

**Tel 01279 815166**

Evening Appointments for Private Patients  
Dentplan and Private Scheme Available



The Place on the Hill is a free drop-in held at and organised by Stansted Free Church (at the bottom of Chapel Hill) which is open every **Monday, Wednesday and Friday** (except bank holidays) **9.30am-12.30pm**. Do come and join us - all ages are welcome. Refreshments, newspapers, company, free WiFi, computers, space for the children to play with toys and run around, plus a quiet area with comfy seating and a jigsaw to which anyone is welcome to add pieces! For more information or if you need transport, please contact us.



Marion and Mike Dyer  
Tel: 814059

## IMPROVE RUNNING SPEED, WALKING AND BALANCE

Re-learning how to move the toes is an excellent step towards rejuvenating the feet and entire body. Ideally we should be able to wave each toe about individually! The brain has movement maps and the clearer those maps, the better we move. This exercise clears maps made foggy by wearing stiff arched shoes.

- 1 Take off socks and shoes
- 2 Test your balance by standing on one leg with your eyes shut, or bend over with straight legs and see how far down your legs you can get comfortably, or run on the spot
- 3 Lift and lower only the big toe of the right foot, leaving the other toes still
- 4 When you can do this, lift the other four toes up and down, leaving the big toe still
- 5 Repeat step 2
- 6 Repeat with left foot
- 7 Repeat step 2

We usually get a bigger improvement from one foot. This is the foot you should do the exercise with rather than the other.

If the exercise was easy, lift each toe individually. Decide someone has put rubber toes on your feet since they don't seem to belong to you. **Shoes** are necessary to protect the feet from sharp or nasty stuff. Unfortunately, those stiff insteps stop the foot from going through its natural rock and roll. The more supportive the shoe, the worse it is. An expensive, supportive, trainer is like wearing a neck brace; over time the neck muscles will lose strength and movement maps; so it is with the feet. The bigger improvement gained by moving the big toes/four toes of one foot only, is a wonder of neurology. Applied neurology - it is coming! Any questions, please contact me.

Clare Harding  
Master Trainer, Z-Health  
Tel: 816430  
[www.clareharding.com](http://www.clareharding.com)



## WRITE HERE WRITE NOW

Thanks to everyone who came along and supported '**Write Here Write Now**', the Herts and Essex Festival of Playwriting 2017. It was a fantastic four days that exceeded our expectations and wowed audiences. The winner by audience vote was '*That's what Friends Are For*', a riotous comedy by Alison Uncle and Sue Last. It premiered on the Wednesday evening and we look forward to developing the piece with Alison and Sue over the next 12 months. You will be able to see the result as part of next year's festival. If you have been inspired by the Festival, why not try your hand at playwriting and be part of '**Write Here Write Now 2018**'. We are already accepting entries. Contact the email address below for further information.

[writing@contexturetheatre.com](mailto:writing@contexturetheatre.com)



[www.walksaroundstortford.org.uk](http://www.walksaroundstortford.org.uk)

### Sunday walks: 5-6 miles leaving at 10.00am

**7<sup>th</sup> May Allens Green**, Queens Head. Park along the verge opposite. GridRef: TL455169. Postcode CM21 0LS

**21<sup>st</sup> May Standon Church**. Park in the Street but NOT in front of Church. GridRef: TL396222. Postcode SG11 1LB

We need a volunteer Leader for 1<sup>st</sup> October - please contact me. We marked our 60<sup>th</sup> anniversary in March by holding the AGM at the Rhodes Centre. Following the AGM a display was unveiled by John Turner, nephew of William H Turner, and a founding member and former Chairman of the Association. John recounted tales of his uncle's military exploits during WWI and his days in Bishop's Stortford.



Members could then view the display consisting of six frames, one for each decade, made up of photographs, maps and papers. Covering 60 years of walking interest in and around Bishop's Stortford, all the information was collected, and collaged by the dedication of two determined and exacting persons, Sylvia Hayes and Phoebe Taplin. The following day, Sunday 19<sup>th</sup> March, the celebrations continued when we organised a walk tracing the route of the opening walk in our first walks booklet which was published in 1960. Over 20 members, guests and several dogs assembled outside the Nags Head in Dunmow Road for a circular walk via Bedlars Green and Great Hallingbury. The weather was kind to us and a good time was had by all. Here's to the next 60 years! My very great thanks to Dave Webber, Chairman, for writing this month's article.



Daphne Wallace-Jarvis  
Publicity Officer  
Email: [dwjwj.444@gmail.com](mailto:dwjwj.444@gmail.com)



[www.rainbowpreschool-stansted.co.uk](http://www.rainbowpreschool-stansted.co.uk)

**Fun Day 14<sup>th</sup> May noon-3.30pm at St Mary's School** Attractions include hook a duck, bouncy castles, rides, ball in a bucket, go-karts, dancing and karate displays. There will be a bar and BBQ.

Gill Pursglove  
Administration Manager  
Tel: 814242

## ECATERINA LTD

### Domestic Cleaning Services

- ♦ Competitive rates
- ♦ Excellent References
- ♦ 9 Years Experience

Tel: 01279 899668 Mob: 07789 732009

Email: lia2006london@yahoo.com

www.ecaterinalimited.com

### CARPET & UPHOLSTERY

#### Professional Cleaning

Freshen up your home using a local competitive company

*Everyday dirt and grime reduces your  
Carpet and Upholstery life and it simply  
LOOKS and feels FRESHER*

**Call Nick: 01279 276 018**

For your **FREE** Quotation

Herts and Essex Carpet & Upholstery Cleaning



## GO-JO Quality Cleaning

Scrub, Polish & Buffing Services

Domestic ~ Commercial  
Office ~ Schools

01799 543066

07828 425944

j.freeman195@yahoo.com

**Jo Freeman**  
25 Years Experience



## CLEAR OVENS

### Oven Cleaning Specialists

Make your oven look showroom-fresh with a professional  
clean from Clear Ovens

For a **FREE**, no-obligation estimate call us now,  
on 01279 89 89 96  
Or visit us online at [www.clearovens.co.uk](http://www.clearovens.co.uk)

The difference is clear

## DUNMOW IRONING PARLOUR

8 Station Road Industrial Estate, Great Dunmow, Essex CM6 1XD

Call 01371 878 399  
[www.dunmowironing.co.uk](http://www.dunmowironing.co.uk)



- Collection and Delivery Service
- We cover a large surrounding area
- High standard and a quality service carried out by professionals
- Regular or one off pick ups
- A family run business
- Fully insured
- Dry Cleaning
- Service Washes

Collection and deliveries available in Stansted and surrounding areas

Tuesdays, Thursday and Friday late afternoon, early evening.

## Crystal Clear Pond Services

### Pond Cleaning & Maintenance

Regular cleaning, maintenance  
and servicing **plus** supplying  
and fitting all pond equipment

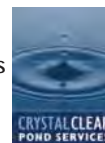
- Pond Cleaning
- Pond Restoration
- Water Features
- Pond Supplies

For a clean and healthy  
pond all year round.  
Free estimates & quotes

**01279 812011**

**07999 536580**

[www.crystalclearponds.co.uk](http://www.crystalclearponds.co.uk)  
[info@crystalclearponds.co.uk](mailto:info@crystalclearponds.co.uk)



## Taylor Computer Services (Stansted)

On-site Computer Maintenance/Repairs for Home or Business

**DON'T BE RESTRICTED TO OFFICE HOURS, I CAN VISIT  
YOUR HOME OR OFFICE DURING THE DAY, EVENINGS  
OR WEEKENDS AT A TIME TO SUIT YOU.**

Wireless Networking and Broadband Setup, Data Transfers,  
Hardware & Software Installation, Virus & Spyware Removal &  
Protection, New PC Setup & Training

Call Derrick on 01279 816418 ~ 07926 289749

Email: [deltaylor61@btinternet.com](mailto:deltaylor61@btinternet.com)



Computer repairs for  
homes and businesses

Repairs - Upgrades - Virus removal

**NO CALL OUT FEE**

OnSite - £30 1st hr, £20 per hr thereafter

**NO FIX NO FEE**

Fixed price on collection & return repairs

For a friendly and reliable service call  
Mark on 01279 897243 / 07815 011925



## MERRY MONTH OF MAY

**Birthstone:** Emerald *emblem of love and success:*

**Flower:** Lily of the Valley after the Greek goddess *Maia*. Month of the Blessed Virgin Mary in the Catholic tradition, May is also National Pet Month, Skin Cancer Awareness Month and National Smile Month in the UK; and Older Americans and National Moving Month in the US. With a Bank Holiday at each end (1<sup>st</sup> and 29<sup>th</sup>) this month has the potential to be very merry indeed!

**May Day** has been celebrated since pre-Christian times with



the crowning of a May Queen, dancing round the maypole and Morris dancers. In Oxford festivities include gathering below the Great Tower of Magdalen College at 6.00am to listen to the college choir sing madrigals and jumping off Magdalen

Bridge into the River Cherwell (a dangerous practice, strongly discouraged). A traditional sweeps festival starting with the Jack in the Green being woken at dawn by Morris dancers is held in Rochester, Kent. In Padstow an annual Obby-Oss (Hobby Horse) parade takes place with revellers dancing with the Oss through the streets and private gardens of the town, accompanied by accordion players and followers dressed in white wearing red or blue sashes singing the traditional 'May Day' song. On the 13<sup>th</sup> the **Abbotsbury Garland Day** has taken place in the Dorset village of Abbotsbury since the early 19<sup>th</sup> century. The local school (closed in 1981) used to give the children a day's holiday to construct and parade garlands of flowers around the village collecting money. Celebrations still take place, but in the evening or on the nearest Saturday to the 13<sup>th</sup>.

**Oak Apple Day** or **Royal Oak Day** on the 29<sup>th</sup> was held to commemorate the restoration of the English monarchy in 1660, and in some parts of the country the tradition continues to this day. Also known as **Shick Shack Day** or **Oak and Nettle Day** oak apples (a type of plant gall, also known as a 'shick-shack') or oak leaves would be worn, symbolising Charles II's escape from the Roundheads by hiding in an oak tree. Anyone not displaying such tokens risked being pelted with bird's eggs, thrashed with nettles or pinched, hence the unofficial name of 'Pinch-bum Day' (or 'Bumping Day' in Essex). **May Balls** held at the end of each academic year at Cambridge University colleges started in the 1830s and are thought to have originally been celebrations for successes in the May Bumps (rowing races) that took place before the university tripos exams in May. Since 1882 the Balls have been held during May Week, which is not in May but in June so the merriment continues!



Yvonne Ayres

### THANK YOU

I had an accident in the road on Bentfield Causeway on the afternoon of Monday 30<sup>th</sup> January and would like to thank the two people who stopped in their cars to offer help and assistance. Your kindness was very much appreciated and I would like the opportunity to thank you personally. Please phone me on 07821 542973.

Margaret Howarth

## RSPB STORT VALLEY LOCAL GROUP



Our next evening meeting on **Tuesday 9<sup>th</sup> May 7.30pm** at Bishop's Park Community Centre, Bishop's Stortford (next to Tesco), will be a talk by **Bill Coster** on **The Shetland Islands**. Bill was due to visit us last year but had to cancel, so we get another chance to hear about one of the UK's most spectacular locations for wildlife. This show is the result of a month spent on the islands photographing the birds and other wildlife, as well as the landscape of this most northern part of Britain. Bill is an author, tour leader and one of the UK's leading wildlife photographers and has been all round the world. Entry: £3.00 members, £5.00 visitors.



Our Annual Group **Long Trip** will take place **19<sup>th</sup>-21<sup>st</sup> May** in **Familiar and Undiscovered Norfolk**. You can stay in the area for the weekend (book your own accommodation) or just join us for one day. Programme is as follows:

### Friday 19<sup>th</sup> May

Flitcham Abbey Farm PE31 6BT meet at 1.00pm - a private farm with bird hide; tree sparrow, little and barn owls regularly seen here.

Dersingham Bog NNR PE31 6HF meet at 7.00pm - an evening stroll round the heathland may reward us with tree pipit and wood lark, or even a nightjar.

### Saturday 20<sup>th</sup> May

Roydon Common NNR PE32 1AP meet at 9.30am - a wonderful place for birds, butterflies and reptiles; moving in the afternoon to RSPB Titchwell and Choseley Barns, great for corn buntings and yellowhammers.

### Sunday 21<sup>st</sup> May

Pensthorpe Nature Park NR21 0LN meet at 10.00am (entry fee applies) - home of **Springwatch** many years ago, has much to offer and see, with wild and captive breeding programmes, for crane and corncrake. Please let Lee Jaques know on 07454 801894 if you intend to come.

Sheila Bowles  
Tel: 814973



**M. LLOYD & SON**  
*Plumbing & Heating Services*

**All aspects of Plumbing and Heating**



**Tel 01279 216331**  
**Mob 07949 839709**

## A First Class Experience

We are all about golf here at BSGC. Our well-established 18-hole parkland course has a quality that only time and maturity can offer.



- A private members' club welcomes new members of ALL ages and abilities
- SUPERB course & practice ground facilities with FREE BALLS
- FIRST CLASS team of coaches
- NEWLY refurbished clubhouse & restaurant
- Well-stocked Pro Shop & ample ON-SITE parking
- Regular competitions & great Seasonal Offers

**[www.bsgc.co.uk](http://www.bsgc.co.uk)**

Bishop's Stortford Golf Club 01279 654715

## STANSTED MOUNTFITCHET SOCIAL CLUB

NEW MEMBERS WELCOME

Make new friends in a warm and relaxed atmosphere



- ♦ CASH BINGO every Tue 8 pm
- ♦ Three Large Screen TVs
- ♦ Children's Room
- ♦ Raffles
- ♦ Darts and Pool
- ♦ Gaming Machines & Jukebox

- ♦ Live Entertainment every Weekend
- ♦ Three Full Size Snooker Tables

DRINKS AT LOW PRICES

Why wait? Apply now!

