

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 812517 | WWW.CORNERSTONE.CO.UK

Partial Design: Flowers & Gifts | 27 Edward Street | Stortford | 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:
The Memorial Gardens
by Yvonne Ayres

Stansted Mountfitchet Village Magazine

The Link

www.stanstedlink.org.uk

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
Elizabeth Oakley
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



Remembrance Day is a time to reflect and remember those who have died in war; a time to consider the value of every life, when everyone should look forward with a determination to shape the future for the good of all - *Thought for the Month* on page 2 reflects this. *My Memory Walk for Mum* on page 9 shares the personal story of local resident Jonathan Sell and his outstanding fundraising achievement for his dear mother and the Alzheimer's Society. Christmas is a time of giving, your help is needed for *Operation Christmas Child Shoebox Packing* on page 11. Construction of the new Magna Carta Primary School is underway following a 'ground-breaking' ceremony on page 15. Did you know that you can now avoid the heartbreak of a flood damaging your home? Find out more on page 20. If you are partial to the odd glass of wine to accompany your evening meal, local wine connoisseur Paul Wilkinson offers some great ideas on page 25. Finally how would you like to enjoy a happier, healthier lifestyle? Mountfitchet Romeera has some top tips for you on page 31.

CONTENTS

| | | | | | |
|-----------------------------------|------------------------------------|----|---------------------------|-------------------------------------|-------|
| Advertising | Index to Advertisers | 40 | Fundraising | Stansted Pharmacy Update | 7 |
| Churches | CAMEO | 4 | | Concert of Remembrance | 35 |
| | Churches Together in Stansted | 4 | | Friends of St James | 17 |
| | Friends of St Mary's | 4 | | Henham Christmas Market | 31 |
| | From the Registers | 3 | | Macmillan Coffee Morning | 7 |
| | Shalom | 2 | | Memory Walk | 9 |
| | Stansted Family Church | 3 | | Operation Christmas Child Shoeboxes | 11 |
| | Stansted Free Church | 2 | | St Elizabeth's Christmas Bazaar | 33 |
| | Stansted Quaker Meeting | 2 | | St John's Christmas Market | 2 |
| | St John's 300 Club | 4 | | The Race Across Europe | 15 |
| | St John's Church | 3 | Local Council News | Stansted Network | 19-22 |
| | St Theresa's Catholic Church | 4 | Local Roundup | Armistice Day | 14 |
| | Thought for the month | 2 | | Birchanger Wood | 33 |
| Children and Families | 494 ATC Squadron | 14 | | BS & District Footpaths | 33 |
| | Bentfield School | 14 | | Hundred Parishes | 37 |
| | Birchanger Nursery | 17 | | Link AGM | 9 |
| | Birchanger School | 13 | | Letter to the Editor | 7 |
| | Forest Hall School | 14 | | Stansted Business Forum | 9 |
| | Magna Carta School | 15 | | Stansted Windmill | 11 |
| | Manuden Guides | 13 | | St Clare Hospice | 17 |
| | Messy Church | 13 | Features | What's on in November | 5 |
| | Rainbow Preschool | 13 | | Beekeeping | 29 |
| | St Mary's School | 15 | | Buying a Puppy | 17 |
| Clubs and Community Groups | Directory of Clubs & Organisations | 23 | | CAB needs Volunteers | 25 |
| | Huw Johnson Club | 11 | | Nature Notes | 25 |
| | Inner Wheel | 27 | | November Facts | 29 |
| | Mountfitchet Garden Club | 37 | | Stansted Traffic Hurdles | 7 |
| | RSPB | 27 | Sports | Wine Tips for Autumn | 25 |
| | Stansted Local History Society | 35 | | Stansted Bowling Club | 37 |
| | Stansted is Well Read | 9 | | Stansted Cricket Club | 39 |
| | Stansted Social Club | 11 | | Stansted Football Club | 39 |
| | Stansted U3A | 27 | | Stansted Hall Cricket Club | 39 |
| | Stansted Evening W I | 29 | The Arts | Stansted Tennis Club | 39 |
| | The Place on the Hill | 11 | | Manuden Singers | 35 |
| | Ugley W I | 27 | | music@stansted | 35 |
| Health and Wellbeing | Finger Waves | 31 | | Saffron Walden Choral Society | 37 |
| | Secrets of a Healthy Life | 31 | | | |

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 11th November for the December/January issue or by hand/post by noon on 8th November 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

The two minutes' silence is the most poignant part of the Remembrance Day service for me. Heads are bowed and everyone is left to their own thoughts. Some will be quietly remembering a family member killed in war. Others will be thinking of those with whom they served in time of conflict. The enormity and horror of war will be on others' minds. The hope of peace will be another's prayer. It is a solemn moment to consider grave and far-reaching things in our own way. We are free to remember as we desire. The two minutes' silence belongs to everyone.

Remembrance Day is also an opportunity to show respect to those who died, who were wounded in body or mind, or who were bereaved during the many conflicts of the last hundred years or so. I am mindful that this is the hundredth anniversary of the battles of Ypres, Arras, Vimy Ridge and Passchendaele during the

Great War. There were estimated to be around half a million casualties in the fighting that took place between July and November 1917. There is much to be pondered, lest we forget.

As we show respect to those who died, and we ponder our freedom to remember in whatever way we wish, are we not led to consider the value of every life? Remembrance Day is surely an opportunity to affirm the dignity of all. Some of us will want to renew our conviction that we are all children of God. Others will want to think on our common humanity. Because Remembrance Day isn't only for looking back. In not forgetting, we also look forward with the determination to shape the future for good.



Roy Fowler
Minister, Stansted Free Church



STANSTED FREE CHURCH
Methodist / URC
Chapel Hill, Stansted CM24 8AG
www.stanstedfreechurch.org.uk

Minister Rev'd Roy Fowler
Tel: 814809
Email: minister@stanstedfreechurch.org.uk

Lettings Marion and Mike Dyer
Tel: 814059
Email: lettings@stanstedfreechurch.org.uk

Preachers for November

5th 10.30am The Worship team – New Directions
12th 10.50am at War Memorial (no service in our church)
19th 10.30am Maureen Kendall
26th 10.30am Rev'd Roy Fowler – Communion

We were very saddened to learn of the recent death of Ted Pretty, husband of Marion, one of our members. Ted often helped around the church and was a familiar face at *The Place on the Hill*.



SHALOM

Our next meeting is on Monday 13th November at 7 Blythwood Gardens when Des Connors from St Theresa's Church will be leading a bible study and discussion on *The Beatitudes*. Our informal coffee and chat *At Home* is on Monday 27th November at 49 Recreation Ground. Both meetings start at 8.00pm. All welcome.



Marion Dyer
Tel: 814059

THE RELIGIOUS SOCIETY OF FRIENDS (QUAKERS)

Quaker Meeting House, 71 Chapel Hill
Stansted CM24 8AE
www.saffronquakers.org.uk/stanstedhtml

Clerk Jane Mitchell
Tel: 503024
Email: sjane.mitchell@ntlworld.com

Lettings Richenda Whitehead
Tel: 07773 603618
Email: richendajw@live.com

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

Light Group 10.30am-12 noon 11th November.
(Guided The 'Experiment with Light' is a process
Meditation) that helps people deepen their spiritual
lives by discovering what it means to
'wait in the Light' as early Quakers did.

ST JOHN'S CHRISTMAS MARKET

Saturday 18th November noon-3.00pm in St John's Church. We would really appreciate your support. Christmas Stalls; Gifts; Books; Toiletries; Tombola; Grand Raffle; Hot and Cold Refreshments; Home Made Cakes and Preserves; Mulled Wine. Free entrance. New Stallholders welcome so please contact Richard Lenton 813208 or Ray Smith 813270 if you are interested.

Richard Lenton



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

Our @27 meetings are held on alternate Tuesdays - 7.30pm coffee for 7.45pm start. This month we will be meeting on Tuesdays 7th and 21st November. @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 get in touch? All welcome - you do not have to be a member of Family Church, or any church, to attend. If you would like to join a prayer walk, or have a prayer-request, please contact us.

Thought for the Month reprint

The first half of the article below was previously published as a Thought for the Month, but as the second half was inadvertently omitted, the two paragraphs which were published communicated a Thought which was quite the opposite of the one intended. The full article is therefore printed below.

Jesus said "It is more blessed to give than receive" – but most small children would disagree! As children we are just excited to open our presents at Christmas and on birthdays, but as adults we often get the most pleasure from seeing children or others unwrapping the gifts we have carefully chosen for them – even if they didn't cost a lot to provide.

J K Rowling, Bill Gates, Warren Buffet and a number of other millionaire/billionaires seem to agree with the principle too. Some of them have pledged to give away 50% of their wealth over their lifetime, to help others in need, while J K Rowling famously took herself off the Forbes Billionaires list by giving away a large proportion of her wealth to charity. Biographies of famous entrepreneurs such as Jim Collins or Timothy Ferris (and others, of *Dragon's Den* fame) reveal that many wealthy people have concluded that the most enjoyable and worthwhile thing they can do with their money ... is to give it away!

But what about the rest of us? What if we feel we have little or nothing spare to give? Sometimes when we are prepared to give what we do have, like our time or encouragement, we gain other things we don't have – like new social contacts, a sense of satisfaction, or good references for the future.

Whatever we might think, ALL of us have something to give to our community – it may be money to a local charity, or items for the Foodbank, or volunteering time (eg driving someone to an appointment for Stansted Helpline), or just giving encouragement, attention or a helping hand to a neighbour who needs it. One of the amazing things about being human is that we always have something to give – even if it's just a listening ear, or an encouraging smile or word.



Howard and Ros Page
Tel: 810813
Email: contactsanfam@yahoo.com

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: stjohns.hallbookings@gmail.com

St John's Diary

Sunday

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

September

Wedding

9th Andrew Rand and Sharon Jane Waterman

Funeral

21st Hilda May Hitchings, age 92 - funeral at St Mary's followed by burial in Stansted Parish Cemetery.

All Souls Service of Remembrance in St John's

November is a month which has many associations of remembering. One Christian tradition is to hold a special service at which the names of those who have died are read out in remembrance of them, and in prayer for them.

Such a service will take place at St John's Church on Sunday 5th November at 5.00pm. If you will be attending that service and would like a name included, please let the Church Office know on 815243 or by email at st.johns.church@btinternet.com.



Paul Wilkin
Rector



FRIENDS OF ST MARY'S CHURCH

Special places ... and St Mary's is certainly one of those! We had three different classes from St Mary's School come and visit to fill in worksheets as part of their curriculum subject 'special places'. They all had a lovely time and drew their favourite thing in church. On 6th October the whole school came to share their Harvest Festival with us. The church was full with all the children and lots of parents too. They sang so sweetly and the readers did a simply superb job delivering every word clearly! Well done to all at the school.

December dates for your diary:

Friday 8th 7.00pm 'A Christmas Carol'. **Thisismytheatre** are back again to perform right here in church. I urge you to go to the website to get tickets early. Tickets: £12.50 adults, £10 for friends of St Mary's and £5 children.

Saturday 9th and Sunday 10th 11.00am-5.00pm Christmas festival with our carol service at 3.00pm on the 9th and the Stansted Strummers Ukulele band at 3.00pm on the 10th. Come and see the church transformed into a winter wonderland! Mulled wine and mince pies, raffles and much more.



Lynda Dale
Chairman
Tel: 07716 099474



C.A.M.E.O (Come and Meet Each Other)

We meet at 7.00pm on the 3rd Tuesday of the month at Stansted Day and Community Centre, Chapel Hill. The cost is £1 per session and includes an evening speaker, and fellowship over tea/coffee and biscuits to finish. In September the CAMEO group enjoyed a talk by the Rev'd Mandy Brown of Holy Trinity Church about the winter night shelter. It was lovely to welcome new friends and the evening was both engaging and informative. The talk spoke about the wider issue of homelessness, the local need and the ways in which the shelter seeks to address these issues.

The final meeting of this year in Stansted is on Tuesday 21st November: **Bring and share 'granny knows best' evening**. The Salvation Army also meets each Sunday morning at 10.30am (Markwell Pavillion, Castle Gardens, Bishop's Stortford) and you would be welcome to join us for our Sunday service. We stay for tea and coffee fellowship after the meeting and a Sunday school runs from 12.00pm for our younger members. We have several other groups and events which we would be happy to tell you about.

We hope to see you soon.



Lieutenant Megan Lowe
Tel: 507464
Email: megan.lowe@salvationarmy.org.uk

ST JOHN'S 300 CLUB

Many congratulations to the winners of the September draw:

| | | |
|------|--------|-----------------|
| £100 | No 119 | Brenda Siracusa |
| £50 | No 10 | Alan Helbert |
| £25 | No 179 | Paul Salmon |

The draw for November will be held on Sunday 26th November in St John's Church following the 9.30am service.

Numbers are still available for anyone who may wish to join at a cost of £2 per month per number. Please contact me for an application form if you would like to be in with a chance of winning whilst helping to support the work of St John's Church.



Ann Lee
Tel: 813310

ROMAN CATHOLIC St Therese of Lisieux

High Lane, Stansted CM24 8LQ
www.sttheresastansted.org

Priest Father John Garrett

Office Tel: 816889
Email: stansted@dioceseofbrentwood.org

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

Confessions
Saturday 10.00am
and by appointment

Baptisms By appointment



Celebration of Christmas Saturday 16th December 3.00pm

This annual event will return to St John's Church after two years at St Theresa's. As usual, we are hoping singers from our village community will join the specially formed CTS Celebration choir. Rehearsals will be from 7.15pm-8.15pm on Thursdays 30th November, 7th and 14th December. Please contact me for further details, or just come along to the first rehearsal.



Kathy West
Tel: 816293
Email: kewest@btinternet.com

Village Carol Singing

We will be taking to the streets of Stansted on the evenings of Friday 22nd and Saturday 23rd December. Each night the singing is followed by refreshments. We welcome more singers - there is no rehearsing, just come along. We also need collectors. More details of start time and where we are singing will be in the December Link.



