



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







#### Front cover:

Tony and Margaret Trigg having received their 2<sup>nd</sup> Covid-19 Vaccination





The Link is published by Stansted Mountfitchet Magazine Community Interest Company and delivered free to nearly 3700 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. If you do not receive your copy please email: distribution@stanstedlink.org.uk or telephone 813680

**Editor Distribution Queries** Directors

Elizabeth Oakley **David Horton** 01279 812690 01279 813680

distribution@stanstedlink.org.uk editor@stanstedlink.org.uk

**Treasurer and Company Secretary** Advertising

Mike and Marion Dyer Alan Wheeler 01279 814059 01279 813745

adverts@stanstedlink.org.uk accounts@stanstedlink.org.uk

Mike Dyer (Chairman)

Yvonne Ayres Susan Bone Catherine Dean Marion Dyer Sarah Ludlow-Elston Elizabeth Oakley

Photographic Consultant Paul Burt

#### CONTENTS

Churches	Stansted Family Church	14	Local	Clickitlocal	7
	Stansted Free Church	15	Roundup	Gardens of Easton Lodge	5
	Stansted Quaker Meeting	15		Hundred Parishes	9
	St John's 300 Club	15		Stansted Business Forum	13
	St John's Church	15		Stansted Windmill	11
	St Theresa's Catholic Church	14		Staying in the UK after Brexit	5
	Thought for the Month	14		Thank You	17
Children	Daisy May's Farm	11	Features	Alpha Online	17
	St Mary's Primary School	5		Editorial	2
Clubs and	Directory of Clubs & Organisations	27		Herts Hogline	17
	Human Roots	27		In Memoriam Maureen Childs	11
	Stansted Evening WI	19		Nature Notes	7
	Stansted U3A	3		Random Jottings - A Train of Thought	7
	Statisted USA	3		Random Jottings - Domestic Bygones	19
Fundraising	Recycle Ink, Stamps & Toothbrushes	7		Random Jottings - Mud	25
	Stansted Fun Run	19		The Joys of Online Learning	9
Local Council	Stansted Network	20-23		The Link Team - Paul Burt	13
				When?	19
Health and	Covid-19 Vaccinations	2	Snorts	Stansted Bowls Club	25
Wellbeing	Hearing Help Stansted Hub	11	Sports		
	Keeping Warm this Winter	5		Stansted Football Club	25
	St Clare Dementia Project	3		Stansted Tennis Club	25
Advertising	Index to Advertisers	32			

CONTRIBUTIONS Up to 300 words in Word format. Photographs to be sent as separate attachments (jpeg). By email (preferred) to editor@stanstedlink.org.uk by noon on 9th February for the March issue or by hand/post by noon on 7th February 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, advertisements or product/services information does not constitute endorsement by The Link nor is any culpability accepted for work undertaken by advertisers.

#### **EDITORIAL**





Roll up, roll up! This used to encourage people to go to the circus, but now it could be an exhortation for people to go to a vaccination centre and roll up their sleeves. Tony and Margaret Trigg are shown on our front cover this month, after getting their second jab against Covid-19 at Stansted Surgery. It represents such miraculous hope for all of humanity, during these dark days of the third lockdown. Our thanks to Mark and Vicky Anderson for organising this unusual photo shoot, and to the Triggs for posing so cheerfully for us. Ray Smith, in his article below, gives us great encouragement about all the vaccinations which are available now.

The heated debates about Stansted Airport Expansion are continuing, in spite of the pandemic; a public enquiry began on 12<sup>th</sup> January and will continue until the end of March. To read a bit more about this, look at pages 22 and 23 of Stansted Network; if you would like to find out how to express your opinion on this controversial issue, please get in touch with one of the District Councillors for details about online participation; contact information is on p23. We hope to have more on this matter in next month's Link.

You will note that this month's issue is shorter than usual, which is a sign of the times as so few events are taking place. This sad state of affairs will end soon; in the meantime, please do send articles, which may be philosophical, reflective, whimsical or whatever interests you. Any photos would be most welcome, but should be accompanied by an explanatory text. Warmest wishes from The Link team to all of our readers.



www.humanrootscommunity.org.uk

#### **SOMETHING BIG IS COMING!**

We are delighted to announce that we have been awarded a grant by Tesco to support a community project. Work will now begin to bring our chosen project to life. What project, I hear you say? Well, we are super proud to announce that we will be launching our Little Roots gardening programme in the coming year. The funding will allow us to help a local school to build a mini-allotment on their school grounds, which will enable children to understand the value of growing and harvesting their own vegetables and to become our local eco warriors. They will also learn how to eat healthily at low cost and cook a simple meal using all the vegetables that they have grown. Please check out our website for further details under little-roots-2.



Obviously Covid has had an impact on everything that we do, so we will be adjusting our arrangements for this and other projects accordingly, making sure that everything is Covid secure. We will be setting everything up for a positive start to the programme later this year. If you would like to be part of the project, we would really like you to please get in touch with us today. You can sign up from the website. If you would like to sponsor a child's learning on our gardening programme, please check out our donation page at: www.localgiving.org/charity/HumanRootsCommunity.



Keiran Olivier Tel: 07946 783039 Email: keiran@humanrootscommunity.org.uk

## COVID-19 VACCINATIONS AN IMPORTANT MESSAGE

As an industrial pharmacist since 1965 I have been involved full time in Quality Assurance and Regulation. The UK Medicines and Healthcare products Regulatory Agency (MHRA) was the first regulator outside the USA to establish licensing to ensure the safety, efficacy and quality of medicines and devices and is a world respected British organisation. There is nothing to worry about with regard to these jabs. When you are offered a vaccination against Covid-19 please do not hesitate to accept. Whether from Pfizer, Astra-Zeneca or Moderna matters not because all are properly licensed. I was employed by a Pfizer company for 20 years and am very familiar with the stringent standards applied to the whole industry. Unfortunately, social media sites are spreading a lot of misinformation about the vaccinations from uninformed people. Please do not be misled by ignorance; have the jab, protect yourself and your loved ones ... and me. Live long, live well and happy jabbing!

Ray Smith U3A Chairman



#### ST CLARE HOSPICE

www.stclarehospice.org.uk

#### Winter Walkies

Due to Covid restrictions we have decided to hold our 5k Winter Walkies walk later in the spring. At the moment the date is still to be confirmed, but you can register for updates by visiting:

www.stclarehospice.org.uk/event/winterwalkies.

#### **Dementia Project**

We are launching a new project to support people living with advanced dementia and their carers. The Namaste Care Dementia Support project aims to train and empower unpaid carers and paid staff to deliver high-quality, compassionate care to local people living with advanced dementia. The first training course was delivered in January by St Clare's Namaste Champions, who will also offer ongoing peer support and monthly group sessions.

Community Engagement Manager, Sally Muylders, is leading the project and said: "We are delighted to be launching this new project. Namaste Care is an internationally recognised care programme. Namaste is a Hindi greeting that means to 'honour the spirit within,' and is the guiding principle of Namaste Care. The programme teaches how to use simple activities that include sensory stimulation of our five senses (touch, hearing, sight, smell and taste) which have been shown to really help people with dementia to connect and engage with others. Multi-sensory activities include things like music, therapeutic touch and massage, and food and drink." Those attending the course receive a Namaste Care box of resources, to enable them to practice the techniques with the person they care for. One of the items is a 'Twiddlemuff' - a knitted, handheld comforter that offers a special way to engage people with dementia, who often have restless hands.



We are appealing for people to knit and donate twiddle-muffs; you can find more details and download a free knit-ting pattern from our website, under Namaste care dementia support. If you are caring for someone with advanced dementia, and would like to meet others and learn about Namaste Care together, we would love to hear from you. Please call Sally on 07398 714405 or email:sally.muylders@stclarehospice.org.uk.

Rebecca Day Communications Manager Email: Rebecca.day@stclarehospice.org.uk



#### STANSTED MOUNTFITCHET U3A

www.u3asites.org.uk/stansted/home

The future is looking much more positive now with the vaccine programme going ahead at full steam. Being in lockdown during the winter is very different from how it felt last spring. Look for those first signs of spring (my aconites are already in flower as I write this at the beginning of January) and the days are becoming lighter and brighter.

Our Christmas competitions for the best autumn/winter photograph, short story and home-made ornament were well supported and our judges found it difficult to choose the winners. Jenny Wraith won the autumn photograph section with a beautiful picture taken at Marks Hall (Coggeshall) Arboretum. Diane Gwynne-Smith was runner up with a lovely woodland picture taken in Stansted. Carole Lambert won the Christmas ornament section with a knitted reindeer and Eric Fidell was runner up with his Christmas tree made out of old horseshoes. Linda Sendall won the best short story with Sliding Doors and Big Red Bows and Lavinia Epworth was runner up with The Miracle at Christmas. Very well done to everyone who entered and especially to our winners and Specially Commended category winners too – Christine Nash and John Reeve-Butler and many thanks to our judges.

Our Committee still meet monthly on Zoom and there are many plans afoot for new groups in Science and Technology, Which? Magazine and Alternative Cultures. We are keen to welcome new members with fresh ideas to our group this year with new input. The Committee are planning an open afternoon, where all interested parties will be made very welcome to come and hear about the various different groups, trips, seminars, fitness and arts and crafts classes and monthly pub lunches. Please contact me via our website if you are interested in coming along or joining us. Our regular monthly meetings are held on the third Thursday afternoon of each month in St John's Hall in normal circumstances. We are really hopeful that these will recommence early summer.

Lynda Webb Membership Secretary Tel: 813102

#### **UGLEY FARMERS' MARKET**

Saturday 20th February



**Ugley Village Hall** 



10.00am-12 noon

The Market will be held if Government regulations permit. If you would like to go on our email list to be updated on the current situation, contact Susan Bone on ugleyvillagehall@gmail.com or telephone 01279 814052

The stallholders would be delighted to see you!

# the osteopat

#### 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 8133*1*1

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.

#### Jacolin Sheaf (Lampon) D.O.

4a Red Cottages, Cambridge Road, Quendon, Saffron Walden CB11 3XH (onsite parking)

Structural Osteopathy, Cranial Osteopathy.

Treatment of back and neck pain, muscle and joint pain, tension headaches, trapped nerves and sports injuries.

One-to-one Pilates instruction.

Specialist Clinic for pregnant mothers, babies and children.

