

Stansted Mountfitchet

The Link



DUNMOW
IRONING PARLOUR
 &
ECO-CLEANING

- Ironing and Pressing
- Service Washes
- Regular and one-off
- Family business
- Wet and Dry Cleaning
- Alterations and Repairs
- Professional service
- Fully insured

Collection and delivery in Stansted on Tue, Thu and Fri

01371 878399 enquiries@dunmowironing.co.uk
 www.dunmowironing.co.uk

DT Bedroom Design
 bedrooms • kitchens • studies

Tel: 01279 301972 Mob: 07765 257 200



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

Email: darryl.trigg@dtbedrooms.co.uk
 www.dtbedrooms.co.uk

DANIEL ROBINSON & SONS
Independent Family Funeral Directors

Est. Stansted 1892

24 hour careline offering friendly advice & support
 Prepaid Funeral Plans

Traditional & contemporary services to meet your wishes

79/81 South Street - Bishop's Stortford
 Tel: 01279 655477 www.drobinson.co.uk



Free Delivery in Stansted

Paris Legere
 Professional Floristry BA (Hons)

Flowers and Gifts

01279 812 810 www.parislegere.co.uk paris@parislegere.co.uk

Event Flowers Weddings Funerals

Paris Legere Flowers & Gifts | 27 Lower Street | Stansted | CM24 8LN

CLEAR OVENS

Oven Cleaning Specialists

01279 89 89 96

Make your oven look showroom fresh with a professional clean from Clear Ovens. Our fully insured expert technicians will make it shine like new.



Covering Sawbridgeworth, Harlow Epping, Great Dunmow, Braintree, Stansted, Bishop's Stortford and surrounding areas.



01279 89 89 96 or visit us online at
 www.clearovens.co.uk

The difference is clear

STORT BLINDS

INDIVIDUAL STYLE

YOUR LOCAL BLIND AND SHUTTER SUPPLIER

BLINDS | SHUTTERS | AWNINGS



CALL FOR A FREE ESTIMATE

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

Claire's Gents hair stylist
 @ Rickling Green

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



Call: 01799 542424
 Text: 07791 058406

City & Guilds
 Qualified

Front cover:

Peacock at the Castle
by Samuel Coleman
enhanced by Paul Burt
Photography

Stansted Mountfitchet Village Magazine

The Link

www.stanstedlink.org.uk

The Link is published by Stansted Mountfitchet Magazine Community Interest Company and delivered free to 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

Elizabeth Oakley
01279 812690
editor@stanstedlink.org.uk

Advertising

Mike and Marion Dyer
01279 814059
adverts@stanstedlink.org.uk

Distribution Queries

David Horton
01279 813680
distribution@stanstedlink.org.uk

Treasurer and Company Secretary

Alan Wheeler
01279 813745
accounts@stanstedlink.org.uk

Directors

Mike Dyer (Chairman)
Yvonne Ayres
Susan Bone
Catherine Dean
Marion Dyer
Sarah Ludlow-Elston
Elizabeth Oakley

Photographic Consultant Paul Burt

CONTENTS

Churches	Friends of St Mary's	15	Health and Wellbeing	Brain Training	29
	Stansted Free Church	15		Let's Talk Stansted	17
	Stansted Quaker Meeting	15		Sustainable Stansted	13
	St John's 300 club	17		Uttlesford Community Action	27
	St John's Church	14		Uttlesford Citizens Advice	27
	St Theresa's Catholic Church	14	Fundraising	Helpline Quiz	13
	Thought for the Month	14		Recycling	4
Children and Families	ATC 494 Squadron	4		Shoebboxes	2
	Bentfield Nursery School	17		Town Twinning Quiz	3
	Daisy May's	4	Advertising	Index to Advertisers	32
	Fun Place on the Hill	7		Link Advertising Details	29
	Messy Church	11	Local Roundup	Congratulations to Marion Pretty	3
	St Mary' School	11		Gardens of Easton Lodge	29
Clubs and Community	Directory of Clubs & Organisations	31		Stansted Windmill	13
	Huw Johnson Club	19	Features	Editorial	2
	Mountfitchet Garden Club	29		Hundred Parishes	19
	RSPB Stort Valley	25		In the Garden	19
	Stansted Evening W I	3		Random Jottings	11
	Stansted is Well Read	28		Stansted in the Snow	9
	Stansted Mountfitchet History Society	27		Weight Loss	25
	Stansted Mountfitchet U3A	7	Sports	Stansted Bowls Club	28
	Stansted Social Club	25		Stansted Football Club	28
	The Place on the Hill	4		Stansted Tennis Club	28
	Ugley W I	3	The Arts	Music@stansted	2
Village Events	What's On in February	5		Saffron Walden Symphony Orchestra	17
Fun and Games	Pot Luck Quiz	7			
	Pot Luck Quiz Answers	28			
Local Council	Stansted Network	20-23			

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



EDITORIAL



We hope that you enjoy our bright and colourful front cover, and that it will cheer everyone up on these soggy winter days. Many thanks to Samuel Coleman for sending the picture to us. Of course, winter is not all bad; the beautiful, snowy and cold week in December, with glorious sunshine and blue skies, gave photo-graphers the chance to take wonderful photos, which you can see on p 9.

We are very pleased to welcome new contributors to The Link this month. The Gardening Group from u3a have agreed to send us garden tips, which we are tremendously pleased about. See p 19 for this very useful article. Claire Taylor and her family are very well informed about Sustainability and she has recently founded a local community climate change group; see p 13 for her article. You may recall that her daughters sent us articles on a similar theme a few months ago. Ruth Davey invites people who would like to lose weight and develop healthier lifestyles to join her; see p 25. Finally, we are so glad to have someone to take on the quiz-maker role for us; see p 7 for Tricia Barnes' most welcome contribution. Many thanks to all of you for enhancing the magazine. If anyone else feels as if they would like to bring their expertise to The Link, you would be so very welcome.



SHOE BOXES

www.teams4u.com



www.musicatstansted.co.uk

Thank you, Stansted, for your generosity. The shoebox quiz takings and donations, with gift aid added, came to an amazing £1,200. Then there were gifts for the boxes which enabled us to send 227 shoe boxes, including 30 from Manuden Brownies and Guides, and seven family boxes, all destined for Ukraine, Moldova and Romania. A big shout out to quizzers, knitters, stitchers, donors, shoe box assemblers, packers, drivers and anyone else who helped to send *Love in a Box* this Christmas.



The three of us and Brian, who have been organising the shoe boxes for several years, are finding it tiring, due to our advanced age. Standing for long periods takes its toll on our backs, knees and hips (even the new ones). We would like people to take over from us. If you are interested, please take a look at the website and contact one of us. We look forward to hearing from you.

Helen Baker Tel: 814865
Catherine Dean Tel: 813579
Eileen Quinn Tel: 812109

The final concert of the season was to have been given by local musicians *Vela Ensemble*, but sadly, two recent bereavements mean that they are not able to play for us. We wish them well and hope to be able to engage their services at a future date. Happily, we have arranged a recital at short notice by Belgian harpist Lise Vandersmissen, who is embarking on an international tour to promote her recently published CD, *Transformed*. The work consists of transcriptions for harp of perennial favourites such as Liszt's *Six Consolations* and Ravel's *Tombeau de Couperin* which Lise has made.

Several tracks feature in Lise's programme, which she is taking to venues in continental Europe and Hong Kong as well as the UK, where she is now based. She holds a Master's Degree (with Great Distinction) and a Fellowship at London's Guildhall School of Music and Drama. The concert is on **Saturday 25th March** at 7.30pm in St John's Church. Tickets: adults £15, students and concessions £12, under 18s free, are available on the door or call 815282. Previous harp recitals have proved particularly popular with young people, who have relished the opportunity to get close up to such a magical instrument. We look forward to seeing many of you, with junior music buffs in tow.



Richard Allaway
Tel: 814118
Email: contactus@musicatstansted.co.uk

CONGRATULATIONS

Many congratulations to Marion Pretty who celebrated her 90th birthday on 22nd December with a party for friends and family in the lounge at Norman Court.



Marion's daughters prepared delicious food which the grandchildren brought round to everyone; naturally there was a cake! Marion is very well known in the village, having lived here all her life. She served on the Parish Council from May 1979 to May 1995 and worked in *Family News*, Chapel Hill (now a private house) and *Pearson's Bakery*, Silver Street (now Bakery Court). I was privileged to be amongst the guests and we all had an amazing time.



Marion Dyer
Tel: 814059

STANSTED EVENING WI



We really enjoyed our December Meeting when we were entertained by *3's Company*. They gave us a programme of songs dating back to the 40s and almost to the present day, as well as some carols. We were encouraged to join in, which we did. They have been very busy recently, having also entertained members of both Elsenham and Ugley WIs. December birthday posies included a special one for Marion Pretty, who celebrated her 90th birthday just before Christmas. Marion is a founder member of our Institute which was formed in 1960. Marion has always been an enthusiastic member and served on the Committee for several years as well as being President three times. Margaret Meadows and Margaret Chastney are also founder members and still members today.

Our Christmas raffle raised £80 and we will be giving half of this to the Human Roots Community Organisation, which aims to grow healthy organic food in community allotments.

We are welcoming Teresa Buglass from the surgery to our meeting on **Thursday 9th February** to give us an update. This should be an interesting and informative evening and visitors are welcome as always. We meet at 7.30pm in the Day Centre.



Judy Colliver
Tel: 812470



UGLEY WOMEN'S INSTITUTE

Gordon Bailey was our speaker for November; some of his favourite things are Elizabethan spoons, Bronze Age knives and clay pipes which he brought with him to illustrate his fascinating presentation. His witty, entertaining and informative talk at an end, he invited us to have a closer look and even handle the treasures. Our December meeting took the form of a festive tea during which we celebrated member Marion Pretty's 90th birthday and enjoyed musical entertainment by *3s Company*, a brilliant trio who regaled us with songs from all eras, including a nod to the WI *Calendar Girls*. Then came the festive part of their programme when we joined in with the perennial favourites including *Jingle Bell Rock* and the Bing Crosby hit *White Christmas*. The festive finale to a brilliant afternoon was provided by one of Santa's elves who presented each of us with a gift from her capacious sack, thus bringing yet another year of friendship and fun to a close.

Our next meeting on **Wednesday 15th February** at Ugley Village Hall will start at the earlier time of 2.00pm. Tim Turner, formerly of *Sworders*, will be entertaining us with *Royal Memories*. Why not come along and join us for the afternoon? You would be most welcome.

Andrea Fitt
Tel: 815922

TOWN TWINNING QUIZ

The Stansted Twinning Association is hosting a Village Quiz Night on **Saturday March 18th** at 7.30pm in the Day Centre, to celebrate St Patrick's Day and to foster closer ties with Stansted's twin town in France, Rungis. Don't worry, it will not be in French but is an opportunity to learn more about French culture. Tickets are £10 per head with snacks and a pay bar, but you can bring your own food and drinks if you wish.



Everyone is welcome and we are encouraging community groups to book tables of up to eight people, but you can also book individual tickets. All profits will go towards funding twin town exchanges for adults and young people in the village. To book call 813214 or email: twinning@stansted.net.

Richard Haywood
Tel: 07794 268208



DAISY MAY'S FARM

www.daisymaysfarm.org

What a year 2022 was! It was lovely to see so many of you throughout the year and you just loved *Chicks@home*, *Love a Lamb* and *Cuddle a Kid*. These all went down a storm and we will be repeating them this year as well as other special events. What a fabulous summer we had, and it was great to have you staying at our wild campsite on the farm; we look forward to welcoming you back this summer.