Membership forms from the club in Lower Street

Tel 01279 812992



### Monthly Hearing Help Sessions

For free help, maintenance and advice with your NHS hearing aid

#### Stansted Day Centre

4th Tuesday of the month  
2 - 4 pm  
(except December)

or call

**01245 348440**

**(voice/answerphone)**

.he rin he esse .or .

Registered Charity 1113498  
Company Limited by Guarantee  
Registered no 5664873

## LEVER & Co.

Solicitors & Notary Public



A firm of Christian lawyers providing legal services in a professional, ethical, personal, caring & sensitive manner.

- ♦ Wills & Probate
- ♦ Trusts & Tax
- ♦ Care Fees
- ♦ Powers of Attorney
- ♦ Property
- ♦ Notarial Services

*Angela Lever  
welcomes your enquiries*

Offices located in  
North Street, Bishop's Stortford  
(behind Pizza Express)  
Parking Available)  
Tel: 01279 758 760  
Email: [alever@leverandco.com](mailto:alever@leverandco.com)  
**[www.leverandco.com](http://www.leverandco.com)**



Adult Community Learning Centre  
St John's Road  
Stansted CM24 8JP  
[www.rainbowpreschool-stansted.co.uk](http://www.rainbowpreschool-stansted.co.uk)

Welcome Children  
Aged 2½ to rising 5's

Experienced Friendly Staff

'Children show extremely high levels of confidence and self esteem'.

'Children are making outstanding progress, securing the skills they need for their future learning and move onto school' (OFSTED)



**Please call  
01279 814242 or  
07966 506997**

## Arthur Findlay College

Stansted

**The World's Foremost College for the Advancement of Spiritualism and Psychic Science**

### Public Services with Demonstrations of Mediumship

from World Renowned College Tutors: **Sundays and Wednesdays 7.30pm – 9pm\***

We invite you to come along to our public events and activities to further your understanding of the Spirit World, the Science, Religion and Philosophy of Spiritualism.

College Book & Gift Shop - Private Sitzings Available - Call us to book an appointment: 01279 813636

### Spiritual Healing Centre

Open to the public for Spiritual Healing on: **Tuesdays 10am–3.30pm and Saturdays 9.30am-11.15am\***

### One Day Workshops

Available at: **[www.stanstedhallpioneercentre.co.uk](http://www.stanstedhallpioneercentre.co.uk) Stansted Hall, Stansted, CM24 8UD Tel: 01279 813636**

Full College Programme available FREE online at: **[www.arthurfindlaycollege.org](http://www.arthurfindlaycollege.org)**

**Here For You On Your Doorstep In Stansted, The Arthur Findlay College, Stansted Hall.**

We Welcome Absolute Beginners Up To Advanced Students.

\* please check for seasonal variations



# Stansted Network

## NEWS FROM YOUR LOCAL COUNCILS

### ANNUAL PARISH MEETING

The Chairman, Cllr Maureen Caton, welcomed everyone to the meeting and referred to the tragic terrorist attack in London which had taken place earlier in the day close to the Palace of Westminster – the seat of democracy. She stated that we should honour those who have been killed and injured and a short period of silence followed to reflect on the events of the day.

### NEIGHBOURHOOD PLAN UPDATE

The Neighbourhood Plan is progressing well in spite of the delays with the Uttlesford Local Plan which is now scheduled for an initial consultation in July this year and final consultation in Spring 2018. We are now at the stage of consulting on our draft objectives and some initial policies.

#### Consultation Days

We are planning to hold a series of consultation days as follows and hope that everyone in the village will be able to attend at one of the following times:

- Thursday 18<sup>th</sup> May, 3pm to 8pm: St Theresa's Church Hall
- Friday 19<sup>th</sup> May 4pm to 8pm: Stansted Day Centre, Crafton Green
- Saturday 20<sup>th</sup> May, 10am to 4pm: St Mary's Primary School

The exhibition will cover various aspects of the plan:

- Housing & Design – What mix of housing do we want? Do we need more starter and affordable homes? What should our housing look like?
- Green Infrastructure – Do we have enough green spaces? Are our footpaths and bridleways adequate? What green spaces need protecting?
- Transport & Getting Around – Do we have good walking and cycling routes around the village? What are the main issues facing us in terms of getting around the village safely? Is parking in the village adequate?
- Business & Local Economy – Are our shops and services easily accessible and in the right place? Do we need a start-up hub for new businesses? Is our broadband up to speed?
- Sports, Leisure and Community – Do we have enough sports facilities, indoor and outdoor? Is there anything missing? Do we have enough community meeting places for all age groups? Are clubs well provided for?

- Health – We have a new health centre but do we need any other health services? Would these be accessible for everyone?
- Education – How do we see the future of our village schools? Are they adequately resourced? Do they need to change in any way? What about education for all?

Obviously we want your ideas, and so we hope that you will be able to come along to one of our sessions and talk to our Neighbourhood Plan team. If you are away, you can always give your opinion via our website at [www.stanstedneighbourhoodplan.com](http://www.stanstedneighbourhoodplan.com)

#### Housing Needs Survey

You should have also recently received our survey asking you about your current housing situation and your future plans. Are you happy living where you are or are you ideally looking to downsize, or move to a bigger home? Do you have children who are now looking to move to their own home?

Please complete our Housing Needs Survey – it is being carried out on our behalf by the Rural Community Council of Essex, which is an independent organisation so all data will remain anonymous and strictly confidential. The reason it is important is that it can help inform our plan on what housing is needed most, both in terms of housing to buy such as family homes, bungalows and starter homes, or in terms of affordable housing such as rented social housing or shared ownership. A SAE is provided for your use, and all replies, whether postal or on-line, must be received by the RCCE by **31 May**.

#### General Survey

In addition to this survey, we would also like to know what you like most about living in Stansted Mountfitchet and what you like least, plus any issues that you believe our Neighbourhood Plan should try to address. If you haven't already done so, please do complete our survey online at [www.stanstedneighbourhoodplan.com](http://www.stanstedneighbourhoodplan.com). It is important that we get a view from the whole community so our plan can be as effective as possible.

If you would like any further information or would like to get more involved with our Neighbourhood Plan, please contact [info@stanstedneighbourhoodplan.com](mailto:info@stanstedneighbourhoodplan.com)



## EMERGENCY PLAN UPDATE

The Parish Council is reviewing its Emergency Plan and making sure all the information we have is up to date. One of the important sections is the list of qualified doctors, nurses, paramedics and other health professions we could call on if we had a major accident or public health incident to deal with. This applies also to interpreters. If you have a relevant qualification/language and are prepared for us to have your contact details, we would be happy to hear from you.

## SKATEPARK SAGA

Our "new" skatepark is now almost two years old. How time flies when you're having fun! On a day to day basis the park is well used and generally kept in pretty good



order by the skaters. Some unofficial street art (graffiti to some) has started to appear which, like a lot of modern art, doesn't appeal to everyone, but the Parish Council take the view that try-

ing to remove it would be counterproductive and although it's not exactly a "Banksy" who knows what it might be worth in a few years time!

Behind the scenes it has been far from plain sailing. The company that built the skatepark went into administration which means we have no guarantee on any of the workmanship. We did have some retention money that we would have paid after a year if they had still been in business and able to do some remedial work on the skatepark. After some protracted negotiations with the administrator it was agreed we could use this money for repairs to the park.

The floodlights have also presented challenges. It's a very long and very technical story, but when we eventually got to a position when we thought we could turn on the lights, it emerged that the cabling that had been put in place was not compatible with the lights that had been installed. Trying to sort this has often involved messages from us going through four different parties, but hopefully we have now resolved the issue and by the time you read this the lights will be working. It is a shame that this happens just as daylight hours are maximised, but in the Autumn when the nights draw in we will have the full benefits of the lights.

## MEMORIAL GARDENS ENHANCEMENT

Despite the fact that all the money is in place to fund the project, work can't start until we have final approval from the Chelmsford Diocesan Advisory Committee for the Care of Churches (DAC for short). The land is owned

by the church although the Parish Council is responsible for its upkeep. This has been a very frustrating project to manage, but we are almost there and we can hopefully start work very soon.

## WAR MEMORIAL

2018 marks the centenary of the end of hostilities in World War I. The Memorial Gardens, and in particular the War Memorial, will be the focus of events to mark one of the most important events in our country's history. Peter Sanders' recently published history of Stansted gives a graphic picture of the impact the war had on the village. The population of the village at the start of hostilities was about 2,400; more than 400 men served in the war and according to the war memorial 54 were killed. Glyn Warwick's book *They Sleep in Heroes Graves*, which has the stories behind many of the names on the memorial, is still available from Amazon if you want to find out more.

Over the years the names inscribed on the memorial have been eroded and some are now very difficult to read. It would be nice if we could redefine all the existing lettering in time for centenary events. We have an estimate from stonemasons of £5,600 to undertake this work or about £100 for each life lost in the war. It has been suggested that we seek sponsorship from villagers to cover this cost. If you would be prepared to sponsor a named serviceman on the monument please get in touch with Trevor Lloyd in the Parish Office. If you want to sponsor a relative, or somebody who you feel a close association with, who is named on the war memorial, please let us know. More modest donations are also very welcome.

## OPEN SPACES

At a recent Open Spaces Committee meeting members agreed that they will not permit goal posts to be used on Bentfield Upper and Lower village greens. This is for reasons of safety as balls do go out into the road, followed by the people trying to catch them. It was further agreed not to accept an area of land to the west of Pennington Lane, offered by a local landowner, for the provision of an informal kickabout area. There were several reasons for this:

- 1 Safety - youngsters would be out of sight, causing safety issues for them
- 2 Ongoing maintenance costs would be incurred by the Parish Council
- 3 The ground can be very wet in winter
- 4 An informal kick-about area is to be provided at Walpole Farm - just opposite this site - as part of that new development. The committee gave an undertaking that it will provide goal posts at that location.

### WINDMILL FIELDS

We recently had to remove the bench from Windmill Fields because it had become a safety hazard due to some wet rot and, possibly, a bit of vandalism. The bench was donated about ten years ago in memory of a local resident and our handyman had made a number of repairs to it over the years, but sadly it had got to a state where it was beyond economic repair. We appreciate that it is a location that some of our more senior residents like to spend time at, so we would really like to replace the bench. If you would be interested in donating a bench in memory of a loved one please contact the Parish Council Office.

### POSSIBLE TWINNING OPPORTUNITY - WITH RUNGIS

We have been approached by a village called Rungis in France who would like to establish a twinning arrangement with us. They identified us as a potential twin because they are situated very close to Orly airport to the South of Paris, and they felt we had something in common because of our proximity to Stansted Airport. The Parish Council have told Rungis that they will try to gauge the level of support in the village and if the response is generally positive a formal twinning arrangement could be considered. The Business Forum is being consulted, and then we will consult with local organisations and groups as well as residents.

### STANSTED IN BLOOM

Hopefully by the time you read this we will have had a good start to Spring and the gardeners amongst you will be pleased with the way your gardens are looking. We published details of this year's Stansted in Bloom competition in last month's Link, and if your garden is looking in good shape we would love you to enter the competition. Entries close on Friday 2 June. If you have already recycled your April edition of The Link the entry forms can be downloaded from the Parish Council Website or collected from the Parish Office.

### NEW FACES IN OUR OFFICE



We are delighted to announce that we have now filled both of the vacancies left by Anne's and Steve's retirements. We have appointed Emma Philbrick, who lives in the village with her husband and young son, as our Administration Assistant.



Our new handyman is Lee Beresford who lives up the road in Elsenham and also works for Elsenham and Henham Parish Councils. We look forward to a long and happy association with them both.

### STOP PRESS: The Magna Carta embroidery is to go on display at Stansted Hall from Saturday 29th April.

Call the hall on 813636 to make an appointment to view. More details are on the Parish Council website or call the Parish Council Office on 813214.

### NEWS FROM UTTLESFORD DISTRICT COUNCIL

Cllr Terry Farthing writes:

#### Support Stansted Pharmacy

You only visit your GP when you are unwell, so why is the NHS asking patients to climb Chapel Hill to collect a prescription? Stansted Mountfitchet has a new state-of-the-art doctors' surgery and dentists in the Castle Maltings, Lower Street. It is a real community asset and could prove to be a vital hub for the village, so surely it is only common sense that Prof Ashok Soni be granted an NHS prescribing licence?

I would like to thank local campaigner Ray Woodcock who has gathered more than 500 signatures in his petition supporting Prof Soni, as I want to see the people of Stansted fully benefit from the surgery, without the risk of dropping dead while walking up the hill to get a prescription. Those fortunate enough to be able to drive up to the chemists, currently have the issue of trying to find a parking space on the main road which is already clogged up with delivery vans, shoppers and passing lorries. The surgery and the pharmacy are a great asset to the community and Prof Soni is a highly qualified medical professional - to not allow him to dispense medication to patients seems like madness.

#### Business Awards

I would like local businesses to join me in supporting the inaugural Uttlesford Business Awards which take place on June 30 at Quendon Hall. The awards provide a great opportunity for local companies of all sizes to get some publicity and much deserved recognition. I am proud to support the event and urge others to get behind this community initiative. I joined representatives from businesses across the district at an awards networking event at Uttlesford District Council's offices in Saffron Walden on Monday March 20. Sponsors London Stansted Airport and the district council also showed their enthusiasm for the project. For more information on the awards, please visit [www.uttlesfordbusinessawards.co.uk](http://www.uttlesfordbusinessawards.co.uk)

#### New Police Base Opens

I am pleased to inform you that we now have a new police station based in Saffron Walden following the closure of the old Station. Police have now moved into the lodge within the council office complex on London Road Saffron Walden. Hopefully this will give a focal point for residents needing to contact officers and lead to better response times to local incidents.