#### Tel: **01799 543444**

Email:info@quendonosteopathy.co.uk Web: www.quendonosteopathy.co.uk

#### STANSTED YOGA LOUNGE

#### LYNDSEY DOYLE Vinyasa Yoga Teacher



Regular Classes

Private Tuition

Tel 07970 022214

Email: lyndseydoyle@sky.com

纾

Stansted Yoga Lounge 

O









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)





#### C 1 FITNESS **Personal Trainer**

- One to one or small groups
- Work on your fitness or weight loss
- Home visits available
- Indoors or outdoors

Please call 07950329462 Email: juniperberryx@hotmail.com



#### APPLYING TO STAY IN THE UK AFTER BREXIT

www.uttlesfordcab.org.uk

You need to apply to stay in the UK after **30**<sup>th</sup> **June** if you are from a country in the EU, European Economic Area (EEA) or Switzerland, or if you are from another country but you are the family member of someone who is from the EU, EEA or Switzerland. This is not the case if you have British Citizenship or indefinite leave to enter or remain or if you have presettled or settled status. Getting your status will prove your right to stay in the UK for more than three months, work or study, use the NHS, claim the State Pension or rent a home. You can find more information about applying for settled or pre-settled status, including the types of evidence you need at:

- www.citizensadvice.org.uk/immigration/
- www.gov.uk

Our trained advisers at Uttlesford Citizens Advice can help with immigration issues or offer advice if you are worried about what Brexit might mean for you and your family. The rules are complicated and if you have any doubt about whether you need to apply to the EU Settlement Scheme please contact us on 01799 618840 or email: help@uttlesfordca.org.uk.

#### **KEEPING WARM THIS WINTER**

www.uttlesfordcab.org.uk

Over 3,000 households in Uttlesford are estimated to be in fuel poverty; this could be because people are out of work, managing on a low income or living in an energy-inefficient property. With Covid-19 squeezing household finances further and compelling people to spend more time at home, being able to keep warm is more important than ever this year, particularly as some health conditions caused or worsened by cold homes, such as asthma and COPD (chronic obstructive pulmonary disease) place people at greater risk from the virus. The good news is that help is available. Energy Specialists at Uttlesford Citizens Advice can offer advice on a range of areas, including winter benefits and cold weather payments, the warm home discount scheme, energy efficiency measures, home improvement grants, switching energy suppliers and the priority services register; they can also help people to manage fuel related debt and access emergency support if needed. Call 01799 618858 or email: warmhomes@uttlesfordca.org.uk.

If you are in receipt of a winter fuel allowance and feel you do not need it, it would be wonderful if you could consider making a donation to support the work of Uttlesford Citizens Advice in this area. Alternatively, if you would like to give direct support to someone else in the community who is having a difficult time, you could donate to Sophie's Fund. This small charity works closely with Uttlesford Citizens Advice, providing small grants to help local people who are struggling. A £20 donation could help someone buy fresh food, pay for prescriptions or school dinners, heat their home or access safe accommodation. You can donate online at www.sophiesfund.org.

Jo Hancock Tel: 01799 618840 Email: help@uttlesfordca.org.uk



www.eastonlodge.co.uk

We were very busy during November and December, as we had lots of projects to complete, restoring the gardens and improving them for the coming season. As usual we have our fingers firmly crossed that our snowdrops will be at their spectacular best for our Open Days in February on Sundays 14<sup>th</sup> and 21<sup>st</sup>, and Snowdrop Thursdays on 18<sup>th</sup> and 25<sup>th</sup>. For details of times and entry prices please see our website or call me. Every year they spread a bit more and we give them a helping hand too, breaking up the clumps and replanting them to colonise new areas. We have added more narcissi and tulips for visitors to enjoy in March and April. We have been clearing a new pathway in the lime wood, which will give visitors a fresh perspective on the daffodils there.



In December we put a new path into the woodland next to the walled kitchen garden. Clearing the nettles and undergrowth there should allow other more interesting plants to get established. By the time you read this we hope to have seen completion of the balusters for the restoration of the lily pond balustrade in March. There is so much to look forward to. For details of snowdrop open days, go to our website. It is still not too late to support our balustrade restoration project; details are on the website restoration page.

Jill Goldsmith Tel: 07947 183439



#### ST MARY'S SCHOOL

www.stmarysstansted.co.uk

Early January saw us adapting magnificently to the shock news that schools would be closed to all, apart from critical workers and vulnerable children. With extremely short notice, remote class and teacher-led learning went online following, as closely as possible, our normal school day timetable. Thank you to our staff, parents and pupils for rising to the occasion and bearing with us whilst we all come to grips with various online glitches. Our school office is closed at present and the phone line is being monitored remotely so if you need to get in touch with us, please email first. Stay safe everyone.

Matthew Curzon Headteacher Email: office@st-marys-stansted.essex.sch.uk



Smile creators @ Stansted

Want to improve your smile? We provide all treatments and have a wealth of experience in all aspects of dentistry

Member of British Association of Cosmetic Dentists

- Cosmetic Dentistry Implants Tooth Whitening
  - Invisible Braces Anti-Wrinkle Treatments
    - Facials Eyelash Extensions IPL
      - · Semi-permanent Make Up ·

**Accepting New Patients** 

Open Mon - Sat plus Tue Evening • 0% Finance Available

Call 01279 815041

Email:info@chapelhilldental.co.uk www.chapelhilldental.co.uk



Castle Dental is taking Private Denplan NHS Patients (subject to availability)

Hygienist services, cosmetic and implant surgery

Open Monday to Friday 8.30am-5pm

Private Saturday and late evening appointments available

Tel. 01279 815166

Castle Dental, Castle Maltings, Stansted, Essex, CM24 8XG

#### 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



#### Are you Under Pressure & need a Helping Hand?



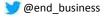
#### Then Look no further!

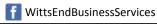
Witts End provides administrative, meeting logistics, Freelance PA/Virtual Assistant support to small business, start-ups, busy homes & individuals

Over 25 years extensive PA Administrative experience

Please contact Philippa Pearson Mobile: 07799 163522

Email: hello@wittsendbusinessservices.co.uk www.wittsendbusinessservices.co.uk







- Computer Repairs & Upgrades
- Networking & Internet
- · Virus & Spyware removal
- Website Design

www.mcmcomputerservices.co.uk mark@mcmcomputerservices.co.uk Computer Services for homes and businesses

- On site repairs up to 2 hrs -£40 fixed fee
- Fixed price on collection and return repairs

For a friendly, fast and reliable service call Mark on 07815 011925

01279 897243



01763 273323 Timcave@jkmscaffolding.co.uk WWW.jkmscaffolding.co.uk  CITB REGISTERED
 CISRS CARD HOLDERS
 IPAF LICENSED
 FULLY INSURED
 ALL ASPECTS OF SCAFFOLDING UNDERTAKEN

Established over 30 years. We provide a **SAFE, RELIABLE, COMPETITIVE AND FRIENDLY SERVICE.** 











Jkm\_scaffoldingLtd



#### Nature Notes

At the time of writing snowdrops were already blooming in the garden and no doubt they will now be flowering on the verges at either end of Lime Kiln Lane and wherever else they have been planted or spread from gardens.

In years gone by many trees and shrubs have been planted along our hedgerows and the policy continues today with plans to plant millions of trees across the country to help combat climate change. These will mostly be supplied as saplings and it is big business. There was a recent report from Norfolk of 4000 newly planted saplings being stolen along with their plastic sleeves from a narrow 320 metre stretch of field edge. Planting at this density must assume a survival rate of less than 5%. Under an oak tree along Pennington Lane I brushed aside a few leaves which revealed four acorns, all sending down roots in an area the size of my hand.



Around any village there must be thousands of acorns, chestnut, ash, sycamore and other seedlings which could easily be gathered by hand and planted where wanted. This already happens on a very small scale but the practice could be expanded, thus reducing the huge carbon footprint of growing, transporting and planting the commercial saplings with their plastic sleeves.

(Those plastic sleeves cause such nasty pollution in

woods; they are still in pieces on the ground long after their usefulness has worn off. Is there no alternative to them? Ed)

#### **CLICK IT LOCAL UTTLESFORD**

www.clickitlocal.co.uk/uttlesford

In late November, a scheme was initiated to try to encourage shoppers to support shops in the Uttlesford area. Fifty shops across the district have signed up to it, but unfortunately none yet in Stansted. We would strongly encourage businesses from Stansted to join in this initiative. Shoppers can browse and place their orders via the website address shown above.

Melvin Caton Email: cllrcaton@uttlesford.gov.uk



## RECYCLE INK, STAMPS AND TOOTHBRUSHES



We are still collecting original (not remanufactured or own brand) ink cartridges, postage stamps, toothbrushes, electric toothbrush heads, and toothpaste tubes (please place dental items in a paper or plastic bag). If the churches where our collecting boxes are situated are closed, you can leave items in the box outside the blue main door of the Free Church at the bottom of Chapel Hill. Alternatively please leave items in the porch of 7 Blythwood Gardens. Please note that we do not take laser toner cartridges. Thank you.





Marion and Mike Dyer Tel: 814059

Email: recycle@stanstedfreechurch.org.uk

## RANDOM JOTTINGS – A TRAIN OF THOUGHT

David Horton's December article about astronomy reminded me of the days when I joined a small astronomical society who met at a Manor House adult education centre. The house itself was of some interest. It was adjacent to the site of a larger house, which had been the home of Sir Cloudsley Shovell, born in 1650 who joined the navy as a cabin boy before his 14th birthday. He rose through the ranks and in 1705, at the age of 54, he was promoted to Admiral of the Fleet. He commanded the British fleet in the Mediterranean during the War of the Spanish Succession. Following the siege of Toulon in 1707, the fleet was heading for Plymouth when the Admiral's flagship, the Association, hit rocks off the Isles of Scilly and sank rapidly. Sir Cloudsley and the other 800 sailors on board perished. Three other ships of the fleet also sank on the rocks with a total loss of about 2000 men; the worst disaster in British seafaring history.

As ships undertook longer journeys it became paramount that a solution be found to the longitude problem; it was failure to accurately measure longitude that had caused the losses on the Scillies. A method had to be found to determine longitude at sea. To this end the Longitude Act was passed in 1714 which set up a Longitude Board and offered up to £20,000 for an accurate solution: the equivalent of about £3 million today. John Harrison, a clock maker born in Wakefield in 1693, built a number of clocks from wood. Some of these survive to this day, one in the Science Museum. He realised, along with others, that accurate timekeeping held the secret to accurate longitude. With the help of money allocated by the Board of Longitude, Harrison made three sea clocks, with promising performance at sea. These are called H1, H2 and H3, and were quite large instruments. His masterpiece was H4, a sea watch, a bit larger than a large pocket watch; it was inscribed No 1 1759. This proved a great success with Captain Cook on his world travels and demonstrated that the longitude problem had been solved. Harrison eventually received the prize and lived comfortably for his remaining days. He made a number of his watches and we can only speculate that it was one of these that made the Trotters millionaires eventually after so much promise. "This time next year ...".



Cliff Gilbert

Felix



Outstanding 🏠

We're passionate about

# fulfilling live

At Mountfitchet House, we understand that choosing a care home can be stressful for everyone involved.

We offer residential, nursing and dementia care, and all-round support to make things easier.

To find out more about living at Mountfitchet House, call us on 01279 881559 or visit careuk.com/mountfitchet-house



Fulfilling lives

Mountfitchet House care home Coltsfield, Stansted, Essex CM24 8LH







Old age is for thriving, not just surviving

# Broome End ESSEX CARE HOME 2019 WINNER

Relax in the knowledge that we are an **award winning**, family owned home known for our
excellent care, especially specialist dementia care.