Our beach by the river was brilliant fun, especially as it was so hot; but for the time being you need to get your wellies out because you just know it will be muddy. Come and enjoy the woodland trail, arts and crafts, play area, snack shack, and most of all our lovely animals! We have a great variety, such as bunnies, guinea pigs, ponies, pigs, sheep, goats, owls, rheas, ducks, geese, all sorts of chickens and of course, their cute babies. Blow those cobwebs away with a visit to our farm and see what has been going on over the winter and what we have planned for 2023. Do keep an eye on our Facebook page for updates and to see what is going on, particularly for our half-term shenanigans! We are at Hall Road, Elsenham, CM22 6DN. Thank you so much for your support and we look forward to seeing you again soon.

Elaine Terry
Tel: 07747 787973



THE PLACE ON THE HILL

www.stanstedfreechurch.org.uk

The Place continues to offer a friendly warm space for all adults on **Wednesdays 10.00am-noon**. Join us for free coffee, cakes and biscuits in good company - what more could you ask? We even have a jigsaw you can work on. There is no need to book, just come along to the Free Church at the bottom of Chapel Hill and save on your home's energy bills! If you have children, please come along to *Fun Place on the Hill* which opens on Fridays; see separate article for more information.



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



RECYCLING



We continue to have an amazing response to our request for all the items we can recycle: blister strips, stamps, original ink cartridges (**not toner cartridges**), toothbrushes, electric toothbrush heads, toothpaste tubes, spectacles and cases. Due to the high volumes we are now receiving, it would be helpful if **all items** could be placed in a paper/plastic bag or envelope. Donations can be left in the boxes outside the blue main door of the Free Church at the bottom of Chapel Hill. There is also a collecting box inside St John's church. Alternatively please leave items in the porch of 7 Blythwood Gardens. Thank you.



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

494 SQUADRON AIR TRAINING CORPS



Our Squadron said farewell to Warrant Officer Charles Riley RAFAC, on their final parade night before Christmas. The cadets and staff were joined by Charles' family, former cadets and staff and members of the ATC from around Essex. Charles joined Stansted Airport Squadron in 2000 and six years later became a Sergeant and in due course was promoted to Warrant Officer. He has been instrumental in the development of hundreds of young people and messages of congratulations came from former commanding officers and cadets. Charles is a very enthusiastic scale modeler, and was presented with a large-scale model of the F15E Strike Eagle and a print of the aircraft which is operated by 494 (Fighter Squadron) United States Air Force, based at RAF Lakenheath.



For more information about cadets or adults, please contact Plt Off Lauren Reeks RAFAC, Commanding Officer, email: OC.494@rafac.mod.gov.uk. Our headquarters are at Second Avenue, Stansted Business Park CM24 1RY.

Sqn Ldr Michael Dodd
Chairman
Tel: 07808 635652



Stansted Messy Church

3.30 - 5 pm Sun 5th Feb
St John's Church Hall

Activities ~ Celebration ~ Food

Come and join in our exciting
Craft Activities

All ages Welcome

www.stanstedchurches.com

Stansted is Well Read

8 pm Tue 7th Feb

The Dog and Duck
Lower Street

Come and join the discussion on

OUR ENDLESS NUMBERED DAYS

by Claire Fuller

For more details tel Anne on 898693

Email: stanstediswellread@gmail.com

All Welcome - even if you have not read the book!

THE FORGOTTEN GARDENS OF EASTON LODGE

SNOWDROP SUNDAYS

11 am - 4 pm (last entry 3 pm)

Sundays 12th & 19th Feb

Tickets £5.50 in advance from
www.trybooking.com or £6.50 on the
gate subject to availability

Soup ~ cheese, hummus & bacon rolls
Homemade cakes ~ Drinks ~ Plants

Snowdrops for Sale

WHAT'S ON IN FEBRUARY

1	Wed	Mountfitchet Garden Club	Day Centre 7.30 pm
2	Thu	History Society	Day Centre 8 pm
5	Sun	Messy Church	St John's Hall 3.30 - 5 pm
7	Tue	Stansted is well Read	Dog and Duck 8 pm
9	Thu	Link copy due in today WI	before noon Day Centre 7.15 for 7.30 pm
12 / 19	Sun	Snowdrop Sundays	Easton Lodge 11 am - 4 pm
14	Tue	RSPB	Bishop's Pk Comm Centre 7.30 pm
15	Wed	Ugley WI	Ugley Village Hall 2.15 pm
16	Thu	U3A Monthly Meeting	St John's Hall 2 pm
16 / 23	Thu	Snowdrop Thursdays	Easton Lodge 11 am - 3 pm
18	Sat	Farmers' Market	Ugley Village Hall 10 am - noon
25	Sat	U3A Seminar	Free Church Hall 9.30 am
26	Sun	Saffron Symphony Orch	Saffron Hall 3 pm

THE FORGOTTEN GARDENS OF EASTON LODGE

SNOWDROP THURSDAYS

11 am - 3 pm (last entry 2 pm)

Thursdays 16th & 23rd Feb

Tickets £4.50 in advance from
www.trybooking.com or £5 on the gate
subject to availability

Homemade cakes ~ Hot and Cold Drinks
Snowdrops for Sale



www.uglevillage.org.uk

10 am - noon

Sat 18th Feb

Ugley Village Hall

Meat ~ Fish ~ Fruit and Veg

Hummus and Soup ~ Plants

Bread & Home Baking ~ Eggs

Honey ~ Skincare

Knitting and Needlework ~ Crafts

Refreshments and Free Parking

For info and future dates tel 814052



7.30 pm Sun 25th Mar

St John's Church Hall

Lise Vandersmissen Harp

Liszt Six Consolations

Ravel Tombeau de Couperin

*Tickets: adults £15, conc £12
under 18s free, from:
Sonia Levy 815282 or on the door*



Stansted Messy Church

3.30 - 5 pm Sun 26th Mar

St John's Church Hall

Activities ~ Celebration ~ Food

Come and join in our exciting
Craft Activities

All ages Welcome

www.stanstedchurches.com



Dance Music

3 pm Sun 26th Feb

Saffron Hall, Saffron Walden

Prokofiev *Romeo and Juliet Suite no. 2*

Arnold English Dances

Adams *The Chairman Dances*

Khachaturian *Masquerade Waltz*

Adults £17 & £20, 18-25s £10,

under 18s £5 from

S Hall Box Office 0845 548 7650

www.saffronhall.com or on the door

Stansted Town Twinning St Patrick's Quiz Night

7.30 pm Sat 18th Mar
Day Centre

Tickets £10 from 813214

Email: twinning@stansted.net

Teams of up to 8

**Snacks and pay bar available or
bring your own food and drink**

Stansted Helpline

QUIZ NIGHT

7 pm Sat 4th Mar
Day Centre

Tickets £5 from 07716 437649

Email: suethrush@hotmail.com

Teams of up to 6

**Nibbles provided - bring your
own food, drink and glasses**



Fun Place on the Hill

9.15 - 11.30 am every Friday
Stansted Free Church Hall


Toys, books and space to run around

Story Time around 10.30 am

Free squash and healthy snacks

plus coffee, tea and biscuits

**Particularly suitable for children,
but all ages welcome. No charge**



Stansted Pilates & Osteopathy


Hazel Williams is one of the few osteopathic 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, muscle and sciatic pain, trapped nerves, sports injuries, headaches and migraine.

She also incorporates acupuncture to aid pain relief and provides specially formulated pilates classes to help improve and maintain fitness.

Classes held at: *The Quaker Hall, Chapel Hill.*
8-9pm Mon / 9-10am Sat.

Please call to book an appointment or a class
01279 813371 or 07973 409675
www.hazel-williams.co.uk

the osteopath




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

FLEXIBLE STRENGTH

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

Simple but demanding movements that work on your core and brain.

Clare Harding: 07802 872919
flexible strength manuden



The only class of its kind in the UK!

free trial class with this voucher


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





TRACK 1 FITNESS

James & Nicky Weatherburn

Sports therapy
Feldenkrais & Hendrickson practitioners

Treating soft tissue injuries from sport and everyday life

07876 161738 / 07770 955437
6a Riverside Business Park, Stoney Common Road,
Stansted Mountfitchet. CM248PL

BC BEAUTY CALLS

Stansted's hidden beauty gem... until now!
Beauty Calls, a home based salon, offering
a wide variety of beauty treatments for men and women

Book online or call
When booking, quote LINK to
receive a free gift on your first visit

33 Gilbey Crescent, CM24 8DT
Beauty-calls.co.uk / 07734 939211
t: @beautycallsnb F: beautycallsnb

CALLING NEW ADVERTISERS!

This could be YOUR ad here

Only £440 for 8 issues

See our website for details www.stanstedlink.org.uk/advertising

or call Marion & Mike on 814059

Email: adverts@stanstedlink.org.uk

Other sizes also available

?

POT LUCK QUIZ

?

u3a
learn, laugh, live

STANSTED MOUNTFITCHET u3a

www.u3asites.org.uk/stansted

Some 80 members braved the snow, ice and freezing conditions to enjoy the warmth and hospitality of Bury Lodge for our Annual Christmas Lunch. What a joyous party it turned out to be, full of festive fun with seasonal music, an enjoyable meal, some wonderful raffle prizes and convivial company. Our thanks go to Teresa and her team at Bury Lodge for their hospitality and to Gill and Bob Dean who so ably organised the whole event which proved a fitting finale to a wonderful year for our u3a.



The General Meeting on **Thursday 16th February** is entitled *Medieval Maldon*. With busy quays, substantial housing, flourishing artisan guilds and a royal mint in the early years, Maldon in the Middle Ages was a prosperous port at the mouth of the Blackwater. Local resident and amateur historian Dennis Eraut will increase our appreciation of this small town.



Last year our membership increased by 20% so we have introduced new interest groups for 2023 including Antiques and Collectibles, Geography, a new walking group, and a social Singles Group aimed specifically at people on their own. The first Saturday Seminar of 2023 is on **25th February**: *Old Russia to European State: a history of conflict between Ukraine and Russia*, and is timed to recognise the first anniversary of the Russian invasion of Ukraine. David Morson will be exploring the history of the relationship between Russia and Ukraine to give some insights into what lies behind this tragic conflict. The seminar is in the Free Church Hall, Chapel Hill. Tickets are £7, available to u3a members from Ticket Source; a few may be for sale at the February General meeting for members without internet access.

Anne White
Tel: 07874 385541

- 1 English football team which plays at St James Park, in addition to Newcastle United
- 2 Collective noun for a group of crows
- 3 Everyday item whose chemical formula is NaCl
- 4 Author of the Game of Thrones books
- 5 The original 8th month
- 6 Mountain range which forms the boundary between Europe and Asia
- 7 Car registration which represents Kent, if E is for Essex and L is for London
- 8 Largest prime number less than 100
- 9 The only type of food which never goes bad
- 10 The only wife of Henry VIII who was given a queen's funeral
- 11 Mammal with the strongest bite
- 12 James Bond's favourite drink
- 13 Type of pasta which means *little worms* in Italian
- 14 Hardest known substance on earth
- 15 Number of brains in an octopus

Questions by Tricia Barnes

Answers on p 29



FUN PLACE ON THE HILL

www.stanstedfreechurch.org.uk

On the last Friday before Christmas, we were excited to hold our special Christmas Event and in a warm hall and seasonal atmosphere Christingles were made, Christmas stories read, and one of Santa's elves dropped by to deliver presents on behalf of Santa (who was extremely busy preparing for the big day).