## The Local Plan

Work is still continuing on the local plan and these documents are very important as they set out the policies which are the starting point for consideration including the identification of suitable locations for strategic development. As you can imagine, putting together a local plan is a lengthy and complex process which involves gathering much evidence, analysis and cooperation with statutory bodies and consultations. The new local plan for Uttlesford will bring together all major planning projects for the district in a single document and it needs to meet requirements of the national planning policy framework. One of the main requirements for local authorities is to significantly boost the supply of housing and this applies across the country. A strategic housing market assessment helps councils work out how many houses are required and what type. It suggests Uttlesford needs to provide 641 extra houses per year between 2011 and 2033. Councillors are considering a number of options to help them meet this target, being a mixture of new homes in existing towns and villages and possible new settlements. To this end developers are briefing Councillors on a regular basis on a number of options that have been identified. No decisions have been made and a draft document should be ready for consideration in the Summer of 2017.

## DATES OF PARISH COUNCIL MEETINGS

### April

26 Full Council & Annual Council

### May

5th Parish Reception

10th Open Spaces

17th Highways 7.00 pm F&GP 8.15 pm

24th Full Council

## CONTACT DETAILS

Clerk - Ruth Clifford.

Assistant to the Parish Clerk-Trevor Lloyd

Administration Assistant-Emma Philbrick

Email: [parishcouncil@stansted.net](mailto:parishcouncil@stansted.net)

Phone/fax: 01279 813214 10.00 am - 1.00 pm

[www.stansted.net](http://www.stansted.net)

## PARISH COUNCIL MEMBERS

Maureen Caton (Chairman)	813914 <a href="mailto:m.caton@hotmail.co.uk">m.caton@hotmail.co.uk</a>
Catherine Dean	813579 <a href="mailto:catherinemarydean@btinternet.com">catherinemarydean@btinternet.com</a>
Samantha Dunn	810859 <a href="mailto:cllrsamanthadunn@stansted.net">cllrsamanthadunn@stansted.net</a>
John Hudson	814489 <a href="mailto:johnedhudson@gmail.com">johnedhudson@gmail.com</a>
Matthew Jessup	816591 <a href="mailto:matthew@in2it.biz">matthew@in2it.biz</a>
Peter Jones	813252 <a href="mailto:peter@lowerstreet.com">peter@lowerstreet.com</a>

Jo Kavanagh	815157 <a href="mailto:jo.kavanagh.248@gmail.com">jo.kavanagh.248@gmail.com</a>
John O'Brien	816772 <a href="mailto:johnedobrien@gmail.com">johnedobrien@gmail.com</a>
Rachel Rands	817413 <a href="mailto:rachelrands@btinternet.com">rachelrands@btinternet.com</a>
Frances Richards (Vice Chairman)	812748 <a href="mailto:frannie.richards@gmail.com">frannie.richards@gmail.com</a>
Juliet Richards	496531 <a href="mailto:julz_dot_com@yahoo.co.uk">julz_dot_com@yahoo.co.uk</a>
John Salmon	814789 <a href="mailto:dandjsalmon@gmail.com">dandjsalmon@gmail.com</a>
Geoffrey Sell	815925 <a href="mailto:sellgeoffrey@yahoo.co.uk">sellgeoffrey@yahoo.co.uk</a>
Valerie Trundle	813433 <a href="mailto:Prtvrt@btinternet.com">Prtvrt@btinternet.com</a>
Daphne Wallace-Jarvis	812259 <a href="mailto:dwjjwj.444@gmail.com">dwjjwj.444@gmail.com</a>

## UTTLESFORD DISTRICT COUNCIL MEMBERS

Alan Dean	813579 <a href="mailto:cllrdean@uttlesford.gov.uk">cllrdean@uttlesford.gov.uk</a>
Terry Farthing	661555 <a href="mailto:cllrfarthing@uttlesford.gov.uk">cllrfarthing@uttlesford.gov.uk</a>
Thom Goddard	01371 879122 <a href="mailto:cllrgoddard@uttlesford.gov.uk">cllrgoddard@uttlesford.gov.uk</a>
Geoffrey Sell	815925 <a href="mailto:cllrsell@uttlesford.gov.uk">cllrsell@uttlesford.gov.uk</a>

## ESSEX COUNTY COUNCIL MEMBER

Ray Gooding	813103 <a href="mailto:cllr.ray.gooding@essexcc.gov.uk">cllr.ray.gooding@essexcc.gov.uk</a>
-------------	--

## MEMBER OF PARLIAMENT

The Rt Hon Sir Alan Haselhurst MP  
0207 219 5214 Fax 0207 219 5600  
[alan.haselhurst.mp@parliament.uk](mailto:alan.haselhurst.mp@parliament.uk)

## POLICE

Non-emergency 101  
[James.graham@essex.pnn.police.uk](mailto:James.graham@essex.pnn.police.uk)

## NEIGHBOURHOOD WATCH

[www.stanstednhw.org.uk](http://www.stanstednhw.org.uk)

## PARISH PUBLIC TRANSPORT REPRESENTATIVES

Valerie Trundle - 813433 Joy Thomas - 813871

## STANSTED LIBRARY OPENING HOURS

Stansted Library operates from a temporary home in the car park at Crafton Green. The mobile vehicle is now here on the same days and at the same time each week, hopefully making it easier for us all to remember!

Monday 10.00 am - 4.00 pm Mobile Library  
Wednesday 1.00 pm - 6.00 pm Day Centre - Click&Collect Service  
Saturday 10.00 am - 4.00 pm Mobile Library

For more information contact  
[Jenny.Salisbury@essex.gov.uk](mailto:Jenny.Salisbury@essex.gov.uk) or  
[Anthea.Wearn@essex.gov.uk](mailto:Anthea.Wearn@essex.gov.uk)



## DIRECTORY OF LOCAL CLUBS AND ORGANISATIONS

Alzheimers Society	Tel: 01371 872519	Parkinson's UK	Vivian Falk, Chairman
Air Training Corps	Tel: 681559/661929	Uttlesford Support Group	Tel: 01799 513128
494 Squadron	Email: 494@aircadets.org		Email: vivian@brackendalehouse.co.uk
Arts Club	Michelle Wray Tel: 07528 317907 Email: michelle.wrayj@gmail.com	Rainbow Pre-School	Gill Pursglove (Administrator) Tel: 814242/07966 506997 Email: admin@rainbowpreschool.net
Beavers	Wayne Browning	Rainbows	Sue Pollard Tel: 813734
Age 6-8	Tel: 079764 41468 Email: mrwbrowning@googlemail.com	Rotary Club	Martin Budzinski Tel: 07803 878961 Email: martin@voucherpacks.com
Bowls Club	Doreen Scraggs, Hon Secretary Tel: 815036 Email: doreenscraggs@talktalk.net	Scouts	Mike Byrne Tel: 812780
Brownies (Tuesday)	Kathy Shearman Tel: 07724 355533	(age 10½ -14)	
Brownies (Wednesday)	Sue Pollard Tel: 813734	Shotokan Karate Ryu	Donna Ring Tel: 731752 Email: skr@skr.org.uk
CAB	Tel: 08444 775986	Spangles	Sarah Mason Tel: 812348
Corkers Netball	Lisa Menzella Tel: 07827 988732	Children's Centre	Email: smason2@spurgeons.org
Craft Club	Sam Debbah Tel: 07866 185704 Email: tuftydawn@googlemail.com	Stansted Family Café	Ros Page Tel: 810813 Email: contactstanfam@yahoo.com
Cricket Club (adults)	David Hedge Tel: 812509	Stansted Football Club	Tom Williams Tel: 07921 403842
(juniors)	Keith Ayres Tel: 814471	Stansted Hall and Elsenham Cricket Club	David Brown Tel: 831011/07788 999663 Email: david1.r.brown@gmail.com
Cub Scouts	Roger Musgrove	Stansted Sparks Netball	Gemma Snelling Tel: 07894 944242 Email: gemmasnelling@me.com
Age 8-10½	Tel: 07736 616665/01799 543466	Stansted Speed Watch	Warren Vickers Tel: 813996 Email: vickersw@aol.com
Day Centre	Tel: 815091	Stansted Supers	Olly Pocknell Tel: 07875 391701
Explorer Scouts	Fintan Lambe Tel: 817937	Handball Club	Chris Hollis Tel: 319155 Email: chris.hollis2@btinternet.com
Friends of St Mary's Church	Keith Ayres Tel: 07768 023830	Tennis Club	Marion or Shirley Tel: 869896 or 815871
Garden Club	Maralyn Harris, Chairman Tel: 07919 478144	Thornbury	
Grove Cottage	Andrea Charity Tel: 656085/ 07795 483674	Badminton Club	
Guides	Jennifer Jarvis, District Commissioner Tel: 814434	U3A	Helen, Chair Tel: 812945
Helpline	Tel: 07704 553727	Women's Institute	Brenda Ryan, President Tel: 812725
History Society	Peter Brown, Chairman Tel: 812816	(Stansted)	
Huw Johnson Club	Katharine Collis Tel: 461270 Email: kat_collis@hotmail.com	Women's Institute	Dorothy Wallace, President Tel: 850215
Inner Wheel Club	Kate Muskett, President Tel: 850228	(Ugley)	
Investigators	Ros Page Tel 810813 Email: contactstanfam@yahoo.com	Whoosh Explore	Helen and Peter Nash Tel: 817453
Little Scrummers	Andrew Poyser Tel: 07738 591232	Canoe Club	Linda Barnes Tel: 07947 548051
Millers (Windmill)	Molly Clark Tel: 816768	Youth Centre	
music@stansted - classical concerts	Sonia Levy Tel: 815282 Email: contactus@musicatstansted.co.uk		
Neighbourhood Watch	Valerie Trundle Tel: 813433		

Note: This list will be updated as and when we learn of any changes. If you would like the details of your organisation to be added please let us know. (Contact details on page 1.)

### BIRTHDAYS, ANNIVERSARIES or SPECIAL OCCASIONS

If you would like to mark any occasion that is special to you or someone you know, by announcing it in the Link, please email a short message together with your name address and telephone number to: [announcements@stanstedlink.org.uk](mailto:announcements@stanstedlink.org.uk) or send the details to 7 Blythwood Gardens, Stansted CM24 8HG. Details must be submitted by the 8th of the month for publication the following month.



# Lams

**SPECIAL CHINESE CUISINE TO TAKE AWAY**

**FOOD HYGIENE RATING**  
0 1 2 3 4 **5**  
**VERY GOOD**

OPENING HOURS including Bank Holidays

Mon - Sat	12 noon - 2 pm
Sun - Thu	5 pm - 11.30 pm
Fri & Sat	5 pm - midnight

*Telephone orders welcome*

**Tel: 01279 813207 / 817667**  
**6 Station Road, Stansted CM24 8BE**

## DOG AND DUCK

TRADITIONAL VILLAGE PUB & RESTAURANT



**FOOD SERVED**  
Tue - Sat 12.00 - 2.30 pm  
6.00 - 8.30 pm  
Sun 12.00 - 5.00 pm

**Tel: 01279 812047** [f /stansteddogandduck](https://www.facebook.com/stansteddogandduck)

- ♦ Choice of cask & guest beers
- ♦ Good selection of wines
- ♦ Beer Garden & Decking at Front
- ♦ Regular Live Music & Entertainment
- ♦ SKY & BT Sports

*So come down for a friendly drink  
A warm welcome awaits you from Griff and the team!*

**58 Lower Street Stansted [www.dogandduckstansted.co.uk](http://www.dogandduckstansted.co.uk)**

**The Cork House**  
BAR & BISTRO

**01279 817474**  
[www.thecorkhouse.co.uk](http://www.thecorkhouse.co.uk)  
[info@thecorkhouse.co.uk](mailto:info@thecorkhouse.co.uk)

**OPENING TIMES**

Mon	12am - 11pm	Monday Steak Night 2 for £15
Tues	12am - 11pm	
Wed	12am - 11pm	Wednesday Ladies Night 1/2 Price Cocktails
Thu	12am - 11pm	
Fri	12am - 12pm	
Sat	12am - 12pm	Thirsty Thursday 4pm - 8pm
Sun	12am - 6pm	

## THE BEAN HOUSE

COFFEE SHOP

Serving All Day English Breakfast, Sandwiches, Baguettes, Homemade Cakes and Scones **plus**

### Lunchtime Specials

**All of our Food and Drinks are available for Takeaway or Delivery**

Meeting Room available

for further information please contact: Beverly on: 01279 817777  
[sowerbythebeanhouse@aol.com](mailto:sowerbythebeanhouse@aol.com)  Brewery Barn, 31 Lower Street  
[www.thebeanhouse.co.uk](http://www.thebeanhouse.co.uk) Stansted CM24 8LN

**We serve award winning Tunki® Coffee from Peru**



**Escorted Adventure Tours**



**"Classic" Independent Tours**

Variety is the spice of  
*Holidays*



**Exciting Sports Tours and Holidays**



**Luxury Cruise Tours**



VARIETY HOLIDAYS



**TO PLAN YOUR SPECIAL MOMENTS**

**Call us in Stansted 816084**  
[www.varietyholidays.co.uk](http://www.varietyholidays.co.uk)  
Email: [enquiries@varietyholidays.co.uk](mailto:enquiries@varietyholidays.co.uk)



## STANSTED EVENING WOMEN'S INSTITUTE



Our March meeting was our annual Members' Evening. Once a year the regular Committee is given a rest and members take over. They form their own committee and arrange the whole meeting as a surprise. They chose for their theme 'roses'. Thus, all flower arrangements were roses: there were rose petals on the tables; the competition was for anything to do with roses; the raffle had a gardening theme; and the cup-cakes eaten at refreshment time were decorated with edible roses. The speakers were Heather Horner and her son, Calvin and their talk was entitled ***The Fascination of Breeding Roses***. The Horners are a local family. The first passion of Heather's husband Colin (1933-2005) was breeding birds. Having married, he concentrated on his children, but when the family was complete, he tried his hand at breeding fuchsias, then changed to roses, which he and family members did for 50 years. Breeding roses means trying, by trial and error, to produce a new rose with certain features in the bloom that are suited to various climates around the world and are as disease-free as possible. Having chosen two suitable blooms, these are cross-pollinated, and the resultant seeds are grown and the blooms produced on these seedlings assessed for their potential. After four years, the new roses go to trial and the breeder hopes they have a winner. Colin clearly had several winners. He was the top amateur rose breeder in the UK and third in the world. He won several medals here and abroad. New roses that pass all the tests are then grown by a commercial company to sell on to the public. The talk was illustrated with slides of their successful roses.