Mike Dyer
Tel: 814059

St James' Church, Thorley

**11 am - 3.30 pm
Sat 4th Nov**

Autumn Craft Fair

*A wide variety of crafts
Come and buy your
Christmas Presents!*

All welcome ~ Refreshments

Shoe Box Packing for Operation Christmas Child

**6 - 8 pm onwards Wed 8th Nov
St Theresa's Parish Centre**

*Also at The Place on the Hill
Free Church 10 - noon
Mon 30th Oct
Wed 1st & Fri 3rd Nov*



Tel 813579, 814865, 812109
or see Link article



Concert of Remembrance

7 pm Sat 11th Nov

**All Saints Church, Bishop's Stortford
Karl Jenkins: The Armed Man**

Adults £12, Under 16s £6, Family £25
Tel 506773

www.ticketsource.co.uk/amicanantate

Proceeds to Royal British Legion Poppy Appeal

WHAT'S ON IN NOVEMBER

| | | | |
|---------|--------------|-------------------------------|-------------------------------------|
| 1 | Wed | Mountfitchet Garden Club | Day Centre 7.30 for 8 pm |
| 2 | Thu | Local History Society | Day Centre 8 pm |
| 3 | Fri | Business Forum Breakfast | Linden House 7 for 7.30 am |
| 4 | Sat | Autumn Craft Fair | St James' BS 11 am - 3.30 pm |
| | | Village Firework Display | Forest Hall Sch 6.30 for 7 pm |
| 7 | Tue | Link AGM | Parish Council Office 8 pm |
| | | Stansted is Well Read | Dog and Duck 8 pm |
| 8 | Wed | Shoobox Packing | St Theresa's Parish Centre 6 - 8 pm |
| 9 | Thu - 11 Sat | Water Lane Theatre Co | Charis Centre, B Stortford 7.30 pm |
| 9 | Thu | Stansted W I | Day Centre 7.45 pm |
| 11 | Sat | Link copy due in today | before 12 noon |
| | | Stansted Family Café | St Mary's School 10 - 11.30 am |
| | | Concert of Remembrance | All Saints, B Stortford 7 pm |
| | | S W Choral Society | Saffron Hall 7.30 pm |
| 12 & 26 | Sun | Skips | Lower St Car Park 12.30 - 4.30 pm |
| 13 | Mon | U3A Astronomy Seminar | Day Centre 7 pm |
| | | Shalom | 7 Blythwood Gardens 8 pm |
| 14 | Tue | RSPB | B S Community Centre 7.30 pm |
| 15 | Wed | Ugley W I | Ugley Village Hall 2.15 pm |
| 16 | Thu | Stansted U3A | St John's Hall 1.30 pm |
| 17 | Fri | Henham Christmas Market | OSCA and Village Hall 1 - 8 pm |
| 18 | Sat | Christmas Market | St John's Church noon - 3 pm |
| 19 | Sun | Stansted Family Café | Day Centre 10 - 11.30 am |
| 21 | Tue | CAMEO | Day Centre 7 pm |
| 22 | Wed | Windmill Coffee Morning | Day Centre 10 am - noon |
| 24 | Fri | PTFA Christmas Shopping | St Mary's School 6.30 - 8.30 pm |
| 25 | Sat | Christmas Bazaar | St Elizabeth's noon - 4 pm |
| 26 | Sun | Stansted Messy Church | St Mary's School 3.30 - 5 pm |
| 27 | Mon | Shalom At Home | 49 Recreation Ground 8 pm |
| 28 | Tue | Hearing Help | Day Centre 2 - 4 pm |
| | | Inner Wheel | Day Centre 7.30 pm |



with Harlow Chorus

7.30 pm Sat 11th Nov

Saffron Hall, Saffron Walden

Britten: War Requiem

Tickets: Adults £15 - £35
Under 18s and Students Half Price
S W Tourist 01799 524002
www.saffronhall.com or on the door



Astronomy Seminar

*The Beauty and Science of Nebulae
by Dr Carolin Crawford*

**7 - 9 pm Mon 13th Nov
Day Centre**

Tickets £4 members, £5 non-members
from Alan tel 0781 727 5563

Email: stanstedseminars@gmail.com
Limited places - advance booking only



St Mary's School PTFA Christmas Shopping Evening

6.30 - 8.30 pm Fri 24th Nov

Games ~ Refreshments

Stalls ~ Santa's Grotto

Entry £1 includes drink
Children free



Stansted Messy Church

3.30 - 5 pm Sun 26th November
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

Henham Christmas Market

1 - 8 pm Fri 17th Nov

Henham Village Hall & OSCA

Over 30 stalls

Handmade Artisan Gifts

Gift Ideas ~ Jams & Chutneys

Refreshments all Day

In aid of Great Ormond St and



Children's Charity



Entry £1 ~ All Welcome



Stansted Millers

Coffee Morning

10 am - noon Wed 22nd Nov

Day Centre

Mill Goods ~ Bric-à-Brac

Cake Stall ~ Mince Pies

Entry £2.50

incl refreshments

St John's Church Christmas Market

12 - 3 pm

Sat 18th November

Gifts ~ Grand Raffle

Christmas Stalls ~ Mulled Wine

Homemade Cakes & Preserves

Admission Free ~ Refreshments

UGLEY FARMERS' MARKET

10 am - noon Sat 18th Nov

Ugley Village Hall



Meat ~ Poultry ~ Fish ~ Eggs

Honey ~ Preserves ~ Chocolates

Fruit & Veg ~ Bread ~ Cakes

Plants ~ Cards ~ Ceramics

Skincare ~ Knitting & Needlework

Refreshments with cake and bacon rolls

Free Parking ~ All Welcome



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 ***



Joint Injection Therapy ~ Ultrasound Scanning
Shockwave Therapy ~ Gait Footscan

18 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 Email: info@gcphysiotherapy.co.uk

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
www.hazel-williams.co.uk

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

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 & spinal examination for **£25** (normal fee £50) on production of this advert.

Saturday morning appointments **MRI on referral * Digital X-ray**

Bringing affordable Chiropractic & Physiotherapy closer to home

Registered Chiropractors & Physiotherapists

01279 815336

BUPA and AXA/PPP

20 Cambridge Road Stansted CM24 8BZ

Shockwave now available

STANSTED PHARMACY UPDATE

Stansted Pharmacy has been open four months and is already benefiting many. It is a considerable disappointment that NHS England refused Professor Soni's application for a dispensing licence. This is surprising because he has a licence to dispense NHS prescriptions from his other Pharmacy. The NHS's response to the application implies that they have taken no notice of the representations made to them by the community; **they have ignored the need of those living south of the railway line and others.**

The issues reported to the NHS were: major housing developments within the next few years; 3000 dwellings in Bishops Stortford north, many of its residents are expected to use the facilities in Stansted Mountfitchet; developments at Elms Farm and Walpole Farm will add 200 dwellings and increase the village's population by about 650; people living south of the railway line face challenges to get their medicines; it is difficult to park in Cambridge Road and those without a car have to walk up steep Chapel Hill when ill.

Over 500 people signed my petition supporting the need for another dispensing pharmacy next to the surgery; many more have signed the Stansted Pharmacy petition. Isn't it obvious to have a dispensing pharmacy next to the surgery? Competition strengthens businesses resulting in improvements, another need. Our Parish Council and District Councillors fully support the need for this dispensing pharmacy. I have tested my thinking with NHS Care Commissioning Group (CCG) members, the Surgery Patient Participation Group, and many others, all agree this additional facility is a need. So what next? Prof Soni has appealed. I am planning a **public meeting on Thursday 23rd November 7.00pm-9.00pm** in the Day Centre, Crafton Green. The following have been invited: Prof Soni, Stansted Surgery, Boots, Parish and District Councillors, our MP Kemi Badenoch, West Essex CCG Board members, and NHS Primary Care Support England. If you have suggestions or would like to help please contact me.

Ray Woodcock
Tel: 816468

Email: raymond.woodcock@btinternet.com



MACMILLAN CANCER CARE

The recent Coffee Morning held at Old Lane House, Church Road raised a grand total of £625. Thank you to everyone who supported this event.

Christine and Bill Stiles

LETTER TO THE EDITOR

Dear Editor

I was frankly appalled by Councillor Farthing's description of opponents of Stansted Airport's proposals to increase passenger numbers in September's edition of The Link. I found his references to "NIMBYs and conspiracy theorists" both disparaging and condescending. Residents are understandably concerned by the Airport's proposals which, if accepted, would result in an extra 104,000 flights and an extra 20 million passengers annually, based on 2016 statistics. It would also result in people living under the flight path being overflown every 85 seconds! Another consequence of these proposals would be to see a significant increase in Airport-related road traffic. These are hardly conspiracy theories, but based on sound statistical analysis.

Airport expansion destroys people's lives and trashes the environment. Stansted Airport's view that their proposals wouldn't have any significant environmental effects simply doesn't stand up to any serious scrutiny. The Government's own Committee on Climate Change (CCC) has, for a long time now, stated that emissions from aviation shouldn't be any higher in 2050 than they were in 2005. CCC had already stated that another runway at Heathrow would breach this threshold by 15%! Stansted's proposals would only increase aviation's carbon footprint further still and would do nothing to square the circle between aviation expansion and its increasing impact on climate change. So instead of making these derogatory comments, Mr Farthing should consider the impact these proposals would have both on local communities and the environment.

Jonathan Fox
Tel: 07702 606137

STANSTED TRAFFIC 'HURDLES'

Those of us who need to make a car journey from the Bentfield Green area to Forest Hall face four significant road traffic 'hurdles'. First you have to cross Cambridge Road, which if you get there at the wrong time can be a real test of your patience. You are then faced with Chapel Hill which can be a bit of a nightmare, particularly if there is a bus or HGV trying to squeeze through or, God forbid, it's bin day! Next up is the

challenge of the new Castle Maltings roundabout, after which you can look forward to the lottery of the traffic calming, one-way system on Church Road.

To avoid any possibility of road rage perhaps we should adapt the Skatepark Code of Conduct as shown on the left!



Trevor Lloyd

vision fitness

HENHAM

State of the art' air conditioned Gym, large studio for classes, social area, juice bar, sauna, hairdresser, beautician, crèche and outdoor training area.



VisionFitnessUK



_VisionFitness



VisionFitnessUK

info@visionfitnesshenham.co.uk | www.visionfitnesshenham.co.uk

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!

Please contact: **Anna Scanlan** m: 07968 941 447
e: fitness@annascanlan.com www.annascanlan.com

FREE
initial
consultation



FLEXIBLE STRENGTH

Mon 9:15, Tue 13:30 & Thurs 18:45

Manuden Community Centre

Yoga > Core > Balance > Brain

Clare Harding: 07802 872919

 flexible strength manuden



brain-body
body-brain

The only class of its kind in the UK!

free trial class with this voucher

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**

Please wear loose clothing and bring an exercise mat.

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



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

MY MEMORY WALK FOR MUM

225,000 people will develop dementia this year, that's one person every three minutes!

My mum was diagnosed with dementia in 2013, so our journey in learning how to support and deal with this horrible condition began without a choice. In April 2016, after a three-month ordeal in hospital, she was no longer able to look after herself and my brothers and I could no longer provide the care she needed; mum was subsequently admitted to a care home. I am fortunate that she still knows who I am, but can no longer remember the wonderful life she has lived, the love she had for my dad, or being a great mum to me and my brothers. However she is happy, safe and secure. There will come a time when mum will not know who I am and so, every time I see her, I make her laugh and cherish the present with her. My mum was 86 this August, I am fortunate to share my birthday on the same day, what a gift!

I have never undertaken any charity work before so this Memory Walk was my first time. I am pleased to say that on 17th September I completed the longest route for the walk (over 6km) at Hylands Park Chelmsford, raising a fantastic £1,220! **Care UK not only contributed £220, they kindly arranged for my mum to meet me at the finish line – a truly wonderful moment!**

I understand from Just Giving that I was in the top 5% of fund raisers, which consisted of 68,000 people for the month of September. If you are able to make a donation it would mean a great deal to me, and lots of people that have had their lives impacted by dementia, please visit:

www.justgiving.com/fundraising/jonathan-self4?utm_id=25



Jonathan Self
Email: Highmead10@aol.com

STANSTED IS WELL READ

The next meeting of our book club will be on **Tuesday 7th November at 8.00pm** at the Dog and Duck in Lower Street, where we will be discussing *Part of the Spell* by Rachel Heath; a novel which suggests that a place can in some sense manipulate its residents. The book is set in Saffron Walden so should be an interesting read. We are hoping to be joined by local author Stephen Davis who will introduce us to his book *Rebecca and the Spiral Staircase*. Please do join us, a warm welcome awaits.



Anne Watson
Tel: 898693

We had three interesting speakers at our business breakfast on 6th October at the Ash pub in Burton End. Firstly, we welcomed Cllr Geoffrey Sell who has supported the Stansted Business Forum from the beginning. He told us about his role as Chairman of Uttlesford District Council which is for one year only. In fact, the role is quite an honour as he is the first councillor from Stansted to be chosen as Chairman.



Did you realise that Uttlesford was formed in 1974 by the merger of the borough of Saffron Walden, Dunmow Rural District and Saffron Walden Rural District? The name comes from the ancient 'Hundred' or 'Udel's ford'. It now has 39 councillors representing 22 wards. Chairman Cllr Sell also nominates two local charities to support for the year and these are Essex Wildlife Trust and Support 4 Sight in Saffron Walden. He is organising a carol service at 7.00pm on Tuesday 5th December at St John's Church in Stansted where his charities will be represented.

Maureen Caton, Chair of Stansted Parish Council, confirmed that the Council had given the go-ahead for Stansted to be twinned in Rungis, France. Rungis is a short distance from Orly Airport which is South of Paris. It is similar to Stansted in size. Maureen talked about opportunities for cultural and school exchanges and for local businesses. Our last speaker was Bob Lee from Kinetics who told us about exhibitor opportunities for local businesses at Bishop's Stortford and Stansted Airport.

Our next meeting is at Linden House, Stansted on Friday 3rd November at 7.00am for 7.30am start, when our speaker will be Chris Wiggan from Stansted Airport. Contact Peter James from Murdochs Estate Agents on 815848 to book your place.



Iris Evans
Treasurer

THE LINK AGM

The AGM of Stansted Link Magazine CIC is at 8.00pm on Tuesday 7th November in the Parish Council Office. All parishioners are welcome, so come along if you have any matter to raise, or have an interest in our operation.

Malcolm Lloyd
Chairman
Tel: 812235

LINK ADVERTISING

November sees the start of our new advertising year. We thank our renewing advertisers for their support and welcome a number of new ones - see index on page 40

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-7.00pm; Sun 5.00am-7.00pm

From the standard
to the unusual



design print web exhibition

www.czdesignandprint.co.uk

01279 657769 • hello@czdesignandprint.co.uk



CZ DESIGN & PRINT

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



The Peter Kirk Centre
St John's Road, Stansted CM24 8JP
www.rainbowpreschool-standsted.co.uk

We welcome Children aged 2½ to rising 5s
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

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: ugleyvillagehall@gmail.com



Manuden Village Community Centre
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

SHOEBOX PACKING - CAN YOU HELP?

On Monday 30th October, Wednesday 1st November and Friday 3rd November

10.00am-noon we shall be packing shoeboxes in the Free Church, and all are welcome to help. Boxes and items will be supplied or you can bring your own. Boxes are made for either a boy or a girl and there are three age groups: 2-4 years, 5-9 years or 10-14 years. Suitable items for the boxes include: **small toys, pens, paper, crayons, small picture books, toothbrush and toothpaste, combs, soap, hats, scarves, gloves, jewellery and sweets (with a 'best before' date of no earlier than March 2018).** Chocolate should not be included.

The Place on the Hill is a free drop-in held at and organised by Stansted Free Church, Chapel Hill, which is open every Monday, Wednesday and Friday 9.30am-12.30pm. Do come and join us - all ages are welcome. There is WiFi and use of computers, plus free refreshments and comfortable seating. For more information please contact us.