Every Friday morning we continue to welcome parents who enjoy relaxing with a coffee or tea and biscuits while the children play with toys, enjoy having plenty of space to run around, and listening to Story Time around 10.30am. Free squash and healthy snacks are available for the children. Although particularly suitable for children, all ages are welcome, on **Fridays 09.15am-11.30am** in the Free Church Hall which is warm and comfortable. Why not come along for a couple of hours and help save on home energy costs? There is limited free parking in the church car park. We look forward to welcoming you on Friday mornings.



Sue Parker and Fran Richards
Tel: 657116
Email: funplace@stanstedfreechurch.org.uk



Expert dementia care at your fingertips



Our dementia specialists support each resident to live life independently. At Mountfitchet House care home we offer exceptional care and we're here to help you and your family at every step of the journey.

If you're considering care, call **01279 886268** or email jade.rackham@careuk.com

Trusted to care. 

Mountfitchet House care home, Coltsfield
careuk.com/mountfitchet-house



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



Fresh Leaf Hypnotherapy
A fresh start towards positive change

Stress & **Anxiety**, Low Self-Esteem & **Confidence**, Low **Mood**, Fears, **Phobias**, **Weight Management**, Obsessive Behaviours & **Habits**, Smoking, Blushing, Tinnitus, **Sleeping Problems**, Pain Management, **IBS**, Sports Performance & Exam Nerves

AFSFH ASSOCIATION OF FRESH LEAF HYPNOTHERAPY Fully Qualified - Registered - Insured 

07951776608 or www.freshleafhypnotherapy.co.uk

LOST COUSINS
 PUTTING RELATIVES IN TOUCH

For more information visit
www.lostcousins.com

Hearing Help Essex **FREE NHS Hearing Aid Maintenance Service**

2nd Tuesday of each month 10 am - noon
 in the Parish Council Offices **by appointment only**

- Have your NHS hearing aid cleaned & re-tubed
- Receive help and advice

www.hearinghelpessex.org.uk Tel **01245 496347**

Registered Charity 1113498 Company Limited by Guarantee Registered no 5664873

Sierra HomeCare
 Personal • Caring • Responsive

Individual, personalised care and support plans

Inspected and rated **Good**



FREE Home Care consultation

www.sierrahomecare.co.uk
 01279 501678
info@sierrahomecare.co.uk






JOIN OUR TEAM

- We are a small, family-run care company seeking friendly, caring and reliable individuals to join our expanding team.
- Our aim is to make a real difference to the lives of our clients.
- If you are looking for a truly rewarding career working with the elderly, get in touch via email or phone.
- No experience needed, as full training is provided.
- Full-time or part-time hours available

PROVIDING QUALITY CARE AND SUPPORT TO LIVE YOUR LIFE, YOUR WAY.

STANSTED IN THE SNOW

Many of us enjoyed the week in December when we had beautiful snow; it lasted for several days, which seems quite unusual these days. Yes, it can be dangerous to walk or drive on, but there is no doubt that it transforms the mundane into something quite magical. Thanks so much to the photographers who contributed the pictures below.



Permissive Path
Photo by David Gilbert



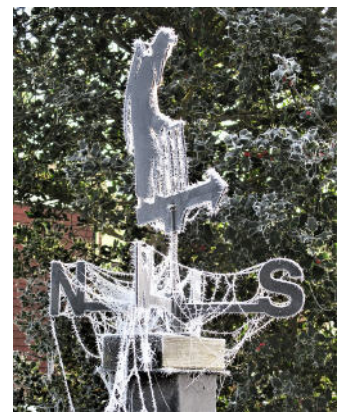
St Mary's Church
Photo by David Gilbert



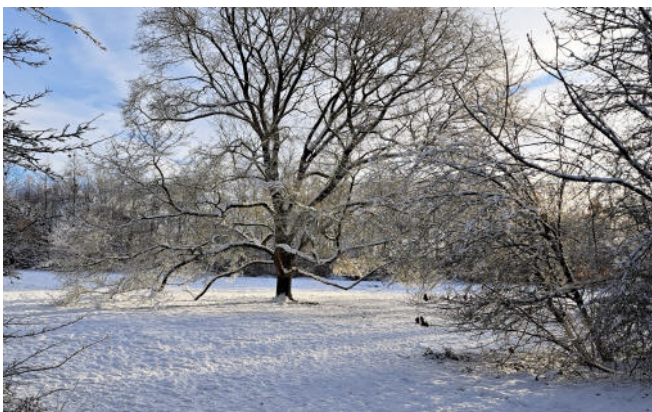
Hazel End Road
Photo by Paul Burt



Messenger of Joy
Photo by Dale Crowson



Weather Vane, Coltsfield
Photo by Ralph Phillips



Aubrey Buxton Nature Reserve
Photo by Elizabeth Oakley



Greenfields Transformed
Photo by Ken McDonald

FIND OUT WHAT
YOUR HOME
IS WORTH

CONTACT US TODAY
FOR A FREE VALUATION

SALES
01279 814400

LETTINGS
01279 358809

intercounty.co.uk

Intercounty
Estate & Letting Agents



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



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

We welcome Children aged 2½ to rising 5
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
Email: admin@rainbowpreschool.net

This could be YOUR ad here
Only £190 for 8 issues
Other sizes available

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

Thinking of doing some building work?

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

We are here to help!

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

T 01799 510453

E building@uttlesford.gov.uk



A.C. WRIGHT BUILDING CONTRACTORS

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

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



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



Looking for a Private/
NHS Dentist?

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

This could be YOUR ad here
Only £190 for 8 issues
Other sizes available

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



MESSY CHURCH, CRAFT AND CAROLS

www.stanstedchurches.com

Despite it being the coldest weekend of the year and the snow arriving just after we finished, nearly 50 adults and children came to our December family craft and carols event. As you can see, they all had a great time getting *crafty* and cooking yummy treats!



During the carol singing, most of the children dressed up, and everyone had a lantern which they had decorated during the afternoon. The lanterns lit up the room and created a wonderful atmosphere.



The team are now preparing for Messy Church on **Sunday 5th February** at 3.30pm in St John's Hall. If travelling by car, please park in Magna Carta School car park next to the church. Messy Church is *free* and is very similar to the Christmas event, with lots of craft activities including cooking, followed by tea. We look forward to seeing you there for more fun and food.



Marion Dyer
Tel: 814059

Email: messychurch@stanstedchurches.com

ST MARY'S C of E FOUNDATION SCHOOL

www.stmarysstansted.co.uk



We were pleased to welcome the children back from the Christmas holidays, well rested and ready to learn. As always, a huge amount of reading had gone on during the holidays, and our reputation and results as a school continue

to soar, because we put reading at the very top of the agenda.

Our Year 5s recently took part in *Young Voices*, which is the largest children's choir in the world. They had the opportunity to perform in the O₂, one of the world's greatest arenas, alongside incredible artists such as Heather Small. Singing helps with self-belief, self-motivation, confidence and the ability to communicate as part of a team. The concert is the culmination of a lot of practice in school, and as ever, the children were impeccably behaved over a very long and rewarding day.

We were proud to have been one of the few schools to remain open during the snowy spell in December. We made the most of the first day by mixing up year groups and building some incredible ice and snow sculptures. We had an actual igloo and a vast representation of Julia Donaldson's *The Snail and The Whale* plus a veritable army of snowmen. In the unlikely event that we need to close due to snow, information will be on our website and the school answerphone.

Matthew Curzon
Headteacher
Tel: 812212

RANDOM JOTTINGS

Air Fryers

In the run up to Christmas I lost count of the number of times I was asked if I had an air fryer. I am a luddite when it comes to kitchen appliances and gadgets, not ever having owned a tumble dryer, dishwasher, food mixer, juicer or bread maker – so I answered *no*; I was then subjected to a lecture on how marvellous they are saving time, money and probably the world. Now all has gone quiet on the air fryer front. I wonder if the novelty has worn off already and if in five years' time the air fryer will still be in use; or will it be consigned to the backs of kitchen cupboards, along with the George Foreman Grill and toasted sandwich maker?

Is it just Me?

Surely I am not alone in having to use the subtitles more often nowadays when watching any TV drama. Is it me or do actors either mumble, or have such strong regional accents that I cannot understand what they are saying? Add loud background music and it really is difficult to understand what's going on, especially if it is set outside on a dark night. At the other end of the scale, I have no difficulty in hearing other people's conversations whether I want to or not. It's quite common for someone relaying information, sometimes of a personal nature, to someone via their mobile in a loud voice clearly heard by everyone. I was recently treated to such a conversation when out for a pub lunch. A couple were having some sort of business meeting and discussing working practices. I was compelled to listen to the conversation and was somewhat confused when I heard one of them state, "it's really quite unfair. They favourtize him all the time." No, it isn't a typo. She definitely said **favourtize** – or should it be favourtise? Is that a real word? It is not in my old dictionary; maybe I need a new one!

Loki

Stansted Mountfitchet Social Club
Your Friendly Community Hub!



- Live Music Nights
- BT and Sky Sports
- Darts, Snooker and Pool
- Superb Jukebox
- Great Selection of Drinks
- Fully Air-Conditioned
- Fantastic Prices
- Available for Social Events

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



Manuden Village Community Centre

www.manudencommunitycentre.co.uk

Available for Hire

Stunning Fully Licensed Venue

Fundraisers ♦ Meetings ♦ Celebrations

Special Offer Children's Parties £66

Licensed for Civil Weddings and Receptions

Floodlit Astro

See website for events, classes and clubs including

- Yoga & Pilates • Badminton • Flexible Strength
- Bounce • Short Mat Bowls • 5-A-Side Footy

Owlets Playgroup

For more information please contact

Chris **01279 817111** info@mvcc.manuden.org.uk



STANSTED FREE CHURCH HALL

Chapel Hill CM24 8AG

One-off and regular
 daytime and evening hire available
 Fully fitted kitchen • Competitive prices

Comfortable • Fully Carpeted • Free Parking

Please call Marion Dyer on 01279 814059

Email: lettings@stanstedfreechurch.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 Yvonne Estop

Tel: 07595 087207

Email: yvonne-wood@outlook.com



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

Ugley Village Hall

www.ugleyvillage.org.uk

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



Golf World
 Stansted

WHAT WE DO



1066 ADVENTURE GOLF

TOPTRACER DRIVING RANGE | FOOTGOLF

9 HOLE GOLF COURSE, GYM, GOLF LESSONS, WEDDINGS

3-HOLE BEGINNERS COURSE, POLE FITNESS, NAIL SALON, HAIRDRESSER & MORE!

Bonus
 Hole



Golf World Stansted, Hall Road, Nr Stansted Airport, Essex CM22 6FL |
www.golfworldstansted.co.uk | leanne@golfworldstansted.co.uk | 01279 812865



STANSTED MOUNTFITCHET WINDMILL

www.stanstedwindmill.co.uk

There was a fantastic turnout for Santa at the Mill on Saturday 10th December. He came prepared for a busy afternoon but by 4.00pm he had distributed all the 120 presents he had brought with him. The millers had to supply him with windmills for the last 30 children who had waited in the freezing cold for their chance to spend a few minutes with Santa. The first floor of the Mill had been transformed into a traditional Santa's Grotto with festive decorations and lighting. Two of Santa's helpers, Gordon and Leon, were on hand to guide the children to the grotto and make sure everyone was safe climbing the steep steps in the Mill.