***Rambling Rosie*** - winner of Gold Medal at The Hague and The Lord Provost Trophy in Glasgow.

Our Resolution Representative announced the result of the voting to choose a resolution for this year's National WI Federation Annual Meeting in June. The resolution regarding the 'Alleviation of Loneliness' gained most votes, and second was the resolution about 'Plastic soup: keeping microplastics out of our oceans'. The votes were very close. Our next meeting will be on 11<sup>th</sup> May in the Day Centre at 7.45pm. This is our Annual Meeting when we will be discussing the above resolutions and choosing a new Committee for the coming 12 months. Visitors are welcome and if you would like more information about this meeting or our WI, please contact me or Brenda Ryan 812725.

Jenny Wraith  
Hon. Secretary  
Tel: 816524

## WOMEN IN BUSINESS NETWORK

A group of determined women are helping each other to turn their ambitions into high-flying businesses. Each month, dozens of women come together to share ideas and contacts in a mission to help each other to grow and develop their individual companies. Business networking is the go-to for self-employed people in particular, looking for not only custom, but support in a world which can be lonely and difficult, particularly for sole traders. The Women in Business Network (WIBN) has franchise groups across the country which hold structured, supportive, friendly and effective lunchtime meetings which are completely results focused. All attendees are invited to promote their business by giving a 60-second pitch, building their business and brand awareness. WIBN meetings run to an agenda and include a business spotlight. Groups include just one person per profession, with members ranging from sole traders to representatives of larger organisations. Brittney Skeates is responsible for the Stansted group among others, and said "We are always learning from each other and I'm very proud of the supportive and positive approach of our members which make our business-focused meetings really special."



Travel Counsellor Rebecca Beecham has grown in confidence since joining the Stansted group eight months ago. Having had poor experiences of networking previously, she was apprehensive before giving WIBN a try, but has not looked back since, saying "I acknowledged that if I wanted to grow my business, I needed to get myself out there and meet people. WIBN has helped me with my confidence and being part of the group has also generated new business for me. Members have used my services and recommended me to their family and friends which has helped to increase my business even further."

- Great Dunmow celebrates its third anniversary on 9<sup>th</sup> May 12.00pm-2.00pm at the Saracens Head Hotel
- Stansted celebrates its first anniversary on 29<sup>th</sup> June 12.00pm-2.00pm at the Hilton Hotel, Stansted

Kelly Clark  
Tel: 01245 237751  
Email: words@kellylouiseclark.co.uk





## Mountfitchet House Care Home

Corner Coltsfield/High Lane, Stansted CM24 8LQ

Tel: 01279 818230

[www.careuk.com/mountfitchet-house](http://www.careuk.com/mountfitchet-house)

### Luxury and comfort at the new Mountfitchet House care home

On your first visit to Mountfitchet House you'd be forgiven for thinking you've entered a hotel. You'll be greeted by friendly staff on reception, and there's a coffee shop, a cinema, and even a hair salon. Each of the bedrooms has an en-suite wet room plus a flat-screen television, adjustable profile bed, phone and internet connections and a 24-hour nurse call system.

The newly opened home offers residential, dementia, nursing, permanent and respite care for your loved one with care teams dedicated to supporting you, your family and your loved one every step of the way, from your first visit to the care home to the day your loved one moves in and throughout their time at Mountfitchet House.

Care UK homes are operated by highly qualified and caring professionals who are focused on ensuring your loved one continues to lead a fulfilling and enjoyable life.



## DANIEL ROBINSON & SONS

*Independent Family Funeral Directors  
& Monumental Masons*

- 24 hour careline manned by local qualified managers offering free advice & support
- Lady & gentleman funeral directors
- Competitive pricing policy
- National award winning & IiP Gold standard company

**79/81 South Street  
BISHOP'S STORTFORD  
(01279) 655477**

*please visit our website [www.drobinson.co.uk](http://www.drobinson.co.uk)*



### Ross Nursing Services Ltd.



Ross Nursing Services, established in 1999, is a family owned and run business. We provide the highest levels of personal care and support for clients in their own homes.

We have experienced carers to help people with a wide range of needs, from simply preparing meals, to dealing with multiple and complex conditions. Care plans are flexible, fully reflect our clients' needs, and can be changed at short notice when necessary. See [www.rossnursing.co.uk](http://www.rossnursing.co.uk) or ring 01799 551046 and speak to our managing director, Ros Holder.



### Care when it's needed most

Our caring staff are here to listen and advise you, 24 hours a day, 7 days a week

The **co-operative** funeralcare



We are here to guide you through all aspects of funeral arrangements.

Our services also include: - Pre-paid Funeral Plans - Memorial Masonry - Floral Tributes

For more information visit or call your local Funeral Director at:

**Bishops Stortford 45 South Street, CM23 3AG 01279 461 427**

[www.co-operativefuneralcare.co.uk](http://www.co-operativefuneralcare.co.uk)

The Co-operative Funeralcare is a trading name of Funeral Services Limited. Funeral Services Limited, registered in England and Wales with number 30808R at registered office 1 Angel Square, Manchester, M60 0AG. VAT registered 403 3146 04. Part of Co-operative Group Limited.





## Nature Notes

Daffodils and Dandelions, and now ...

### **Cow Parsley** *Anthriscus sylvestris*

Cow parsley can be seen as a pretty addition to the countryside, but this is at the expense of many other once loved spring flowers. The increase in this plant has come about due to intensive farming procedures. Most 'weeds' prefer poor soil. It is sometimes known as Queen Anne's lace and may be named from Anne, wife of James 1, said to have been an excellent lace maker; or Queen Anne who ruled until her death in 1714.

Bringing flowers of cow parsley indoors was said to be unlucky, known as 'dead man's flourish'. Herbalists may use it to treat insomnia, respiratory or kidney problems. This plant can be confused with more dangerous umbelliferous, therefore expert advice is needed, and treatments should not be tried at home. Modern scientific research is investigating the possibility of finding anti-proliferative and anti-tumour activities to fight cancer.

**Green Alkanet** *Pentaglottis sempervirens* is found in woodlands, and in hedgerows. It is a tall, handsome plant, evergreen, as the name suggests, and from April through the summer it has small, intensely blue flowers, resembling those of forget-me-not, and is popular with bees. This plant has a close relative, alkanet tinctoria. Both are of the borage family. The latter was used by Culpeper for ulcers, and Dioscorides for snake bites. It was also acclaimed for the dyes it produced which are used in cosmetics, furniture and textiles. Green alkanet was introduced to Britain for use as a dye, cultivated by monks to colour ecclesiastic robes. Unlike the expansion of cow parsley, alkanet by contrast is losing much of its natural habitat due to the removal of the hedgerows, therefore might be less common in future.

Bee's Daughter

## GARDENING TIPS

Many flowering perennials and shrubs begin to flower now that the weather is warming up and nights are becoming shorter. Some star plants to look out for in May are: foxgloves (*digitalis*), rhododendrons, clematis montana, oriental poppies (*papaver orientale*), choisya 'Aztec Pearl', lilacs (*syringa* spp.), and peonies. Tall perennials such as delphiniums nearly always need staking to support the flower heads, so it is better to get ahead of the game and put in lots of pea sticks, canes or other support now before they flop on a windy or wet day. Rare as they are, it is possible to receive a night frost in the early part of the month, so protect any recently planted tender plants with some fleece if such weather is predicted. Blackfly, greenfly, lily beetle and other pests will all be escalating their assault on your plants over the course of the month. It is best to control them organically by encouraging ladybirds, lacewings and other gardener friendly insects. If you do need to use an insecticide spray, do not use a systemic insecticide on a plant that is in flower, as it will defi-



nately kill all the bees that visit the plant as well as the aphids, and other 'nasties' you were aiming at. For plants in flower, only use a contact insecticide.



Any new plants you buy will require a good soak (at the base, not on the leaves) to help them acclimatise and to help settle the soil and push out excessive air pockets. They will also need to be kept moist through the first summer until their roots have found their way down to the moist soil lower down.

Paul the Gardener



### **Mini-Spring Show 2017**

Thank you to all members who took part in the Mini-Spring Show; the Day Centre was, once again, transformed by tables of colourful displays of Spring bulbs and flowers, flowering shrubs, and a variety of houseplants, cacti and orchids. The warm weather ensured that there was a good entry level in the various classes. The individual class winners were announced after the AGM - a full list will be published on our website.



### **AGM**

The Chairman reported that membership numbers had stayed steady, and from feedback received members had enjoyed the monthly talks and arranged trips. The Treasurer outlined the Club's finances and was pleased to announce that the 2017-18 membership fees would not be increased. All Committee members were willing to stand again and voting was brisk. The Chairman thanked the Committee and co-opted members for all their hard work over the past year. A short talk on how to look after ourselves whilst gardening was given by our local chiropractor, Anthony King. It is recommended that before attempting any strenuous work, a person's muscles should be warmed up and regular rest periods taken. Tony Gurr was our 'willing' volunteer and members were shown how to bend correctly, how to keep one's back straight and how to lift and pick things up. Although some of these movements may feel a little strange at first, with practice they will start to become second nature.

### **May Meeting**

The first meeting of the new season is on Wednesday 3<sup>rd</sup> May when we welcome Brian Wickenden, who will be speaking about *The Spring Garden*.

### **Membership subscriptions and meeting details**

Unless an evening visit is arranged, our meetings are at the Day Centre. Doors open 7.30pm for 8.00pm start (when refreshments are served). We meet on the first Wednesday of the month (except January). Please check the website for the full season's programme. Membership is £13 single and £22 double (two persons at the same address). Visitors are always very welcome to our meetings, entry £2.50.

Maralyn Harris  
Tel: 07919 478144



# MEDIACOMS

Aerial Satellite AV Security

independent advice  
expert knowledge  
professional installations

**sky**

Your local  
Sky expert

Aerial & Satellite Installations  
Sky Subscriptions & Installations  
Multiroom Audio Visual Distribution  
CCTV & Home Security Systems  
Home Cinema & TV Mounting  
Broadband & Network Solutions

01279 871777 [www.mediacoms.co.uk](http://www.mediacoms.co.uk)

6 Newman Road, Little Canfield, Dunmow, Essex, CM6 1GR



## SDS INSTALLATIONS LTD

Aerial and Satellite Services

Foreign Satellite Systems - CCTV - Extra TV Points  
Sky Link Ups - Phone Points - Home Signal Distribution  
Wall Mounted Plasma / LCD Screens  
Cables Supplied and Hidden

Alan Smith  
50 Sunnyside  
Stansted  
Essex CM24 8AX

01279 279012  
07771 881 042  
[sdsinstallations@hotmail.com](mailto:sdsinstallations@hotmail.com)  
[www.sdsinstallations.co.uk](http://www.sdsinstallations.co.uk)

## DC Alarm Systems

Intruder, Access, C.C.T.V  
& Fire Alarm Systems

Local family business Est. 1984  
All intruder systems guaranteed for two years

**Call Grant on 07775 673273**

Telephone: 01279 494 596  
Email: [dcalarmsystems76@gmail.com](mailto:dcalarmsystems76@gmail.com)

## Stansted Village Glazier Herts & Essex Window Doctor



### Double Glazing Repairs

- ✓ All Windows and Doors
- ✓ Locks, Hinges & Handles
- ✓ Glasses

Call Nigel on

01279 816324 or 07769 274610

Email: [nijillpark@aol.com](mailto:nijillpark@aol.com)

**No Call Out Charge**



## LOCAL GLAZIERS

With over 35 years in the glazing industry

- ✓ Broken windows & doors replaced same day
- ✓ Hinges & handles fitted
- ✓ Catflaps fitted
- ✓ Made to measure splashbacks & mirrors
- ✓ Roof panes & conservatory panes replaced
- ✓ And much more...