Marion and Mike Dyer
Tel: 814059

Email: theplace@stanstedfreechurch.org.uk



OPERATION CHRISTMAS CHILD

Thank you to those who supported the recent quiz which raised £1080 towards transportation costs (each box costs £3). A reminder of the **Shoe Box packing** on Wednesday 8th November 6.00pm-8.00pm in St Theresa's Parish Hall; items for inclusion and/or completed boxes can be brought then.



Catherine Dean
Tel: 813579



STANSTED
MOUNTFITCHET
WINDMILL

On Sunday 1st October we saw a pleasing number of visitors enjoying the last of this year's tours of the Mill and adults and children alike leaving with souvenirs. On Friday 6th October we had a delightful group of year one children from Magna Carta School visit us and our Chairman, Tudor Owen, gave them an entertaining talk and tour of the Mill. The children were very well behaved and on leaving they all signed our visitors' book.

Our big Christmas event has now been organised for Saturday 2nd December 12 noon until 5.00pm - please note change of date. Do bring the children to see Father Christmas. The balloon artist/magician, who was so popular at the fête, will also be with us. We will have a fancy dress competition for children and there will be a prize for the best fancy dressed boy and girl. We plan to have refreshments/mulled wine/mince pies, etc so look out for the posters around the village which will be advertised soon. We look forward to seeing you all.



Molly Clark
Co-Trustee
Tel: 816768

HUW JOHNSON CLUB



The Club is in full swing for its Autumn Term timetable. We finished our summer break with a Saturday bowling trip to Freeport in Braintree - two games of highly competitive bowling followed by dinner and birthday cake. It was lots of fun - thanks to all our funders, whose generosity meant that we could provide the trip entirely for free.

We have been back for a number of weeks now. We have had a games evening, a curling competition and a bingo night. We enjoyed having the Bishop's Stortford Woodwind Band come along one evening to entertain us - we loved joining in singing, dancing and adding our own unique percussion! We have a pub trip, a fireworks party and a trip to the theatre to look forward to over the coming weeks. It's not long until December now, so we aim to start the Christmas season off with a bang, by holding our now traditional Carol Concert on Friday 8th December 7.00pm for 7.30pm at St John's Church. There will be mince pies, refreshments and a raffle, and all members and helpers would love to see you there and to have a full church. Do come along - we promise it will get you in the Christmassy mood! If you would like to learn more about the Club or are interested in coming along or helping out (as a helper, a car/bus driver or as a bus escort) please do get in touch with either Sandra (812627) or me - we would love to hear from you!



Katharine Collis
Tel: 461270

STANSTED SOCIAL CLUB

October was quite a busy month for the Committee including holding our AGM on the 8th. It was a lively meeting and we now have a revised rule book and accounts to date. We also have two new Committee members and now feel that we have a very strong team moving forward. As well as new Committee members we have also seen a dramatic upturn in membership applications, with around 50 new members over the last couple of months. We will be working hard to get the necessary funds together to continue with essential repairs and refurbishment. We are also reviewing the entertainment that we provide and are looking to mix things up a bit and try some new ideas, so keep checking our Facebook page or website. In October we saw **Poggun** make a welcome return with their fantastic 80s set. **Jack** also performed again and we look forward to seeing both bands again in 2018! 28th October saw our Halloween party where one lucky winner went home £500 richer thanks to the prize draw! We will be running a similar draw for Christmas so there is no better time to join. **Coming up** in November we have **Goat Patrol** appearing on Saturday 4th, making a first appearance at the Club on Saturday 11th will be local band **Arch Rivals** and **Retro** will be performing on Saturday 25th. We also have our usual karaoke on Sunday 26th from 3.00pm. It was great to see the snooker team return after the refurbishment of one of the match tables. We also have thriving darts and pool teams so why not pop down and give it a go? And don't forget, we have prize bingo every Tuesday from 8.00pm.

Andrew Sharpe
Email: eatmorestilton@gmail.com

Stansted Psychotherapy

*Emotional Relief ~ Behavioural Change
Mindfulness & Relaxation*

Psychotherapy * Counselling * Coaching

Sian Lloyd UKCP Registered Psychotherapist
Experienced, Local, Confidential
Why wait any longer?

Tel: 01279 817976

Email: sian@stanstedpsychotherapy.com

Get the Most out of Life

Glynis Cheers

MA, CIPD, DPM, BSCH, Diploma Clinical Hypnosis

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

01279 812165 Email: threecheers@btinternet.com



.....A fresh start towards positive change

For stopping **smoking**, sleep problems, **anxiety** & low **mood**, sports **performance**, fears, **phobias** and habits, pain and **weight** management, exam nerves and **IBS**

Arrange a **FREE**, no-obligation consultation

07951 776608 or www.freshleafhypnotherapy.co.uk

Fully Qualified (MSc, BSc, HPD, DSFH) Registered & Insured

Steve Curtis Hypnotherapy

Bespoke Cognitive Hypnotherapy treatment, based in Sion Park, Birchanger, Essex. All issues resolved in a welcoming, relaxed and confidential environment.

GET IN TOUCH FOR A CONSULTATION

✉ info@stevecurtishypnotherapy.co.uk

☎ + 44 (0)7802 552929

WWW.STEVECURTISHYPNOTHERAPY.CO.UK

ESSENTIAL GEM

Head to Toe in Beauty

Beauty Therapy by Gemma Wright Fully Qualified & Insured



All treatments available in my
LUXURY BEAUTY STUDIO in

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

For an appointment please call **07921 522380**

Email: gemma@essentialgem.co.uk

www.essentialgem.co.uk



Bentfield Beauty Spa

www.bentfieldbeautyspa.co.uk



- Luxury Grooming
- Organic Spa Treatments
- Environ Anti-Ageing Skincare

Book online on our website

Tel: 01279 496151

Email: bentfieldspa@outlook.com
2 Bentfield Causeway, Stansted CM24 8HU



Monthly Hearing Help Sessions
www.hearinghelpessex.org.uk

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

Stansted Day Centre

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

or call **01245 496347 (voice/answerphone)**

Registered Charity 1113498

Company Limited by Guarantee Registered no 5664873



NATURAL FAMILY HEALTH
with Jan Rickwood

www.naturalfamilyhealth.org.uk

BABY MASSAGE

HOMEOPATHY

THERAPEUTIC AROMATHERAPY

Stansted, Elsenham & surrounding area

jan.naturalfamilyhealth@gmail.com

07889 375200



BARNET FAYRE

Hair & Beauty

VANITY FAYRE

Your Friendly Local Salon
Est 25 years!

Please telephone:

Hair 01279 813087 Beauty 01279 813180

32A Lower Street, Stansted



**Looking for a
NHS Dentist?**

plus Hygienist, Cosmetics & Implants

Castle Dental is taking NHS Patients

Open Monday to Friday 8.30 am - 5 pm

Tel 01279 815166

Evening Appointments for Private Patients

Denplan and Private Scheme Available

Castle Maltings, Lower Street, Stansted CM24 8XG



MANUDEN GUIDES IN LONDON

A group of Guides from Manuden recently spent 24 hours in London. We travelled up on Friday evening and stayed overnight at ICANDO in the Guide Headquarters on Buckingham Palace Road. We set up our beds and watched 'Pitch Perfect' snuggled up in sleeping bags, gradually giving in to sleep. After breakfast at the Centre, we set off to the Sea Life Aquarium, a first visit for us all, and it was thoroughly enjoyed by everyone. The particular favourites were the penguins, the Gentoo species from the Antarctic. We timed it to be there at feeding time which was an interesting, amusing experience. The sharks were spectacular, and the range of sea creatures we saw was incredible, from sea-horses to sting rays, and everything in between. We then went on a sight-seeing walk, trying to fit in as many landmarks as possible to achieve the London Challenge Badge; these included Buckingham Palace, Downing Street, the Palace of Westminster, Covent Garden, and Trafalgar Square. We walked through St James' Park, admiring all the wildlife in the lake. Everyone had a good time.

We have spaces for girls aged 10 to 14. We meet at Manuden Community Centre on Tuesdays 7.30pm-9.00pm during term time. Contact me for more information about visiting, or ask any of the Guides.



Glynis Prothero
Tel: 814145 Mob: 07835 717942
Email: glynisprothero@aol.com

STANSTED MESSY CHURCH

www.stanstedchurches.com/messychurch



At our October event, everyone enjoyed a variety of crafts which related to our theme of *Precious*. There was



also a celebration time on the same theme, followed by tea. Our next event is on **Sunday 26th November 3.30pm-5.00pm** at St Mary's School. 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



www.rainbowpreschool-stansted.co.uk

All the children are now well settled at pre-school and are busy making new friends, plus the Adventurers have been out and about on Autumn walks, visiting the library. We hope all the residents of Norman Court have enjoyed their goodies from the harvest baskets that the children delivered to them after their Harvest service with Rev'd Paul.



The children, and I am sure their parents too, have been very busy over half term doing a sponsored letter search. Well done to everyone who took part.

Rainbow Pre-School takes children from 2½ years to rising 5. If you are interested in applying for a place for your child, please visit our website for details. You need to put your child's name down now, however young, to ensure a place.

Gill Pursglove
Administrator
Tel: 814242

Email: admin@rainbowpreschool.net



BIRCHANGER PRIMARY SCHOOL

Well it has been a fun and busy start in Badger Class! The children have been throwing themselves into their learning based around the topic of 'Food Glorious Food'. They have been studying poems by Michael Rosen and had fun adapting his poem 'Where Broccoli Comes From'. We had a myriad of ideas ranging from chillies growing in dragons' ears to tomatoes growing on the legs of red bulls! In Maths the class have been working hard on learning about three and four-digit numbers, and learning how to compare them and round them to the nearest ten, hundred or thousand. The children have also produced some beautiful still-life artwork, using harvest as a focus, and proudly showed these to parents during the Harvest Assembly at Birchanger Church in October. The children have also been learning about where food comes from, in terms of the source of the food, and also about which food is grown and produced in the United Kingdom. We have been thinking about seasonality and why it is good to buy food which is produced locally rather than food which has been imported. As part of Religious Education we have been studying Islam and learnt the importance of the Prophet Muhammad to the Muslim people. The children have role-played the revelation of the Qur'an to Muhammad and sourced some quotes from the Qur'an to write on pre-fabricated palm leaves. Finally we have had some noisy and fun-filled sessions learning how to play the glockenspiel – the children have learnt how to perform a song together and, most importantly, how to stop when our ears have had enough!

Claire Berry
Headteacher
Tel: 812362

COME FLY WITH ME! Forest Hall students visit Stansted Airport



Year 9 students from Forest Hall School took to the skies during a visit to Stansted Airport. Engineers from airline Ryanair handed over the controls of a flight simulator, used to train pilots, to students before demonstrating a night flight and fog conditions. Students also took part in an engineering workshop on the workings of a plane, as well as looking at the construction and repair of an aircraft before taking part in a Q and A session.

Jonathan Moran, technology teacher, said: "Students were able to climb inside and explore an aircraft and talk to ground staff to get experience of life behind the scenes. They really enjoyed the experience, especially the flight simulator. They loved going down the inflatable



slide and taking part in evacuation procedures during imitation emergency conditions, including inflating life jackets." The trip was part of the school's PSHE programme, focusing on careers, with the aim of widening students' horizons and exposing them to a range of career paths within engineering.

Kelly Clark
Tel: 01245 237751 or 07979 811580

494 SQUADRON



DID SOMEBODY MENTION FLYING?

The chances are ... if you are interested in Air Cadets then you are probably interested in flying too. Well – we fly! Really fly! A big proportion of our young cadets have taken the controls of a plane in the last 12 months and all have had an amazing time. Not only taking the controls of an aircraft 'just flying', they also have the opportunity to loop the loop, do stall turns and barrel rolls. We have used powered aircraft called a 'Tutor', powered gliders called a 'Vigilant' and gliders called a 'Viking'. There will be more opportunities to go flying. Do you fancy joining in? We welcome both boys and girls from age 12 (and in year 8) to age 17. Please email: oc.494@aircadets.org to find out more or see our Facebook page (search 494 Squadron Stansted).



Rachel Alexander
Email: rachel.alexander@btinternet.com



www.bentfield.essex.sch.uk

I'd like to begin this Link contribution from our school by sharing a fantastic project which has recently been completed. Some time ago our current Years 2 to 6 took part in art workshops to develop a whole school mural for our dinner hall. The



finished article is now on display and looks incredible. It features art work from all the pupils in the year groups mentioned above and is based on a forest theme in keeping with our school grounds. It was collated by two of our parents, Mrs Laura Higley and Mrs Aine Allanson, who are also experienced art teachers, and was sponsored by both our PTA and ECorr. I'd like to say a huge thanks to them for making this happen.

In other news we had a wonderful turn out at our Harvest Festival and I was very impressed with the performances from each of the classes. Thank you for the quantity of donations we received, which are going to Braintree Food Bank to make essential food parcels for those in need of support. Please note that we have added an additional sign-up date to view the school on Thursday 23rd November. This morning offers the opportunity to have a tour of the school from some of our Year 6 pupils followed by an opportunity to ask me any questions.

David Rogers
Headteacher
Tel: 813626

ARMISTICE DAY, REMEMBRANCE SUNDAY & WAR MEMORIAL FLOWERS

I would like to thank the very large number of volunteers who, each week, from Easter to Remembrance Sunday, arrange flowers in the two vases on the War Memorial, in the beautiful Memorial Gardens. The people who do the flowers make a huge effort in tribute to the sacrifice that was made by all the men from Stansted, who lost their lives in two World Wars. The flowers have looked particularly lovely this year and the feedback I get shows that people notice and greatly appreciate this tribute.

On Armistice Day, Saturday 11th November at 11.00am there is an informal gathering of people to observe two minutes silence. All are very welcome. Remembrance Sunday is the next day on Sunday 12th November when the gathering of people gets larger every year. New volunteers to do the flowers are always very welcome.

Janet Hollis
Tel: 812073
Email: janhollis@btinternet.com



ST MARY'S C E (FOUNDATION) PRIMARY SCHOOL



St Mary's is a church school and as such we held two events in October which reaffirm our commitment to this status. Firstly Rev'd Paul led our whole school 'Education Sunday' assembly, a St Mary's tradition whereupon our Year 3 pupils are presented with their own copy of the Bible. To celebrate Harvest Festival this year we had an exciting change of venue - the whole school, and parents who wished to attend, squished and squeezed into our village's beautiful St Mary's Church. Our Worship Crew led an entertaining and informative service and we collected a substantial donation of foodstuffs for the Stansted Food Bank.



Educational visits this term have included an Upper Key Stage 2 visit to the Lee Valley Park in Waltham Abbey to participate in a Stone Age discovery day to support their history learning. The children had an excellent day taking part in a huge range of activities using artefacts from the era. Of course, the children were a credit to us. Lastly, you-know-what is just around the corner!

Our popular PTFA **Christmas Shopping Evening** is on Friday 24th November 6.30pm-8.30pm. Fundraising aims this academic year include a Garden of Mindfulness plus proper goals for our astro pitch. Please do come along to make a start on your Christmas shopping – a warm welcome awaits! There will also be games, stalls and Santa's grotto. Entry adults £1 to include a drink, children free. If you need to contact the school please call 812212 or email: admin@st-marys-stansted.essex.sch.uk.