Even after paying Santa's expenses, the millers were pleased to have raised some much-needed additional funds which will go towards paying for the ongoing restoration work needed to keep a historic building like the Mill in good order. We are now starting to get the Mill ready for the open day on Easter Sunday. We will be having an Easter Egg Hunt on that day, so look out for details in the March Link. We are always keen to hear from people who would like to get involved with the Mill by organising and staging fundraising events, stewarding on open days and hands-on maintenance work. Please see our website or contact us for more details.



Trevor Lloyd
Tel: 810805

Email: info@stanstedwindmill.co.uk



SUSTAINABLE STANSTED

Who we are and what we do

We are a community climate change group that has been founded with the encouragement and support of our Parish Council. We are unpaid highly motivated volunteers and local residents, who are working together to make Stansted more sustainable. We have a main group and two sub-groups, each focusing on different areas of interest:

- **The Environment Group** focuses on quality of the environment in Stansted and surrounding areas, eg education, planting, air quality, nature conservation, rewilding

- **The Energy Saving Group** focuses on helping local householders to reduce energy usage, carbon output and bills.

Look out for future Link articles updating you on activities and how you can participate, and leaflets with advice and tips on what you can do to help the planet. Our Facebook page *Sustainable Stansted* has more information on where you can make a difference. Here are some energy saving tips:

- Switch off lights and heating in unused rooms
- Bleed radiators
- Remove fully charged items from charger
- Switch off items on standby
- Batch cook foods
- Use an air dryer instead of tumble drier
- A quick extra spin in the washing machine reduces drying time
- Run washing machines on full loads.

You can play an active part in helping our planet by connecting with our initiatives, or joining our Facebook page. Look out for our first e-leaflet on Facebook showing you how to save money and the planet. If you would like to join us, or have ideas which you would like us to include in our campaigns, please contact us.

Claire Taylor

Email: sustainablestansted@gmail.com



Calling all quizzers

For the first time since Helpline began 38 years ago, we are faced with the task of having to raise funds in order to continue. For those not aware of Helpline, we are a group of local unpaid volunteers who offer practical help to Stansted residents, mainly transport to medical appointments, shopping, or collecting prescriptions etc when no other transport is available. Our running expenses are modest, but we do need to cover the cost of our public liability insurance, advertising (see p 8), DBS checks for our drivers and, of course, the phone.

We are holding a Quiz Night on **Saturday 4th March** 6.30pm for 7.00pm in the Day Centre, Crafton Green; tables of six, bring your own food, drink and glasses (nibbles provided). There will be a raffle and a prize for both the winning and losing teams. Contact Sue Thrush on 07716 437649, email: suethrush@hotmail.com to book. Tickets are £5.00. Helpline also needs more volunteers, especially drivers who can offer occasional assistance with transport during the daytime (no regular commitment required). If you are able to help please get in touch. Call 07704 553727 Monday to Friday 9.00am-4.00pm for more details. Please join us on 4th March for what promises to be an enjoyable and reasonably priced evening out. You may even learn something new along the way!

Stansted Helpline Committee

THOUGHT FOR THE MONTH

As we begin a new year, and look back over the past 12 months, it is fair to say that in 2022 we lived through an extraordinary year, both here in the UK and around our world - a year in which the fragility of both humanity and the earth were perhaps exposed in sharper relief than ever. It was a year in which the best and the worst of humanity were once again revealed, from the inspirational women and men who staffed the food banks that now define too many of our towns and cities, to those who pursued war and violence to the cost of millions of human beings across our globe.

As we continue to emerge from the global Covid pandemic and look forward to a new year, we are reminded that our greatest and yet most fragile treasure is our shared humanity as brothers and sisters, children of God ... and it is together, in fraternity and solidarity, that we build peace, ensure justice and emerge from the greatest disasters. Our shared experience of this past year has reminded us that we can no longer continue to focus simply on preserving ourselves; rather, the time has come for all of us to endeavour to heal our society and our planet, to lay the foundations for a more just and peaceful world, and to commit ourselves seriously to pursuing a good that is truly common.

Such a deep attentive solidarity is at the heart of our shared Christian journey; a solidarity that will enable us to build a new world and contribute to the extension of God's kingdom of love, justice and peace in which no-one is left behind. What a new year's resolution this might be for us all

Fr Liam Hayes
St Therese of Lisieux



ST THERESA OF LISIEUX CATHOLIC CHURCH

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



Parish Priest Fr Liam Hayes
Tel: 01279 814 349
Email: frliamhayes@dioceseofbrentwood.org

Parish Deacon Rev'd Deacon Des Connors
Tel: 07748 464101
Email: desconnors@dioceseofbrentwood.org

Parish Administrator Clair Rava
Tel: 816889
Email: stansted@dioceseofbrentwood.org

Masses
Saturday 5.00pm Confessions 6.00pm Mass
Sunday 10.00am Mass

Our Mass times can be subject to change so please refer to our website/Newsletter for updated information. Confessions are at 5.00pm every Saturday before the Vigil Mass and by appointment.

Baptism by appointment



All enquiries: including Church Hall bookings The Church Office, St John's Hall, St John's Road, Stansted CM24 8JP
Tel: 815243 (with answerphone)
Office hours: Monday 2.00pm-4.00pm
Thursday and Friday 10.00am-12.00
Email: st.johns.church@btinternet.com
Website: www.thefivechurches.org.uk

Priest in Charge Rev'd Dr Colin Fairweather
Tel: 816721
Email: revdrcolinfairweather@gmail.com

Associate Priest Rev'd Helen Flack
Email: revhelenstn@gmail.com

Pastoral Assistant: Kathryn West
Tel: 816293
Email: kewest@btinternet.com

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

Services Family Communion (1st Sunday) 9.30am
Holy Communion (2nd-4th Sundays) 9.30am



STANSTED FREE CHURCH

Methodist / URC
Chapel Hill

www.stanstedfreechurch.org.uk

Secretary Betty Francis
Tel: 813977
Email: betty@stanstedfreechurch.org.uk

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

Preachers for February

5th 10.30am Richard Lewney - New Directions
12th 10.30am Rev'd Gill Hulme - Communion
19th 10.30am Rev'd John Buxton
26th 10.30am Rev'd Janet Tollington

Birthday Celebration

Marion Pretty, a lifelong member of the church who regularly attends worship, celebrated her 90th birthday on 22nd December. After morning worship she was presented with a chocolate birthday cake which we all helped to eat! It was a very special occasion for the church, and the third such celebration in less than two years.



The Place on the Hill for adults only and **Fun Place on the Hill** for all ages are open every Wednesday and Friday respectively; see separate articles for further details. Why not come along and save on your heating bill?

Hall Bookings

We have some availability for new regular bookings, both daytime and evening. Please contact Marion as above for more information.



FRIENDS OF ST MARY'S CHURCH

Fortunately, the carpet of lingering freezing snow did not curtail the Christmas weekend activity in the church. However, it did mean that the scheduled school carol service could not go ahead. Hopefully we can welcome Forest Hall School and Blue Skies Big Band at a later date.



Huge thanks to everybody who displayed trees, performed or helped in so many ways. It may be a redundant church but as a community we can make it shine and live on for future generations to enjoy!! The church is open daily for private prayer and solace.



Lynda Dale
Tel: 07716 099474



STANSTED QUAKERS

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

Contact Jonathan Morrell
Tel: 07775 860379
Email: woldsouth3@gmail.com
Lettings Yvonne Estop Tel: 07595 087207
Email: yvonne-wood@outlook.com



Sunday worship 10.30am. Visitors are always welcome. We join together in stillness for an hour, followed by coffee and chat. Quakers allow each person to explore their own experience of the divine. We try to live our faith in everyday life, with a dedication to peace, simplicity, truth, equality, and nature.

Light Group This is a guided Quaker meditation. There is more information on the noticeboard outside the Meeting House or do contact Sue on 07759 532115. We generally meet on the 2nd Saturday of each month.

From St John's Registers

Baptisms

14th November Lucas Jay Bradley
Amber Rose Reed
4th December Hugo Charles Beckett

Funerals

29th November Derek Charles Fuller, age 81 - at St Mary's followed by burial in Stansted Cemetery
5th December Michael Shewry, age 76 - at Cam Valley

LEVER & Co.



Solicitors & Notary Public

www.leverandco.com

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

- ◆ Wills & Probate
- ◆ Care Fees
- ◆ Property
- ◆ 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



J DAY & SON
CRAFTSMEN IN FINE STONE

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 us

Unit 3, Twyford Road, Bishop's Stortford CM23 3LJ
Tel 01279 654555 www.jdayandson.co.uk



STANSTED
- WORKSHOP -
BICYCLES

TEL. 07507 021276
E. workshop@stanstedbicycles.co.uk

BY APPOINTMENT ONLY

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

CALLING NEW ADVERTISERS!

This could be YOUR ad here
Only £280 for 8 issues

See our website for details

www.stanstedlink.org.uk/advertising

or call Marion & Mike on 814059

Email: adverts@stanstedlink.org.uk

Other sizes also available

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

AVS ABSOLUTE VEHICLE SERVICES



FAST, FRIENDLY AND RELIABLE SERVICE

- All General Repairs and Maintenance
- MOT & Servicing
- Clutches
- Cam Belts
- Welding
- Tyres & Brakes
- Air Con

**ALL WORK
GUARANTEED**

For all other services or a **FREE** quote please ask!
FREE COURTESY CAR SERVICE AVAILABLE

01279 655855

Thorley Street, Bishops Stortford, Hertfordshire, CM23 4AL Chapel Hill, Stansted, Essex, CM24 8AP

ST JOHN'S 300 CLUB

Congratulations to the winners of the November draw:

£100	No 250	C Henderson
£ 50	No 12	Judy Lloyd
£ 25	No 178	Paul Salmon

Also to the winners of the December draw:

£200	No 69	Kathleen Clark
£100	No 194	Alastair Bone
£ 50	No 46	D Nash
£ 25	No 22	Rosaleen Nagle

The next draw is on **26th February** in St John's Church, 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 £2500. The Club raises vital money to help cover the heavy maintenance costs and work of St John's Church.

Jean Newson
Tel: 819062



BENTFIELD NURSERY SCHOOL

www.bentfieldprimaryschool.co.uk

The children at the nursery loved all the celebrations which we learnt about last term including Bonfire Night, Thanksgiving, Chinese New Year and Ramadan. We finished the term with an amazing Christmas dinner, our traditional glitter morning madness and a Christmas production of which we were all very proud. We also walked to the post box to send some very important cards, looking at all the Christmas lights on the way. The snow provided a new experience for us to play in, using different tools to experiment with how the snow changed. Sessions in the forest are still one of our favourite activities and we have enjoyed completing lots of different activities in the outdoor space, including building a bonfire, pretending to be fire-works, re-creating a Chinese New Year dance, going on a shape hunt and jumping in every muddy puddle we can find.



This year we started a new topic: *People who help us*. The children will be learning all about the different emergency services. Each week we will be focusing on a different occupation and learning new vocabulary as well as creating lots of exciting art activities. The rôle play area has been set up as a veterinary surgery with lots of animals in need of some extra care, and I am sure Hattie the rabbit will make another appearance so that the children can learn how to look after animals. We look forward to meeting some new children and we still have space for the forthcoming term.