**01279 739131**



w: [www.aaranglass.co.uk](http://www.aaranglass.co.uk) | e: [info@aaranglass.co.uk](mailto:info@aaranglass.co.uk)



## Elite uPVC Repairs

*At last! A Company you can Trust and Rely on*

**We can repair/replace the following:**

- Window/Door/Patio Handles
- Window/Door/Patio Locks
- Rubber Seal & Gaskets
- Dropped Doors Realigned
- Window/Door Hinges
- Patio Wheels & Tracks
- Letterboxes
- Silicone

**Broken or Misted Double Glazed Units Replaced**

*uPVC Door Lock Specialists*

*We also fit Energy Rated Window and Doors*

**For your FREE quote please call 0800 028 7685 or 07412 766665**

**[www.Elite-Property-Services.co.uk](http://www.Elite-Property-Services.co.uk)**







## STANSTED MOUNTFITCHET LOCAL HISTORY SOCIETY

### 'Lost and Found' by Carolyn Wingfield curator, Saffron Walden Museum

Since Saffron Walden Museum opened in 1835, its collections have included 'antiquities' - archaeological finds made by chance or as a result of other activities such as agricultural work or gravel-digging. Organised fieldwork and excavation finds are potsherds, animal bones, flint-knapping debris, building materials or fragmentary objects of non-precious. However, finds of objects made by members of the public, especially metal detectorists, continue to be an important and distinct contribution to the district archaeology collections in Uttlesford with over 50 treasure acquisitions, and rising. Finds must be reported to the local Coroner, through the *Portable Antiquities Scheme*, which has Finds Liaison Officers based in every county and a core team based in the British Museum. Once formally declared 'treasure', the finds are Crown property and a market value is established by the independent Treasure Valuation Committee. The local accredited museum is offered the opportunity to buy the treasure find from the Crown, which then pays the finder and landowner. Typically,



finds are small objects over 300 years old which would have been worn or carried about the person (portable antiquities) and are at least 10% gold or silver. Anglo-Saxon, Viking and medieval rings, brooches and clothes fasteners demonstrate a wonderful range of craftsmanship, fashion and symbolism, even secret messages. The most important acquisition, one of national significance, has been the so-called **North-West Essex ring**, a weighty gold signet ring dating from around AD 580 to 650. Coin hoards (groups of two or more coins found in association) are another type of find classed as treasure, which include the earliest gold coins found in the district - a small hoard of Gallo-Belgic skaters which came from northern France in the mid-2nd century BC. For information, visit the museum in Museum Street.



Our next meeting on Thursday 4<sup>th</sup> May 7.45pm for 8.00pm will be the Annual AGM, followed by the second part of Peter Sanders' talk on his marvellous book *On the Beaten Track* and, time permitting, a quiz. We meet in the Crafton Green Day Centre at the top of Chapel Hill.



Steve Leaney  
Tel: 647177



## Stansted Business Forum

SUPPORTING LOCAL STANSTED BUSINESSES

Our recent breakfast meeting at Linden House was a good lively session, with speakers Adrian Marsh and Sue Ellis from the Revenues Team at Uttlesford District Council talking about the revaluation of business rates. This has certainly been a hot topic in the press lately and the team talked about the method used by the Government to calculate payable business rates (they use a standard multiplier and a small business rate multiplier for properties below £51,000 which is for the year 2017-2018).

We are very keen to link with the community and particularly local schools. One of our members, executive



coach and psychologist, Elrika Erasmus, from Coachmind Consulting Ltd, recently delivered an exciting five-week course to 16 young leaders from Forest Hall Academy in leadership skills. The course used the LEGO Serious Play facilitation method, and the participants

had the opportunity to learn more about themselves, the school, each other and how they function as a team. They also had the opportunity to explore their own strengths and weaknesses as leaders, share them with the group and create a culture of support for each other. The aim was to create a strong interconnected team with a passion for leading their school. Feedback was very positive. One student remarked that the three things she will remember from the course are, "The skills, the new relationships and the meaning of leadership".

Our next meeting is on 5<sup>th</sup> May at the Ash pub. Contact Peter James at Murdochs Estate Agent on 815848 to book a place. Our speaker will be Sir Alan Haselhurst MP.



Iris Evans



## UGLEY WOMEN'S INSTITUTE

Edith Piaf was the featured 'star' of our March meeting. Presented by our very enthusiastic speaker, **Andrea Fitt**, we learned about the highs and lows of Edith Piaf's all too short life. From her childhood spent in a brothel, to



being discovered singing in the streets of Paris by a night club owner, who gave her the name Piaf; from entertaining royalty to the loss of her lover in a plane crash, her subsequent ill health and numerous car crashes. The triumphs were recounted too: appear-

ances at Carnegie Hall and record breaking seasons at the Paris Olympia to name just a few. Her two weddings were remembered, the first in 1952 and the second in 1962 just a year before her untimely departure from the world's stage. We heard her singing voice too, including a verse of a song especially chosen as she had recorded it on 15<sup>th</sup> March 1938, plus three of her most famous songs; *La Vie en Rose*, *If you love me, really love me* and a triumphant rendition of *Non, je ne regrette rien*. A delicious 'French' tea served at tables draped in the tricolour and the presentation of a souvenir rose to each of our members and visitors by Edith's 'assistant' brought a very entertaining afternoon to a close. Our May meeting is the AGM, but the June meeting will see the return of stunt woman **Lucy Allen**. Sounds like another entertaining afternoon! Why not come along?

Andrea Fitt  
Tel: 815922

## Stansted Electric

*From fitting a light ..... to a complete rewire*

Partial or Full Domestic Electrical Inspections.  
Replacement Fuse Boxes. Handyman Services.  
Cookers, Hobs, Ovens and Showers installed.

For a Free Estimate

Phone Jim on 07921 908214

Telephone: 01279 816399

Email: enquiries@stanstedelectric.co.uk

[www.stanstedelectric.co.uk](http://www.stanstedelectric.co.uk)



## ALBURY ELECTRICAL SERVICES

LOCAL FAMILY BUSINESS since 1984

All Electrical Installations

Domestic and Commercial

All Work Guaranteed

Full Certification for Building Regulations

Free Estimates and Advice ~ Small Jobs Welcome

Tel: 01279 652588 or 07702 475585

Email: aesdaewson@hotmail.co.uk



## CK Electrical Installations Ltd

[www.ckelectricalinstallationsltd.co.uk](http://www.ckelectricalinstallationsltd.co.uk)

- All installations from light fittings to full re-wiring
- Full or Partial Domestic Electrical Inspections
- All work certified for Building Regulations
- Based in Stansted Mountfitchet



Call Chris 07597 974945 or 01279 814333

E-mail: [ck\\_electrical@sky.com](mailto:ck_electrical@sky.com)



NEWMAN'S



HOME SERVICES LIMITED

Plumbing • Heating • Electrical

Kitchens • Cloakrooms • Bathrooms • Showers

Tel/Fax: 01279 814437 Mobile: 07831 233681



P.Knight  
Plumbing

Local, reliable and friendly plumber

All small and large jobs undertaken

Phillip Knight 07985 640650

Email: [phillipknight600@yahoo.co.uk](mailto:phillipknight600@yahoo.co.uk)

## STEVE KING

STANSTED GAS SERVICES

07956 855328

Servicing, Breakdown and Repair to  
Gas Central Heating and appliances.  
Installation of Bathrooms and Showers



Gas Safe Registered. Ex - British Gas

## J.D.W. Gas heating Specialist

Boiler Servicing

Fast Response to Breakdowns of  
Central Heating & all Gas Appliances

Carbon Monoxide Testing • Boiler Replacements

General Plumbing • Cooker Installations

Contact Julian 1 Churchill Corner

Tel 01279 816083 or 07967 366585

24 Hour Call Out • Ex. British Gas



## JONES & CO



Plumbing and Heating Engineers

Installation and Maintenance

Boiler and Cylinder Replacements

Bathrooms ~ Gas and Oil Services

Please contact David Jones

Tel 07860 213760

Email [djonesco@btinternet.com](mailto:djonesco@btinternet.com)

print  
large format  
document  
management



DESIGN & PRINT

we have an  
honest, helpful  
can-do approach  
to design & print

01279 657769

[hello@czdesignandprint.co.uk](mailto:hello@czdesignandprint.co.uk)

[www.czdesignandprint.co.uk](http://www.czdesignandprint.co.uk)

INCORPORATING COPYZONE & COPYZONE ARCHIVING

## Visit our Stove Shop in Takeley

Woodburning, Gas  
& Multifuel Stoves

Cooking Ranges  
& Pizza Ovens

Gas feature fires



OrionHeating.co.uk

01279 813591 Takeley Business Centre,  
Dunmow Road, CM22 6SJ

## DID YOU KNOW THAT?

Henry Gilbey (1789 – 1842), father to Sir Walter, was a character in his own right, variously described as Innkeeper and Victualler in both Bishop's Stortford and Stansted? Henry was on the box of 'The Old Stortford Coach', Boxing Day 1836, when he made an extraordinary journey to London and back to Bishop's Stortford during the heaviest snow storm ever recorded in this country.

Hold fast! was the word, as the rugs were withdrawn  
From the backs of a good useful team,  
And dull was the light of the lanterns that morn,  
For the falling snow thickened their gleam,  
St Michael's proclaimed the hour to be five,  
When GILBEY adjusted the reins,  
And prepared for a terrible coarse cold drive  
Long before the commencement of trains.

### Chorus

*Then hurrah for the road, a good team and good whip,  
The greeting attached to the wayside 'nip',  
And in memory drink, though they may have been slow,*

*To the Old Stortford Coach days of GILBEY and LOW.*  
The snow had been falling the whole night long;  
The roads were all covered so deep,  
That only a team that was plucky and strong  
Could stick to it where it was steep.  
And in places all hands had to shoulder the Wheel,  
Which they did with an earnest good will;  
'Tis the noble true heart which others can feel  
That helps up a difficult hill.

### Chorus

So onward they tugged with a resolute mind,  
For the cattle a strain and a pull,  
Till London was reached a little behind  
Their time at the famed 'Aldgate Bull'.  
There was no better Inn for sterling good cheer,  
If you searched the metropolis through;  
So with appetite keen, forgetting past fear,  
To breakfast, they all buckled to.

### Chorus

When business was done, and the clock had struck four,  
ANN NELSON's they left in good form;  
All had faith in their pilot to battle once more  
With the pitless withering storm.  
So forward they went, but wretchedly slow,  
The horses were fretting in foam;  
'Twas such frightful hard work to get through the snow  
That they thought they would never reach home.

### Chorus.

What a wild dreary night when they reached Buckhurst Hill,  
To face that long forest road;  
But there's mostly a way if there's only the will,  
And pluck always lightens the load.  
So they strove with their might, for their hearts were all  
right,  
When they found the old coach sticking fast;  
They all lent a hand when they came to a stand,  
And through many such dangers they passed.

### Chorus

Thus they tugged and they toiled as true Britons can;  
What a help was that passenger power;  
'Twas a struggle for horses as well as for man  
To keep moving at three miles an hour.  
But they never lost nerve, so they pegged on their way  
Till within a short while of the Town;  
And 'THE OLD STORTFORD COACH' made a record that day  
Which won for its Driver renown.

### Chorus

The coach reached Bishop's Stortford's new South Road,  
had to be dismantled, then left to the mercy of the storm.

Ralph Phillips

Source: H I Sanders collection.

## AN AFTERNOON WITH MABEL FAWCETT DODDS

Stansted Quakers were delighted to welcome their friend Angela Howard (alias Mabel) from Bardfield Quaker Meeting along with her supporting cast of four, to Stansted Meeting House on what could have been described as a cold miserable February afternoon. However, the warmth, cosiness and laughter which came from being present for the performance given by these enthusiastic amateur players, turned it into a very different and memorable occasion. The doors were open for free entry, and the Meeting House soon filled to bursting point. All who came were not disappointed. The actors, most of whom took on a variety of characters to support Mabel in the unfolding of a fun-filled drama, demonstrated their acting versatility to great acclaim, and Mabel herself (author of the play and actress extraordinaire) was unanimously applauded for her talent, and indeed her stamina, for she was on stage throughout. The stage itself was simply one third of the meeting room, and due to this, one of the most memorable comments afterwards from someone in the audience was "I felt I was there in Mabel's sitting room with her!"



This event brought the local community together and raised a substantial amount of money (£257) through generous donations in the collection bucket, towards Stansted's contribution to this year's Christian Aid appeal.

Sue Moloney  
Tel: 771405



## PRIME DECOR LIMITED

- Interior and Exterior Decorating •
- Hand-painted Kitchens •
- Furniture Painting •

*Free quotes & high standards of work guaranteed*



**Tel:** Carl 07880 705591

**Email:** primedecor2015@gmail.com

## T. F. PLASTERING

All aspects undertaken including:

- ✓ Re-skimming
- ✓ Rendering
- ✓ Floor Screeding
- ✓ Coving
- ✓ Pebble Dashing

**Over 20 yrs experience**

High standard of work. Fully insured.

**For a free estimate call Terry**

**Home 01279 416311 Mobile 07738 278036**

## DAVID DUNCAN DECORATING SERVICES

- ♦ All aspects of Decorating
- ♦ Interior & Exterior
- ♦ All types of Paperhanging



All work guaranteed to a high standard

Public Liability Insurance

*Over 30 years' experience*

**Please tel: 07956 563 943**

**Email: duncan\_dj@hotmail.com**

## Brown's Painting & Decorating

**All sized jobs considered  
Please call Simon for a quote**

**Tel: 01279 813075**

**Mob: 07813 086763**

Stansted based

**simon@simonbrown8.orangehome.co.uk**



## mwr interiors

Specialists in Painting and Decorating

**High Quality Painting Service**

We offer basic painting and decorating through to specialist finishes, furniture painting and colour mixing. We also have a large portfolio of heritage work sympathetic to older buildings.