Christine Tonkins
Headteacher



MAGNA CARTA GROUND-BREAKING

A ground-breaking ceremony has heralded the start of the building of a brand new primary school for Stansted Mountfitchet village in St John's Road. Pupils, parents, staff and dignitaries gathered at the site of the new Magna Carta Primary Academy to celebrate the start of construction. Fran Richards, Stansted Parish Council Vice-Chairman, and Councillor John Aldridge and Councillor Ray Gooding from Essex County Council were on hand to break the first ground for the new school.

The doors of the school opened a year ago and welcomed just one class of reception children. Those numbers doubled in September,



when a second class of pupils joined. Work is now under way on a purpose-built school building which is due to open in September 2018, initially as an infant school with three year groups. Amy Dias, Head of School, and her team have spent the first year getting the school established and building relationships with families and the community. She said: "It's a really exciting time for the children, who are getting to watch their new school take shape before their eyes." The school was opened last year by the Burnt Mill Academy Trust (BMAT) and operates in close partnership with Forest Hall School, with PE, music and languages from the secondary school teaching reception and Year 1 children.

Kelly Clark

Tel: 01245 237751 or 07979 811580

THE RACE ACROSS EUROPE

The Dad's Army Ultra-Cycling team consisting of local Stansted Dads, has started training for **The Race across Europe 2018**. They are aiming to raise money for **Grove Cottage**, Bishop's Stortford and **Orchid Male Cancer Charity**. The Race, which starts on Saturday 30th June, is a non-stop ultra-cycling event covering seven countries and totaling just under 3000 miles with an elevation of 47,000 meters. It is regarded as the toughest cycling event in Continental Europe, starting in Calais and finishing in Southern Spain. This event brings together human endeavor, physical endurance, mental strength, teamwork, problem solving, strategy, people and crisis management, creativity and the desire to take on possibly the hardest bike event in the world!

Meet the team
Philip Elms His mad idea! After completing many Ironman triathlons, ultra-marathons and anything ultra he found this. He convinced the others and so the team was formed.



Mick Walker His sports include football, long distance triathlon, marathon/ultra-running and cycling. He was looking for a challenge to test himself to the limit and something not many other people have done.

Richard Purvis A keen cyclist who also enjoys photography. When the opportunity came along to do the Race across Europe he just had to get involved; not only was it an opportunity to undertake a once in a lifetime experience it was also a chance to support charities close to his heart.

Doug Slater He played a bit of football and rugby through his teens and early twenties. An experienced endurance athlete now with his half century fast approaching he is re-joining the 'MAMILs' and donning the lycra. They are looking for corporate and individual sponsors to help fund the team and get them to the start line. If you would like to get involved, please contact me.

Philip Elms

Tel: 07920 232430

Email: dadsarmy2018@gmail.com

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

GO-JO Quality Cleaning

Scrub, Polish & Buffing Services

Domestic & Office
Cleaning

01799 543066

07828 425944

j.freeman195@yahoo.com

Jo Freeman
28 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

The difference is clear

CHIROPODIST

Mrs Julie Golden

HPC Registered
State Registered

Home Visiting Practice
Est. 1994

01279 873492

07916 075451

A professional service...
...at a competitive price

DUNMOW IRONING PARLOUR

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

Call 01371 878 399

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.



R. Handford & Co.
Podiatry Limited

Bishop's Stortford

- ♦ Orthotics
- ♦ Diabetic Foot Care
- ♦ Routine Treatment
- ♦ Saturday Appointments

H.C.P.C. Registered

16 Hockerill Street, Bishop's Stortford

01279 652249 info@feet.org.uk
www.feet.org.uk



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

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

At Forest School the children have been learning about the 'Fire Circle' rules. They were given the opportunity to use flint to make sparks to light a fire. This gave them an understanding of fire and fire safety.

They also looked at the ploughed fields and talked about harvesting. The children also talked about opposites and they landed up hugging the big trees! A big hit and a favourite of the children is to tie a rope on a log and drag the log along the floor to collect leaves, great fun had by all. We also celebrated Diwali; making 'Rangoli' patterns from coloured rice and looking at the story with Rama and Sita.



This coming December we would like to invite and welcome all local families to our Christmas Fair at the nursery on Friday 1st December 3.30pm-5.30pm organised by Birchanger Nursery Committee. We will have cakes, games and a fantastic raffle. All of the money raised will go towards much needed items for the children at the nursery. If you are interested in a place at our setting please contact us via our website or give us a call. Limited spaces available now for children from 2½ years.

Clair Rava
Tel: 810800
Email: admin@birchangernursery.org

BUYING A PUPPY?

The talking point at the practice this month has been the recent Kennel Club survey that showed people were more likely to buy a puppy on impulse than a pair of shoes! Almost a quarter of respondents spent five minutes or fewer on where to buy a puppy, yet 22% said they spent half an hour or more choosing a new pair of shoes! The survey goes on to reveal that the puppies chosen in 20 minutes or fewer were three times more likely to suffer illness, ongoing veterinary treatment or death within six months than puppies chosen in an hour or more. As a vet this is a depressing survey particularly when there is so much advice freely available to prospective pet owners. At the surgery we are always happy to talk through purchasing any new pet; other sources are the Kennel Club and local or national animal welfare agencies. One of the problems with dogs has been the huge surge in popularity of some breeds, for example French bulldogs, which has led to demand outstripping supply and the gap being filled by irresponsible breeders who churn out puppies with no thought to health or welfare. Only last week I saw a couple who had travelled over a hundred miles and were sold a puppy from a man in a van at a motorway services. They said it was fine because the puppy had its 'papers'. When I looked at these 'papers', it was a photocopied sheet where a piece of torn paper had

been stuck over the puppy's registered name with a name handwritten on it! Needless to say the puppy had several health concerns. So please, follow the fashion with shoes if you like but not with animals, whatever they are. Choose a responsible breeder, do your research, ask advice from people who know and whatever you do, don't buy a puppy from the back of a van in a motorway service station!



Ilse Pedler
Mercer and Hughes Veterinary Surgeons



ST CLARE CELEBRATES THE DEDICATION OF STAFF AND VOLUNTEERS IN HOSPICE CARE WEEK

www.stclarehospice.org.uk

Hospice Care Week held in early October gave St Clare the opportunity to highlight the diverse range of services available to all local people and their families. The hospice based at Hastingwood, near Harlow, which supports patients and their families in the Stansted area as well as West Essex and East Herts, marked Hospice UK's national week of campaigning with the theme 'We are hospice care'. The dedication and expertise of its team of more than 135 skilled staff and 500 committed volunteers was celebrated. Chief executive, Sarah Thompson, said: "Everything we do at St Clare is only possible because of the dedication and expertise of our hundreds of staff and volunteers. This year's Hospice Care Week theme, 'We are hospice care', gave us a chance to showcase the huge array of services that we provide at St Clare – and to show local people that hospice care is about much more than just care in a bed, on a ward. So many people are surprised that we provide care in people's own homes, and that we support people from diagnosis, not just in the last few days and weeks. Many health and social care staff, as well as local residents, are not aware that we give such varied care. From providing physiotherapy and complementary therapy, to creative art and social groups, we offer support for the whole person, not just help with their medical needs. We are there for the patient and their circle of family and friends too. It is so important that we use this national awareness week to let local people know that we are here for them." For information about how you, your workplace, community group or school can support St Clare see our website.

Chris Carter
Communications Volunteer
Tel: 773752
Email: communications@stclarehospice.org.uk

FRIENDS OF ST JAMES CHURCH

Autumn Craft Fair

Saturday 4th November 11.00am-3.30pm
At St Barnabas Centre, Thorley, Bishops's Stortford
Wide variety of crafts, Free entry – all welcome



Sandra Ayres
Tel: 814471

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

Bishop's Stortford Golf Club 01279 654715

Stansted Mountfitchet Social Club Your Friendly Community Hub!



- Live Music Nights
- Bingo - Tuesdays @ 8pm
- Make New Friends
- Sky & BT Sport
- Darts & Pool Teams
- Superb Juke Box
- Great Selection of Drinks
- Fantastic Prices

A warm welcome awaits you!

Membership just £20 per year. Pop in for a form or visit www.smsc.uk.com.

Come and relax in our friendly atmosphere!

Tel. 01279 812992

Luxury Three Bedroom Holiday Cottage (Wootton - Isle of Wight)

Sleeps 5 * Sky TV * Free Wi-Fi * Private Parking



www.thewightholidaycompany.co.uk
(search for Wootton)

5% discount to the end of 2017
with code **Link17**

Call 01983 716320

- Geese
 - Turkeys
 - Chickens
 - Ducks
 - Guinea Fowl

ESSEX LIFE FOOD & DRINK AWARDS 2017
 great taste

www.greatclerkesfarmfoods.co.uk 07968 148 896
 Great Clerkes Farm, Little Sampford, Essex CB10 2QJ

The Cork House
BAR & BISTRO

01279 817474
www.thecorkhouse.co.uk
info@thecorkhouse.co.uk

OPENING TIMES

| | |
|------|-------------|
| Mon | 12am - 11pm |
| Tues | 12am - 11pm |
| Wed | 12am - 11pm |
| Thu | 12am - 11pm |
| Fri | 12am - 12pm |
| Sat | 12am - 12pm |
| Sun | 12am - 6pm |

Monday Steak Night
2 for £15

Wednesday Ladies Night
1/2 Price Cocktails

Thirsty Thursday
4pm - 8pm

Facebook, Twitter, Instagram icons

THE DOG & DUCK *A traditional village pub*

• STANSTED MOUNTFITCHET •

Fine selection of real ales, beers & quality wines

Bar snacks, Sunday lunches, & great British classic menu using local produce

Beautiful decking area & large, rear enclosed garden

SKY & BT Sports, monthly quiz nights & regular live music

Dogs are welcome

Food Hours:
 Mon & Tues 12 - 3pm, 6pm - 8.30pm
 Wed to Sat 12 - 9pm
 Sun 12 - 5pm

T: 01279 812047 | dogandduckstansted@gmail.com | www.dogandduckstansted.co.uk
 58 Lower Street | Stansted Mountfitchet | CM24 8LR
 facebook.com/stansteddogandduck | instagram.com/dogandduckstansted

Stansted Network

NEWS FROM YOUR LOCAL COUNCILS

VISIT BY KEMI BADENOCH MP

Kemi Badenoch, our Member of Parliament, met with Parish Council Chairman, Maureen Caton, District Cllr Geoffrey Sell, Parish Councillors John O'Brien, Fran Richards and Daphne Wallace-Jarvis and Ruth Clifford, our Parish Clerk, to discuss our local issues. She then met some of our parishioners over lunch at the Day Centre.



Maureen raised the point that some parishes in Uttlesford perceive a "Saffron Walden-centric" approach to issues that were generally highlighted and acted upon. Kemi responded that she was very aware of this perception and was seeking to realign the approach to issues in her constituency. The issues raised with, and lack of timely response from, the Environment Agency with regard to our local flooding were also discussed; Kemi agreed to support us in taking forward any agreed action to alleviate flooding and to gain funding to put such plans into action.

The discussion turned to how Manchester Airport Group could support community projects and create a closer community relationship with the parish from which the airport takes its name. We suggested the following ideas that Kemi could promote with them on our behalf:

- To sponsor the work we fund with the Youth Centre
- A contribution to offset part of the capital costs of our new community/library building
- A contribution to the joint funding of a dedicated PCSO for our village

A lengthy discussion ensued around policing following the Parish Council's meeting with Roger Hirst, Police and Crime Commissioner, the previous evening. Maureen outlined an initiative from UDC to joint fund PCSO's within parishes – which we, in principle, are pursuing subject to receiving further information from UDC. Kemi stated very clearly that she would be supporting Roger Hirst in his attempts to gain more funding from the Government for the Police service in Essex.

REMEMBRANCE SUNDAY

The traditional Remembrance Day parade and service will be held on Sunday 12th November. We hope as many of you as possible will join us at the War Memorial to honour those who gave their lives for us. We shall follow the same format as last year with all the commemoration taking place in the Memorial Garden. The Parade will



leave Crafton Green car park just after 10.40 am. Cllr Geoffrey Sell, Chairman of UDC accompanied by CEO, Dawn French will lay a wreath on behalf of The District Council.

Copies of Glyn Warwick's book "They Sleep In Heroes' Graves" which remembers all those named on the War Memorial are available from the Parish Council Office at a reduced price of £10.00. We are still waiting for formal permission to carry out restoration work on the War Memorial but we hope to be able to accept a quote from a stone mason in the near future and get the work done in the Spring of 2018 in time for the centenary of the end of WWI.

TWINNING WITH RUNGIS

Following a limited response from the community to our consultation on the proposed twinning initiative, the Full Council unanimously agreed to set up a project group, working with representatives from the Municipal Council of Rungis and our local Business Forum who also gave their overwhelming support to the project.

We are now looking at the formal processes required to support the venture, the setting of a budget and ideas to keep our links alive and beneficial to both communities. Our friends in Rungis are very keen to work with all our schools and to promote a cultural and linguistic exchange programme – not just with exchange visits but by using social media such as Skype and Facetime – and teacher exchanges have

also been mooted. Your ideas will be very welcome especially in this early stage of setting up the vision for twinning. We would also welcome any interest from families who could offer to accommodate any visitors or enter into family exchanges. We will keep you posted on our ideas and progress, but please send any of your own ideas to the office at parishcouncil@stansted.net.

FLOOD DAMAGE PREVENTION GRANTS

Essex residents who have suffered the heartbreak of a flooded home can now apply for extra funding to help prevent it happening again.

This scheme offers a £5,000 grant to homeowners whose homes have flooded previously, with the money tailored to individual homes to make them more resilient to flooding.

Successful applicants have their properties surveyed and receive a consultation with the flood product suppliers.



Details of how to apply can be found at:

flood.essex.gov.uk/get-a-flood-grant/property-level-protection-grant-for-homes/apply-for-a-plp-grant/ or call 0844 798 1261 to find out more about grants available.

This flood-resistant door fitted at a house in Lower Street is an example of the kind of protection that can be funded from a grant.

NEWS FROM THE DISTRICT

Cllr Thom Goddard writes

LOCAL PLAN

The Local Plan consultation has now closed and Uttlesford District Council are taking on board residents' opinions and feelings. More housing will impact the gorgeous green fields of Uttlesford but it is mandated by central Government and so we need to build without creating additional pressure on our infrastructure and community.

The draft Local Plan includes proposals for three new garden settlements at Great Chesterford; Easton Park near Great Dunmow; and Stebbing, west of Braintree. These three settlements will accommodate the majority of the new homes national Government insists Uttlesford builds by 2033. Stansted Mountfitchet is listed

as a "Key Village". This does mean it is not a focus for new development as Stansted has 62 dwellings allocated under the draft Local Plan out of the 5,900 that need to be built by 2033.