Our staff espouse our values of offering compassionate person-centered care in a cosy and safe community setting.

01279 816455 I www.curaa.co.uk I Pines Hill, Stansted CM24 8EX

#### 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
- ✓ Private Telephone & Television
- ✓ Nurse Call Facilities
- ✓ 24 Hour Care
- ✓ Fully Licensed Bar

- Passenger Lifts
- ✓ All Meals Freshly Prepared
- ✓ Short or Long Term or Day Care
- ✓ Single or Double Rooms
- ✓ 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



## THE HUNDRED PARISHES SOCIETY

www.hundredparishes.org.uk

The local pub has long been a focal point of the community. Samuel Pepys in his diary described the pub as "the heart of England". Beer was once much safer to drink than contaminated water. Many of our local pubs are centuries old, built when most of the population were illiterate. They had distinctive names and simple signs to identify them. As early as 1393 Richard II required landlords to erect signs so that ale houses were clearly visible to his inspectors, who judged the quality of the ale. Nowadays, not all have signs but there are many interesting names.

The Saracen's Head in Great Dunmow, opposite the market place, is a 16th-century coaching inn. A Saracen was an Arab Muslim who in the Middle Ages fought against Christians for control of The Holy Land. The Blind Fiddler in Anstey takes its name from a tale of George the blind fiddler who, for a bet, entered a tunnel said to run from a pit to the castle mound a mile away. He was accompanied by his dog. A scream was heard, the dog reappeared singed from head to tail, but George was never seen again!



In Bartlow, The Three Hills dates from around 1800 AD and is named after the parish's giant Roman burial mounds which also feature on the village sign. The Sword in Hand in Westmill takes its name from the coat of arms of the



Greg family who once lived in the parish and were generous benefactors. It has an unusual and distinctive new sign.

Let us hope that we can soon all return to fully enjoying the hospitality of our local hostelries. Each of those mentioned here can be found on one of the walks described on the Society's website.



Ken McDonald Secretary Tel: 813226

#### THE JOYS OF ONLINE LEARNING

I am not always convinced that our increasing reliance on technology is such a good thing. It does have its uses such as online learning during lockdown; but it is not infallible, as illustrated by the following cautionary tale from a young relative called T. Last year T and his pal were looking forward to a Davis Cup tennis match in Madrid. The event was called off at the last minute due to the pandemic and their week's holiday in Madrid put on hold. The two friends decided to use lockdown to learn Spanish so that when the tennis event was rescheduled, they would be able to fully embrace all that Madrid has to offer during their stay.

The friends studied hard, practising daily, comparing their problems and triumphs along the way. After almost nine months they had made good progress, could easily understand the online tutor and felt confident enough to converse with a Spanish work colleague during a business meeting, via Zoom in November 2020. Julio was visibly struggling to follow the proceedings being conducted in English. Eager to put him at ease T addressed him in Spanish. His face brightened and he replied with a torrent of words; none of which T understood. T asked him to speak more slowly. It was Julio's turn to look baffled as he obviously couldn't understand T's Spanish. This verbal exchange in mutual lack of comprehension carried on for a few more embarrassing minutes before a mortified T gave up and the meeting continued in English. Despite this major setback, the two friends gamely continued their studies, determined to succeed. A week later T was listening to the world news and understood every word of the Spanish being spoken. T's friend tuned into the same interview and could also understand. Their euphoria was short-lived. At the end of the programme they discovered the speaker had been conversing in Mexican Spanish. They had apparently spent months learning not the Spanish spoken in Spain but the Mexican version! The two friends decided it would be a shame to waste their months of study. They are planning a trip to Mexico as soon as they are able, to make use of their new linguistic skills.

**Footnote:** On the subject of wearing masks - something it seems we are going to have to do for a while yet – there are at least two advantages:

- 1 They keep your face lovely and warm in the winter, especially when it is really cold and windy
- 2 It is quite difficult to recognise the face behind the mask so it is handy if you want to walk around the village incognito. Maybe you can think of some more advantages?

Loki



#### **Stansted Psychotherapy**

Counselling • Psychotherapy • Coaching Siân Lloyd MA MBA Dip.NLPt

UKCP Registered Psychotherapist & Clinical Supervisor Health Insurance Registered Provider

Video & Phone Consultations also available

Phone: 07966 195385

Email: sian@stanstedpsychotherapy.com



#### HELPLINE

Stansted's Voluntary Community Care Service

Need assistance with transport to medical appointments, shopping or collecting prescriptions etc?

No other transport available?

Call 07704 553727 Monday to Friday 9 am - 4 pm

Helpline serves to harness the goodwill that exists in Stansted If you would like to help as a Volunteer please give us a call



## JOHN V

WILSON

Manufacturing & Remodelling
Jewellery for all Occasions
Old Gold Bought

Mobile: 07900 931 910 Workshop: 01279 647 878



Our Community Allotment aims to help people with mental health needs, a disability or in social isolation

I want to teach people all things gardening and food related

Help me to build a brighter future

If you would like to get involved please tel: 07946 783039

Email: keiran@humanrootscommunity.org.uk www.humanrootscommunity.org.uk

## Stansted Mountfitchet Social Club Your Friendly Community Hub!



- Live Music Nights
- Bingo Tuesdays @ 8pm
- BT Sport
- Golf Society
- Darts, Snooker & Pool
- Superb Juke Box
- Great Selection of Drinks
- Fantastic Prices

#### A warm welcome awaits you!

Membership just £20 per year (plus initial £5 administration payment)

Pop in for a form or visit

www.smsc.uk.com

Come and relax in our friendly atmosphere!

Tel 01279 812992

#### Get the Most out of Life Hypnotherapy and CBT

#### **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



#### CHIROPODIST

Mrs Julie Golden

Est. 1994

HPC Registered ~ State Registered
Home Visiting Practice

Tel: 01279 873492 Mob: 07916 075451

A professional service at a competitive price



## 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

#### **IN MEMORIAM**

#### **Maureen Childs**

26<sup>th</sup> October 1933-13<sup>th</sup> October 2020



Maureen was born in Thaxted and came to live and work at the Mary Macarthur House, which is now known as Hargrave House. She met my dad whilst he was playing football in the neighbouring field. They married in 1952 and spent their early married days with my grandparents in Priory Drive. They moved to Stoney Common and I came along in 1956. Mum liked to keep busy, and enjoyed dressmaking and DIY. In 1977 they moved to a bungalow in St John's Crescent. Some of you may remember Mum working at the Co-op in Cambridge Road. She also worked at Walpole Farm. Her final job before retirement was at a toy shop in Hertford. Mum liked being with people and lending a hand. She loved to travel and had many a memorable holiday in the USA visiting 29 states, and taking videos and photos of them all. Mum loved a challenge too, learning to drive aged 55, and getting a computer in her early sixties. When Dad died in 2013 life changed for Mum; sadly in 2017, she was unable to look after herself and spent the remaining three years of her life in Stanley Wilson Care Home in Saffron Walden. Mum is now reunited with dad.

Valerie Clark



www.stanstedwindmill.co.uk

With Christmas now a memory I do hope that you were all able to enjoy something of the festive season. Now that we are all back in lockdown it is very hard not being able to see and meet our close family and friends, but we all know the importance of observing the Government's regulations. With the vaccine now available to many, perhaps we can look forward to a brighter future and an end to Covid-19. With that in mind, fingers crossed, within the next couple of months I hope we can at least start planning for some of our forthcoming events. I will keep you posted.



Molly Clark Co-trustee Tel: 816768



www.hearinghelpessex.org.uk

#### Stansted Hub keeps going throughout Third Lockdown

As we enter another difficult and challenging period, we are committed to ensuring that we keep our clients, volunteers and staff as safe as possible throughout the resurgence of the Covid-19 pandemic. Over 500 people across Essex access our face-to-face services each month, and many of our clients are considered to be in a vulnerable group identified by the World Health Organisation. Please be reassured that we continue to closely monitor the Public Health Authority's guidance to ensure that we keep our service users, volunteers and staff safe.

We are pleased to say that as an essential healthcare provider, we are able to continue a Covid-safe service for NHS hearing aid help, cleaning and re-tubing for Stansted residents who need our services. Appointments will be held at our temporary location at the Stansted Free Church Hall, Chapel Hill, one Tuesday per month (this may increase depending on demand). For those who are housebound or shielding, a doorstep service will also be available. Due to social distancing measures, all appointments must be booked in advance; please call 01245 496347, text: 07950 406173 or email: info@hearinghelpessex.org.uk. We also provide an information, advice and guidance service to people across Essex living with hearing loss, and this is currently being delivered from our Resource Centre in Chelmsford by telephone, video call, text message or email.

Susan Butler Service Coordinator Hearing Aid Support



#### **DAISY MAY'S FARM**

www.daisymaysfarm.org

We had a really great festive season at the end of last year and lots of you lovely people came and saw us and, despite the mud, you thoroughly enjoyed meeting and feeding the animals. You counted all the candy canes in the festive woodland trail, made some beautiful Christmas crafts and listened so nicely to Mother Christmas's story before she handed out your presents and you all had a fine, festive time! We were just getting back on our feet and then lockdown happened and sadly, once again the farm has had to close and of course, that impacts massively on us.

The animals are all fine and we are making sure they are all well fed, snug and comfy, but that comes at a price. If you would like to donate, please go to our page on JustGiving: www.justgiving.com/crowdfunding/alison-thomson-920. Anything you can give is *very* much appreciated. Thank you so much for your support and we look forward to seeing you again soon. Please keep an eye on our Facebook page for updates.

Elaine Terry Tel: 07747 787973



#### **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

Please call me to discuss your child's needs

Katy Dockerill Tel 01279 812997



#### Felicity Hamilton BMus (Hons) LRAM Singing Teacher

I offer expert technical training in all styles, in a fun and relaxed setting, to students of any age or level of experience. Based in Stansted, I would love to hear from you. Tel: 07833 363337 felicityamhamilton@gmail.com www.felicityhamilton.co.uk

"An inspired teacher with a gift for communicating her love of singing and all that it can bring ... I could not recommend her more highly" – parent of a pupil



## FIANO (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

## Richard Carr, MA (Carria) DIPARSA



#### Music tuition

Piano, organ, singing and theory lessons Beginners to advanced Preparation offered for ABRSM exams Teaching studio located on Foresthall Park

Email: ricercare@cantab.net

Telephone: 01279 647662



## 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













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



Friendly, rural preschool in the grounds of Birchanger Primary School with experienced staff Weekly Forest School session available

Limited Spaces available for both 15 and 30 hours
Children welcome from age 2 to rising 5

Visitors welcome, please call 01279 810800 www.birchangerbutterflies.org.uk

Previously known as Birchanger Nursery





Company Branding : Workwear : Uniforms Sports Wear : Personalised Gifts

01279 897070 www.chogou.co.uk Chapel Hill, Stansted

#### **MEET THE TEAM - PAUL BURT**

I am the photographic consultant for The Link and assist the editorial team making imagery look its best, especially the front cover. This takes the form of tweaking and retouching submitted photos, creating specific images desired by the team and being available for advice. My favourite photo that I have captured is the Thank You NHS blue lit windmill used for last August's cover. I have been a professional photographer and retoucher for 18 years and a Stansted resident for 17 years; it is very gratifying helping this magazine look its best. From a Biology degree to jobs in IT network support, I discovered photography during a trip round the world. Chatting to a photographer in Hawaii resulted in me being on a shoot at Kelly Slater's beachside home - the 11 times world surfing champion. As a commercial photographer I have met some fascinating people (including prime ministers and celebrities) and visited some amazing places. Lockdown 2 found me photographing concrete road repairs and I have photographed toilet refurbishments more times than I would wish - it is not all glamorous!