Fully Qualified, 20 years experience

**Tel: Matthew 07941 293365 Stansted 01279 899846**



**Professional Painting  
And Decorating Services  
With many years  
Experience**

*Our services cover:*

- Internal Decorating External Painting
- Slate & tile sealing + maintenance
- References available
- Wood floor lacquering
- Free detailed quotations available

**Call... Office: 01279 817282**

**Andy Richardson Mobile: 07980 439924**

**Email: adadecorating@googlemail.com**

**www.adadecorating.co.uk**



## NICK SHUTES

### Painting and Decorating Ltd

High quality interior and  
exterior redecoration

All woodwork repairs and replacements  
including fascias, soffits and cladding

**01799 542385**

**or 07885 778213**

**www.nickshutesdecorating.co.uk**



- Interior & Exterior
- From one room to a complete house
- Competitive rates and references

**Tel: 01279 817055 or 07973 364394**

**Email: lesleyprowse@aol.com**



**RAY on the HILL**  
ray@rayonthehill.co.uk  
Mob: 07790 509556  
Tel: 01279 851831

- Painting
- Decorating
- Gardening
- General Maintenance

## SCENIC DOG WALKING

### Are you looking for lovely walks in the local area for you and your dog?

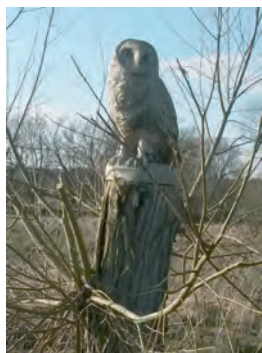
As a relatively new Stansted resident, I am keen to discover different walks in the local area for my Labrador and her human. One of my favourites is **Thorley Wash Nature Reserve**, just south of Bishop's Stortford. This walk combines two of my favourite hobbies: walking and looking at wildlife. The Nature Reserve has been designated a Site of Special Scientific Interest (SSSI), and it is administered and cared for by Herts and Middlesex Wildlife Trust and is part of the Stort Valley scheme.

### How to get there

The Reserve is 7 km from Stansted. From the southbound A1184, turn left onto Spellbrook Lane East, pass the Three Horseshoes Pub, cross over the railway crossing and two small bridges over the Stort River, and park on the right-hand side of the road, up a slight hill in a shady area. Then walk back about 100 metres towards the river and take the public footpath sign to your right, by a lock. Walk along the



river bank for 15 minutes or so, and cross a small white bridge over the river. Turn immediately right along the opposite river bank and you will see the Nature Reserve on your left. Dogs and humans cannot go in, as it is bordered by a low see-through fence, but you will be able to see very clearly into this beautiful wetland area. The well-signed path takes you all the way round the Reserve. The path is dotted with lovely wood carvings such as the owl below which help make it a very special and unusual walk. I advise you to take binoculars, as the bird life is rich and varied. Some species I have seen are: cormorants, bearded tits, reed warblers and green woodpeckers. There may also be kingfishers, but I have not had any luck with them yet. The Reserve is noted for its water voles, but they are very secretive and hard to spot. There are many stunning botanical species as well, plus a host of butterflies and dragonflies. The early part of the walk, along the river, is also beautiful, with many species of duck, some rather fierce swans, coots and moorhens. It is a great place for my otter-like Labrador to swim; she is more at home in the water than on land! Naturally we take care to stay well away from any of the creatures who live here; a Labrador doing belly flops into one's nest does not bode for good



human/wildlife relationships! The whole walk usually takes me about 80 minutes, but that depends how much time you take looking for birds or chucking balls in the water for foolish dogs! It is a terrific place to take children, as they particularly love the wood carvings.

We would love to have descriptions of your favourite local dog walks for future issues of The Link. If you feel inspired to put your thoughts into words, it would be really most welcome. Please email: [editor@stanstedlink.org.uk](mailto:editor@stanstedlink.org.uk).

Elizabeth Oakley

## UPDATE ON NEW PHARMACY

The M11 corridor, including Stansted and surrounding villages, is subject to considerable development. Stansted has grown by 30% through the development of Foresthall Park and other smaller developments. The Stansted Surgery also serves Bishop's Stortford, Birchanger, Debden Green, Elsenham, Farnham, Henham, Manuden, Mole Hill Green, Plegdon Green, Quendon, Rickling, Rickling Green, Thorley, Ugley. There have been many developments in these places and work has recently started on 3000 new dwellings in Bishop's Stortford. Stansted will see another 213 dwellings within the next few years. These developments will put additional pressures on our village primary care health resources. In addition, the NHS has recently promoted the benefits of *"So even if it's just a cough or a cold, seek advice from your pharmacist before it gets more serious"*.

To satisfy myself if the community supported a new dispensing pharmacist next door to the Stansted Surgery, I started a petition which 501 people signed. More people would have signed it but I decided that 501 signatories would demonstrate that we need another dispensing pharmacist which would serve the southern part of our village and those who attend Stansted Surgery from other places. It would also help serve the growing population. Castle Maltings is connected by Chapel Hill to Cambridge Road where our only existing dispensing pharmacy is situated. Chapel Hill is 450 metres in length with an average gradient of 20:1, the lower half of it is 10:1, a steep hill for the unwell, aged and mothers with pushchairs who are often holding a child's hand whilst walking. Many of these people do not have cars and have to walk. Those who have cars find it difficult to park on Cambridge Road. The next nearest dispensing pharmacist is in Snowley Parade, Bishop's Stortford, over three miles away, which is used by many in our community because it provides, they say, a very good service. Our Parish Council considered this issue at the meeting on 29<sup>th</sup> March, and agreed to support the application by Professor Soni; this is an important decision and should be welcomed by all. **For the reasons described I believe it has been shown there are many 'unforeseen benefits' which demonstrate why Professor Soni should be granted a NHS prescription dispensing licence.**

Ray Woodcock

Tel: 816468

Email: [raymond.woodcock@btinternet.com](mailto:raymond.woodcock@btinternet.com)



**J & R Cars** *Friendly & Reliable Service*  
*Executive Cars at competitive rates*

AIRPORTS – STATIONS – WEDDINGS – PARCEL SERVICE  
 ANY DISTANCE – UP TO SEVEN PASSENGERS

VISA & MASTERCARD ACCEPTED

Email: j.and.r.cars@btinternet.com



Tel: 01279 870231  
 Mob: 07760 754935  
 or 07802 734518



**01279 710868**

**10% SAVING**  
ON YOUR NEXT RENTAL

Local car and van hire - competitive pricing - wide choice of vehicles

- > Bishop's Stortford, Stansted Airport & surrounding areas
- > Inclusive insurance & breakdown cover
- > Tailored business accounts available
- > Special rates for weekends
- > Cars, vans & campervans
- > Short & Mid term rentals

**hiltonrental**

[hiltonrentals@hiltongroup.info](mailto:hiltonrentals@hiltongroup.info) [www.hiltonrental.co.uk](http://www.hiltonrental.co.uk)

## Vets4Pets Bishop's Stortford

*Your local vets,  
 for local pets*



Open  
 7 days  
 a week

### Vets4Pets Bishop's Stortford

Inside Pets at Home, Goodliffe Park,  
 Stansted Road, Birchanger,  
 Bishop's Stortford, CM23 5PP

Call us: **01279 710750**

or visit: [vets4pets.com/bishops-stortford](http://vets4pets.com/bishops-stortford)

**Vets4Pets**  
Putting your pet first

## & S S Manuden

Guaranteed Workmanship



Calor Gas  
 Stockist

Familiar with  
 most makes of  
 vehicles including  
 four wheel drives



MOT Testing  
 Diesel &  
 Catalyst

*Free collection & delivery in local area*

*DIAGNOSTIC WORK AVAILABLE*

★ PLEASE RING ★

Malcolm or Neil Bonney on  
**01279 813315 or 815946**

**34 The Street, Manuden CM23 1DQ**



**Deb's Dog Walking!**

~ I CAN SOLVE YOUR PET CARE PROBLEMS ~

Dog Walking & Domestic Pet Care

**Professional & fully insured**

Prices, Services & References available online at

[www.debsdogs.co.uk](http://www.debsdogs.co.uk)

✓ Sleep Overs

✓ Home Visits / Vet Visits

Call me for a chat

Deborah Hibbert



**M: 07842 125503 H: 01279 647309**

Everyday Care from Someone Local You Can Trust!



**Paws Galore**

**The VIP Service for your pet**

- Dog Walking - groups or individual\*
- Days out to the beach
- Walk & Train - 1-2-1\*
- Dog Sitting - in our own home
- European Pet Taxi
- Fully insured, professional service
- Over 20 years experience teaching Dog Training

\*Area covered from and including Saffron Walden to Bishop's Stortford  
 References can be provided

'Suzanne's approach to training is inspirational and combined with the company of her own dogs on training walks, Archie is much more obedient and contented. He is a different dog.'

**Contact Suzanne now!**

**Book your dog in for some serious fun!**

[www.pawsgalore.co.uk](http://www.pawsgalore.co.uk) **07903 390 433**



## LOCAL AUTHOR WINS AWARD FOR ROMANTIC OUTER SPACE NOVEL

Stansted author Kate Johnson has won the Paranormal category of the Romantic Novel of the Year Awards with her action romance **Max Seventeen**. The prestigious RoNA



awards, given by the Romantic Novelists Association to the best romantic books of the year, were announced on 13<sup>th</sup> March by guest presenter Prue Leith at a glittering ceremony in Whitehall. This year there was a new category for Paranormal Romance, and Kate's action romance set in deep space was short-listed alongside three others. **Max Seventeen** enjoyed a double first as

the first book to win a Paranormal RoNA and, also the first self-published book to win in any category. After publishing nine other books and over twenty-five novellas with traditional and indie publishers, Kate self-published **Max Seventeen** through Kindle and Createspace.

In **Max Seventeen**, an escaped convict and a deserting soldier find a home on the pirate ship Eurydice, roaming the star systems in search of vessels to raid. As Max and Riley uncover a terrible conspiracy, they also discover their own identities and forge their own future, somehow managing to fall in love along the way. Described by award-winning author Ruth Long, "**Max Seventeen** isn't just a gripping adventure, it's a kicks-your-feet-out-from-under-you-jumps-on-your-head-and-steals-all-your-stuff thrill ride." The RoNA judges said "This novel has great energy and passion and presents a real antidote to traditional romance novels, as well as being enormous fun. The author has created a vivid world, which was hugely ambitious and imaginative, and a romance with plenty of action, twists and turns." More details can be found on: <http://katejohnson.co.uk>.

Kate Johnson

## KEEP YOUR DOG UNDER CONTROL AT ALL TIMES

Following on from the '*please clean up after me*' piece in last month's Link, I would like to highlight another important responsibility of dog ownership. Within a seven-day period in March our dog was attacked twice by dogs not on leads. The first incident was on a country footpath when a very large breed ran over 100 metres and tried to bite our dog; this was only prevented by grabbing the dog by its collar. The second incident was in the village where a small dog ran out from a garden and started to bite our dog's hind legs. Dog ownership is a pleasure, especially in an area such as ours, but it is the responsibility of all dog owners and walkers to ensure dogs are kept under control at all times. Some people are scared of dogs; not all dogs like other dogs, so leads are important. We reported both incidents to the police who shared with us that this is an issue they are seeing more and more of. So grab a lead, a pocket of poo bags and enjoy the longer days safely.



Sharon and Jason Shields

## BE A RESPONSIBLE DOG OWNER

I usually try to be informative in a vaguely amusing way when I write these articles but this month I feel a little rant coming on. We had just returned from a lovely holiday in the Lake District, where even a hardened old vet like me was *ooohing and aahing* over the lambs as they gambolled about the fells, when I read an article in one of our veterinary magazines. It stated that approximately 15,000 sheep are lost to dog worrying every year at a total cost of over £2 million pounds, if you take into account loss of lambs and future potential. Not long after I had qualified, I was called to a farm where two dogs had got into a field of sheep. Surrounded by dead, dying and bleeding animals, I remember thinking, 'this is what it must be like in the aftermath of a battle when you survey the carnage'. It is an experience I never want to repeat and one that should be easy to avoid. The law is very clear: **It is against the law to let a dog be dangerously out of control anywhere.** This applies to public and private places, including a neighbour's house or garden or the owner's home. The law applies to all dogs, and your dog is considered dangerously out of control if it injures someone, or makes someone worried that it might injure them. A court could also decide that your dog is dangerously out of control if it attacks someone's animal or the owner of an animal thinks they could be injured if they tried to stop your dog attacking their animal. **A farmer is allowed to kill your dog if it is worrying their livestock.** Owning a dog is a privilege and a responsibility, and we have a duty of care for any animal for which we are responsible; this means proper socialisation and training as well as providing food and water and adequate shelter. There are so many opportunities these days - our nurses run Puppy Preschool classes where basics in training are explained and puppies get a chance to socialise, and there are numerous dog trainers in the area who run classes for all ages and abilities. Vets are happy to offer advice and help to owners if their dogs have behavioural issues, and of course, you can learn how to do anything by looking on *YouTube*! So no excuses, it is not acceptable to let your dog jump up at people, or run through fields of livestock off a lead, or chase other dogs in the park when the owner is clearly worried. Be a responsible dog owner and keep your dog under control.



Ilse Pedler  
Mercer and Hughes Veterinary Surgeons

## STANSTED IS WELL READ



Our book club meets on the first Tuesday of every month at the Dog and Duck in Lower Street, and our next meeting will be on **Tuesday 2<sup>nd</sup> May** at 8.00pm when we will be discussing *The Muse* by Jessie Burton, which is the latest book by the best-selling author of *The Miniaturist*. You are very welcome to join us and do not worry if you have not read the book as we find plenty of other things to talk about!

Anne Watson  
Tel: 898693  
Email: [stanstediswellread@gmail.com](mailto:stanstediswellread@gmail.com)

## Nouvelle Carpentry & Building

Fully qualified local carpenter with over 25 years experience

- ♦ **Extensions**
- ♦ **Kitchens**
- ♦ **Doors & Locks**
- ♦ **Windows**
- ♦ **Bespoke joinery**
- ♦ **Summer Houses**
- ♦ **Decking**
- ♦ **Soundproofing**

Fully Insured and Guaranteed

**Nick Whitaker 07973 330731**

Email: [nouvelleinteriors@googlemail.com](mailto:nouvelleinteriors@googlemail.com)

Park Road, Stansted

## GILLSON CARPENTRY & JOINERY



Office 01279 812101

Mobile 07525 061661

- First & second fix carpentry
- Site & bench joinery
- Extensions & building projects
- Kitchens
- Wooden flooring
- Decking design & construction

Email: [gillsoncarpentry@btinternet.com](mailto:gillsoncarpentry@btinternet.com)

## DT Bedroom Design

bedrooms • kitchens • studies

Tel: 01279 301972

Mob: 07765 257 200



- Competitive Prices
- **Free** Visit, Design & Quote
- New or Re-Vamps
- Modern or Traditional
- 200 Colour/Design Combinations

Email: [darryl.trigg@dtbedrooms.co.uk](mailto:darryl.trigg@dtbedrooms.co.uk)

[www.dtbedrooms.co.uk](http://www.dtbedrooms.co.uk)

## HIBBS & WALSH

ARCHITECTURE & DESIGN



Mike Hibbs & Sebastian Walsh

53 High Street Saffron Walden Essex CB10 1AR

Telephone 01799 523660

Email: [office@hibbsandwalsh.co.uk](mailto:office@hibbsandwalsh.co.uk)

Website: [www.hibbsandwalsh.co.uk](http://www.hibbsandwalsh.co.uk)

## Ed Howley Furniture By Design

Est 1990

Fitted Furniture Specialist

Bedrooms • Studies • Media Units • Bookcases etc..