HIGHWAYS

The Birchanger Welcome Break services on the junction with the M11 has applied for planning permission for a new exit onto the A1250, Bishop's Stortford road. This would come out between Bishop's Stortford Golf Club and the Birchanger roundabout. More details and opportunities to voice your opinions are available on the Uttlesford District Council planning website for Application UTT/17/2352/FUL. This application has been called in to review by Cllr Terry Farthing and myself so please let us know your thoughts as well as Uttlesford District Council.

COUNCILLOR GRANTS

Christmas is just around the corner and in the spirit of giving I would like to remind residents that each of your four District Councillors has money for local projects. Please email any inquiries to us and we will look to fund initiatives that benefit our community.

DATES OF PARISH COUNCIL MEETINGS

November

- | | |
|----|-------------------------------|
| 1 | Windmill & Full Council |
| 8 | Open Spaces |
| 15 | Finances and General Purposes |
| 22 | Full Council |

December

- | | |
|----|-------------------------------|
| 6 | Finances and General Purposes |
| 15 | Full Council |

CONTACT DETAILS

Clerk - Ruth Clifford.

Assistant to the Parish Clerk-Trevor Lloyd

Administration Assistant-Emma Philbrick

Email: parishcouncil@stansted.net

Phone/fax: 01279 813214 10.00 am - 1.00 pm

www.stansted.net

PARISH COUNCIL MEMBERS

- | | |
|----------------|--|
| Maureen Caton | 813914 |
| (Chairman) | m.caton@hotmail.co.uk |
| Catherine Dean | 813579 |
| | catherinemarydean@btinternet.com |
| Samantha Dunn | 810859 |
| | cillsamanthadunn@stansted.net |
| John Hudson | 814489 |
| | johnedhudson@gmail.com |

| | |
|-------------------------------------|--------------------------------------|
| Matthew Jessup | 816591 matthew@in2it.biz |
| Peter Jones | 813252 peter@lowerstreet.com |
| Jo Kavanagh | 815157 jo.kavanagh.248@gmail.com |
| John O'Brien | 816772 johnedobrien@gmail.com |
| Rachel Rands | 817413 rachelrands@btinternet.com |
| Frances Richards (Vice Chairman) | 812748 frannie.richards@gmail.com |
| John Salmon | 814789 dandjsalmon@gmail.com |
| Geoffrey Sell | 815925 sellgeoffrey@yahoo.co.uk |
| Valerie Trundle | 813433 Prtvrt@btinternet.com |
| Daphne Wallace-Jarvis | 812259 dwjjwj.444@gmail.com |

As we go to press there is one vacancy on the Parish Council

UTTLESFORD DISTRICT COUNCIL MEMBERS

| | |
|----------------|---|
| Alan Dean | 813579 cllrdean@uttlesford.gov.uk |
| Terry Farthing | 661555 cllrfarthing@uttlesford.gov.uk |
| Thom Goddard | 01371 879122 cllrgoddard@uttlesford.gov.uk |
| Geoffrey Sell | 815925 cllrsell@uttlesford.gov.uk |

ESSEX COUNTY COUNCIL MEMBER

| | |
|-------------|---|
| Ray Gooding | 813103 cllr.ray.gooding@essex.gov.uk |
|-------------|---|

MEMBER OF PARLIAMENT

Kemi Badenoch MP contact details:

By post at House of Commons, London SW1A 0AA

By telephone on 0207 219 1943 (House of Commons)
or 01799 506349 (Constituency Office)

By email at kemi.badenoch.mp@parliament.uk

MP Surgery Dates

Friday 27th October Thaxted Guildhall, Town Street, Thaxted (11 am – 1 pm)

Friday 27th October Old Armoury, 3 Museum Street, Saffron Walden (3 pm – 6 pm)

Friday 3rd November Town Council, Foakes House, 47 Stortford Road, Great Dunmow, Essex (3 pm – 5 pm)

Friday 17th November Old Armoury, 3 Museum Street, Saffron Walden (3 pm – 6 pm)

Friday 8th December Parish Council Office, Crafton Green, 72 Chapel Hill, Stansted (3 pm – 6 pm)

For an appointment at any of the above please send an email with your name and address to: kemi.badenoch.mp@parliament.uk. Alternatively, phone the Old Armoury on 01799 506349.

Street Surgeries (no appointment necessary)

Friday 3rd November Town Square, Dunmow (11 am – 1 pm)

Saturday 4th November Saffron Walden Market Square (9.30 am – Noon)

POLICE

Non-emergency 101
James.graham@essex.pnn.police.uk

NEIGHBOURHOOD WATCH

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 here on the same days and at the same time each week:

Monday 10.00 am - 4.00 pm Mobile Library

Wednesday 1.00 pm - 6.00 pm Day Centre - Click and Collect Service

Saturday 10.00 am - 4.00 pm Mobile Library

For more information email
Jenny.Salisbury@essex.gov.uk

CLARIFICATION

In the September issue of The Link we referred to a bench donated by Richard Shervington in memory of his wife. Richard has asked us to acknowledge a contribution from the Hollis family as well, which we are happy to do.

VILLAGE FIREWORK DISPLAY

Forest Hall School Playing Fields

SATURDAY 4th NOVEMBER

Gates Open 6.30 pm

Fireworks 7.00 pm

FAMILY TICKET ONLY £10

(2 adults and 2 children)

Additional tickets £4 adults, £2 children

REFRESHMENTS AVAILABLE

SUPPORTED BY



**There are limited parking spaces at the school
If you can walk please do so and leave the parking spaces
for people who have mobility problems**

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 | Rainbow Pre-School | Gill Pursglove (Administrator) |
| | Email: michelle.wrayj@gmail.com | | Tel: 814242/07966 506997 |
| Beaver Scouts | Wayne Browning | | Email: admin@rainbowpreschool.net |
| Age 6-8 | Tel: 07976 441468 | Rainbows | Sue Pollard Tel: 813734 |
| | Email: mrwbrowning@googlemail.com | Rotary Club | Martin Budzinski |
| Bowls Club | Doreen Scraggs, Hon Secretary | | Tel: 07803 878961 |
| | Tel: 815036 | | Email: martin@voucherpacks.com |
| | Email: doreenscraggs@talktalk.net | Scouts | Mike Byrne |
| Brownies (Tuesday) | Kathy Shearman Tel: 07724 355533 | (age 10½ -14) | Tel: 812780 |
| Brownies (Wednesday) | Susan Scott Tel: 810955 | Shotokan Karate Ryu | Donna Ring Tel: 731752 |
| CAB | Tel: 08444 775986 | | Email: skr@skr.org.uk |
| Corkers Netball | Lisa Menzella | Spangles | Sarah Mason Tel: 812348 |
| | Tel: 07827 988732 | Children's Centre | Email: smason2@spurgeons.org |
| Craft Club | Sam Debbah Tel: 07866 185704 | Stansted Badminton Club | Vince Tel: 07793 000107 |
| | Email: tuftydawn@googlemail.com | | Raj Tel: 07775 915418 |
| Cricket Club (adults) | David Hedge Tel: 812509 | Stansted Business Forum | Iris Evans |
| (juniors) | Keith Ayres Tel: 814471 | | Email: iris.evans9@gmail.com |
| Cub Scouts | Steve Turrell | Stansted Family Café | Ros Page Tel: 810813 |
| Age 8-10½ | Tel: 07519 572642 | | Email: contactstanfam@yahoo.com |
| Day Centre | Tel: 815091 | Stansted Football Club | Tom Williams Tel: 07921 403842 |
| Explorer Scouts | Vic Clarke | Stansted Hall and | David Brown |
| | Tel: 07903 413217 | Elsenham Cricket Club | Tel: 831011/07788 999663 |
| Friends of St Mary's | Lynda Dale Tel: 07716 099474 | | Email: david1.r.brown@gmail.com |
| Church | Email: lynnydale@hotmail.com | Stansted Sparks Netball | Gemma Snelling Tel: 07894 944242 |
| Garden Club | Maralyn Harris, Chairman | | Email: gemmasnelling@me.com |
| | Tel: 07919 478144 | Stansted Speed Watch | Warren Vickers Tel: 813996 |
| Grove Cottage | Andrea Charity Tel: 656085/ | | Email: vickersw@aol.com |
| | 07795 483674 | Stansted Supers | Oilly Pocknell |
| Guides | Jennifer Jarvis, District Commissioner | Handball Club | Tel: 07875 391701 |
| | Tel: 814434 | Tennis Club | Chris Hollis Tel: 319155 |
| Helpline | Tel: 07704 553727 | | Email: chris.hollis2@btinternet.com |
| History Society | Peter Brown, Chairman | U3A | Helen, Chair |
| | Tel: 812816 | | Tel: 812945 |
| Huw Johnson Club | Katharine Collis Tel: 461270 | Women's Institute | Brenda Ryan, President |
| | Email: kat_collis@hotmail.com | (Stansted) | Tel: 812725 |
| Inner Wheel Club | Jenny Savage, President | Women's Institute | Dorothy Wallace, President |
| | Tel: 656065 | (Ugley) | Tel: 850215 |
| Investigators | Ros Page Tel 810813 | Whoosh Explore | Helen and Peter Nash |
| | Email: contactstanfam@yahoo.com | Canoe Club | Tel: 817453 |
| Little Scrummers | Andrew Poyser Tel: 07738 591232 | Youth Centre | Linda Barnes |
| Millers (Windmill) | Molly Clark Tel: 816768 | | Tel: 07947 548051 |
| music@stansted - | Sonia Levy Tel: 815282 | | |
| classical concerts | 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 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.

DANIEL ROBINSON & SONS



**Independent Family Funeral Directors
& Monumental Masons Est. 1892**

- 24 hour careline with local, fully qualified managers offering advice & support
- Lady & gentleman funeral directors
- Competitive pricing policy

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

www.drobinson.co.uk



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

www.leverandco.com

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

Member of the Institute of Professional Willwriters

MEMORIALS

Direct From Stonemason

J. Day & Son

Station Road, Bishop's Stortford

**FOR BROCHURE & PRICES
OR A HOME VISIT CALL**

0800 7837521

or 01279 654555

www.jdayandson.co.uk

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

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.



WINE TIPS FOR AUTUMN

As nights draw in and temperatures drop, wine choices turn from light reds, rosés and steely white wines of summer to fruity, spicy medium bodied red and white wines to suit autumnal dishes.

With mushrooms or light game dishes I tend to reach for a bottle of NZ Pinot Noir. The **Exquisite Collection NZ Pinot Noir 2016 from Aldi £6.99**, with a depth of red fruits and silky smooth taste is an amazingly low price for a wine of this quality. For richer meat and game dishes a spicy Shiraz or Grenache works well. Try Crozes Hermitage from the northern Rhone, a GSM (Grenache Shiraz Mouvedre) blend from Australia or, if you want to push the boat out, an Amarone from Italy (typically £20-£50!). Alternatively try **Masi Campofiorin Rosso del Veronese 2013 from Waitrose £12.79** (at the time of writing reduced to £9.45). It's made from the same Corvino Rondinella grapes with the addition of partially dried grapes (the secret of the rich flavours of Amarone), has a deep red colour, gorgeous aromas and has a soft and velvety taste. Quite delicious.

For white wines with more body and a touch of spice try some aromatic grape varieties such as a Pinot Gris or Viognier but from warmer new world countries such as New Zealand, Australia, USA or Chile. For example the **2016 Cono Sur Bicycleta Viognier from Chile available from Tesco at £7.50** with lovely peach and apricot flavours that works well with spicy Asian dishes.

Current favourite full bodied reds, both from Majestic, are **Porta 6 Lisboa 2015 £7.99** made from the same grapes used in port and **Vox Populi Bobal 2014 from Spain £10.99** using the Bobal grape, the second most widely planted red grape from Spain after Tempranillo. Both worth seeking out and will go well on Bonfire Night with those spicy sausages. Enjoy!



Paul Wilkinson Dip WSET
Corkscrew_456@hotmail.co.uk



Citizens Advice
the charity for your community

www.uttlesfordcab.org.uk

Volunteers Needed

We are currently looking for new volunteers to join our team. Full details and role/job specs together with application forms can be downloaded from our website.

- **Volunteer Advisers**

We are recruiting volunteers to join our next adviser training course, which will start this autumn. Initial training over six months will involve a commitment of nine hours a week plus homework; thereafter we ask volunteers to commit to a day a week for a further 18 months. We are particularly keen to encourage applications from people who are able to work at our office in Great Dunmow. Our volunteers come from a variety of backgrounds and have many reasons for volunteering. Some are looking for something interesting to do with their spare time, others are keen to develop new skills. They are all bound by a common desire to support others and make a difference in our community.

- **Trustee**

We are looking for a volunteer Trustee to join our Board and eventually to chair our Community Engagement

Committee. Main duties and responsibilities will include:

- leading and co-ordinating a team of volunteers to conduct activities and events organised by the Committee
- working closely with the Chief Executive Officer and other Bureau staff to raise the public profile of the Bureau
- identifying possible new sources of funding in the community
- organising the preparation of publicity materials for events and campaigns.
- providing written reports to each Board meeting on the Committee's activities and plans

The main Trustee Board holds six evening meetings each year at UCA's office in Saffron Walden, and in addition the Board has two strategy meetings, normally held off-site and during the working day. Please note my working days are Tuesday and Wednesday.

Jo Hancock
Office Administrator
Tel: 01799 618846



Nature Notes

The Ash Tree

As winter approaches one thinks of cosy homes, and for many this may require logs. Honor Goodhart published 'Logs to Burn' in the Punch magazine, and during the miners' strike of 1926 advised housewives thus: "Ash logs all smooth and grey, burn them green or old, buy up all that come your way, they're worth their weight in gold". It is a tree that man has depended on over the centuries. The quality and texture of the wood makes it useful for tools, furniture, and was used in the early manufacture of aircraft. From the black buds of spring, to the tiny purple flowers; the coming out of leaf and finally the bunches of keys, it is a tree that beautifies our countryside. Traditional folk lore tells us that '*Oak before ash, in for a splash, ash before oak, in for a soak*'. Many healing claims are made for this ancient tree, and a number of treatments are now scientifically proven. In early times the ash seemed to have magical restorative powers. It symbolises rebirth and new life, and was deemed particularly helpful to infants. To cure a child of rickets, ruptures and hernias, a young ash tree, whilst still growing, was split wide enough to pass the suffering child through. This was accompanied by ritual and prayers. The tree was then bound together again, and if the tree survived then so should the child. Writing in 1788 the Rev'd Gilbert White of Selborne, Hampshire tells of seeing rows of pollarded ashes with seams down the sides, which showed evidence of this practice! Ash die-back is affecting and killing this handsome tree. Remember the irreplaceable elms, now no longer in the meadow? A thing of beauty, now gone forever; let's hope history doesn't repeat itself.



Bee's daughter



What's a typical day at Mountfitchet House? Sprucing up the garden

At Care UK, we understand that choosing a care home can be stressful for everyone involved. It's why we offer all-round support to make the transition easier. At Mountfitchet House care home we get to know residents, their life story and interests, so that we understand how best to care for them. You'll find residents keeping busy with a variety of daily activities – from the typical to the not-so-typical.