An energetic enigmatic 4-year-old, equestrian coach wife and two active dogs are my family and keep life delectable. I enjoy playing tennis, am a qualified coach as well as the treasurer of a local tennis club.



My inner geek is kept active as I help run Herts Nitro Model Club near Ware, where Lewis Hamilton raced Radio Controlled cars. The amazing people at the Club drew me in, from juniors to professionals who travel the world racing toy cars! One such professional even lives in the village. During Lockdown 3 my head is buried in study guides learning about subjects

including meteorology, navigation and airspace operating principles, in preparation for my Drone licence.

I am a positive person and try to inspire those around me while actively avoiding negativity as it acts as an energy vampire. I am therefore attempting to come out of these lockdowns with some new skills and knowledge while looking out for those around me. I hope everyone reading this can take something positive out of this current situation. If you want to learn some photography skills, feel free to email: mail@paulburtphotography.com if you have something you cannot get your head around.



#### SUPPORT FOR LOCAL BUSINESSES

Our objective is to support local businesses. We are a non-profit group, run by local businesses and supported by our local councils. We are operating in a different business world nowadays and it is vital that we support each other through these testing times. We have monthly zoom meetings to share and discuss issues, and at our meeting on 8<sup>th</sup> January two of our members gave us some important updates.

Maria Teer, Business Development Manager for SFB Consulting, a human resources (HR) company, talked to us about the importance of having good HR support in businesses. This includes planning and prioritising business needs and HR matters. Businesses need to keep up to date with changes in employment law and policies, and need to manage all disciplinary, grievance, redundancy, and dismissal matters, without leaving the company open to potential employment tribunal claims and high costs. Maria reminded everyone of the importance of ensuring the wellbeing of staff including mental health and support. SFB Consulting will provide a 15-minute free consultation on HR issues so contact her on

www.sfb-consulting.com. John Froggett from The Accountancy Practice gave us updates on working from home. The focus for the company is to ensure that clients save money when working from home but there are no changes to tax dates. John reminded us all that those working from home can claim £6.00 a week or £312 a year from the Inland Revenue. Make sure that you check their website for all updated information to help your business: www.theaccountingpractice.com. Contact James Garrett on www.hnemedia.co.uk if you would like to join our next Zoom meeting on 5<sup>th</sup> February.



Iris Evans Treasurer



#### THOUGHT FOR THE MONTH

At the beginning of 2020 many business commentators, motivational speakers and church leaders seized on the fact that '20:20 vision' is synonymous with perfect eyesight. It was an opportunity to talk about clarity of strategy, purpose, and values. Then 2020 happened and all our strategies, plans and values were subjected to the spin-cycle of Covid. The year 2020 was heart-breaking for many people and challenging for most, but arguably there have been some positive aspects to the last year as well. Perhaps our society has learned some humility through recognising our mortality, and the fragility of the things we take for granted and in which we often place our security. Maybe some of the things we built our lives around were not as stable as we thought.

The pandemic has also shown us the value of people and things we took for granted. Isolation from family and friends has taught us the true value of a hug and human interaction. We have also learnt to appreciate the true value of roles such as nursing and the caring professions. It has turned teachers, postmen and binmen into local heroes. It has also caused us to appreciate the beauty of the natural world.

Church attendance (albeit often virtually) has substantially increased since the first lockdown and many have felt the desire to consider questions about the meaning of life (for example through the Alpha course) and about God, whom the Bible describes as a sure foundation, a fortress, and a refuge in times of trouble. In a strange way 2020 may have refocused our vision and values after all. We can only hope that some of these positive changes will continue through 2021 and beyond.



Contact

Howard and Ros Page

Tel: 810813

Email: stanstedfamily@gmail.com

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

We continue to meet on Tuesday evenings and Sundays, offering a combination of modern worship music, Biblebased talks/discussion and prayer, using either in-person or online meetings (or a combination of both), in accordance with Government guidance at the time. As restrictions are subject to both local and national changes, at relatively short notice, please email or ring us for the latest updates on what is running and how best to access it.

If you would like more information about how to find recommended online church services which you can access anytime, or the Alpha Course online, please just contact us. We are also happy to receive prayer-requests at any time. 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?

**Please note** we have a new church email address as in the heading above.



Ros and Howard Page

#### ROMAN CATHOLIC

**Howard Page** 

Stansted Family Church

St Theresa's of Lisieux

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

**Priest** Father Lee Bennett

Tel: 814349

Email: frleebennett@dioceseofbrentwood.org

Parish Rev'd Deacon Des Connors

**Deacon** Tel: 07748 464101

Email: desconnors@dioceseofbrentwood.org

Masses

Saturday 5.15pm Confessions 6.00pm Mass

Sunday 8.30am and 10.00am Mass

9.15am Confessions

Monday 9.00am Confessions 9.30am Mass

Tuesday 7.15pm Confessions

8.00pm Latin Mass (Extraordinary Form)

Wednesday 12.00pm Confessions 12.30pm Mass Thursday/Friday 9.00am Confessions 9.30am Mass

Although we have entered our third lockdown, we are pleased to confirm that we are open for mass as above. See our website and Facebook page for regular updates www.facebook.com/StTheresaStansted.

Clair Rava Parish Administrator Email: stansted@dioceseofbrentwood.org







All enquiries Hall bookings

The Church Office, St John's Hall, Including Church St John's Road, Stansted CM24 8JP Tel: 815243 (with answerphone)

> Email: st.johns.church@btinternet.com Website: www.stanstedstjohns.btck.co.uk

Rector Vacant

Rev'd Helen Flack **Assistant** 

Email: revhelenstn@gmail.com Curate Kathryn West, Tel: 816293 **Pastoral Assistant** Email: kewest@btinternet.com

**Director of** Anne Brooks

Music Email: annebrooks22@yahoo,co.uk

At the time of writing, St John's Church is closed for congregational worship, although our Sunday 9.30am Holy Communion service will be broadcast from the church through Zoom. Morning Prayer through Zoom is on Monday, Tuesday, Wednesday, Thursday and Saturday at 9.00am. Please see our website for all login details.

Although the church is not currently open for private prayer on Wednesday mornings, if you would particularly like to pray in St John's please telephone Kathy West on 816293 and this can be arranged in a safe manner.

#### From St John's Registers

#### November

#### **Funerals**

2<sup>nd</sup> Pamela Doris Jackson, age 85 - at

Bishop's Stortford Cemetery

9<sup>th</sup> Christopher Neil Emerson, age 72 - at

Cam Valley Crematorium

26th Doris Alford, age 80 - at St John's followed

by interment at Stansted Cemetery

#### December

#### **Funeral**

11<sup>th</sup> Barry Michael Francis, age 85 - at

Cam Valley Crematorium

There were no baptisms or weddings

#### ST JOHN'S 300 CLUB

Many congratulations to the winners of recent draws:

#### **November**

£100 No 262 Dorothy Barker £50 No 184 Sandra Embleton £25 No 234 Majel Elsom

#### December

£200 No 189 Roland Pelly £100 No 124 D Nash

£50 No 217 Janet MacFarlane

£25 No 248 Delia Joyce

The draw for February will be held on 28th February either in St John's Church or from my home, in the presence of the

online congregation following the 9.30am service. Numbers at £2 each month are still available for anyone who may wish to join the Club and be in with a chance of winning one of the 38 prizes totalling £2,500 given away each year. The Club raises vital money to help cover the heavy maintenance costs and work of St John's Church.

> Jean Newson Tel: 819062



#### STANSTED FREE CHURCH

Methodist / URC Chapel Hill www.stanstedfreechurch.org.uk

Rev'd Roy Fowler Minister

Tel: 814809

Email: minister@stanstedfreechurch.org.uk

Lettings Marion and Mike Dyer

Tel: 814059

Email: lettings@stanstedfreechurch.org.uk

#### Sunday worship in the church

Although not legally required to do so, we have suspended services in the church for the safety of our congregation. We will resume in the church as soon as the situation improves: please see our website for updates. Zoom services will continue on Sundays at 10.30am for the foreseeable future. For details please contact me.

The church hall is available for regular and one-off bookings of permitted activities which fall within the Government's guidelines. Please contact me for further information.





Marion Dyer Tel: 814059

#### THE RELIGIOUS **SOCIETY OF FRIENDS (QUAKERS)**

Quaker Meeting House, 71 Chapel Hill Stansted CM24 8AE www.stansted.quakermeeting.org

Clerk and Jane Mitchell Lettings Tel: 503024

Although the Quaker Meeting House will be closed for the foreseeable future, Stansted Quakers are continuing to hold a Meeting for Worship each Sunday, by each being silent at the same time in our own homes. We have a strong sense of all worshipping together by doing this. Afterwards, we have our coffee or tea and a biscuit and email any ministry, thoughts or news to each other.

Jane Mitchell





Manuden Village Community Centre

www.manudencommunitycentre.co.uk

#### **Available for Hire**

Stunning New Fully Licensed Venue
Fundraisers • Meetings • Celebrations
Special Offer Children's Parties £60
Licensed for Civil Weddings and Receptions
Floodlit Astro

See website for events, classes and clubs including

- Pilates
- Yoga
- Flexible Strength
- Circuit Training Bounce
- Short Mat Bowls
- Owlets Playgroup

For more information please contact Chris 01279 817111 info@mvcc.manuden.org.uk

## St John's

#### ST JOHN'S CHURCH HALL Available for Hire

Large hall available on a regular basis or for one-off parties and other events Fully fitted kitchen • Competitive prices

Central village location with some parking on site

Please contact the church office on 01279 815243 Email: st.johns.church@btinternet.com

## Jgley 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



# This could be YOUR ad here Only £160 for 8 issues Other sizes available

See www.stanstedlink.org.uk/advertising or call Marion & Mike on 814059 Email: adverts@stanstedlink.org.uk

#### **Stansted Quaker Meeting House**

71 Chapel Hill, Stansted CM24 8AE

Available for hire on a regular basis for classes, clubs and organisations

One hall with access to a smaller room and kitchen for making drinks, peaceful garden, piano, screen, hearing loop, accessible toilet and ramp Public parking opposite. Competitive rates

Please contact Jane Mitchell Tel: 01279 503024

Email: sjane.mitchell@ntlworld.com





#### STANSTED FREE CHURCH HALL

Chapel Hill CM24 8AG

One-off or regular daytime and evening hire available for activities permitted under current Government Coronavirus regulations

Covid Secure • Comfortable • Fully Carpeted • Free Parking

Please call Marion Dyer on 01279 814059 Email: lettings@stanstedfreechurch.org.uk





## 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!** 



www.hertshogline.com

Herts Hogline is a not-for-profit organisation which was set up 25 years ago in Bishop's Stortford with the aim of rehabilitating sick, injured and orphaned hedgehogs. Today the volunteers cover an area within a 15 mile radius of the town and work closely with some of the local vets. Sadly, their work is more important than ever because last August the hedgehog was added to the red list: they could become extinct in the UK within the next 20 years.