{ Furniture as individual  
as you are! }

Online showroom

[www.edhowleyfbd.co.uk](http://www.edhowleyfbd.co.uk)

Tel: 01279 815700

[info@edhowleyfbd.co.uk](mailto:info@edhowleyfbd.co.uk)

3A Parsonage Farm, Foresthall Rd, Stansted, Essex, CM24 8TY

## S R LAMBERT BUILDING & MAINTENANCE SERVICE

For all your building needs

From handyman jobs to extensions

With over 35 years experience

Call Steve **01279 814716** or **07712 619508**

Email: [srlambert41@gmail.com](mailto:srlambert41@gmail.com)

[www.lambertbuildingservices.co.uk](http://www.lambertbuildingservices.co.uk)

## CHURCHILL GENERAL BUILDERS

All building works undertaken  
including patios, fencing,  
decorating, tiling, roofing,  
extensions, kitchens, bathrooms

**Free estimates contact Duncan on  
01799 543150 or 07792 254508**

Corner Cottage Vicarage Lane Ugley CM22 6HU



**ATTENTIVE • COURTEOUS • RELIABLE**

## A.C. WRIGHT

BUILDING  
CONTRACTORS

Orchard House, 5 Brewery Lane  
Stansted, Essex CM24 8LB

Tel. Bishop's Stortford (01279) 815759

Fax. (01279) 812484



**EXTENSIONS - RENOVATIONS**

**KITCHENS - BATHROOMS - DECORATING**

T: 07793 887198 E: [matt@vesterps.co.uk](mailto:matt@vesterps.co.uk)



[www.birchangerwoodtrust.org](http://www.birchangerwoodtrust.org)

### Flower-time in the Wood

The beautiful white wood anemone was indeed beautiful, flowering profusely in Birchanger Wood towards the end of March and early April. A truly gorgeous sight, and a tableau of glory in the early warmth and brightness of the sun. It was uplifting, and a joy to behold. In April, the English bluebell will have been blooming in Birchanger Wood - will this be as beautiful and rewarding? The young green shoots from the bluebell bulbs have been quite badly eaten this year, so there may not be so great a display – we shall see.



*Photograph by Phoebe Taplin*

Bluebell plants are in fact poisonous - they contain a chemical used in alchemy and which is being researched by modern day scientists for possible medical use. However these fresh green shoots are appealing food; they can apparently be eaten by sheep and cattle, and the muntjac deer are very partial to the bluebell leaves. This all causes great damage and loss. Interestingly, and sadly, it would seem in Birchanger Wood, squirrels are the prime suspects for eating the bluebell leaves even though poisonous, because owing to their large numbers in the Wood, their normal food is insufficient to adequately feed them all. It takes a bluebell bulb about five years to reach maturity and to flower. Even in small numbers, squirrels cause a lot of damage in other ways too by eating every fresh green shoot from young trees and the coppiced re-growth, causing the trees to die-back and often to die completely. Additionally, they eat the bark which cuts off the tree's protection and thereby lays it bare for insect predation and fungi growth. With the expanding tree canopy, you are unlikely to see the local buzzards - yes, they are about again - but maybe you will hear them. Certainly, out in an open space when their young start to fly, you will not only be able to see them, but hear them calling to each other. 'My' swallows too are also very noisy chattering on the telephone wires. The first arrived on 31<sup>st</sup> March, and the second on 1<sup>st</sup> April.



Daphne Wallace-Jarvis

Email : [secretary@birchangerwoodtrust.org](mailto:secretary@birchangerwoodtrust.org)

## Stansted Tennis Club



[www.stanstedtennisclub.co.uk](http://www.stanstedtennisclub.co.uk)

### Boyd Trophy

Sixteen ladies took part in the Boyd Trophy, on 17<sup>th</sup> March. Congratulations to Carol Cook and Lisa King who defeated Sue Armorgie and Diane Brown 6-4 in the final. The consolation draw was won by Val Ashwood and Sue Simpson. A bring and share lunch was enjoyed by the players after the tournament. The £30 profit from the tournament was donated to 'Herts Mind Network'.

### Ladies' Night

Monday 8<sup>th</sup> May at 7.00pm. All lady members are welcome to come along and play.

### President's Cup

Saturday 20<sup>th</sup> May 2.30pm for 3.00pm. Entry £10, which will include a fish 'n' chip supper after the tournament.

### Adult Social Tournament

Wednesday 24<sup>th</sup> May 9.00am for 9.30am. Entry £5 per player, plus a contribution to a bring and share lunch.

### Hospital Cup

The draws are now on the Clubhouse noticeboard. Please could all players who are involved ensure that all First Round matches have been arranged.

### Club Tournament

Entry sheets will be up on the Clubhouse noticeboard for the entire month of May. Please could members sign up if they wish to play in any of the events.

### Coaching

If you are currently in school years 2 or 3 and are interested in starting group tennis lessons, please contact me.

### Used tennis balls

£1 for a tube of four from Jan Hollis at 105 Cambridge Road.

### Contacts

Jon Budd (Secretary) 647020; Chris Hollis (Chairman) 319155. For more information about Stansted Tennis Club, please visit our website.



Chris Hollis



[www.stansted10k.org.uk](http://www.stansted10k.org.uk)

The website is now live for this year's Stansted 10k Fun Run on Sunday 11<sup>th</sup> June starting at Bentfield Green, near The Rose and Crown, which is providing their support again on the day. You can register in advance for the 10k through our website, £12 (all ages); entry on the day will be £15 (all ages) cash only. Entry for the one mile run is on the day, £3 cash only. Registration begins at 9.00am on the day for both races. The one mile race starts at 10.00am and the 10k at 11.00am. For further details please email Alan on [info@stansted10k.org.uk](mailto:info@stansted10k.org.uk).

If you are not a runner or a walker but would like to get involved with this evolving village event which is raising funds for three local charities: St Clare Hospice, Huw Johnson Club and Grove Cottage, we are still in need of marshals on the route to ensure safe and successful events. Please do not hesitate to contact me if you can help.



Caroline Bore  
Stansted Fun Run Committee

Tel: 813938

Email: [carolineebore@gmail.com](mailto:carolineebore@gmail.com)





**MOWTIVATED**  
**GARDEN SERVICES**  
 Professional and Friendly  
**Tom Cottam**  
**07834 785716 • 01279 850257**

Grass & Hedge Cutting • Fencing  
 Garden Clearances • Turfing & Preparation  
 Power Washing • Patios, Decking & Drives  
 ...any other General Garden Maintenance



**GARDEN DESIGN** ✓  
**CONSTRUCTION** ✓  
**MAINTENANCE** ✓

**Friendly service...**  
**No job too large or too small**  
**Call Scott on 07968 121 016**  
**for a free consultation**  
 References available. Fully insured.

**website: [www.thesecretgardener.net](http://www.thesecretgardener.net)**  
**email: [thesecretgardeneressex@gmail.com](mailto:thesecretgardeneressex@gmail.com)**



**Uppercut Trees**

- \* Qualified
- \* Insured
- \* Council Approved
- \* All Aspects of Tree work Undertaken
- \* All works completed to BS3998
- \* Seasoned Logs for Sale

At Uppercut Trees we pride ourselves on our local professional service. We deliver high standards of work in all aspects of tree and hedge care, from aesthetics to safety, conservation and ecology.  
 Please contact us for advice or a free no-obligation quotation today!

**Mobile 07703 308232 Office 01279 812553**  
**[www.uppercuttrees.co.uk](http://www.uppercuttrees.co.uk)**

**Lawn Supremacy**  
**Garden Maintenance and Lawn Care Services**

- Grass cutting, turfing, seeding, planting
- Garden clearances, patios
- Hedgecutting, pruning, fencing
- Weedkilling

**Call Rory on 07805 521899 or 01279 815658**



**Call Today for a Free Written Quotation**  
**Office: 01279 812 962 Mobile: 07875 233 289**

**All Types of Tree Work Undertaken**

✓ Crown Reductions	♦ Fully Insured to £10m
✓ Tree Felling	♦ Fully Qualified
✓ Hedge Cutting	♦ Local Authority Approved
✓ Stump Grinding	
✓ Hard Landscaping	
✓ Fencing	




**Do-It-4U**  
**Repair, Care & Maintenance**  
**for your Home and Garden**

- ♦ Plumbing, Electrical & Carpentry Services
- ♦ Drain Blockages Cleared
- ♦ Gardens Tidied & Maintained
- ♦ Hedges & Topiary Trimmed & Shaped
- ♦ Fences Erected & Repaired
- ♦ Gutters Cleaned, Repaired or Replaced
- ♦ Sheds & Other Sectional Buildings Erected

**Tel 01279 814411 Mobile 07774 877320**

**Logs Logs Logs**  
 Seasoned hard wood  
 Bulk builders bag or by large truck load  
 Also available kiln dry logs



All Tree and Landscaping undertaken

**Please contact John on**  
**01279 718555 Mob: 07930 188920**



**G J Cox Farm & Forestry**  
*Suppliers of*

✓ Locally Grown Turf	✓ Top Soil
✓ Garden Mulch	✓ Seasoned Logs

*using Sustainable Coppiced Wood*

**Tree Surgery \* Landscaping \* New Lawns Laid**  
**Tel: Marie 01279 850495**  
 The Wood Yard, Old Mead Rd Henham CM22 6JG



## Stansted Cricket Club

We are pleased to announce that we have recently obtained two further grants: The England and Wales Cricket Trust has awarded us £1,000 towards an overall cost of around £1,500 to tile the walls in the bar and purchase two new drinks chilling machines, the balance kindly being met by the Stansted Sports Association. The work is due to be finished by late-April. As part of the 50<sup>th</sup> anniversary of the founding of Anglian Windows, the company advertised in the local press, offering 50 awards of their products as part of their celebrations. We were awarded £2,500, enough to fund replacement double-glazed windows for our showers and toilets. After the surveyor had measured up, and also quoted for windows for other areas in the pavilion, the Anglian manager very kindly offered to install four large picture windows at the front of the pavilion at no further cost! Installation of all seven windows is due in mid-April.

Home matches for 30<sup>th</sup> April (thanks to Stansted FC for allowing us to play within their season) and May are:

Sun 30 <sup>th</sup> April	Sunday XI	Hatfield Heath	14:00
Sat 6 <sup>th</sup> May	2 <sup>nd</sup> XI	High Beach	13:30
Sun 7 <sup>th</sup> May	Sunday XI	Epping Foresters	14:00
Sat 13 <sup>th</sup> May	1 <sup>st</sup> XI	Three Caps I	13:30
Sun 14 <sup>th</sup> May	Sunday XI	Clavering	14:00
Sat 20 <sup>th</sup> May	1 <sup>st</sup> XI	Bishop's Stortford III	13:30
Sun 21 <sup>st</sup> May	Sunday XI	Stocking Pelham	14:00
Sat 27 <sup>th</sup> May	2 <sup>nd</sup> XI	High Roding II	13:30

### Junior Taster Sessions

Monday 1<sup>st</sup> May 4.00pm-5.15pm **softball cricket** for years 3 and 4 (and for any year 5 and 6 children new to cricket). Friday 5<sup>th</sup> May 6.00pm-8.00pm **hardball cricket** for children in years 5 and 6 who have prior experience of cricket, and for all children in years 7, 8 and 9. Juniors in years 5 and 6 can attend either session (softball or hardball) for a trial before deciding whether to sign up for regular coaching sessions, which will be at the same times as above. If anyone is interested in scoring on a regular basis please contact me. Adults wishing to join should contact me; juniors should contact Head Coach Keith Ayres on 814471.



David Hedge  
Hon Secretary  
Tel: 812509



## CAMEO (Come and Meet Each Other)

In March we enjoyed hearing about the work The Salvation Army does in anti-human trafficking from Major Kathy Taylor who works in the department. There was opportunity to learn about the work, hear personal stories and ask questions. On **Tuesday 16<sup>th</sup> May** at 7.00pm in the Day Centre we look forward to an evening of fellowship in a *games night*. Come and share in a range of board games, laughter, chatter and cup of tea and biscuits for just £1. Bring along your favourite game and you can teach others!