To find out how we can help call us on
01279 883167

careuk.com/mountfitchet-house



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 or ring 01799 551046 and speak to our managing director, Ros Holder.



Carer Filipa

Promoting Independence to Elders
at Home

I'm available for a range of services
Call me on 07741 100641

Stansted Mountfitchet & Surroundings

SCIMITAR CARE HOTELS PLC - First Class Residential Care for Mum & Dad



Luxurious residential care home for retired, elderly or convalescent senior citizens.



Hargrave House, Stansted: 01279 817272

Scimitar Care Hotels is dedicated to providing a superior lifestyle of comfort, happiness and independence that redefines the perception of residential care for the elderly. Our quality and standard of service really do make a difference to our residents' lives.

Are you planning a holiday but worry about a dependent elderly relative? Do you want a 'day out' for shopping, visiting friends or simply need a break but are concerned about leaving Mum/Dad without care?

Scimitar Care Hotels provides long and short-term care and day care so that carers can take a break.

- | | |
|----------------------------------|----------------------------------|
| ✓ En-Suite Facilities | ✓ Passenger Lifts |
| ✓ Private Telephone & Television | ✓ All Meals Freshly Prepared |
| ✓ Nurse Call Facilities | ✓ Short or Long Term or Day Care |
| ✓ 24 Hour Care | ✓ Single or Double Rooms |
| ✓ Fully Licensed Bar | ✓ Personal Laundry Service |

Head Office: The Lodge, Coopers Lane Road, Potters Bar, Hertfordshire, EN6 4AD. Tel:01707 665515 - www.ScimitarCare.co.uk - mail@ScimitarCare.co.uk



RSPB STORT VALLEY LOCAL GROUP

www.rspb.org.uk/groups/stortvalley

Our next monthly meeting on Tuesday 14th November at 7.30pm will be a talk titled 'A Birds-eye View of the RSPB in the Thames Estuary' by Rolf Williams at Bishop's Park Community Centre, Lancaster Way, Bishop's Stortford (next to Tesco). Rolf introduces the wildlife, management and surprising history of the North Kent Marshes. For five years, Rolf took a microlight flight over the marshes, recording the landscape for the RSPB. Stretching from Gravesend to Whitstable, the marshes were created by the Romans, farmed by the Saxons, written about by Dickens and echoed to the voice of Roosevelt! Today the marshes and other parts of the estuaries accommodate 300,000 wintering wildfowl and waders, breeding marsh harriers etc - but change is afoot and what does the future hold? Entry is £3.00 for Stort Valley Members, £5.00 for visitors.

Our next walk on Sunday 19th November is at Heybridge Basin. **Location:** Meet at Heybridge Basin Car Park at 10.00am. Heybridge Basin is located at the end of the 13 mile Chelmer & Blackwater Navigation and contains the sea lock which joins the canal to the Blackwater estuary. From the sea walls at Heybridge Basin you can take in the splendid views of the Blackwater estuary and Osea Island, and you may even see a historic Thames Barge on a cruise out from Maldon. We last visited here three years ago and enjoyed a rewarding walk along the basin and sea, taking in many waders, wintering birds and lovely flocks of avocets.



For more information contact Lee Jaques on 07454 801894.

Sheila Bowles
Tel: 814973



INNER WHEEL CLUB OF BISHOP'S STORTFORD

September started with a super event which the Club has been hosting for a number of years - the *Contact the Elderly Tea*. It is one of the highlights of our year. This year on Sunday 10th September we hosted friends from Bishop's Stortford, Epping, Redbridge and Dagenham. Inner Wheel members provided and served a delicious tea at Stansted Day Centre with entertainment led by member Margaret Webb. At our September meeting on Tuesday 25th we welcomed Angela Weeks from The Portland Child Contact Centre in Bishop's Stortford to tell us about the wonderful work which is carried out there. President Jenny has chosen the Centre as one of her charities for the year.

The Club meets at Stansted Day Centre, Crafton Green, Chapel Hill on the fourth Tuesday of every month at 7.30pm except August and December. New members are always welcome. Please ring me or Barbara Morrison 814152 for more information.

June Milne
Tel: 01371 875370



STANSTED MOUNTFITCHET U3A

www.stanstedu3a.org

At the meeting on 21st September, Steve Lester talked about **Sales and Auctions**. He had tips for those visiting an auction room, and spoke of various forgotten objects, found in unlikely places, that ended up going for considerable sums of money. It was a very amusing and interesting talk. On 30th September at the Saturday Seminar, Kimberley Wilson talked about the **connection between nutrition and mental health**. Nutrition is as important to psychiatry as it is to cardiology, so food has an essential effect on brain function. Kimberley stressed the importance of diet, exercise and good sleep. Exercise strengthens the brain; a colourful plant-rich diet feeds the brain and good quality sleep keeps the brain active. **The Stansted U3A Singers** gave their annual concert at St John's Church on Saturday 7th October. The audience were treated to songs on the theme of *What a Wonderful World*. Isobel Bradshaw, the musical director, summarised it as "life-affirming", and with music from Handel, Mendelssohn, Barlow and Rutter, it was a superb selection.



The Special Astronomy Seminar to be presented by Dr Carolin Crawford will be on Monday 13th November 7.00pm- 9.00pm in the Day Centre. Tickets are £4 members, £5 non-members from Alan on 07817 275563 or email: stanstedseminars@gmail.com. At the meeting on 16th November at 1.30pm in St John's Hall, Patricia Cooper and Christine Holroyd will present a '**Tale of Two Skippers**', an illustrated account of 40 years sailing in their own boats. **The Stansted Strummers** will entertain the residents of Mountfitchet House on Thursday 23rd November at 3.00pm. **A Reminder that the Christmas Lunch is on Thursday 21st December.** U3A contact details: Email: stanstedu3a@live.co.uk. Telephone: Helen (Chair) 812945, Liz (Secretary) 813270.



Suzanne Parra



UGLEY WOMEN'S INSTITUTE

Michelle Turner of Craftyheffalump was the speaker at our last meeting – a very entertaining, enthusiastic speaker. Her subject was natural dyeing and in the space of just 45 minutes she gave us a very informative overview of the history of dyeing. A very ancient craft, it was being practised in Turkey as long ago as 8000BC. She illustrated her talk with examples of items that she had dyed and items that she had printed using leaves. She gave us a demonstration of natural dyeing using onion skins; some wool went into the 'slow cooker' in its natural colour and by the end of her talk came out a lovely Autumnal colour! She brought a very entertaining afternoon to a close by judging our competition for a scarf. The speaker at our November meeting to be held on Wednesday 15th November in Ugley Village Hall at 2.15pm will be Christine Wood whose talk entitled 'Gone but not forgotten' will be very appropriate for 'remembrance month'. Why not come along and meet her? You would be most welcome!

Andrea Fitt
Tel: 815922

MEDIACOMS

Aerial Satellite AV Security



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

independent advice
expert knowledge
professional installations

sky

Your local
Sky expert

01279 871777 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
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

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

hiltonrentals@hiltongroup.info www.hiltonrental.co.uk

hiltonrental

STANSTED UPHOLSTERY



07787514280

AMUSF QUALIFIED UPHOLSTERER

FRIENDLY, RELIABLE, LOCAL BUSINESS

TRADITIONAL & MODERN UPHOLSTERY

FREE ESTIMATES

www.stanstedupholstery.com

Alterations & Design

Need your Trousers, Dresses or Curtains taken
up, then please get in touch for a quote

Kelly Hodges-BLA Home fashion designer

<https://www.facebook.com/kjh.fashiondesign/>

kjh.fashiondesign@gmail.com

07917562723

NOVEMBER – THE MONTH TO REMEMBER

Birthstone: Topaz symbolizing friendship, Flower: Chrysanthemum

Originally the ninth month of the Roman calendar November comes from novem, the Latin word for nine. The Anglo Saxons called it blod monath (blood month) as cattle were slaughtered for winter food at this time. Since 2004 Movember, an event organised by the Movember Foundation Charity involving the growing of moustaches during November, has been held. Originating in Australia and New Zealand to raise awareness and funds for men's health issues, it now takes place internationally. All Souls Day, when we remember the dead is on the 2nd of this month, as is National Love Your Red Hair Day in Ireland, and National Men Make Dinner Day in the USA. The 5th is, of course when we remember Guy Fawkes and the failed gunpowder plot of 1605 celebrated on Bonfire Night with firework displays and by burning effigies (Guys). The 11th is the day of The Lord Mayor's Show held in London, to mark the start of the new Lord Mayor's year in office; also Armistice Day which is followed by Remembrance Sunday on the 12th, when poppies are worn and services are held to remember the millions of soldiers who died in the two World Wars and other conflicts.

Stir Up Sunday on the Sunday before Advent (26th) is traditionally the day for families to mix together the ingredients of the Christmas pudding with everyone taking a turn at stirring the mixture and making a wish for the year ahead. Sadly not many Christmas puddings are homemade these days and the custom is dying out. Finally St Andrew's Day is on the 30th. November can be a depressing time with shorter days, gloomy weather and sad remembrances - but there are always the Christmas celebrations to look forward to.



BEEKEEPING

It will soon be Christmas, and I am writing about an ideal present for your loved ones – a 'Beginners Course in Beekeeping' run by Bishop's Stortford Beekeepers Association. At the end of the course the student will be capable of becoming a 'hobby beekeeper', knowing how to source bees, maintain a colony in a hive and extract their honey for sale, through the gaining of the following skills and knowledge:

- Understanding the life cycle and role of each type of bee
- Being able to complete hive inspections
- Understanding the reasons for swarming and carry out preventative measures
- Understanding the advantages and disadvantages of different types of hive
- Being able to build a hive and frames
- Being able to identify, prevent and cure common diseases
- Being capable of extracting honey hygienically
- Being able to source a nucleus
- Knowing how to use the basic equipment.

The course will be held on five two-hour evening sessions at Hopley's Garden Centre, High St, Much Hadham: 11th, 18th,

25th April and 16th and 23rd May, plus at least one weekend practical live session at the Association apiary. The cost is £60, which includes a course text book, refreshments and protective clothing, plus £5 to become an Associate member of Bishop's Stortford Beekeepers Association which entitles you to attend all the Association's events and meetings. Even if you don't intend to keep bees, you will have fun and enjoy learning about them. Why not come as a husband and wife team and revive the fun of doing things together? Or bring your children who will only cost half the adult price. If you send an email to the address below, I will put you on the list to receive details in the New Year (without obligation). But hurry, places go very quickly and if you want to book now, just let me know.



John Dockerill
Chairman
Bishop's Stortford Beekeepers Association
Email: training@stortfordbees.org.uk

STANSTED EVENING WI



I think we were all surprised to learn how fast the hedgehog population is dwindling, when Lynne Gardner came to talk about the charity, Herts Hogline, which she set up 26 years ago. The population has gone down from 35 million in the 50s to only one million. We are losing them faster than losing tigers - a hedgehog and a tiger conjures up a rather nice picture! Lynne cares for injured and sick hedgehogs in a shed in her garden, where she can house ten at a time. They have two litters a year and often the babies are not strong enough to last the winter. They are lactose intolerant so milk is not a good thing to put out. They need water in hot weather and non-fishy cat food or dog food. She has friends who help her to get them better and she releases them if they want to go; girls tend to stay! Local vets are helpful and they do have to take them there sometimes. We are asked to check bonfires this time of year before we light them.

Our WI was out in force at the Windmill Fête serving teas in their nice new WI aprons, where we raised about £300.

Some of us attended the WI College in Oxford for an Essex Weekend. There were several courses on offer and all the places were filled by Essex members. We had a choice of flower arranging, cheese making, singing, rambling, crochet, and



painting. The weather was wonderful, we were transported by coach from Birchanger and we all had a great time. We were encouraged to buy drinks at the bar as the profit is used to clean the carpets - not just the ones in the bar of course! The photograph shows Brenda Ryan, our President.

The speaker on Thursday, 9th November 7.45pm in the Day Centre is John Watkins 'What a Wonderful World'. All welcome.



Judy Colliver

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



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

- 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



NEWMAN'S



HOME SERVICES LIMITED

Plumbing • Heating • Electrical

Kitchens • Cloakrooms • Bathrooms • Showers

Tel/Fax: 01279 814437 Mobile: 07831 233681



Local, reliable and friendly plumber

All small and large jobs undertaken

Phillip Knight 07985 640650

Email: 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: 01279 815877 Mob: 07860 213760

Email djonesco@btinternet.com



M. LLOYD & SON

Plumbing & Heating Services

All aspects of Plumbing and Heating



Tel 01279 216331

Mob 07949 839709

Visit our Stove Shop in Takeley

Woodburners, Multifuel
and Gas Stoves

Cooking Ranges
& Pizza Ovens

Expert HETAS Installers
and Free Home Surveys

OrionHeating.co.uk

01279 813591

Takeley Business Centre,
Dunmow Road, CM22 6SJ



HEALTH AND WELLBEING

SECRETS TO A HEALTHIER, HAPPIER, LIFESTYLE

www.1Life.co.uk

Have you begun to notice changes to your mood swings, your energy levels are at an all-time low or maybe you are struggling to concentrate? This could all be due to an imbalance between your diet and your exercise routine. National guidelines recommend at least 150 minutes of exercise and two full body strength training sessions per week – couple this with a healthy diet plan and you could notice massive improvements to your overall health and wellbeing - it could even extend your lifespan!



Five benefits to adopting a healthy diet and regular exercise:

1. Improve your energy

Replace the crisps with healthy small snacks throughout the day to help your blood sugar levels from crashing. This in turn helps to keep your energy levels up, plus if you throw in a session at the gym or a nice brisk walk this will naturally help to lift your mood.

2. Be more healthy

We have heard it all before, but combining healthy eating with a good exercise routine can prevent all sorts of conditions including heart disease, stroke, hypertension, Type 2 diabetes, arthritis, osteoporosis and depression. Before taking on any new diet plan and/or exercise routine consult your doctor for advice first.

3. Get control of your weight

Eating fewer calories and burning off more energy may sound simple, but losing weight and keeping it off is challenging for the majority of people. Eating fruits, vegetables, lean meats and other proteins will help fill you up and prevent the unnecessary snacking. Additionally, top up the exercise and calorie burning activities by taking a walk or cycle to work, take the stairs not the lift.

4. Get more zzz's

It is a proven fact that regular exercise makes us sleep better and a better night's sleep helps our mood, our memory and gives us more energy to take on the following day.

5. Improve self esteem

All of the above amount to making us feel good about ourselves and when we start to get compliments about how well we look it naturally lifts our mood.

For more information or to book a free trial contact Stansted Mountfitchet Leisure Centre.

Beckie Reynolds
General Manager
Tel: 648580

FINGER WAVES –

Good for grip strength and arthritis

Use it or lose it; move it or lose it. Whilst osteo-arthritis is very painful, keeping the joints fully mobile is an essential part of keeping the worst effects of arthritis at bay – along with improving strength. Here is a very simple exercise to help keep the hands supple and strong:

Really stretch out the fingers and thumbs.

Keeping the thumbs still, slowly roll the fingers up into as tight a fist as you can manage, then, straightening them up, wave them back out to the start.