Rachel Grant
Head of Learning Support



LET'S TALK OPEN WATER SWIMMING

www.stanstedmentalhealth.org/openwater

My vision was to create a safe open water social swimming community where people can enjoy the health benefits of open water swimming. After a series of challenges in 2020 which impacted on my mental health, I discovered open water swimming. I was inspired, having discovered an unexpectedly effective method for clearing my mind while outdoors and exercising my body; I soon stopped taking medication as my mental health improved. I am now a qualified open water swimming coach (STA), lifeguard (RLSS), and mental health first aid Instructor, and I recently passed a diploma in cold water therapy. Open water swimming and cold water immersion are amongst several self-help therapeutic solutions which can reduce stress, anxiety and depression as well as help with medical treatment of physical and neurological conditions, amongst many other issues.



In my experience the open water swimming community is the most welcoming, friendly and supportive group of people I have met. This therapy is one of several self-help strategies which support the NHS recommended five steps to improve your mental health and wellbeing: connect with people, be physically active, learn new skills, give to others and pay attention to the present moment. I provide coaching to improve confidence in the open water and swimming style techniques, with 100% focus on improving mental health and wellbeing; I can also introduce people to other open water swimmers in the area. I am exceptionally proud of developing the community group in collaboration with *Let's Talk Standed!* If you are interested in finding out more, please contact me.

Jonathan Self
Email: highmead10@aol.com



www.saffronsymphony.org

Join us for an afternoon of lively dance music on **Sunday 26th February** at 3.00pm. The programme includes:

Prokofiev *Romeo and Juliet Suite no. 2*
Malcolm Arnold *English Dances*
Adams *The Chairman Dances*
Khachaturian *Masquerade Waltz*
Marquez *Danzon no. 2*

Tickets: adults £17 and £20, 18-25 year olds £10, under 18s £5 are available from www.saffronhall.com or tel 0845 548 7650. See you there!



Marion Dyer
Tel: 814059



THE COCK INN HENHAM

Nr Bishop's Stortford
Herts CM22 6AN

Tel - 01279 850347
email - bookings@thecockinnhenham.co.uk
www.thecockinnhenham.co.uk



OPENING HOURS:

Sunday - 12pm to 7pm. Monday & Tuesday - closed
Wednesday to Saturday - 12pm to 10pm.

FOOD SERVED:

Wednesday to Saturday - 12pm to 2pm & 6pm to 9pm.
Sunday - 12pm to 4pm.

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



MCM Computer Services

Computer Services for homes
and businesses

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

- On site repairs -
£40 first hr, £20 per hr thereafter
- No Fix - No Fee
- Fixed price on collection and
return repairs

www.mcmcomputerservices.co.uk
mark@mcmcomputerservices.co.uk

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



JOHN WILSON



Manufacturing & Remodelling
Jewellery for all Occasions
Old Gold Bought

Mobile: 07900 931 910 Workshop: 01279 647 878



WITTS END
BUSINESS SERVICES

Under pressure and need a helping hand?

Look no further!

Witts End provides PA, Virtual Assistant
business support, lifestyle support to busy
professionals, small businesses

Over 25 years PA, Secretarial,
Administrative experience

Please contact Philippa Pearson

Website: www.wittsendbusinessservices.co.uk
Email: Hello@wittsendbusinessservices.co.uk

independent advice
expert knowledge
professional installations

sky

Your local
Sky expert

MEDIACOMS

Aerial Satellite AV Security



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

01279 871777 www.mediacoms.co.uk

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



THE HUNDRED PARISHES SOCIETY

www.hundredparishes.org.uk

Flowering snowdrops are a welcome sight in early February. Although not native to this country, these spring-flowering bulbs have been planted in churchyards from the 16th century. As their seeds are dispersed by ants, they have become naturalised in suitable locations such as hedgerows. Snowdrops carpet parts of Hatfield Forest and the gardens of Audley End and Easton Lodge where visitors can admire them, and smaller clusters are in most of the churchyards around the Hundred Parishes.

Snowdrops are easily seen, and other early spring flowers follow as the days lengthen; yellow primroses, winter aconites (see below) and lesser celandines appear alongside sweet violets. They all produce pollen and nectar, vital food for early foraging honeybees, queen bumblebees and other insects.

Surveys of churchyards indicate they can be havens for wildflowers, often supporting species which have become rare in the wider countryside. Whilst neatly mown grass is appreciated by many, leaving vegetation uncut allows many attractive grassland plants to flower for the benefit of insects.



The Botanical Society of Britain and Ireland organises a wildflower hunt to record what is blooming at the start of the year. The aim is to record how flowers are responding to a warming climate. This year, the number of species recorded within the Hundred Parishes was much reduced, almost certainly due to the wintry weather experienced in December.

I encourage you to enjoy one or more of the walks or open gardens listed on our website, or visit your local churchyard. If you are able, take some photos to share with friends or perhaps post on our Facebook page.

Tricia Moxey
Trustee
Tel: 01277 364522

IN THE GARDEN

We are a group of enthusiastic, amateur gardeners with tips, hints and ideas. We hope you will enjoy our column in The Link.

Sweet peas

If you have not already sown and over-wintered them, it is time to do so by sowing three seeds, equally spaced, 3.5cm deep in 10cm tall pots in a cool frame or greenhouse. Pinch out the tips when the stems are about 10cm high. Plants can be planted out in late April/May in a sunny position. Harden off prior to planting. Alternatively sow the seeds directly outdoors from March to April, using supports to allow the plants to climb. If grown in large containers, position long canes in a wigwam. Remove faded flowers to encourage additional blooms until the end of the flowering season, when they can be left until the seed pods mature, removed and stored for the following year.



Wisteria

February is time to prune their stems hard back to two buds to the original framework, encouraging flower buds to form. Any unwanted summer growth should be completely cut out but wanted new growth tied in. A light trim in August to tidy up whippy stems is advisable.

Broad beans

There are several ways to grow these, dependent on the space available: Autumn sowing if your plot is sheltered, or under cloches in February. Alternatively, if fewer than 30 plants are required sow one seed, 5cm deep in 10cm tall pots in a cool frame or greenhouse in late February for planting out in late April, hardening off before final planting.

General tips

If weather permits, aerate and scarify lawns in dry conditions applying lawn sand and treat moss. Support roses if rocked by wind and firm around base. There is still time to top dress and mulch the borders after the hot summer and they need all the help they can get. Get out into the garden and enjoy the plants in flower: snowdrops, crocus, iris and hellebore. Spring is just around the corner; curl up with a nice cuppa and a plant or seed catalogue and plan for Spring planting.

U3A Garden Members
Email: stanstedu3a@gmail.com



HUW JOHNSON CLUB

The Club started 2023 with a trip to see Dick Whittington at Cambridge Arts Theatre. It was great to have our annual panto trip back after not being able to go for so long; the show was enjoyed by members and volunteers alike. We restart our Thursday sessions on 23rd February. If anyone is interested in attending as a member or a volunteer, please get in touch.

Ellen Brooks
Tel: 07800 896516
Email: ellenbrooks@hotmail.co.uk

Stansted Network

NEWS FROM YOUR LOCAL COUNCILS

PARISH COUNCIL UPDATE

...with news of community help to cope with rising bills and lower temperatures, the search for rewilding sites, progress of the urban tree planting scheme, and updates from our Police Community Support Officer and on our allotments



Cost of Living

Voluntary groups and charities are pulling together to provide individuals and families in Stansted with some relief from the cost of living crisis.

Citizens Advice are running drop-in advice sessions on Thursdays from 9.30am to 1pm at the Mountfitchet Exchange Library. The focus here is on helping people cope with spiraling bills and expenses. You can also talk to a CA adviser on Mondays, Wednesdays and Fridays – again, 9.30am-1pm – via a video link up in the library.

The library itself is also serving as a warm hub, somewhere you can make use of its computers and free wifi and escape the winter cold. The Parish Council is extending the offer by inviting you indoors at the Mountfitchet Exchange, Mondays to Fridays 9am-1pm.

And as reported in last month's pages, TouchPoint's Breakfast Club is serving bowls of porridge, cereals, bacon sarnies, and tea and coffee from 8.30-10am on Fridays. And from 4-6pm on Tuesdays, free hot meals and fun activities are being put on for school-age kids, their families and carers. On weekends the charity is putting on Sunday at the Movies – enjoy a classic movie, free cake and refreshments at the Day Centre 1-4pm.



The triangle of land by the knight sign at the northern entrance to the village has been proposed as a possibly spot for a prairie style rewilding

Rewilding Progress

Six locations in the village have been suggested as suitable for rewilding.

The Parish Council's rewilding working group spent a day walking the village in November searching for sites. They identified a spot at Walpole Meadows, land at Elms Farm, and the culverts by Foresthall as all having potential for rewilding. Residents have also chipped in with two further suggestions: the large grassed area near to Foresthall Road and Longcroft by Pennington Lane.

The Parish Council's gardening contractor, meanwhile, has proposed a prairie-style scheme for land near the knight sign. GWB say this would deliver a wild, colourful look that would make a statement when driving into the village.

Greener future takes root

The Parish Council's Urban Tree Planting project got underway at the start of the new year, when gardening contractor GWB Horticulture planted saplings at five sites around the village.

Under the project, Mountfitchet Green, the Recreation Ground (including Windmill Fields), Urban Square, Walson Way, and Wilkins Crescent will have more than 10 trees planted to combat climate change and to promote biodiversity. The types of trees planted at each site vary but include maple, rowan, ornamental pears, wild birch and scotch pine, oak and hazel – among other varieties.

Before planting began, two rounds of consultation were completed, with residents living near each area. Just under 50 people got in touch with the Parish Council after the first round of consultation, and a further 13 sent in their views in round two.

The project was remodelled in light of their feedback:

- Yew trees were withdrawn from the species planted at the Rec in response to concerns about their toxicity
- The siting of saplings was changed at Walson Way Green and Urban Square to address criticism that the original positions blocked views and light

- One site (Bentfield Green) was withdrawn from the project following opposition to the plans.

We would like to thank all residents for engaging with the consultation for this project, irrespective of their support or opposition to this scheme.

Careful of Those White Lines



Driver are being warned to avoid parking, even temporarily, on road markings leading up to pedestrian crossings. Police Community Support Officer Alex Stewart says that a zero-tolerance approach is being taken in cases where car owners fail to keep clear of zigzag lines at pelican and pedestrian crossings. This follows complaints from members of the public.

“It can be dangerous to leave your car parked at a crossing, particularly if there is a dropped curb, because it can block the vision of other road users of pedestrians who may be using the crossing,” explains PCSO Stewart. “This has become a problem at the pelican crossing on Lower Street.”



Transgressors could get 3 points on their licence or a £100 fine. You also run the risk of a charge of causing a death by dangerous driving if a fatality was to occur. Should you wish to report a driver for parking on a crossing, PCSO Stewart advises informing the police about an incident, and not just sending a picture

of an offending vehicle, which can carry less evidential weight.

PCSO Stewart, whose position is partly funded by the Parish Council, also wishes to stress the importance of taking common-sense steps to keep personal possessions safe. “With people struggling at the moment, we are starting to see more thefts and burglaries,” he says. “On patrols of the village we come across unlocked cars or homes with the front door left wide open. This can lead to an opportunistic crime and you may find your insurer may refuse a claim in such circumstances.”

Youth Champions Needed

In January, the Parish Council joined forces with Police Community Support Officer Alex Stewart and Police Constable Steve Sharma to visit local schools as it seeks to recruit fresh talent for the Youth Council.

Joining the Youth Council is a great way to get involved in decisions that have a positive impact on young people’s lives in Stansted. Not only can you guarantee young people’s voices are heard, but you can develop key skills as a public speaker and team player.