Lieutenant Megan Lowe  
Tel: 507464  
Email: [megan.lowe@salvationarmy.org.uk](mailto:megan.lowe@salvationarmy.org.uk)



## STANSTED FOOTBALL CLUB

With the league season now completed for both our First and Reserve Teams we can reflect on finishing in eighth position for the First Team, and a mid-table position for the Reserves. The First Team Management will look back on a lost opportunity to complete the season in the top five after a poor run of form through March and April when goal scoring became a problem, and games where we lost against teams we expected to take points from. Unfortunately, a loss of form and confidence in front of goal and injuries to key players at the crucial part of the season happens to all teams in football so we must just dust ourselves down and plan for the new season. However, the Reserves have the opportunity to complete their season with a trophy, as they play their League Final against local rivals Sawbridgeworth Town on **Saturday 6<sup>th</sup> May**. Despite representations to the League Management Committee to move the final to a closer venue for both teams it was rejected and the game will be played at **Hullbridge Sports Ground postcode SS5 6BJ, kick off 2.30pm**. As we now go into close season our next article will be in the August edition when we will have details of our new season fixtures including the FA Cup tie scheduled to be played on 5<sup>th</sup> August. In the meantime, the Club would like to thank all our supporters who have come along to Hargrave Park this season and our neighbours for returning all stray footballs! Remember, we offer great opportunities for players who are leaving youth football at the end of this season so please feel free to contact us through our social media sites below for details on pre-season training.

For all the up-to-date news on the team please see:

[www.pitchero.com/clubs/stanstedfc2011](http://www.pitchero.com/clubs/stanstedfc2011)

<https://twitter.com/fcstansted>

<https://en-gb.facebook.com/stansted.fc.9>



Tom Williams  
Secretary  
Tel: 07921 403842



## STANSTED BOWLING CLUB

### Enrolment Night Friday 7<sup>th</sup> April

This was a most enjoyable evening, with nibbles and a musical soiree provided by Peter Brown and friends; can we have a repeat performance please?!

### Open Weekend

Saturday 29<sup>th</sup> April and Sunday 30<sup>th</sup> April 10.00am-4.30pm. Call in to the Clubhouse and have a look round, enjoy refreshments, view the green and try some bowls. Members will be on hand if you have any questions. Everyone is very welcome, so please come along to see us.

Work is continuing on renovating the kitchen before the start of the season. Many thanks to those who are doing all the donkey work - it is looking great. Thanks also go to all those who have painted inside and round the green.

### May Home Fixtures

Saturday 7<sup>th</sup> May 2.30pm Elsenham (Daniel Robinson Cup)

Sunday 14<sup>th</sup> April 2.30pm Chris Bushnell (Memorial Cup)

Doreen Scraggs  
Hon Secretary  
Tel: 815036 or 07812 483178  
Email: [doreenscraggs@talktalk.net](mailto:doreenscraggs@talktalk.net)

## Index to Advertisers

IFC - Inside Front Cover		IBC - Inside Back Cover	OBC - Outside Back Cover
<b>Animal Care</b>	Debs Dogs	34	<b>Halls for Hire</b> Quaker Meeting House 10
	Mercer & Hughes	OBC	Manuden Community Centre 10
	Pawsgalore	34	Ugley Village Hall 10
	Vets4Pets	34	<b>Household</b> D C Alarms 28
<b>Art &amp; Craft</b>	Millway Stationery	IFC	<b>Installations</b> Mediacomms 28
<b>Building</b>	A C Wright Building Contractors	36	SDS Aerials 28
<b>Services</b>	Churchills General Builders	36	<b>Interiors &amp; Gifts</b> Just Like Wendys 12
	D S Designs (Architects)	IFC	<b>Jeweller</b> John Wilson 10
	Hibbs & Walsh (Architects)	36	<b>Legal</b> Lever & Co Solicitors 18
	David Fortune (Builder)	OBC	<b>Leisure</b> Bishop's Stortford Golf Club 18
	Vester Property Services	36	Elsenham Golf Club IBC
<b>Carpentry</b>	Furniture by Design	36	<b>Motor</b> D Bonney & Sons 34
	Gillson Carpentry & Joinery	36	<b>Services</b> Conway Chauffeur Drive OBC
	Nouvelle Carpentry & Building	36	Hilton Rental 34
<b>Cleaning</b>	Binwash	IBC	J & R Cars 34
	Clear Ovens	16	Wright Cars IFC
	Domestic Goddesses	IBC	<b>Painting &amp; Decorating</b> Ada Decorating 32
	Ecaterina Domestic Cleaning	16	Brown's Painting & Decorating 32
	Go-Jo Quality Cleaning	16	David Duncan Decorating 32
	Herts & Essex Carpet Cleaning	16	Lesley Anne (Decorating) 32
<b>Community &amp; Care</b>	Hearing Help	18	MWR Interiors 32
	Helpline	12	Prime decor 32
	Mountfitchet House Care Home	26	Ray on the Hill 32
	Ross Nursing Services	26	Shutes Painting & Decorating 32
	Stansted Social Club	18	T F Plastering 32
<b>Computing</b>	MCM Computer Services	16	<b>Personal Services</b> Bentfield Beauty Spa 12
	TCS	16	Essential Gem (Beauty) 12
<b>Dance</b>	Graham School of Dance	8	Fresh Leaf (Hypnotherapy) 12
	Mitchell School of Dance	8	George Cooper (Physiotherapy) 6
<b>Dental</b>	Whelby Dental	6	Glynis Cheers (Hypnotherapy) 12
<b>Education &amp; Children</b>	Jan Rickwood (Baby Massage)	12	R Handford (Chiropody) 8
	Music Lessons	10	Julie Golden (Chiropody) 8
	Rainbow Pre-School	18	Lower Street Clinic 6
	Tuition	10	Stansted Chiropactic 6
<b>Electrical</b>	Albury Electrical Services	30	Stansted Psychotherapy 12
	CK Electrical	30	Williams (Osteopath) 6
	Stansted Electric	30	<b>Pilates</b> Akasha (Pilates & Yoga) 8
<b>Fam History</b>	Past Discoveries	10	Back to Basics (Pilates) 8
<b>Financial</b>	Mansell & Co Accountants	IBC	<b>Plumbing &amp; Heating</b> Harpers Plumbing & Heating OBC
<b>Fitness</b>	Anna Scanlon Fitness	8	JDW Gas Heating Specialist 30
<b>Food</b>	Crimson 8 Chinese	IBC	Jones (Plumbing & Heating) 30
	Dog & Duck	24	Knight Plumbing 30
	Lams Chinese Takeaway	24	Newman's Home Services 30
	Mayflower Chinese	IBC	Orion Heating 30
	The Bean House	24	Stansted Gas Services 30
	The Cork House	24	<b>Printing</b> CZ Design & Print 30
<b>Funeral Services</b>	Bishop's Stortford Cooperative	26	<b>Property</b> Aaran Glass 28
	Daniel Robinson & Sons	26	<b>Maintenance &amp; Improvement</b> Do-It-4U 38
<b>Furnishings</b>	Stort Blinds	IFC	DT Bedroom & Kitchen Designs 36
<b>Garden Services</b>	Cox Farm & Forestry	38	Elite Windows & Doors 28
	Crystal Clear Ponds	16	Fairweather Windows IFC
	D Honour & Son (Landscapes)	OBC	Finch and Son OBC
	Leisure Plan Garden Furniture	12	Lambert Building Maintenance 36
	Lawn Supremacy	38	Herts & Essex Window Doctor 28
	Logs Logs Logs	38	<b>Retailers</b> Family News (Londis) 10
	Mowtivated	38	Paris Legore (Flowers & Gifts) IFC
	The Secret Gardener	38	<b>Spiritualists</b> Arthur Findlay College 18
	Tree Management Company	38	<b>Stonemason</b> J Day & Son 26
	Uppercut Trees	38	<b>Travel</b> Absolute Travel IBC
<b>Hairdressing</b>	Barnet Fayre	12	Variety Holidays 24
	Lino Thomas	OBC	<b>Will Writing</b> Herts & Essex Wills 10
<b>Ironing</b>	Dunmow Ironing Parlour	16	The Will Practice IBC



## Mansell & Co. Est. 1970

Chartered Certified Accountants, Registered Auditors

All aspects of accounts, audit and taxation

We are an established firm offering a cost-effective and professional service to businesses of all sizes, both start-ups and existing businesses changing advisor

*Please contact us for a free consultation, quoting "Link"*

**Mark Williams FCCA or Jeremy Fozzard FCCA**

5 Ducketts Wharf, South Street, Bishops Stortford CM23 3AR

**01279 658499**

info@mansellandco.org





protect your  
**loved ones**  
FUTURES

Wills  
Probate  
Property Trusts  
Lasting Power of Attorney

Call **01279 260 068**  
Authorised and regulated by the  
Chartered Institute of Legal Executives  
[www.willandprobatepractice.com](http://www.willandprobatepractice.com)

**the will & probate practice**



**The Family Friendly Golf Club**

9 HOLE PARKLAND COURSE  
3 HOLE BEGINNERS' ACADEMY COURSE  
FAMILY ORIENTATED TEACHING ACADEMY  
EXCELLENT HEATED FLOODLIT DRIVING RANGE  
CAFÉ BAR & LOUNGE AREA  
FULLY EQUIPPED GYM & FITNESS CLASSES  
CHILDREN'S PARTIES

Function Room for Weddings, Parties, Meetings & Society Days

**Tel: 01279 812865**  
[info@elsenhambgolfandleisure.co.uk](mailto:info@elsenhambgolfandleisure.co.uk)  
[www.elsenhambgolfandleisure.co.uk](http://www.elsenhambgolfandleisure.co.uk)



**五月花**

**MAYFLOWER**  
Under New Management (formerly China Garden)  
**CHINESE TAKE AWAY**  
OPENING HOURS including Bank Holidays

Sun - Thu	12 noon - 2.00 pm 5.00 pm - 11.30 pm
Fri & Sat	12 noon - 2.00pm 5.00 pm - midnight

**☎ 01279 812 941 and 812 488**  
**8 Station Road, Stansted CM24 8BE**



**Binwash**  
We clean wheelie bins!  
Commercial & Domestic

**FREE! First Clean to new Customers**  
\* Households only - try us before you buy!

Monthly Cleaning from just **£3.50!**

**www.binwash-uk.com**  
**01799 529899**  
[enquiries@binwash-uk.com](mailto:enquiries@binwash-uk.com)



**absolute travel**  
explore • dream • discover

Stansted's own independent travel agency

• holidays • flights • cruise • offers

01279 648 900  
10, Chapel Hill, Stansted Mountfitchet  
[www.absolutetravel.uk](http://www.absolutetravel.uk)

 @absolutetravel4  absolutetravelagent

 **ABTA**  
Travel with confidence

**CRIMSON** **Finest Oriental Cuisine**  
**RESTAURANT & TAKE AWAY**

**Tel: 01279 812818**  
**Telephone Orders Welcome**  
**Open Bank Holidays**

**OPENING HOURS**  
**Sun, Mon, Wed & Thu 5.30 pm till late**  
**Fri & Sat 12 noon - 2.00 pm and 5.30 pm till late**  
**Tuesday Closed**

Unit 7, Castle Walk, Lower St, Stansted CM24 8LY



Free Quotations Call us on Tel : 01279 850734

**KEEP CALM**  
**Commercial**  
**Goddesses**  
**Are Here**

**Domestic Goddesses**

Mobile:  
07747 667319  
[denise@domestic-goddesses.co.uk](mailto:denise@domestic-goddesses.co.uk)  
[www.domestic-goddesses.co.uk](http://www.domestic-goddesses.co.uk)

We don't cut corners, We clean them!



# FINCH & SON

**KITCHENS  
BATHROOMS • BEDROOMS  
PLUMBING • CARPENTRY  
SMALL BUILDING WORKS  
DECORATING • TILING**

Paul Finch (BEng)  
07981 907 624 finchandson@gmail.com

NEW BUILDS & ALTERATIONS ■ LOFT CONVERSIONS  
ON KITCHENS & BATHROOMS ■ LANDSCAPING ■ PLANTING ■ PATIO  
SCULPTURE ■ FOUNTAINS ■ GARDEN DESIGN ■ GARDEN LIGHTS  
OFF CONVERSIONS ■ BATHROOM FIT  
TING ■ ROOFING ■ GUTTERS & ALTE  
New Build ~ Alterations ~ Extensions  
Loft Conversions ~ Kitchen and Bathroom Fitting  
**MASTER BUILDER**  
For a free quotation please call  
**01279 816883 or 07576 753811**  
Plan drawing service available



**LINO THOMAS**  
HAIRDRESSERS  
TELEPHONE 01279 812910  
LINO THOMAS, THE GREENS BUILDING, CAMBRIDGE ROAD,  
STANSTED MOUNTFITCHET, ESSEX CM24 8BZ  
WWW.LINOTOMASHAIRDRESSING.CO.UK

**Mercer & Hughes**  
*Veterinary Surgery*



**Stansted Mountfitchet**  
**01279 813780**  
80 Cambridge Road Stansted  
Essex CM24 8DA  
**Saffron Walden** **Great Dunmow**  
**01799 522082/521406 01371 872 836**

 **IN-HOUSE 24 HOUR  
EMERGENCY SERVICE**   
**www.mercerandhughes.co.uk**

 **WORCESTER**  
Bosch Group  
Accredited Installer

**Heating & Plumbing Ltd**

All Plumbing, Heating & Gas Repairs  
Servicing & Installation - Bathroom Installations  
Gas & Oil Specialists - Boiler Finance Available  
Tel: 01279 771981 Mob: 07885 597063  
Email: nharper114@aol.com www.harpersplumbing.co.uk

 **Conway Chauffeur Drive Stansted**  
Luxury Private Hire

**Mercedes E-Class  
Executive Saloons**



- First Class Travel Service - reliable and comfortable
- Safe and Secure - fully licensed and insured
- Executive Car - no visible licence plate

Call or text 07803 100321 for quotation  
Email: execdriver4u@gmail.com  
**www.conwaychauffeurdrivestansted.co.uk**

**D. Honour & Son**  
(Landscape) Ltd.  
Your local Marshalls approved Installer  
**Brickwork Paving Fencing**



**Tel: 01279 813160**  
email: honourlandscapes@aol.com  
web: **www.honourlandscape.co.uk**  
The Old Brickyard, Elsenham Road, Stansted, Essex CM24 8ST