Now fold the fingers across the palm, keeping the top knuckle joint reasonably straight and then curl them into that tight fist again and slowly roll them back to fully straight.

Repeat the same exercise but with the thumbs.

Make a fist with the fingers three times, and curl up those thumbs three times. Repeat daily.

Take up rock climbing to improve the strength of your grip! Neurologically, the brain places differing emphasis on the different body parts. The accompanying diagram of the sensory homunculus illustrates this very clearly. We can see how huge the hands, the lips, tongue, teeth, and the eyes are. These areas send many more signals to the brain than do the limbs or torso. Which means anything we do to improve the function of the hands, tongue and so on has a big positive impact on the brain. And it also means that the areas with less representation, for example the back, are far more prone to pain.



Clare Harding
Z-Health Master Trainer
Tel: 07802 872919
www.clareharding.com

HENHAM CHRISTMAS MARKET

This year the Henham Village Christmas Market is taking place on Friday November 17th 1.00pm-8.00pm at both the OSCA Hall and Henham Village Hall for twice the shopping experience! Last year the event raised over £4,000 for our chosen charity Great Ormond Street. We are hoping for similar success at this year's event, where we will split the money raised between Great Ormond Street and COSMIC, both children's medical charities. Entrance is £1 which will get you into both halls. There will be over 30 stalls selling a wide range of Christmas presents, foods, chutneys and handmade artisan gifts. Refreshments are available throughout the day including home cooked cakes.



Anna Sedgbeer
Tel: 461500

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

Email: simonbrownjuly64@gmail.com



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: lesleyprose@aol.com



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

- Painting
- Decorating
- Gardening
- General Maintenance



www.birchangerwoodtrust.org

A Meeting of Minds, in Birchanger Wood - 'where trees cross counties'

On 30th September, the Chairman of Uttlesford DC, Essex, Geoffrey Sell, and the Mayor of Bishop's Stortford Town Council, Hertfordshire, Colin Woodward, met together in the compound of Birchanger Wood to understand the development, and progress of this local public asset which comprises 69 acres of ancient woodland, with 75% in Essex and 25% in Hertfordshire. Birchanger Wood is a 'grown-up' local community asset, maintained, and managed by local volunteers under the leadership of our super voluntary warden. It is open 365 days of the year. It has almost six km of two metre wide, all-weather winding woodland paths which are suitable for all ages and abilities, including wheelchairs.



The main entrance leads directly up to the compound and can be found via a wide track from Heath Row, Bishop's Stortford, **except** for wheelchair users who should use the less challenging entrance at Woodlands, off Parsonage Lane. Access to the Birchanger side of the Wood is via the public footpath through Harrisons, or the public bridleway off Birchanger Lane. The Wood is owned by the Birchanger Wood Trust, a charity, and the cost of upkeep is financed from gifts, donations, grants and sale of firewood. The trees comprise deciduous ancient woodland with masses of under-growing English bluebells and wood anemones flowering in the spring. The compound, open on most Saturdays for a few hours for the sale of wood, is the work-hub where we bring on young trees, have a small pond and, in a quiet corner, look after recuperating rescue hedgehogs from Herts Hogline. It is woodland in which to walk, run, contemplate, take the family, photograph, and enjoy solace - a green lung in a busy world.



Daphne Wallace-Jarvis
Email : secretary@birchangerwoodtrust.org

ST ELIZABETH'S CHRISTMAS BAZAAR

Come and join us this year on **Saturday 25th November** for our fabulous Christmas Bazaar, from 12 noon-4.00pm. Father Christmas and his reindeer will be visiting, plus there will be Christmas craft stalls, a BBQ, afternoon tea and live music. Venue: St Elizabeth's Centre, Much Hadham, Herts SG10 6EW. Email: fundraising@stelizabeths.org.uk for further information.



Nichola Warner



Sunday Walks 5-6 miles all leaving at 10.00am except*
5th November Thremhall Park, Bury Lodge Lane Turn at Traffic Lights GridRef: TL532214. Post code CM22 7WE
19th November Bishop's Stortford, Pig Lane Car Park Grid-Ref: TL494193. Post code CM22 7PA
3rd December Refer to our website
17th December Little Canfield, All Saints Church GridRef: TL587209. Post code CM6 1SU
***26th December Boxing Day Start 10.30am Stansted, Castle Car Park GridRef: TL515248. Post code CM24 8LY (nearest)**
The new season's walks have opened with some mixed weather, but have been mostly fine.

Issues:

Eastwick: The proposed development of North Harlow will annihilate the area and lose the ambiance forever.

Bishop's Stortford North: currently underway but affects fewer public paths. However, the gateway to Stortford will be transformed. The awful loss of both these huge open areas of farmland is forever, and the extra strain on our local infrastructure very sad. On a more light-hearted note, it is interesting to observe small differences between public paths in Essex and those in Hertfordshire. Most of the many small wooden bridges

over water and streams in Hertfordshire have their wooden planks covered with wire netting which is excellent for preventing slippage when the planks are wet. Again in Hertfordshire, many of the stiles have been replaced by kissing gates - a great improvement which removes all those wobbly balancing risks incurred in climbing over so many sad, unsafe, inadequate stiles. Well done, Herts.



Our 1st October walk commenced in Braughing, a charming 'olde worlde' village in 'hidden Hertfordshire'. Diverse very old cottages, houses, a green square, village pump, church with wonderful bells, two pubs, and a horse, but possibly no super-fast broadband!



Daphne Wallace-Jarvis
Publicity Officer
Email: dwjjwj.444@gmail.com

Little Hadham Antiques Fair

An established fair known for its wide range of quality antiques, jewellery, Victoriana, china, glass, pictures, prints and lots more

9.30am - 4.00pm Sun 12th Nov

(signposted off A120 between Puckeridge & B Stortford)

Admission £1

Refreshments & hot meals available

MITCHELL SCHOOL OF DANCE

Mrs Mitchell LISTD Dip AISTD AES Dip

Fully qualified and registered teacher

Email: 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

T: 01279 654423

www.grahamschoolofdance.co.uk



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

D BONNEY & SONS (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

- ✓ 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!

CHRISTMAS TREES



FRESH * LOCALLY GROWN

at

ALSA WOOD FARM

ALSA WOOD (off Alsa Street)

STANSTED CM24 8SU

POTTED * ROOTED * CUT

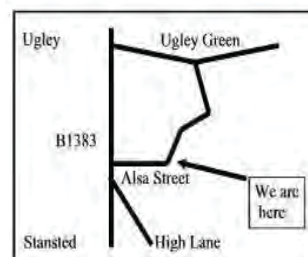
SEVERAL VARIETIES * WREATHS

CHOOSE / DIG YOUR OWN (Boots advisable)

OPEN: 10 am – 4 pm

FRIDAYS
SATURDAYS
SUNDAYS
MONDAYS

From Fri 1st December





STANSTED MOUNTFITCHET
LOCAL HISTORY SOCIETY

Our meeting on 5th October was well attended with many newcomers which was great to see. We were given a presentation by Ray Franklin on the **Elsenham jam factory** and its history, with many photographs to support this informative talk. Ray started with Walter Gilbey, a man who made the most of his life, becoming one of the most successful and influential men ever to emerge from Bishop's Stortford. In 1889 Walter with his head gardener and chef, combined their skills using sugar from Felsted sugar beet factory and fruit from his walled gardens at Elsenham Hall to make a jam which Sir Walter declared "A most excellent preserve", giving away excess jars to many visitors including royalty. This inspired him to go into production and start the Jam factory at Elsenham in 1893. By 1907 his estate at Elsenham had expanded and was producing all kinds of fruit, although the fruit and jam business was not profitable at that time. He later experimented with the growing of lavender and Ray showed us many photographs detailing the production of jams and preserves and the lavender stills.



In 1933 the Elsenham Jam business was sold to Commander Carr, and in 1969 a devastating fire occurred, which burnt the factory and store houses to the ground. After the fire the Management decided to rebuild and modernise the whole business and renamed it Elsenham Quality Products. One of its biggest sales was Patum Peperium, a gentleman's relish. In 1987 it was sold to Whitbreads, who sold it in 1988 to Smuckers from Orrville, Ohio, who produced many different types of jams and preserves that were mainly made for export only.

Our next meeting on **Thursday 2nd November** will be a talk on **Watermill farm, the watercress beds and wild flower meadow**, by Peter Sanders, Toby Lyons and Elizabeth Ashton. All welcome. Doors open at 7.45pm at the Crafton Green Centre, Chapel Hill.



Steve Leaney
Tel: 647177

MANUDEN SINGERS

Sunday 3rd December 7.30pm in Manuden Church
The programme includes Haydn's *Mass for St Nicholas*, Handel's Chandos Anthem *O Praise the Lord with One Consent*, and Haydn's *Te Deum – we praise thee O Lord*. Tickets £10 (children £5) from 812157 or on the door. All proceeds to Manuden church roof fund.



Ian Priest



www.musicatstansted.co.uk

Sunday 3rd December 3.00pm St John's Church
Daniel Shao (flute) with Daniel King Smith (piano). Daniel Shao is studying for an MA at the Royal Academy of Music (RAM) and has played in numerous orchestras as well as performing as soloist at the Wigmore Hall, the Cadogan Hall and on BBC4. Daniel King Smith is a graduate of the RAM specialising in accompaniment and chamber performance. Their programme includes sonatas by Poulenc and Prokofiev as well as gems by Bach, Tchaikovsky and Gluck. Tickets: adults £15, over 60s and students £12, under 18s free are available from Absolute Travel, Nockolds Bishop's Stortford, Sonia tel 815282, or on the door.

Richard Allaway



AMICI CANTATE PRESENTS

www.ticketsource.co.uk/amicicantate

A Concert of Remembrance in support of **The Royal British Legion Poppy Appeal** featuring 'The Armed Man' by Karl Jenkins Saturday 11th November at 7.00pm at All Saints' Church, Hockerill, Bishop's Stortford.

Amici Cantate will be joined for this concert by fabulous professional soloist, Olivia Barry, young singers from the local area including Summercroft Primary School and Dunmow St Mary's Primary School as well as the amazing Amici Cantate Chamber Orchestra! This is the fifth time Amici has performed with local young singers for charity, over the last five years, and the choir has raised over £10,000 in that time.

'The Armed Man', Karl Jenkin's 'Mass for Peace', was given its premiere in the autumn of 2000, and has become one of the most popular and moving pieces of choral music in the contemporary musical canon. The 'Mass' combines elements of a variety of Abrahamic prayer, including elements of Christian and Muslim worship together with a



strong message about the tragedies of war and the importance of peace. This is going to be a very special evening indeed so please come along and help us to raise the roof of All Saints' Church and raise as much as possible for **The Poppy Appeal!** Tickets: adults £12, under-16s £6, family £25, purchased in advance from 506773 or our website.

Alison Thompson

Publicity Officer

Tel: 816188 or 07866 580110

Email: tickets@amicicantate.org.uk



LEISURE PLAN
LUXURY • OUTDOOR • LIVING
LEISUREPLAN.CO.UK

SHOWROOM
STANSTED MOUNTFITCHET
ESSEX, CM24 8HD
TEL: 01279 816 001

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

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
www.dtbedrooms.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

Tel: 01279 815700

info@edhowleyfbd.co.uk

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

HIBBS & WALSH

associates limited ARCHITECTURE & DESIGN

Mike Hibbs & Sebastian Walsh

53 High Street Saffron Walden Essex CB10 1AR

Telephone 01799 523660

Email: office@hibbsandwalsh.co.uk

Website: www.hibbsandwalsh.co.uk

Thinking of doing some building work?

Uttlesford Building Control are your locally based Inspectors, we know all the local builders, surveyors and ground conditions.

We are here to help!

Please contact us for pre-application advice - call before 10am to arrange a same day inspection.

T 01799 510453

E building@uttlesford.gov.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

THE HUNDRED PARISHES SOCIETY

www.hundredparishes.org.uk



The Society held its AGM in September, kindly hosted by Duxford Parish Council, one of 18 parish councils who are members of the Society. Before the meeting, we were guided by local historian Jim Longstaff on a short walk around the centre of Duxford, with visits to its two interesting Grade I churches.



If you would like to explore this attractive village, please consider following Hundred Parishes Walk number 14 which can be downloaded from the Walks section of our website. The five mile route starts at Great Chesterford Station and passes through Ickleton, Hinxton and Duxford before finishing at Whittlesford Station. Until last month, I was under the impression that Whittlesford Station was in the parish of Duxford, but our guide informed us that the parish boundary was changed in 2010. Whittlesford parish, which lies outside the Hundred Parishes, also acquired the ancient Duxford Chapel. Duxford parish has retained most of its treasures including Imperial War Museum Duxford.

We have started to update the walk descriptions on the website by adding a map to each. So far, two have been completed. We hope the additional feature will encourage more folk to try either the three miles of Walk number 3 around Stansted Mountfitchet or even the ten miles of Walk number 11 which starts at Newport Station and finishes at Audley End Station, after passing through Wicken Bonhunt, Clavering, Arkesden and Wendens Ambo. I guarantee that you will find either route full of interest.

On Sunday 12th November, there will be a screening of *Littlebury* at Saffron Screen in Saffron Walden. This is a compilation by Lizzie Sanders who was a major player in the publication of the excellent Littlebury parish history. There is more information at <http://saffronscreen.com/littlebury/>.

Ken McDonald
Secretary
Tel: 813226



www.saffronhall.com

Britten: War Requiem Saturday 11th November 7.30pm Saffron Hall, Saffron Walden

SWCS will unite with Harlow Chorus for an Armistice Day performance of Britten's powerful and moving War Requiem. The concert, which will feature over 300 performers, is supported by a bequest from the late Roger Williamson, who sang with both choirs and by a grant from Essex County Council Small Grants Scheme. Tickets £15 - £35 from the website above and Saffron Walden TIC.



www.mountfitchetgardenclub.co.uk

Dr Ian Bedford – Head of Entomology at the John Innes Centre in Norfolk - was the Club's Guest Speaker for October. Ironically his planned computerised talk 'got a bug' so 'Plan B' was put into operation and members were told about 'Garden Bugs - Good and Bad'! After explaining his job and showing how the facilities have changed from a 'large tin shed' to modern, up-to-date laboratory facilities, members were shown the life cycle, habits both good and bad, and told what could be done to either encourage or discourage them from our gardens. At the moment a great deal of work is being undertaken to understand and control many 'foreign invaders' which have been brought into the country on imported plants, or have moved here with the warmer climate. Ian ended his talk telling members about 'The Invasion of Spanish Slugs'! The sight of vast numbers of these huge slugs left everyone squirming in their seats. Dr Bedford explained that the normal animal control (hedgehogs, frogs, etc) do not find them a delicacy and it can take up to 20 conventional slug pellets to kill one of them and, with chemicals being discouraged, he explained that the JIC is looking into other ways to control them. He puts the slugs into a bucket of soapy water to remove their slime, then overnight he pours a little bleach into the bucket and the next day he buries them at least 18 ins deep. Photographs of fields of crops decimated in days by these slugs were shown; a deterrent clearly must be found.