Previous Youth Councillors have delivered real improvements for young residents by, for example, persuading the Parish Council to improve its playgrounds. The skills and confidence gained as Youth Councillor have allowed others to step up to represent the community on the the Essex Youth Council and take the first steps into party politics.

The only requirements to serve as a Youth Councillor are that you need to be aged between 11-18; and live, work or study in Stansted.

So if you would like to have a say in how the Parish Council tackles climate change, plans for cycling routes, or act as a channel between young people and local community policing teams, while ensuring young residents’ mental health needs are not ignored – contact us at parishcouncil@stansted.net or message us on Instagram [@stanstedyouthcouncil](https://www.instagram.com/stanstedyouthcouncil).

Defib for Cambridge Road

There is a new defibrillator to access in case someone should suffer a suspected cardiac arrest close to Cambridge Road. The device is on the walls of the club house of the Stansted Tennis Club (STC) and is accessible 24/7.

The piece of life-saving kit was paid for by the club and money from Geoffrey Sell’s district councillor funds. James Hogg, parish councillor and chairman of the STC, says the club took advantage of an offer through the Lawn Tennis Association to purchase the device and its cabinet for a total of £450, instead of the usual cost of £2,184.

District Cllr Sell contributed £225 from his Uttlesford District Council New Homes bonus allowance to help pay for the defibrillator. The Tennis Club is to cover the costs of the future upkeep of the device. See page 23 for the location of the other defibrillators around the village.



Allotments Update

Nine new tenants were welcomed on to the allotments on Elms Farm in 2022, but with 28 residents waiting patiently on the Parish Council’s allotment list, updates from Homes that they are closer to delivering further plots to the community, is welcome news. The developer has now scraped the land set aside for allotments at Walpole Meadows and added some topsoil. French drains are to be installed and

dead trees at the site are to be replaced. The Parish Council is waiting to hear from the Section 106 officer at the district council of the possibility of an early transfer of the land.

Back at Elms Farm new blood is needed to fulfil the committee positions within the Elms Farm Allotment Association, which provides social and practical help to holders and is an important interface between the tenants and the Parish Council. Allotment holders interested in joining the EFFE should contact the office or email Open Spaces Committee Chair alan.barnes@stansted.net.

Parish Council Notice boards

Agendas and planning applications will now only be pinned to the Chapel Hill and Lower Street notice boards, areas of the village with high footfall.

The cost of weatherproofing notices for every meeting on all our notice boards over a full 12-month calendar has risen considerably. Posting on just two boards as opposed to all eight will reduce costs and help us be a little greener. You can find details of meetings on our Facebook page and on website. Also, as space is limited on our boards, priority will be given to Council notices, followed by activities of a non-commercial nature.



District Council News



Alan Dean
District Councillor reports



At the end of November, District Councillors heard from officers that Uttlesford District Council will need to make substantial savings amounting to £5m over the next five years to balance the council's budget. This will mean the loss of council jobs and a reduction in the number of services provided and their quality.

Although the budget for the next financial year (2023/24) has not been made or fully discussed yet, the Chief Financial Officer advised members that to "balance the budget" it would likely be necessary to either use up £4m of the £12m council's reserves or sell one or more of the Council's investment properties. Both these options would be one offs and expenditure at the current level is not sustainable in the long term. The council will decide its 2023/24 budget on 21 February.

Stansted Councillors' Fund Cost of Living Support

Like they did successfully last year, the Stansted district councillors have already been arguing for Uttlesford to fund more local actions tackling the Cost of Living Crisis in the district. Before Christmas they collectively contributed £2,000 towards TouchPoint's Kids Christmas Appeal from their Ward Initiative Funding. Funding has been given to local primary schools to support the provision of hot school meals for pupils in need and other projects.

Council Tenants Over-billed

At a special cabinet meeting just before Christmas, the Chief Executive reported on a number of issues concerning the Housing function. Chiefly it had been discovered that the wrong inflation measure had been applied which meant that rents of our Council Houses were increased by 1% more than they should have been over the last two years. The council has apologised to tenants and is arranging to refund the overcharge (plus interest) as quickly as possible. In September the district council had already referred themselves to the Regulator of Social Housing because of their failure to meet maintenance and other health and safety checks on its stock of around 2,800 homes.

Cost of Living and Covid Impact Leisure Centres

The Cabinet has also agreed to provide an additional £260,000 per annum to support the district's three leisure centres. The increased support is required because Covid has reduced the number of people using the centres and spiralling energy costs. It is a concern that changes to the opening hours at the centres are under consideration.

According to the report any changes "will have the most impact on the Mountfitchet Romeera Centre, which has experienced the most significant drop off in usage".

R4U Lose New Year By-election

At the beginning of January, a District Council by-election was held for the Dunmow South and Barnston ward following the resignation of a R4U councillor who moved to Norfolk in August 2021. In a low turnout election R4U, the majority party on Uttlesford, lost nearly 30% of their previous vote to lose the seat to the Conservatives. Perhaps it is an early indication that local residents are looking for more competence from their local council leadership. All councillors will be up for election on 4th May 2023 including the new councillor elected in Dunmow last month.

Devolved Power Deal

Later in January the Council will discuss the pros and cons of a deal with the Government to devolve some functions and funding to a Greater Essex partnership of Essex County Council, Southend-on-Sea Borough Council and Thurrock Unitary Council. District Councils will not be party to the deal but the leader of Essex County Council is asking for them to vote on the proposals before they are submitted to the Government by the end of January. Some councillors are concerned that the decision is being rushed through before the local elections in May without proper consultation or consideration.

Stansted Airport Jobs Fair

On 7th February 10am to 2 pm, Stansted Airport is organising a Jobs Fair at the Radisson Blu Hotel.

STANSTED PARISH COUNCIL

STAFF

Clerk Ruth Clifford, Deputy Clerk Emma Philbrick
Committee & Projects Officer Laila Azure-Marxen
Communications Officer Dan Schlanker
Email: parishcouncil@stansted.net Phone: 01279 813214
Office Hours Mon-Fri 9am-4pm, Wed 9am-2pm
Reception: Mon-Fri 10am-2pm
Website: stansted.net Facebook: stansted.parishcouncil
Instagram: stansted@parishcouncil Twitter: @StanstedMPC

PARISH COUNCIL MEETINGS

You can attend our meetings at the Mountfitchet Exchange in person or virtually with the Zoom details found on the agendas posted on our website. Meetings start at 7.30pm unless indicated below. Statements can be made during Public Participation at the start of Full Council meetings; permission must be requested to film or record proceedings.

February 1 Highways (7.30pm)
February 8 Full Council
February 22 Finance & General Purposes Committee

PARISH COUNCILLORS

Alan BARNES
tel: 817214 email: alanbarnes@stansted.net
George BRAECKMAN
tel: 07981203831 email: georgebraeckman@stansted.net
Maureen CATON - CHAIR
tel: 813914 email: maureencaton@stansted.net
Anne GUNEY
tel: 815996 email: anneguney@stansted.net
Jamie HOGG
tel: 647206 email: jameshogg@stansted.net
John HUDSON
tel: 814489 email: johnhudson@stansted.net
Matthew JESSUP
tel: 816591 email: mattjessup@stansted.net
Peter JONES
tel: 813252 email: peterjones@stansted.net
Joanna KAVANAGH
tel: 815157 email: jokavanagh@stansted.net
Ayub KHAN
tel: 815800 email: cllrkhan@uttlesford.gov.uk

John O'BRIEN
tel: 816772 email: johnobrien@stansted.net
Lois PRIOR
tel: 07472172223 email: loisprior@stansted.net
Frances RICHARDS - VICE CHAIR
tel: 812748 email: franrichards@stansted.net
Geoffrey SELL
tel: 815925 email: cllrsell@uttlesford.gov.uk
Thomas SMITH
tel: n/a email: thomasmith@stansted.net

UTTLESFORD DISTRICT COUNCILLORS

Melvin CATON
tel: 813914 email: cllrcaton@uttlesford.gov.uk
Alan DEAN
tel: 813579 email: cllrdean@uttlesford.gov.uk
Ayub KHAN
tel: 815800 email: cllrkhan@uttlesford.gov.uk
Geoffrey SELL
tel: 815925 email: cllrsell@uttlesford.gov.uk

ESSEX COUNTY COUNCILLOR

Ray GOODING tel: 813103 email: cllr.ray.gooding@essex.gov.uk

MEMBER OF PARLIAMENT

Kemi Badenoch MP, House of Commons, London SW1A 0AA
tel: 0207 219 1943 email: kemi.badenoch.mp@parliament.uk

POLICE

Special Police Constable Steve Dale
email: stephen.dale@essex.police.uk
PCSO 81764 Alex Stewart
email: alexander.stewart@essex.police.uk
Non-urgent incidents call: 101 Serious incidents call: 999
www.essex.police.uk/ro/report
February 16 - Meet-up Day Centre, 72 Chapel Hill

LIBRARY

The library at Mountfitchet Exchange opens:
Tuesday 9am-1pm Wednesday 2pm-5.30pm
Thursday 2pm-7pm Saturday 9am-5pm

GARDEN WASTE SERVICE

The district council's bi-monthly garden waste skip service will resume in Spring 2023.

VILLAGE DEFIBRILLATORS

Defibrillators in yellow on the map are accessible 24/7. Call Emergency Services for an access code. Defibrillators in orange are only available during the working hours of the establishment they are sited at.



JONES & CO



Plumbing and Heating Engineers
Installation and Maintenance
Boiler and Cylinder Replacements
Bathrooms ~ Gas and Oil Services

Please contact David Jones
Tel: 01279 815877 Mob: 07860 213760
Email djonesco@btinternet.com



P.Knight
Plumbing



Local, reliable and friendly plumber
All small and large jobs undertaken

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



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

Visit our Stove Shop in Takeley

Woodburners, Multifuel
and Gas Stoves

Cooking Ranges
& Pizza Ovens

Expert HETAS Installers
and Free Home Surveys

OrionHeating.co.uk

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



M. LLOYD & SON

Plumbing & Heating Services

All aspects of Plumbing and Heating
Tel 01279 216331 Mob 07949 839709



JDW. HEATING SERVICES

- Gas Boiler Servicing and Repair
- Fast Response to Central Heating Breakdowns
- Carbon Monoxide Testing
- Energy Saving Smart Controls
- Central Heating Powerflushing



Contact Julian on 07967 366585 or 01279 816083
Email: juliangas1511@outlook.com
24 Hour Call Out • Ex. British Gas

CK Electrical Installations

www.ckelectrical.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: ckelectricaluk@gmail.com



This could be YOUR ad here
Only £190 for 8 issues
Other sizes available

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

Do-it-4U

Repair, Care & Maintenance
for your Home and Garden

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

Tel 01279 814411 Mobile 07774 877320



DPS Handyman
Services

Local friendly handyman
Reasonable rates
References available



Tel: Simon - 07970 905360



RSPB STORT VALLEY
www.rspb.org.uk/groups/stortvalley

Our programme continues with three different activities in which we hope you will join us, enjoying birds and nature and sharing the experience. On **Sunday 12th February** at 10.00am meet at RSPB Lakenheath Fen, Thetford IP27 9AD. This outstanding reserve has been transformed by the RSPB, and where once there was arable land, there is now a vast wetland of reedbeds, marshes and woodlands that are bursting with life. With a visitor centre having a full range of facilities including refreshments and food, this is a great place to visit. Our monthly meeting is on **Tuesday 14th February** at 7.30pm in Bishop's Park Community Centre, next to Tesco. The speaker is Mike Howgate who is a major opponent of the current Birds are Dinosaurs theory. In his talk he will outline the overlooked evidence which indicates that birds are not the descendant of Velociraptors. The final activity for February is our short sociable, local bird walk on **Thursday 23rd February**. Meet outside Alberts Café in Thorley Neighbourhood Centre, CM23 4EG at 10.00am. We will take a circular route using Moor Hall Lane and the Southern Country Park to finish back at Alberts Café.