If you would like to support Stansted's hedgehog population then there are a number of ways you can help. Firstly, install a hedgehog house. A plastic storage box with a CD sized hole cut into the side with a couple of bricks on top make a quick and simple house. If you are good with wood, then make your own using plans from the leaflets section of www.britishhedgehogs.org.uk. Or you could purchase a house ensuring it contains a corridor and sleeping area. Installing a feeding station and providing food and water year-round also helps. Suitable supplementary food includes tinned cat or dog food sprinkled with a few small cat or dog biscuits, without fish or gravy. Alternatively you could purchase specially formulated hedgehog food. Unsuitable foods include bread, milk, dried mealworms, sultanas and peanuts. Lastly, you can create a hedgehog highway. Simply cut a hole in the base of your fence the size of a CD and encourage your neighbour to do the same. That way hedgehogs can easily travel between gardens and not risk their lives on busy roads. For hedgehog-related advice call Herts Hogline on 07568 384209 Monday to Friday 9.00am-6.00pm. If they are unable to answer, do not leave a message but email: help@hertshogline.com to receive an automatic reply which contains advice. You can keep up to date with their news by following them on Facebook.

Lynne Garner

#### **THANK YOU**

It was New Year's Eve, approximately mid-afternoon; I was walking with my dog on Bentfield Road when I fell and bashed my knee. Not a drop of alcohol had passed my lips (at that time anyway)! Two ladies stopped in their cars to see if I was okay; one offered to take me home in her car, dog as well. I declined although feeling shaken up. A couple out walking also asked how I was and offered to walk home with me to ensure I got home alright. I do not think that I thanked them properly so should they be reading this once again thank you so much.

Ken Pell

#### 🔑 HUGE INCREASE IN ONLINE ALPHA 🔑



The world-renowned Alpha Course has seen a huge increase in participants since the first lockdown started last year. Normally delivered in small local groups, many Alpha Courses switched to online groups immediately, as some 10week courses were mid-way. Since then new online Alphas have started and their increasing popularity means they will continue even after restrictions are lifted.

In normal times, an Alpha Course consists of a meal, a short talk or film and a discussion. It is an opportunity to think about the big questions of life: Why do some people believe in God? What is the evidence for God's existence? Does my life have a purpose? How can I check things out for myself? The online version still provides an opportunity to meet up with a small group of other people online, exploring various topics together, watching a short film (20 minutes or so) and sharing opinions afterwards. Attendees typically may be atheists, agnostics or Christians, but all are welcome. Nicky Gumbel, whose church ran the first Alpha Course in 1980, recently admitted he was surprised how well it had worked online. In an interview he revealed that just one course in London, which normally attracts 500 people each term, had been attended by 1600 people, meeting online in groups of 10-12. A dramatic increase was observed by smaller-scale Alpha courses too, from northern cities to rural Norfolk. No one is sure whether the seismic events of the last year have caused people to think more deeply about life in general, or whether people are just taking advantage of more free time to follow up on their long-held curiosity. If you would like to find out more, go to www.alpha.org, or to connect to a local Alpha Course, contact me for details.



Ros Page Email: stanstedfamily@gmail.com



#### **Zest Window Cleaning Services**

- One off or regular cleaning Reliable & Affordable
- Commercial & Residential Free quotes 18 years's experience

Reach and Wash system or traditional cleaning method

For a FREE quote please call Corne on 07967 600596 or Email:corne@zestwindowcleaningservices.com www.zestwindowcleaningservices.com

















#### RANDOM JOTTINGS -A FEW DOMESTIC BYGONES

The photograph shows a few items relating to lighting, some of which will be familiar to people of my generation. In front on the right is a fragile Veritas gas mantle for the gas light. Behind that is a small brass oil lamp which is weighted at the base so that it is self-righting if it should be knocked over. Next to the mantle is a small porcelain candle snuffer, then a brass boot match holder with two mice creeping round it.



Next to that is a cylindrical brass container which held small candle lucifers. These had a match head which one could strike on the base of the container and, when lit, insert in a hole in the top. The little candle would burn with a small flame for a few minutes and was often called a 'go-to-bed'. At the back is a standard enamelled candlestick holder and on the left is a WWI trench art shell-case spill holder with wooden spills. We lit these from the fire in the winter and then used them to light the gas lamps or candles. Power cuts will not be a problem for us.

Tony Wellings Email: tony.wellings@btinternet.com

#### LINK ADVERTISING

Next month sees the start of our new printing year. This usually begins in November, but was deferred due to the non-production of the Link for three months during the first Coronavirus lockdown

## We still have a few spaces available for new advertisers

Ads on the inside pages start from £160 for eight issues and there are three sizes available

For a price list and booking form visit www.stanstedlink.org.uk/advertising or if you do not have internet access call Marion on 814059

We look forward to hearing from you!

#### WHEN?

When Corona is a beer again
When Donald is only a duck
When tiers sit on a cake
When bubbles only exist in champagne

Anon - submitted by Sue Hitchmough

## STANSTED EVENING WOMEN'S INSTITUTE



Our Christmas meeting was on Zoom and 26 members participated, which was an increase of nine people from our first venture into Zoom in October. We also met in November when we played Bingo. We had been given instructions for making grids of 25 squares using numbers 1-90. This proved to be quite difficult but our caller Linda Gurr was very good and patient! It was fun to do and made us feel together even though we were not. Prior to the December meeting our Committee members had delivered an envelope to everyone, containing a Christmas card, some chocolate coins, a WI booklet and a paper doily to be used in a craft demo at the meeting. This proved to be a doilyfolding demo by Chris Morris designed to turn it into a Christmas tree. Mine resulted in looking like neither a doily nor a tree and was consigned to the bin; but I am sure others were successful! Ann Thompson showed us how to decorate jam jars for tea-lights and Brenda Ryan and Linda read us a Christmas poem each, so many thanks to the Committee members for a festive meeting in our own homes. Our attempt at carol singing was less than harmonious but was enthusiastic.

In January we had a booked speaker, on Zoom of course, whose talk was called *A Turkish Shirley Valentine*. It is a great shame that we cannot ask friends into our homes to share with us, so some members are not able to take part. We have speakers booked up to April. Sadly, it seems that the use of Zoom may well be necessary as this dreadful situation goes on. We hope that you and your families stay safe and well in 2021.



Judy Colliver Tel: 812470

#### STANSTED FUN RUN

www.stansted10k.org.uk

After the disappointment of cancelling last year we are pleased to announce this year's event on **Sunday 19**<sup>th</sup> **September.** Registration is now open via our website. It is a great excuse to start getting fit! Thanks to the generosity of runners who donated their 2020 registration fees, we gave each charity £277. We are supporting the same charities this year: St Clare Hospice, Grove Cottage, Huw Johnson Club and St Margaret's Mental Health Unit.

Clair Rava Email: stansted10k@gmail.com

## Stansted Network

#### NEWS FROM YOUR LOCAL COUNCILS

#### **CRAFTON GREEN HOUSE**

The consultation on the future of this building closed on 30<sup>th</sup> November 2020 and the working group is considering the responses received. The common theme, amongst those wishing it to be retained, was people suggesting that the building should be kept for "community groups/activities".

Given the layout of the building which was originally a house, with rooms of modest domestic proportions, we would like to know what specific activities people think could be provided at this location that can't be provided in the existing facilities i.e Church Halls, Day Centre. Why are these venues not used more?

Please email any specific comments to parishcouncil@stansted.net. Thank you.

#### LIBRARY OPENING HOURS

Essex County Council has announced that our library will remain closed until further notice. Any change to this will be notified on the door and on the Essex County Council and Parish Council websites.

#### **NEW STAFF MEMBERS**

We are delighted to welcome two new staff members to our team; both are part-time and will be based in the Mountfitchet Exchange:

Our Committee Support and Projects Assistant is Laila Azure-Marxen - photographed below. Laila's key role will be to work with both main committees to develop, manage and deliver specific projects and to seek third-party funding where appropriate. She will also assist with minute-taking at some meetings.



During her internships in Denmark, Laila worked with two local councils and helped to develop waste management strategies for public schools. She has worked with, and co-ordinated, volunteer groups. She has good IT skills, is used to working as part of a small team and is particularly interested in sustainability.

Our Communications Assistant is Dan Schlanker. Once we can re-open to the public, Dan will cover our re-



ception area dealing with general enquiries (via telephone and email), together with greeting visitors and the booking of meeting rooms. Until then, and working

with others, Dan will develop a communications strategy for the Council and will manage our social media and website – he has wide experience in both of these areas.

Dan worked for a large UK national retailer for 13 years managing internal communications and running a diary for 90 departments and teams at their Head Office. He dealt with internal emails and took minutes of meetings. He is trained in GDPR, online security and use of IT systems and hardware.

In his earlier working life Dan trained as a journalist and worked abroad. This was followed by a stint as a duty officer at a YMCA in west London where he managed the reception desk, visitors and liaised with a wide range of other authorities. He also managed bookings of facilities available to the public.

#### **FLOOD WARDENS**

**Flood Wardens** - we have added a number of new recruits to our list but if you would like to sign up to assist, please contact the office.

We shall be arranging a meeting, via Zoom, for all registered wardens in the next few weeks.

#### **FLOOD WATERS**

During the Christmas break some councillors were prepared for requests for sand-bags in the event of flooding, but thankfully they were not called upon for this service. However, we were shocked by the condition of the new play area at Walpole Meadows below.



Prior to Christmas we had been trying to make contact with the developers and planners to discuss progress of the areas which are to be handed over to the Parish Council – hopefully this year. To date, our attempts have been in vain but we shall be pushing for the necessary action to ensure that this play area never again resembles a mud bath and dirt track.

#### **GROVE HILL**

A constructive meeting was held with Cllr Kevin Bentley, Essex County Council's Cabinet Member for Infrastructure. The meeting was facilitated by County



Councillor Ray Gooding. In addition to Cllr Gooding, Maureen Caton, Ruth Clifford, Geoffrey Sell and four residents attended. The purpose of the meeting was to see how the increasing problem of heavy goods vehicles using Grove Hill could be dealt with. This has resulted in damage to properties and vehicles mounting

pavements. Cllr Bentley and the Highways Officers recognised the severity of the problem. A number of suggestions were put forward:

- a) Subject to government legislation which is expected to be passed in the Spring, camera technology would be introduced to enforce the weight restriction. This would make it illegal for vehicles over 7.5 tonnes to drive up Grove Hill
- Officers agreed to investigate the feasibility of introducing raised kerbs and bollards. With the latter ClIr Bentley and his officers were less supportive

c) The traffic regulation order dating from 1987 will be reviewed.