Our next Meeting is on Wednesday, 1st November: 'Rethinking your Garden' by Mr Andrew Sankey. Meetings are held at The Day Centre adjacent to the car park at the top of Chapel Hill. Doors open 7.30pm for an 8.00pm start with refreshments available prior to the meeting. Visitors are always welcome to our meetings.

Maralyn Harris
Chairman
Tel: 07919 478144



**STANSTED
BOWLING
CLUB**

Many thanks to all those who helped to put the 'Green' to bed.

We were very sad to hear of the loss of Jim Stockley, ex-bowler and Green Keeper for many years; he will always be fondly remembered – a true gentleman.

Club Dinner and Presentation Night – Saturday 18th November, 7.00pm for 7.30pm.

Club AGM – Friday 24th November at 7.45pm (Minutes of 2016 AGM are on the notice board).

Carpet Bowls has re-started on Tuesday afternoons from 2.00pm and Friday evenings from 7.30pm.

Doreen Scraggs
Hon Secretary
Tel: 815036 or 07812 483178
Email: doreenscraggs@talktalk.net



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
 email: 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

Lawn Supremacy

Grounds Maintenance and Lawn Care

- Large Gardens
- Pubs and Hotels
- Graveyards and Churches
- Commercial Buildings
- Parks and Play Areas

Call Rory on 07805 521899 or 01279 815658



TTMC
The Tree Management Company
www.TTMCtreeSurgeon.co.uk

Call Today for a Free Written Quotation
Tel: 01279 812 962

All Types of Tree Work Undertaken

- ✓ Crown Reductions
- ✓ Tree Felling
- ✓ Seasoned Hard Wood Logs
- ✓ Hedge Cutting
- ✓ Stump Grinding
- ✓ Landscaping
- ◆ Fully Insured to £10m
- ◆ Fully Qualified
- ◆ Local Authority Approved




CREATE A GARDEN FOR ALL SEASONS . . .
 profusion of berries, vibrant coloured stems, ornamental bark, glossy evergreen foliage and fragrant Winter flowers
 - VISIT US and find your inspiration!



Ornamental Trees and bushes, Roses, Hedging and Bamboo, Herbaceous, Climbers/Shrubs, Winter pots and hanging baskets and much more!

Langthorns plantery
 like tree plantery, like tree plantery

BY APPOINTMENT TO HER MAJESTY THE QUEEN
 SUPPLIERS OF ORNAMENTAL PLANTS, SHRUBS AND TREES.

www.langthorns.com . 01371872611
 Open 7 days a week except Christmas fortnight 9-4.30pm.

Logs Logs Logs

Seasoned hardwood

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

- Seasoned Hardwood Logs
cut and split to your required size
- Tree Surgery
- Hedge Cutting
- New Lawns Laid
- Fencing

Tel: Marie 01279 850495
The Wood Yard, Old Mead Rd Henham CM22 6JG



STANSTED FOOTBALL CLUB

www.pitchero.com/clubs/stanstedfc2011

We enter the month of November with fewer fixtures than of late but within these games we host three very important league and cup matches. The first one is on Tuesday 7th when we entertain Bostick North League Team Grays Athletic in the 3rd round of the BBC Essex Sponsored Senior County Cup. This fixture is particularly attractive as our opposition play at a higher level; however they are not in the best form and currently languish near the bottom of their league. It's a tie which must be decided on the night, so if level after 90 minutes, it's straight to a penalty shoot-out. We expect Grays to bring plenty of support, therefore our lads are also hoping to get plenty of local support on the night. In League action we have two top games against Great Wakering Rovers and FC Romania; both teams are currently regarded as one of the favourites to win our league and gain promotion.

Once again thanks to our neighbours for returning stray footballs especially matchballs which can be extremely expensive to the Club to replace as we are required to play with a certain standard of ball, marked with 'FIFA Match Approved' stamped across it. If anyone has difficulty in returning matchballs please contact me and we will get them picked up. Finally, on behalf of the Committee and players past and present, the Club is once again proud and honoured to take part in this year's 'Poppy Wreath Laying Ceremony' at the village memorial on Remembrance Sunday. We will also be conducting our own tribute at the home league fixture on the 11th.

November Fixtures:

| | | |
|---------------------------|------------------|----------------------|
| Tuesday 7 th | Grays Athletic | Senior Cup KO 7.45pm |
| Saturday 11 th | FC Romania | League KO 3.00pm |
| Tuesday 21 st | Great Wakering | League KO 7.45pm |
| Saturday 25 th | Burnham Ramblers | League KO 3.00pm |



Tom Williams
Secretary
Tel: 07921 403842

STANSTED HALL & ELSENHAM CRICKET CLUB

The Club is now busy fundraising for a new pavilion at our Elsenham ground. Our most imminent project is the Aviva Community Fund 2017. You could really help the Club by voting for it online, it will only take five minutes; register or login to your 'My Aviva' account. Once registered you have ten votes which you will hopefully give to Stansted Hall & Elsenham Cricket Club. You have up until 21st November to vote - please help. The Club will be continuing with *All Stars* cricket next year; great news for five to eight year olds (and their parents).



David Brown
Tel: 831011 Mob: 07788 999663
Email: david1.r.brown@gmail.com



Stansted Cricket Club

The Club is sad to announce the recent passing of two former players: Jim Stockley and Reg Farmer, who were active when I joined the Club in 1975. Our congratulations go to Ben Baker, who has won the NatWest OSCA Groundsman of the Year award. The OSCA scheme is run in our area by Essex County Cricket Club and recognises outstanding contributions from volunteers. The Club's annual tour to La Manga in early October was enjoyed by all and saw the Club play the following 20 over matches:

| | | |
|-----------|----------------------|-------|
| SCC 123-6 | Westcroft CC | 124-4 |
| SCC 109-9 | Pinatar Pirates | 110-5 |
| SCC 127-6 | La Manga | 133-2 |
| SCC 131-6 | Spanish Academy | 137-1 |
| SCC 196-5 | Westcroft CC (again) | 120-8 |

Josh Monk was the most successful batsman with scores of 109 no, 83, 53 and 33. Ben Baker took the most wickets with five. It was another great tour with great nights out and good cricket. Many new friends were made and the Club will be going back there next year. The Club would like to invite anyone interested in scoring on a regular basis next season to contact me. Adults wishing to join the Club should contact me; juniors should contact Head Coach Keith Ayres on 814471.



David Hedge
Hon. Secretary
Tel: 812509

Stansted Tennis Club



www.stanstedtennisclub.co.uk

Hospital Cup:

Congratulations to Ross Armorgie who won this year's Men's Singles, representing Stansted Tennis Club. Finals' Day was held at Henham Tennis Club and was well supported by spectators from Stansted.

Cayless Tournament:

The rearranged date for this year's tournament will be on Sunday 5th November starting at 9.00am.

Ladies' Night:

The next Ladies' Night will be from 7.00pm on Monday 13th November. All lady members are welcome to come along and play.

Used tennis balls:

These can be purchased for £1 for a tube of four from Jan Hollis at 105 Cambridge Road.

Contacts:

Jon Budd (Secretary) 647020; Chris Hollis (Chairman) 319155. If you would like to find out more about Stansted Tennis Club, please visit the website.



Chris Hollis

Index to Advertisers

| IFC - Inside Front Cover | | IBC - Inside Back Cover | | OBC - Outside Back Cover | |
|--------------------------|---------------------------------|-------------------------|----------------|--------------------------------|-----|
| Animal Care | Debs Dogs | 34 | Hairdressing | Barnet Fayre | 12 |
| | Mercer & Hughes | OBC | | Lino Thomas | OBC |
| Art & Craft | Millway Stationery | IFC | Ironing | Dunmow Ironing Parlour | 16 |
| Building | A C Wright Building Contractors | 36 | Halls for Hire | Quaker Meeting House | 10 |
| Services | Churchill General Builders | 36 | | Manuden Community Centre | 10 |
| | D S Designs (Architects) | IFC | | Ugley Village Hall | 10 |
| | Hibbs & Walsh (Architects) | 36 | Holidays & | Absolute Travel | IBC |
| | David Fortune (Builder) | OBC | Travel | Wight Holiday Company | 18 |
| | Uttlesford District Council | 36 | Household | D C Alarms | 28 |
| | Vester Property Services | 36 | Installations | Mediacomms | 28 |
| Carpentry | Gillson Carpentry & Joinery | 36 | | SDS Aerials | 28 |
| Chiropody | R Handford | 16 | Jeweller | John Wilson | 10 |
| | Julie Golden | 16 | Legal | Herts and Essex Wills | 24 |
| Cleaning | Binwash | IBC | | Lever & Co Solicitors | 24 |
| | Clear Ovens | 16 | Leisure | Bishop's Stortford Golf Club | 18 |
| | Ecaterina Domestic Cleaning | 16 | | Elsenham Golf Club | IBC |
| | Go-Jo Quality Cleaning | 16 | | Stansted Social Club | 18 |
| | Olivers Commercial Cleaning | IBC | Motor | D Bonney & Sons | 34 |
| Community & | Carer Filipa | 26 | Services | Conway Chauffeur Drive | OBC |
| Care | Hargrave HouseCare Home | 26 | | Hilton Rental | 28 |
| | Hearing Help | 12 | | J & R Cars | 28 |
| | Helpline | 10 | | Wright Cars | IFC |
| | Mountfitchet House Care Home | 26 | Painting & | Ada Decorating | 32 |
| | Ross Nursing Services | 26 | Decorating | Brown's Painting & Decorating | 32 |
| Computing | MCM Computer Services | 16 | | David Duncan Decorating | 32 |
| | TCS | 16 | | Lesley Anne (Painting) | 32 |
| Dance | Graham School of Dance | 34 | | MWR Interiors | 32 |
| | Mitchell School of Dance | 34 | | Nick Shutes | 32 |
| Dental | Castle Dental | 12 | | Prime Decor | 32 |
| Education & | Music Lessons | 10 | | Ray on the Hill | 32 |
| Children | Rainbow Pre-School | 10 | | T F Plastering | 32 |
| | Tuition | 10 | Personal | Bentfield Beauty Spa | 12 |
| Electrical | Albury Electrical Services | 30 | Services | Essential Gem (Beauty) | 12 |
| | CK Electrical | 30 | | Fresh Leaf (Hypnotherapy) | 12 |
| | Stansted Electric | 30 | | George Cooper (Physiotherapy) | 6 |
| Fashion | Alterations and Design | 28 | | Glynis Cheers (Hypnotherapy) | 12 |
| Financial | Mansell & Co Accountants | IBC | | Lower Street Clinic | 6 |
| Fitted | DT Bedroom & Kitchen Designs | 36 | | Natural Family Health | 12 |
| Furniture | Furniture by Design | 36 | | Stansted Chiropractic | 6 |
| Fitness | Anna Scanlon Fitness | 8 | | Stansted Psychotherapy | 12 |
| | Flexible Strength | 8 | | Steve Curtis (Hypnotherapy) | 12 |
| | Vision Fitness | 8 | | Williams (Osteopath) | 6 |
| Food | Great Clerkes Farm | 18 | Pilates | Akasha (Pilates & Yoga) | 8 |
| | Lams Chinese Takeaway | IBC | | Back to Basics (Pilates) | 8 |
| | Mayflower Chinese | IBC | Plumbing & | Harpers Plumbing & Heating | OBC |
| | The Cork House | 18 | Heating | JDW Gas Heating Specialist | 30 |
| | The Dog & Duck | 18 | | Jones (Plumbing & Heating) | 30 |
| Funeral | Bishop's Stortford Cooperative | 24 | | M Lloyd and Son | 30 |
| Services | Daniel Robinson & Sons | 24 | | Newman's Home Services | 30 |
| Furnishings | Stansted Upholstery | 28 | | Orion Heating | 30 |
| | Stort Blinds | IFC | | P Knight Plumbing | 30 |
| Garden | Cox Farm & Forestry | 38 | | Stansted Gas Services | 30 |
| Services | Alsa Wood Christmas Trees | 34 | Printing | CZ Design & Print | 10 |
| | D Honour & Son (Landscapes) | OBC | Property | Do-It-4U | 34 |
| | Leisure Plan Garden Furniture | 36 | Maintenance & | Fairweather Windows | IFC |
| | Langthorns | 38 | | Finch and Son | OBC |
| | Lawn Supremacy | 38 | Retailers | Family News (Londis) | 10 |
| | Logs Logs Logs | 38 | | Paris Legore (Flowers & Gifts) | IFC |
| | Mowtivated | 38 | Stonemason | J Day & Son | 24 |
| | The Secret Gardener | 38 | | | |
| | Tree Management Company | 38 | | | |
| | Uppercut Trees | 38 | | | |

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 Cleeve CM23 3AR



01279 658499

info@mansellandco.org



The Family Friendly Golf Club

- 9 HOLE GOLF COURSE
- 3 HOLE BEGINNER'S ACADEMY COURSE
- FAMILY ORIENTATED TEACHING ACADEMY
 - HEATED FLOODLIT DRIVING RANGE
 - CAFE BAR & LOUNGE AREA
- FULLY EQUIPPED GYM & FITNESS CLASSES
 - FOOTGOLF
- FUNCTION ROOM FOR WEDDINGS, PARTIES, MEETINGS & SOCIETY DAYS

Tel: 01279 812 865

info@elsenhamsportandleisure.co.uk
www.elsenhamsportandleisure.co.uk



Lams

SPECIAL CHINESE CUISINE TO TAKE AWAY

OPENING HOURS incl 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



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



Open the door to freshness

Contract cleaning packages for your workplace or commercial premises.

Call **01279 816120** or **07883 340049**
email denise@olivers.uk.com
for a no obligation quote.



Domestic cleaning also available

From the standard
to the unusual



design print web exhibition

www.czdesignandprint.co.uk

01279 657769 • hello@czdesignandprint.co.uk



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

[@absolutetravel4](https://twitter.com/absolutetravel4)

facebook.com/absolutetravelagent





LINO THOMAS
HAIRDRESSERS

TELEPHONE 01279 812910

LINO THOMAS, THE GREENS BUILDING, CAMBRIDGE ROAD,
STANSTED MOUNTFITCHET, ESSEX CM24 8BZ
WWW.LINOTHOMASHAIRDRESSING.CO.UK

NEW BUILDS & ALTERATIONS ■ LOFT CONVERSIONS ■ KITCHEN & BATHROOM FITTING ■ LANDSCAPING ■ PLUMBING ■ CARPENTRY ■ PAINTING ■ DECORATING ■

David Fortune

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

FINCH & SON

KITCHENS
BATHROOMS · BEDROOMS
PLUMBING · CARPENTRY
SMALL BUILDING WORKS
DECORATING · TILING

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

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



 **Harpers**
Heating & Plumbing Ltd

 **WORCESTER**
Bosch Group
Accredited Installer


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



   

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

 **Conway Chauffeur Drive Stansted**
Luxury Private Hire

**Mercedes E-Class
Executive Saloons**

First class travel
service



T: 07803 100321 E: execdriver4u@gmail.com
www.conwaychauffeurdrivestansted.co.uk