Our activities are just one way that you can get involved with the RSPB which works closely with local communities in many ways and has a huge volunteer force; having started as a campaign, this remains a core activity. For more information, google *How to get involved with the RSPB*. This includes numerous family activities to promote nature on your doorstep and is a great resource. Full details of local activities are on our website.

Peter Allen
Tel: 07876 295456
Email: peter2349@sky.com



STANSTED SOCIAL CLUB
www.smsc.com

I have no idea where 2022 went, it seems to have raced by. The Club went from strength-to-strength last year and we continue to welcome new members. We currently have 798 paid-up members. If you are interested in joining, either pop in and pick up a membership form or download one from our website. It has been great to see how successful the

Community Foodshare initiative has been. We will continue to host the volunteer team on Wednesday afternoons. Please note that this is not a food bank; the produce is donated by local supermarkets, and everybody is welcome to come along. You will be saving an awful lot of food from ending up as landfill!

February sees another fantastic line-up of artists as we look to repeat our Entertainment Club of the Year Award in 2023! We welcome the *Wild Murphys* back on **Saturday 4th** with their brilliant mix of Irish music. On **Sunday 5th** there is an *Adele* tribute followed by a *Tina Turner* tribute on **Saturday 11th**. Martin from *Cloud 9* returns for an evening of karaoke on **Friday 17th**. Towards the end of the month we are hosting two newcomers: on **Saturday 18th** we welcome *The Brit Invasion*, who will be knocking out covers of classic British tunes and we round off February on **Saturday 25th** with a *Spice Girls* tribute, who need no introduction! Alongside some fantastic entertainment we also have our ever-popular meat raffle on Sundays at 3.00pm, followed by the members draw, where you can pick up £100 if your number comes out and you belong to the Club. As always, you can get the latest Club information on our Facebook page.



Andrew Sharpe
Tel: 812992
Email: stanstedclub@gmail.com

LOSING WEIGHT

Like so many of us, I gained weight during the pandemic. While we were not allowed to leave our houses, food seemed like the only comfort; in no time I had gained over three stone. I struggled during the pandemic and when I looked for a workshop and a coach locally to help me lose the weight, I found none that I could get to. In an effort to lose the weight and get healthier I have decided to help myself and others by launching *Weight Watchers* workshops in Stansted and Bishop's Stortford. I thought there must be more people like me who would love to get together and get healthier. The *Weight Watchers* programme is now about so much more than weight loss; it is also about well-being and helping people develop healthy ways to eat and increase their activity for the long term.

The last few years have been difficult for everyone and many of us have become more sedentary and maybe developed unhealthy habits which are hard to break. I am really excited to work with local people to lose the weight as well as finding different ways to deal with stress so it does not happen again. If you would like to come together with like-minded people and share your journey to a healthier you, I would love to meet you. The workshops are on Saturdays at 10.00am in St John's Church Hall and on Mondays at 7.00pm in South Mill Arts, Bishop's Stortford.

Ruth Davey
Email: ruthdaveye@yahoo.co.uk



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



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



Professional Painting
And Decorating Services
With many years
Experience

Our services cover:

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

Call... Office: 01279 817282

Andy Richardson Mobile: 07980 439924

Email: adadecorating@googlemail.com

www.adadecorating.co.uk



Lesley Anne PAINTING
QUALITY GUARANTEED

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

Tel: 07973 364394

Email: lesleyprorowse@aol.com



RAY on the HILL • Painting • Decorating
• Gardening • General Maintenance
ray@rayonthehill.co.uk
Mob: 07790 509556
Tel: 01279 851831

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

HARLEQUIN TRIMMINGS

Stansted showroom brimming with trimmings!
Quality vintage and contemporary fine
furnishings for upholstery, cushions and curtains

- * silk cushions * curtain tie backs
- * tassel fringes * upholstery gimps
- * braids and borders
- * decorative piping cords



All at attractive wholesale prices to the public and retail alike



www.harlequintrimmings.co.uk



07472 172223

07398 395741

GO-JO Quality Cleaning

Domestic & Office
Cleaning

01799 543066

07828 425944

j.freeman195@yahoo.com

Jo Freeman
28 Years' Experience



CALLING NEW ADVERTISERS!

This could be YOUR ad here

Only £280 for 8 issues

See our website for details

www.stanstedlink.org.uk/advertising

or call Marion & Mike on 814059

Email: adverts@stanstedlink.org.uk

Other sizes also available



Deb's Dog Walking!

~ I CAN SOLVE YOUR PET CARE PROBLEMS ~

Dog Walking & Domestic Pet Care

Professional & fully insured

Prices, Services & References available online at

www.debsdogs.co.uk

✓ Sleep Overs

✓ Home Visits / Vet Visits

Call me for a chat

Deborah Hibbert



M: 07842 125503 H: 01279 647309

Everyday Care from Someone Local You Can Trust!



STANSTED MOUNTFITCHET LOCAL HISTORY SOCIETY

The format of our first meeting of the year was slightly different; instead of one speaker, three members gave short talks on particular subjects that interested them.

Janice McDonald talked about the *Greens legacy*. Many local residents may remember Greens Stores, a prominent department store on Cambridge Road. The plot had a 500-year lease beginning in 1668. Joshua Green, a prominent Quaker, purchased it in the 1890s. There was a substantial parcel of land to the rear which stretched to St John's Road and contained a local football pitch. The plot was slowly developed, and in about 1958 *Greenfields* and the surrounding areas were developed.

Then followed Ken McDonald's talk on *Stansted Polo Club*, which may not sound quite right but in fact the club did actually exist! At the beginning of the 1900s, Stansted and the surrounding area had a substantial number of extremely wealthy families including the Blyths, Goslings, Routledges, Golds, Gilbeys and Barkers, all of whom had large families with numerous children. They were close friends and intermarrying was quite common. The polo club was formed by some of the adult children; although only in existence for a few years it was very successful. Ken showed this wonderful group photo taken in 1900 of many of these wealthy individuals with their families.



The final talk was by Tony Wellings who showed us *Measuring Implements* used over the years, including various land and distance measuring instruments, scales and even an implement for testing the bath water temperature. Rules and set squares invoked memories of school days for many of us.

The next meeting is on **Thursday 2nd February** at 8.00pm in the Day Centre.

Edward Taub
Email: taubjr@icloud.com



www.ucan.org.uk

Volunteering opportunities

Uttlesford Community Action Network (UCAN) has two volunteering opportunities:

Ukrainian Airport Hub

Volunteers are needed to welcome and assist with the smooth arrival of Ukrainian refugees and their families at Stansted Airport. We work in a small friendly team to support refugees with their onward travel or connection with their relatives or host family. We operate seven days a week and volunteers are asked to cover four-hour shifts with no minimum commitment.

Ticket Home

Ticket Home helps patients to be discharged safely from hospital and return home. We are looking for volunteers to drive patients home, help with shopping, pick up prescriptions, make wellbeing calls to check in with the individual, provide information about other services or just have a chat.

To find out more please contact UCAN on 01799 510525 or email: volunteer@ucan.org.uk.

Vicki Anderson



WE ARE HERE TO HELP THIS WINTER

www.uttlesfordca.org.uk

We know that many people are worried about rising costs and may be struggling. Our advice is available to everyone and is always free, confidential and impartial. Please contact us directly or visit the one-touch video access point in Stansted library. Friendly advisers at Uttlesford Citizens Advice are here to help, with free advice and support including:

- Warm homes advice, help with fuel debts and energy efficiency measures
- Benefits applications and entitlements
- Information about council tax support
- Budgeting and debt advice
- Support with housing and homelessness issues
- Emergency funds for fuel, food, prescriptions and essential travel
- Food banks, food share and children's clothing banks
- Support for carers
- Employment advice and support for job seekers.

Volunteers needed

We are urgently in need of more volunteers to answer our phones, reply to emails and help people find a way forward. If you made a New Year's resolution to do something different, develop new skills or meet new people, we would love to hear from you. The roles are varied and rewarding, and hours are flexible, so fit well with family or other existing commitments. You do not need any previous experience; you just need to be friendly, non-judgemental and comfortable using a computer. Please visit our website or contact us for more information. To access over 150 local health, wellbeing and community groups go to www.uttlesfordfrontline.org.uk.

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



FOOTBALL CLUB
www.essexseniorleague.co.uk

The headline news from our Club over the Christmas period was the medical emergency at our post Boxing Day fixture at Saffron Walden; ten minutes from the end of the game our First Team Manager Paul Pittuck started to feel unwell. Both clubs' medical teams plus an off-duty paramedic attended Paul but immediately took the decision to drive him to Accident and Emergency at Addenbrookes. It turned out that Paul had suffered a heart issue and he underwent two operations and spent a number of weeks in intensive care. His recovery is going well but it will be a long time before we see Paul in the dugout again. The Club thanks all the well-wishers from around the non-league football fraternity and Saffron Walden FC for their assistance during what was a very stressful moment for all involved. Our thoughts are with Paul and his young family; he has been the cornerstone of the Club's success over these past five seasons. John Watters, assisted by goalkeeping coach Neil Tillotson along with all the players, have vowed to continue the great work Paul has done on the field until we see him back at the Club.



Our Over 45s veterans are looking to bolster their squad for the second half of the season; they play in the Essex Veterans League Division One West, with games played on a Saturday afternoon. If there are interested ex-players who wish to dust down the boots and get playing again, please contact us for details.

Our Over 45s veterans are looking to bolster their squad for the second half of the season; they play in the Essex Veterans League Division One West, with games played on a Saturday afternoon. If there are interested ex-players who wish to dust down the boots and get playing again, please contact us for details.

ESL Premier Division February Fixtures at Hargrave Park

4 th	v Enfield	2.00pm
11 th	v Southend Manor	2.00pm



Tom Williams
Secretary
Tel: 07921 403842

STANSTED IS WELL READ

The next meeting of our book group will be on **Tuesday 7th February** at 8.00pm in the Dog and Duck, Lower Street, where we will be discussing *Our Endless Numbered Days* by Claire Fuller. This award-winning debut novel takes the reader on a dark and unsettling trip into the German wilderness; it is a tale of survival, coming of age and isolation. It sounds perfect for reading in the dark winter evenings. Please get in touch if you would like to join us, you will be made very welcome.

Anne Watson
Tel: 898693
Email: stanstediswellread@gmail.com



Stansted Cricket Club

www.stanstedcc.hitscricket.com

We can now reveal the 2023 Club officials: Hon. Secretary Ben Sammons, 1st XI Captain Ben Baker, Vice-Captain Danny Elliott, 2nd XI Captain Dave Powter, Vice-Captain Duncan Taylor, Sunday Captain Ad Hoc. Revolving Winter Nets have been booked on Tuesdays 8.00pm-9.00pm from **7th February** for 10 weeks at Hecsport in Sawbridgeworth; the cost is £5. For more information about our friendly Club please see our website; feel free to contact me if you are interested in joining. Our home ground is at Hargrave Park next to the tennis courts and the football ground. New players are extremely welcome: no ability, too good or too ... well ... my level.