Overall, it was a good meeting with everyone present agreeing that heavy goods vehicles over 7.5 tonnes should be removed from Grove Hill and ultimately from the centre of Stansted.

#### **YOUTH WORK**

The Youth Centre has had to remain closed since the start of Lockdown 1 in March. However, as soon as it was permitted, staff from Gemini Youth Services started outreach sessions. They have been out and about around the "gathering" hotspots to chat to local youngsters, check on their well-being and to try to ensure that they are complying with all regulations.

Even as we write, with very cold evenings and Lockdown 3 announced, they are encountering quite a number of teenagers who are braving the colder temperatures! Frequent reminders about being outdoors only for exercise are being given.

#### **YOUTH COUNCIL**

We are pleased to report a reasonable response to our appeal for youngsters to join our Youth Council. We have representatives from Foresthall School and Stansted Airport College, as well as a few younger parishioners. The first meeting is imminent and we look forward to reporting progress in the next edition of this magazine.

#### **STANSTED IN BLOOM**

Our colleague Trevor Lloyd retired in April but kindly carried on serving as our Allotments Officer until the end of September. He has now handed all of this administrative work over to Emma!

However, Trevor has not given up altogether. Together with a few others, he is turning some of his leisure time over to helping out the wider community and has established an independent Stansted In Bloom group who are hoping to enter the village into the Anglia in Bloom (AIB) competition later this year. The AIB event looks for floral displays, but goes beyond that to the general appearance of the village including things like signs, bins, benches etc.

Trevor and his fellow volunteers have recently secured funding from a local business, and have applied for other grants, to undertake some improvements at the High Lane/Cambridge Road entrance to the village which will, hopefully, include refurbishment of the Knight sign! Who knows - with any further offers of funding they might be able to do the Knight sign at Blythwood Gardens too!!!

#### **HELP TO MAKE OUR ROADS SAFER**

We regularly see on local social media comments about poor and dangerous driving so were interested to read about this initiative from Essex Police:

You can help us reduce collisions and casualties and make roads across Essex roads even safer by reporting instances of poor and dangerous driving.

Most of the people who use the roads across Essex do so responsibly and with care and consideration for others. However, some road users occasionally behave irresponsibly or inconsiderately, and a smaller number behave like this regularly. These are the people most likely to cause a collision and present the highest risk of harm to themselves and others.

We want your help to identify these people.

Essex Police has a range of tools at its disposal, but the help you can provide through your 'Extra Eyes' on the road will be invaluable in helping us identify and deal with offenders. The increasing availability of mass market 'on the go' cameras means more irresponsible, dangerous and illegal road behaviour is being recorded in video form than ever before. Through 'Extra Eyes', this footage can be sent to us for review by an investigator within Road Policing at Essex Police.

In appropriate cases we will have no hesitation in taking positive action against offenders, using the evidence that you supply, providing it meets the criteria. Where appropriate, offenders will be offered a driver improvement course at their expense in order to educate them and ultimately improve their attitude towards driving. Where the criteria for one of these courses is not met, a fixed penalty notice or escalation to court proceedings may follow.

It is important that the points below are followed otherwise the matter cannot be progressed:

- You and any other witness must be willing to attend court to give evidence
- Footage must be unedited, clear and in focus
- · Vehicles must be identifiable
- Submissions must be made within 48 hours of the event
- Footage must show instances of driving behaviour which amounts to careless driving or leaving a vehicle in a dangerous position
- Where the alleged driving amounts to an offence and there is no footage, an independent witness, not within your vehicle, is required.

Further details can be found in their leaflet and downloaded from the SERP website www.saferessexroads.org/extraeyes/extra-eyes-what-

www.saferessexroads.org/extraeyes/extra-eyes-whatnext

Our village is lucky enough to have a SpeedWatch team but they are in desperate need of new volunteers to sign up. If you are able to spare a couple of hours every now and then, please contact the office with your details.

#### **UTTLESFORD DISTRICT COUNCIL**

#### **Cllr Alan Dean writes:**

One of the delights – for there are a few – of being locked-down at home on Recreation Ground is the sight and sound of children playing. Over the Christmas period it seemed to be busier than ever. Thankfully, in this latest lockdown, play equipment is not to be barred from use.

For older people like Catherine and me, we will continue with regular local walks, though hope not to repeat the two just before New Year when Stansted Brook was in flood, forcing us to several stretches of paddling.

If you are in need of help during this latest lockdown, please call **03333 408 218.** This is the Community Response Hub. Phone calls should be answered Monday to Friday, 8am to 8pm. Their email address is: communityresponse@uttlesford.gov.uk.

Despite Uttlesford having dedicated and willing staff throughout the organisation, my colleagues and I would be misleading you if we said it was a satisfying place to be a councillor at present. Three big issues are dominating our attention, with little respite over the Christmas-New Year period.

The majority party's decision to start from scratch with a Local Plan has brought on a biblical jubilee for opportunist landowners and developers. At the end of December around 450 homes were granted planning permission on appeal in Elsenham because of the absence of a Local Plan. So that will result in yet more traffic congestion and pollution on Grove Hill and through the centre of Stansted. The Pennington Lane application has not yet come to the committee for a decision. Essex Highways are dissatisfied with the proposal.

As I write in early January, the airport's planning appeal hearings were still on track to begin by the middle of the month via video links, despite some community witnesses being precluded from participating by the pandemic.

My colleagues Melvin Caton, Ayub Khan, Geoffrey Sell and I have extremely serious concerns about the line the Council is intending to take at the appeal. We voiced these at an Extraordinary Council Meeting on 7th January. We want the Council to work more closely with Stop Stansted Expansion to ensure the appeal is dismissed. Sadly, we are obliged to report that the 5-hour meeting ending at 11 p.m. was only partially successful in helping us understand what approach the Council's legal team will be taking. We hope to be able to report in more detail at a later date. Needless to say, none of us supports raising the permitted passenger cap, especially at a time when passenger numbers have unfortunately slumped owing to the pandemic.

To add to this tale of woe, the police have resumed an investigation associated with the Council's inability to have its last annual accounts signed off because of serious concerns about the way UDC is being run.

I'm really sorry that I can't be more optimistic, but I can't say the sun is shining when it is not. However, despite the cold and damp, the birds are enjoying the remaining fruit on my apple tree and spring should be only two months away. So, let's look forward to that!

#### **PARISH COUNCIL MEETING**

Lockdown 3 rules mean that we have to continue to hold our meetings virtually rather than in person. The Full Council and committees meet as and when required to consider such things as planning applications and financial matters. Our next scheduled meeting is on 27 January at 7.30pm when the Full Council will discuss the budget and setting the precept for 2021-22. The meeting will be held via Zoom. Our agendas are published on our website www.stansted.net, click on the Meetings tab and then on Agendas.

#### **PARISH COUNCIL STAFF**

Clerk - Ruth Clifford Administration Asst - Emma Philbrick Committee Support Asst - Laila Azure-Marxen Communications Asst - Dan Schlanker Email: parishcouncil@stansted.net

Phone/fax: 01279 813214 Mon, Tue, Thurs, Fri 9.00am-

4.00pm, Wed 9.00am-1.00pm Website: www.stansted.net

#### **PARISH COUNCIL MEMBERS**

Alan BARNES 817214

afbarnes13@yahoo.co.uk

**Daniel BRETT** 817974

danielbrettdotcom@gmail.co.uk

Maureen CATON 813914

(Chairman) maureencaton@stansted.net

Jonathan HARDING 817921

jharding.stansted@gmail.com Jamie HOGG

hoggjamesd@gmail.com

07771 810625

John HUDSON 814489

johnedhudson@gmail.com

Matthew JESSUP 816591 matthew@in2it.biz

Joanna KAVANAGH 815157

jokavanagh.248@gmail.com

Ayub KHAN 815800

cllrkhan@uttlesford.gov.uk

John O'BRIEN 816772

johnedobrien@gmail.com

Frances RICHARDS 812748

(Vice Chairman) frannie.richards@gmail.com

**Geoffrey SELL** 815925

sellgeoffrey@yahoo.co.uk

Tom VAN DE BILT 07710 426850

tom@vandebilt.co.uk

Daphne WALLACE-JARVIS 812259

dwjjwj.444@gmail.com

#### **UTTLESFORD DISTRICT COUNCIL MEMBERS**

Melvin CATON 813914

cllrcaton@uttlesford.gov.uk

Alan DEAN 813579

cllrdean@uttlesford.gov.uk

815800 Ayub KHAN

cllrkhan@uttlesford.gov.uk

**Geoffrey SELL** 815925

sellgeoffrey@yahoo.co.uk

#### **ESSEX COUNTY COUNCILLOR**

Ray GOODING 813103

cllr.ray.gooding@essex.gov.uk

#### **MEMBER OF PARLIAMENT**

Kemi Badenoch MP, House of Commons, London SW1A 0AA Tel 0207 219 1943 (House of Commons) Email kemi.badenoch.mp@parliament.uk

#### **POLICE**

PCSO Nikki Morris email: nikki.morris@essex.police.uk Non-emergency 101 The Community Policing Team has its own email address which is monitored daily: braintreeanduttlesfordcpt@essex.pnn.police.uk

#### **LIBRARY**

**CLOSED UNTIL FURTHER NOTICE** 

#### IONES & 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 dionesco@btinternet.com





Local, reliable and friendly plumber

All small and large jobs undertaken

Phillip Knight 07985 640650 Email: phillipknight600@yahoo.co.uk





#### **NEWMAN'S**





Plumbing • Heating • Electrical

Kitchens • Cloakrooms • Bathrooms • Showers

Tel/Fax: 01279 814437 Mobile: 07831 233681

#### ALBURY ELECTRICAL SERVICES

**LOCAL FAMILY BUSINESS since 1984** 

All Electrical Installations Domestic and Commercial All Work Guaranteed

Free Estimates and Advice ~ Small Jobs Welcome

Tel: 01279 652588 or 07702 475585 Email: nickdewson@outlook.com

#### This could be YOUR ad here Only £160 for 8 issues

See www.stanstedlink.org.uk/advertising please call Marion & Mike on 814059 Email: adverts@stanstedlink.org.uk Larger sizes also available



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 call 01799 551046 and speak to our managing director Ros Holder



#### M. LLOYD & SON

Plumbing & Heating Services

All aspects of Plumbing and Heating







01279 216331 Mob 07949 839709

#### 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

## STEVE KING

STANSTED GAS SERVICES 07956 855328

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



Gas Safe Registered. Ex - British Gas

#### CK Electrical Installations Ltd

www.ckelectricalinstallationsltd.co.uk

- All installations from light fittings to full re-wiring
- **Full or Partial Domestic Electrical Inspections**
- **Garden Lighting and CCTV Installations**
- All work certified for Building Regulations

Call Chris 07597 974945 or 01279 814333 E-mail: ckelectricalinstallations@gmail.com





#### **H**@aring Help Essex

#### Walk-In NHS Hearing Aid **Maintenance Service Update**

Due to Covid-19 restrictions our Stansted sessions are currently suspended but please contact us if you need help We are offering a limited number of appointments in select venues and may be able to deliver a doorstep visit to those with highest need who are unable to visit our venues

For more information please check our website

www.hearinghelpessex.org.uk or call 01245 496347 Registered Charity 1113498 Company Limited by Guarantee Registered no 5664873

#### **RANDOM JOTTINGS – MUD**

I am one of many Stansted residents who have very much enjoyed walking in the new permissive paths system and the Aubrey Buxton reserve. For those of us lucky enough to be able to go outdoors this winter, there has been a ubiquitous feature of the landscape which is impossible to avoid: mud. It is sloppy, sticky and slippery and I did manage to slither and fall in it once in early December and would rather not get so close to it again! However, mud is a very useful material, both for human and animal skin.

#### **Mud for Facials**

Mud is held in high esteem by many beauty experts. It draws out impurities, absorbs excess oils, releases minerals essential to skin health and repairs the skin. It is believed that Cleopatra built the first spa in the Dead Sea because of the minerals in its mud.

#### **Mud Wallowing**

In hot countries, temperature regulation is the main reason for animals wallowing in mud, because cool water evaporation through the mud is slower than if they swam in cold water. Wallowing is essential for the health of hippos, elephants and even pigs. Mud



helps to control skin parasites for these animals. In the words of that fabulous duo, Flanders and Swann:

Mud, mud, glorious mud, Nothing quite like it for cooling the blood. So follow me, follow me down to the hollow, And there let us wallow in glorious mud.



Editor



www.stanstedtennisclub.co.uk

As this issue goes to press, along with all other tennis clubs, we have unfortunately had to close. Hopefully we will be back up and running soon! Due to the current restrictions, our AGM on **Thursday 4<sup>th</sup> March** at 8.00pm will go ahead via Zoom. To join the meeting please email Catherine Hodgen (Club Secretary), by filling out the form on the contacts page of our website. We hope to see you there.

Fiona Kelly PublicIty Officer Tel: 07949 623484

Email: fiona1.kelly@btinternet.com



#### **STANSTED BOWLS CLUB**

As this is my first attempt at an article for The Link since taking over as Secretary, I read over Peter Beattie's previous copy, but then got slightly depressed! So much of what we would normally have done in the season was cancelled or went ahead in such a different way. The lovely days and evenings spent playing, chatting to fellow bowlers or just enjoying a drink at the bar - all cancelled. However, I can quite honestly say that one of the things that got me through 2020 was the limited bowls I could play. I am not naturally sporty and lack the competitive drive that I know many of our members enjoy. For me, when the sky is blue and the sun shines (or even if it does not), nothing beats a good game of bowls. In 2020 we managed Covid-safe play, first of all just with one other person and then pairs. In some ways it was an ideal time for new bowlers: lots of practice with not too many people looking on.

I hope that by the time the season starts in April, we will be getting back to some sort of normality and we will be able to welcome lots of new members, show them how we bowl and open up the bar once again. The year 2020 taught us the benefit of fresh air, the need for an enjoyable form of exercise and of keeping a connection with our community. The Bowls Club ticks so many of these boxes so why not join us? For 2021 we have a full schedule of league, friendly and club competition matches, as well as our weekly roll up and social events.

Jeanette Mansell Secretary Tel: 07967 033924 Email: jeanette.mansell2016@gmail.com

#### STANSTED FOOTBALL CLUB



www.essexseniorleague.co.uk/club/stansted-football-club

With the introduction of a national lockdown to counteract the seriousness of this current pandemic, all football activities at our Club have once again been suspended. The long-term effect on the outcome of this current season has still to be decided by the Football Association, Essex County FA and our respective leagues. Whilst there are no dates for returning to play matches, the window of opportunity to avoid the same scenario as last season (when all non-elite leagues results were declared null and void) is decreasing, despite the possibility of extending the playing season to mid-May.

Whilst our first team sit second in the league after 15 games, we still have a further 19 to schedule in, so any league extension would see us having to play three games per week. For the vets, although their league has fewer teams, they too may have to schedule some midweek games. We will endeavour to keep all our followers aware of any developments through our social media sites but I am afraid that it may be some months before we return to action. Please all stay safe and well and hopefully we will see you all again soon.



Tom Williams Secretary Tel: 07921 403842

## business networking

If you are a business in Uttlesford or North Essex then come and join the Stansted Business Forum.

We are a vibrant networking group. Come and see how you can broaden your business opportunities.

WHEN: First Friday of every month

#### WHERE: Linden House CONTACT: Peter James telephone 01279 813318 or email peter.james@murdochsestateagents.co.uk www.stanstedbusinessforum.co.uk



Think local, buy local!

#### LEVER & Co.



www.leverandco.com

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

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

Angela Lever welcomes your enquiries

Offices located in North Street, Bishop's Stortford (behind Pizza Express) Parking Available Tel: 01279 758760 Email: alever@leverandco.com

#### DAY & SON

We have a wide range of stylish and elegant memorials and headstones to choose from; alternatively we can design and craft bespoke options if you have seen one you like elsewhere

For a brochure and prices or home visit call 0800 783 7521

Station Road, Bishop's Stortford CM23 3BJ Tel 01279 654555 www.jdayandson.co.uk

#### 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

Call 01279 505234 Email: hertsandessexwills@gmail.com

www.hertsandessexwills.co.uk

Member of the Institute of Professional Willwriters

#### **Essex Autospray**

#### **Your local Collision Repair Centre - Est 1982**

- Free Courtesy Cars
- Free Estimates
- Low Bake ovens
  - Blackhawk



Tel: 01279 816296 E: info@essexautospray.co.uk www.essexautospray.co.uk

M11 Business Link, Parsonage Lane, Stansted CM24 8TY

#### 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





#### **D BONNEY & SONS MANUDEN MOTOR VEHICLE ENGINEERS**

MOT Testing • TRW Brake Centre All makes Serviced including 4 Wheel Drives Diagnostic and Fault Finding Welding and Chassis Repairs Selection of Used Cars • Calor Gas Stockist **Guaranteed Workmanship** 

We help YOU the motorist with a cheaper labour rate Free collection and delivery in local area

Please call Malc. Neil or Craig on 01279 813315 or 815946 34 The Street, Manuden CM23 1DQ

#### **DIRECTORY OF LOCAL CLUBS AND ORGANISATIONS**

Peter Latham Tel: 507294 Rotary Club Tel: 01371 872519 **Alzheimers Society** Email: stortvalleyrotary@gmail.com **Air Training Corps** Tel: 681559/661929 St John's Road and Leila Riddell 494 Squadron Email: 494@aircadets.org Area Association Tel: 07770 955830 **Beaver Scouts** Angela Madigan Scouts (age 10½ -14) Mike Byrne Tel: 812780 Age 6-8 Tel: 01371 513028 Donna Ring Tel: 731752 Shotokan Karate Ryu **Bowls Club** Jeanette Mansell, Hon Secretary Email: skr@skr.org.uk Tel: 01371 821446 Spangles Family Hub Tel: 812348 Brownies (Tue) Kathy Shearman Tel: 07724 355533 Email: vcl.essexwest-Susan Scott Tel: 810955 Brownies (Wed) uttlesfordadminhub@nhs.net CAB Tel: 01799 618840 Stansted and District Geoff Lav Corkers Netball Lizzie Read Tel: 07770 594848 Past Rotarians Club Email: geoff.lay@ntlworld.com Stansted Badminton Vince Tel: 07793 000107 Cricket Club (Adults) David Hedge Tel: 812509 Keith Ayres Tel: 814471 Club Raj Tel: 07775 915418 (Juniors) Stansted Business Iris Evans **Cub Scouts** Nic Devine Email: kinglouie.huskies@gmail.com **Forum** Email: iris.evans9@gmail.com Age 8-101/2 Stansted Family Café Ros Page Tel: 810813 Day Centre Tel: 815091 Email: stanstedfamily@gmail.com **Explorer Scouts** Paul Thorneycroft Tel: 01371 876784 Tom Williams Tel: 07921 403842 Stansted Football Club Lynda Dale Tel: 07716 099474 Friends of St Mary's Stansted Hall and David Brown Email: lynnydale@hotmail.com Church Tel: 831011/07788 999663 Elsenham Cricket Club Garden Club Maralyn Harris Tel: 07919 478144 Email: david1.r.brown@gmail.com Jocelin Warren Tel: 07482 535020 **Grove Cottage** Stansted Sparks Gemma Snelling Tel: 07894 944242 Office Tel: 656085 Netball Email: gemmasnelling@me.com Jennifer Jarvis Tel: 814434 Guides Stansted Speed Warren Vickers Tel: 813996 Helpline Tel: 07704 553727 Watch Email: vickersw@aol.com **History Society** Roger Barrett Tel: 814216 Stansted Supers Olly Pocknell Email: rmbarrett54@gmail.com Handball Club Tel: 07875 391701 **Huw Johnson Club** Katharine Collis Tel: 07759 157620 **Talking Newpaper** Richard Barnett Tel: 651270 Email: kat collis@hotmail.com (BS and District) Email: familybarnett24@hotmail.com Ros Page Tel 810813 **Tennis Club** Fiona Kelly Tel: 07949 623484 **Investigators** Email: fiona1.kelly@btintetnet.com Age 7-11 Email: stanstedfamily@gmail.com Andrew Poyser Tel: 07738 591232 The Hundred Ken McDonald Tel: 813226 Little Scrummers Email: hundredparishes:btinternet.com **Parishes Society** Millers (Windmill) Molly Clark Tel: 816768 U3A Ray Smith Tel: 813270 Sonia Levy Tel: 815282 music@stansted Email: W I Stansted) Anne Watson Tel: 898693 (Classical concerts) contactus@musicatstansted.co.uk Dorothy Wallace Tel: 850215 W I (Ugley) Valerie Trundle Tel: 813433 Neighbourhood Helen and Peter Nash Whoosh Explore Watch Canoe Club Tel: 817453 Parkinson's UK Vivian Falk Youth Centre Linda Barnes Tel: 07947 548051 **Uttlesford Support** Tel: 01799 513128 Group Email: vivian@brackendalehouse.co.uk Rainbow Pre-School Gill Pursglove Tel: 814242/07966 Note: This list will be updated as and when we learn of any 506997 Email: admin@rainbowpreschool.net changes. If you would like your organisation to be added Rainbows (Wed) Rachel Foster Tel: 07818 417971 please let us know. Contact details are 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.

Rainbows (Fri)

Sue Pollard Tel: 813734



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





#### GILL OWEN & COLIN FROST



## GARDENING AND HANDY PEOPLE

Please call: 07903 375225 07759 351071 or 01279 814616

No job too small

Cheerful \* Reliable \* Reasonable \* Local

#### **Uppercut Trees**



- \* Qualified and 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 899930

www.uppercuttrees.co.uk





www.allaspectstreeservices.co.uk

## TREE SURGERY • STUMP GRINDING HEDGE CUTTING • FENCING

Please call for a *free* quotation on 01279 755545 or 07940 231964

Email: info@allaspectstreeservices.co.uk



## GARDEN DESIGN CONSTRUCTION MAINTENANCE

Friendly service... No job too large or too small

Call Scott on 07968 121 016 for a free consultation

website: www.thesecretgardener.net email: thesecretgardeneressex@gmail.com







Interior and Exterior Decorating

• Hand-painted Kitchens •

• Furniture Painting •

Free quotes & high standards of work guaranteed



Tel: Carl 07880 705591 Email: primedecor2015@gmail.com

#### **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\_b@sky.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



## Herts & Essex Window Doctor www.hertsandessexwindowdoctor.co.uk



#### All Double Glazing Repairs

- ✓ Misted Units
- ✓ Locks, Handles & Hinges
- ✓ Patio, French & Bi-fold Doors

**All Conservatory Repairs Undertaken** 

#### Family Run Business

Call Nigel or Adam on 01279 816324 or 07769 274610 Email: nijillpark@aol.com or nigel@hertsandessexwindowdoctor.co.uk



Free Quote - No Obligation

No Call Out Charge

All Work Guaranteed

DON'T REPLACE IT - REPAIR IT

#### T. F. PLASTERING LTD

All aspects undertaken including:

Skimming
 Rendering
 Coving

Over 20 yrs experience

High standard of work. Fully insured.

For a free estimate call Terry
Home 01279 416311 Mobile 07738 278036
Email: terryfincham44@gmail.com



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

Tel: 01279 810953 or 07973 364394

Email: lesleyprowse@aol.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



## 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

## **MEDIACOMS**

**Aerial Satellite AV Security** 

independent advice expert knowledge professional installations



Your local **Sky expert** 



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

01279 871777 www.mediacoms.co.uk

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 CM24 8AX 07771 881 042 sdsinstallations@hotmail.com www.sdsinstallations.co.uk

#### SYGM

## Security Management, Fire Services and Drone Survey Specialists

Sygma provide the following to business & domestic clients:

**SECURITY** CCTV, Access control, Intruder alarms, Perimeter security, Data network services, Remote monitoring, Service & maintenance

**FIRE** Fire risk assessments, Fire detection systems, Fire suppression systems, Emergency lighting

**DRONES** Thermal imaging solutions, Building surveys, Promo videos, Water leak detection, 4K aerial filming & photography,

Call 0800 043 6728 now for your FREE initial site survey www.sygmasecurity.co.uk



FREE Consultation

#### Garden lighting design & installation

All of our designs are individually created to enhance the features of your garden. We work closely with our clients to ensure complete satisfaction.

www.illuminatinggardens.com 07539 88 88 30

#### **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

## Greenscroft Fencing ###

#### **GREENSCROFT FENCING REPAIRS AND REPLACEMENTS**

Fast and Friendly Service

Fencing Panels • Picket Fencing • Shaped Panels • Post and Rail Fencing • Screening Panels









Contact Tim on 07801 643632 Email: tim@greenscroftfencing.co.uk
www.greenscroftfencing.co.uk

#### Furniture By Design Est 1990

#### **Fitted Furniture Specialist**

Bedrooms • Studies • Media Units • Bookcases

Furniture as individual as you are!

Online showroomwww.edhowleyfbd.co.uk Tel: 01279 815700 info@edhowlevfbd.co.uk

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

#### **GILLSON CARPENTRY & JOINERY**



Office 01279 812101

Mobile 07525 061661

- First & second fix carpentry
- Site & bench joinery
- Extensions & building projects
- Wooden flooring
- Decking design & construction
  - No job too big or too small

Email: gillsoncarpentry@btinternet.com

### C J B CARPENTRY



- Hand Built Kitchens
- Wood Flooring
- **Summer Houses**
- 1st and 2nd fix Carpentry
- Doors and Locks

Please call Chris 07977 043983 or 01279 817997 Email: chris.bickers@sky.com

#### 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



#### **ANTIQUES RESTORATION**

Over 40 years experience All Repairs including Modern → Polishing Fully Insured ◆ Free Estimates ◆ No VAT

Tel: 01920 821973 Mob: 07803 895937 Email:peterworby56@gmail.com www.peterworby.co.uk



#### Offering a Quality Service WITH OVER 20 YEARS EXPERIENCE

Specialising in :-

- ✓ New Doors, Archs, Linings & Skirtings
- ☑ Roofs, Joists, Floors & Stud Partitions
- ✓ New Decking & Fencing
- ☑ Loft Conversions

& much more

## A.C.WRIGH

#### **BUILDING CONTRACTORS**

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



Tel.Bishop's Stortford (01279) 815759 Fax. (01279) 812484 Mobile 07974 989938



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



## Your land. Your opportunity

Talk to one of our local land experts and get the inside track on development, planning how to sell for the very best price when the

From consented sites to large gardens, if you own a piece of land, it pays to know what it's worth and how to release its notential

Open to opportunity?

For a no-obligation assessment today

% 01279 815 511

☑ leeobrien@davidlee.co.uk



david lee

#### **Index to Advertisers**

	IFC - Inside Front Cover	IBC - Insid	le Back Cover	OBC - Outside Back Cover	
<b>Animal Care</b>	Debs Dogs	16	Hairdressing	Briggs Mobile Hairdresser	18
	Greenside Boutique Cattery	16		Barnet Fayre	18
	Mercer & Hughes	OBC		Claire's Gents Hairstylist	18
Destilation in	Poochie Mumma	16	Halla fan Hina	Lino Thomas	OBC
Building Services	A C Wright Building Contractors David Lee	31 31	Halls for Hire	Quaker Meeting House Manuden Community Centre	16 16
Sel vices	Hibbs & Walsh (Architects)	31		Stansted Free Church Hall	16
	David Fortune (Builder)	OBC		St John's Church Hall	16
	JKL Construction	18		Ugley Village Hall	16
	JKM Scaffolding	6	Household	D C Alarms	30
	Uttlesford District Council	31	Installations	Mediacomms	30
	Vester Property Services	IBC		SDS Aerials	30
Carpentry	Canfield Carpentry	31		Sygma Security Systems	30
	CJB Carpentry	31	Ironing	Dunmow Ironing Parlour	18
Obinene de	Gillson Carpentry & Joinery	31	Jeweller	John Wilson	10
Chiropody	R Handford Julie Golden	10 10	Legal	Herts and Essex Wills Lever & Co Solicitors	26 26
Cleaning	Clear Ovens	18	Leaflet Delivery	Leaflet Delivery UK	6
Olcaring	Go-Jo Quality Cleaning	18	Motor Repairs	D Bonney & Sons	26
Community &	Broome End Care Home	8	motor Ropuno	Essex Autospray	26
Care	Hargrave House Care Home	8	<b>Music Lessons</b>	Carr (Piano, Organ, Singing)	12
	Hearing Help	24		Priest (Piano, Violin, Singing)	12
	Helpline	10		Hamilton (Singing )	12
	Human Roots	10	Networking	Stansted Business Forum	26
	Mountfitchet House Care Home	8	Osteopathy &	Quendon Osteopathy	4
Computing &	Ross Nursing Services MCM Computer Services	24	Physiotherapy Painting,	Williams (Osteopath) Ada Decorating	4 29
Office	Taylor Computer Service	6	Decorating	Brown's Painting & Decorating	29
Office	Witts End Business Services	6	& Plastering	David Duncan Decorating	29
Dance	Graham School of Dance	12	<b>g</b>	Lesley Anne (Painting)	29
Dental	Castle Dental	6		MWR Interiors	29
	Chapel Hill Dental	6		Prime Decor	29
<b>Education &amp;</b>	Birchanger Butterflies Nursery	12		Ray on the Hill	29
Children	Howe Green House School	12		T F Plastering	29
	Rainbow Pre-School	12 12	Personal Services	Fresh Leaf (Hypnotherapy)	10 10
Electrical	Tuition (ages 4 - 11) Albury Electrical Services	24	Sei vices	Glynis Cheers (Hypnotherapy) Ruth Ripsher 1:1 Diet Consultan	
Licetificai	CK Electrical	24		Stansted Psychotherapy	10
Estate Agent	Murdochs	IBC	Plumbing &	Harpers Plumbing & Heating	OBC
Financial	Mansell & Co Accountants	IBC	Heating	JDW Gas Heating Specialist	24
Furniture &	DT Bedroom & Kitchen Designs	IFC		Jones (Plumbing & Heating)	24
Restoration	Furniture by Design	31		M Lloyd and Son	24
	Peter Worby Antiques Restoration			Newman's Home Services	24
Fitness	Flexible Strength	4		Orion Heating	24 24
	Back to Basics (Pilates) CJ Fitness	4		P Knight Plumbing Stansted Gas Services	24 24
	Stansted Yoga Lounge	4	Printing	Chogou Printing & Embroidery	12
Food & Drink	Hadham Brewery	OBC		CZ Design & Print	10
	Lams Chinese Takeaway	IBC	Property	Do-It-4Ŭ	29
	Mayflower Chinese Takeaway	IBC	Maintenance	Fairweather Windows	IFC
	The Dog & Duck	28		Finch and Son	OBC
Garden	D Honour & Son (Landscapes)	OBC	<b>-</b>	Herts & Essex Window Doctor	29
Services	Illuminating Gardens	30	Retailers	Paris Legore (Flowers & Gifts)	IFC
	Gill Owen & Colin Frost Greenscroft Fencing	28 30	Soft Eurnichings	Squires (Gifts, Plants and Cards) Neil Smith Interiors	) IBC 18
	Langthorns Plantery	28	& Sewing	Stort Blinds	IFC
	Mowtivated	28	a sewing	Teach me to Sew	12
	The Secret Gardener	28	Sport & Leisure		IFC
Funeral	Daniel Robinson & Sons	26	•	Stansted Social Club	10
Services	J Day & Son (Stonemason)	26	Tree Surgeons	All Aspects Tree Services	28
				Tree Management Company	28
			,	Uppercut Trees	28
		32	,		

#### Mansell & Co. Est. 1970

**Chartered Certified Accountants, Registered Auditors** 

All aspects of accounts, audit and taxation

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

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

#### Mark Williams FCCA or Jeremy Fozzard FCCA

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



01279 658499

info@mansellandco.org



# Estate Agents are **NOT** all the same.



## 01279 813 318

1 Station Road, Stansted, CM24 8BE Email: peter.james@murdochsestateagents.co.uk www.murdochsestateagents.co.uk













#### FINCH & SON

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

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