Robin Keck
Treasurer
Tel: 07717 571791
Email: rkeck@hogarthdavidslloyd.com



Stansted Tennis Club
Founded 1889

www.stanstedtennisclub.co.uk

If you have walked past the Club recently, you may have noticed an **Automated External Defibrillator (AED)** fixed on the outside of the Clubhouse. Whilst this is the property of the Club, it has been installed in a secure code accessed cabinet, so that members of the public may also have access. Through a Lawn Tennis Association offer, we purchased the defibrillator at a very good price, half of which was funded by Cllr Geoffrey Sell through his Uttlesford District Council New Homes bonus, for which we thank him.



We are looking forward to a full year of tennis and lots of social events too. Please see our website for more information and contact details.

Debbie Lane
Tel: 07870 971983
Email: debbielane@gmail.com

POT LUCK QUIZ ANSWERS

- | | |
|---------------------|------------------|
| 1 Exeter City | 11 Hippo |
| 2 Murder | 12 Vodka Martini |
| 3 Salt | 13 Vermicelli |
| 4 George R R Martin | 14 Diamond |
| 5 October | 15 9 |
| 6 Urals | |
| 7 G | |
| 8 97 | |
| 9 Honey | |
| 10 Jane Seymour | |

We have been working hard pruning, tree planting and other winter jobs and are now looking forward to re-opening the Gardens for the snowdrop season. In 2022 it was wet in February and we had to cancel two of the planned snowdrop days, so we have our fingers firmly crossed for decent weather and ground conditions and for the snowdrops to be at their best on time, despite the unseasonably mild start to the year.



For the Sunday Snowdrop Open Days on **12th and 19th February**, we will have our full array of attractions available. Visitors will enjoy the vistas of snowdrops in the Bosquet, in the front of the Gardens, the Glade and in the Walled Kitchen Garden. The Trust's volunteers will provide hot and cold drinks, bacon/cheese/hummus rolls, homemade soup, and homemade cakes. There will be a plant stall and snowdrops in the green for sale. Gates open at 11.00am with last entry 3.00pm, and the gates close at 4.00pm.

The gardens of neighbouring Warwick House are not open to visitors during our Thursday Snowdrop Days on **16th and 23rd February**, but there is still a lot of space for visitors and their well-behaved dogs on leads and many snowdrops. The Trust's volunteers will provide hot and cold drinks and homemade cakes and snowdrops will be on sale. Gates open at 11.00am with last entry 2.00pm, and the gates close at 3.00pm. Tickets will be available in advance through Trybooking.com and any not sold in advance will be available on the gate. Advance tickets will be refunded if the Trust has to cancel the Snowdrop Day. For more information, please see our website.

Jill Goldsmith
Tel: 07947 183439
Email: jillgoldsmith1@virginmedia.com



www.mountfitchetgardenclub.co.uk

We meet on **Wednesday 1st February** 7.30pm for 8.00pm in the Day Centre to listen to Maïke Windhorst's talk: *Growing for the flower arranger all year round Part 2*. Visitors are always welcome and membership is available.

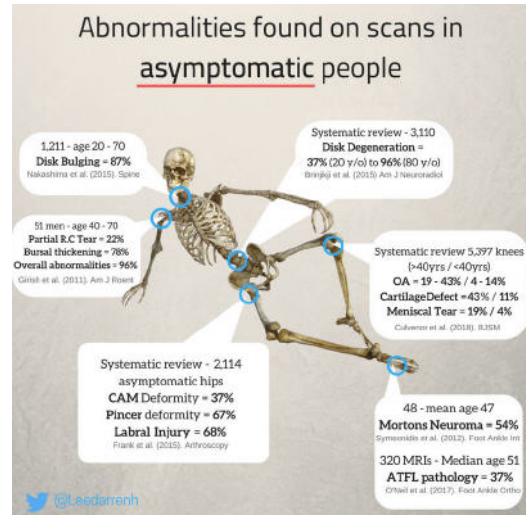
Maralyn Harris
Tel: 07919 478144

BRAIN TRAINING

www.clareharding.com

The weirdness of pain

There is a huge amount of study of pain and it turns out it is far more complicated than we thought. Pain is weird as it is sent down by the brain rather than being sent up by the body. Clues to this lie in the research into MRI scans of people living without pain, called asymptomatic. Type these words into Google Scholar: *Abnormal Asymptomatic MRI Scan* along with the body part of choice.



You will be amazed at what you find: people with terrible damage to their knees/shoulders/spines/ankles who are quite happily living normal, pain free lives. Some studies use subjects with an age range of young to old, others use athletes who are having a successful, injury-free career. If you are living with pain, it is real and needs to be dealt with, which is why you are feeling it. It is unwise to just ignore pain; it can, and will, get worse. However, by exploring the many ways of mending pain, the brain will stop sending pain signals. As part of this healing process, it helps to learn that one can, for example, have a herniated disc, a fully ruptured rotator cuff or an injured meniscus in the knee but enjoy a complete recovery. It is worth noting that an MRI scan will show everything in the joint, but not all of that necessarily matters to your brain. Surgeons and physiotherapists are starting to learn this, leading to less catastrophic language when talking about the problem joint. Instead of talking of crumbling discs – how terrifying is that - far better to say, 'Good motion is lotion'!

Clare Harding
Z-Health Master Practitioner
Tel: 816430

LINK ADVERTISING

We still have a few spaces for new advertisers

Prices for eight issues start from
£190 on the inside pages and £300 on the cover

Various sizes available

See www.stanstedlink.org.uk/advertising

for a price list and booking form
or call Marion and Mike on 814059

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



All types of Fencing Repairs

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



**GARDEN DESIGN ✓
CONSTRUCTION ✓
MAINTENANCE ✓**

References available
Fully insured

**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

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



MOWTIVATED
PROFESSIONAL & FRIENDLY
GARDEN SERVICES

Grass & Hedge Cutting • Fencing
Turfing & Grass Seeding
Ground maintenance contracts undertaken
Tree Surgery : All aspects of tree care
Power Washing : Patios, Decking & Drives

TOM COTTAM - 07834 785716 • 01279 850257



**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



CALLING NEW ADVERTISERS!

**This could be YOUR ad here
Only £280 for 8 issues**

See our website for details

www.stanstedlink.org.uk/advertising

or call Marion & Mike on 814059

Email: adverts@stanstedlink.org.uk

Other sizes also available

Index to Advertisers

IFC - Inside Front Cover		IBC - Inside Back Cover	OBC - Outside Back Cover		
Animal Care	Debs Dogs	26	Hairdressing	Claire's Gents Hairstylist	IFC
Building	A C Wright Building Contractors	10		Lino Thomas	OBC
Services	David Fortune (Builder)	OBC	Household	D C Alarms	10
	JKL Construction	IBC	Installations	Mediacomms	18
	Uttlesford District Council	10		SDS Aerials	24
	Vester Property Services	IBC	Jeweller	John Wilson	18
Chiropody	R Handford	6	Legal	Lever & Co Solicitors	16
	Julie Golden	6	Leisure	Stansted Social Club	12
Cleaning & Ironing	Clear Ovens	IFC	Motor & Bicycle	Absolute Vehicle Services (AVS)	16
	Dunmow Ironing Parlour	IFC		D Bonney & Sons	16
	Go-Jo Quality Cleaning	26		Essex Autospray	16
Community & Care	Hearing Help	8		Stansted Bicycles	16
	Helpline	8	Painting	Motorcycles Wanted	IBC
	Mountfitchet House Care Home	8		Ada Decorating	26
	Sierra Homecare Ltd	8	Decorating & Plastering	Brown's Painting & Decorating	26
Computing & Office	MCM Computer Services	18		Lesley Anne (Painting)	26
	Taylor Computer Service	18		MWR Interiors	26
	Witts End Business Services	18		Ray on the Hill	26
Dental	Castle Dental	10		T F Plastering	26
Electrical	CK Electrical Installations	24	Personal Services	Beauty Calls	8
Estate Agent	David Lee	OBC		Fresh Leaf (Hypnotherapy)	8
	Intercounty	10		The Osteopath	6
Family History	Lost Cousins	8	Plumbing & Heating	Harpers Plumbing & Heating	OBC
Fitness	Flexible Strength	6		JDW Gas Heating Specialist	24
	Stansted Pilates	6		Jones (Plumbing & Heating)	24
	Track 1 Fitness	6		M Lloyd and Son	24
Florist	Paris Legore (Flowers & Gifts)	IFC		Orion Heating	24
Food & Drink	Hadham Brewery	OBC		P Knight Plumbing	24
	The Cock Inn, Henham	18	Printing	CZ Design & Print	IBC
Funeral Services	Daniel Robinson & Sons	IFC	Property Maintenance	Do-It-4U	24
	J Day & Son (Stonemason)	16		DPS Handyman Services	24
Furniture	DT Bedroom & Kitchen Designs	IFC		Finch and Son	OBC
Garden Services	All Garden Aspects	IBC	Schools (pre-school)	Howe Green House School	IBC
	D Honour & Son (Landscapes)	OBC		Birchanger Butterflies Nursery	10
	Illuminating Gardens	34		Rainbow Pre-School	10
	Greenscroft Fencing	34	Soft Furnishings	Harlequin Trimmings	26
	Mowtivated	34		Stort Blinds	IFC
	The Secret Gardener	34	Sport	Golf World	12
Halls for Hire	Quaker Meeting House	12	Tree Surgeon	TTMC	34
	Manuden Community Centre	12		Uppercut Trees	34
	Stansted Free Church Hall	12			
	St John's Church Hall	12			
	Ugley Village Hall	12			

DIRECTORY OF LOCAL CLUBS AND ORGANISATIONS

494 (Stansted Airport) Squadron ATC	Squadron Chairman: Sqn Ldr (Ret'd) Michael Dodd Tel: 07808 635652 Email: chair.494@rafac.mod.gov.uk	Rotary Club	Peter Latham Tel: 881607 Email: stortvalleyrotary@gmail.com
Beaver Scouts Age 6-8	Angela Madigan Tel: 01371 513028	St John's Road and Area Association	Secretary: David Marchant Email: david@marchant.com
BS Beekeepers	Kate Walker Tel: 07399 197756 Email: secretary@stortfordbees.org.uk	Scouts (age 10½ -14)	Mike Byrne Tel: 812780
Bowls Club	Doreen Scraggs Email: doreenscraggs@talktalk.net	Stansted and District Past Rotarians Club	Geoff Lay Email: geoff.lay@ntlworld.com
Brownies (Tue)	Kathy Shearman Tel: 07724 355533	Stansted Badminton Club	Vince Tel: 07793 000107 Raj Tel: 07775 915418
Brownies (Wed)	Susan Scott Tel: 810955	Stansted Business Forum	Iris Evans Email: iris.evans9@gmail.com
CAB	Tel: 01799 618840	Stansted Cricket Club (Adults) (Juniors)	Ben Sammons Tel: 07852 510330 Email: bensammons3178@gmail.com Keith Ayres Tel: 814471
Corkers Netball	Lizzie Read Tel: 07770 594848	Stansted Football Club	Tom Williams Tel: 07921 403842
Cub Scouts Age 8-10½	Emma Croutcher Email: croutchere@gmail.com	Stansted Hall and Elsenham Cricket Club	David Brown Tel: 831011/07788 999663 Email: david1.r.brown@gmail.com
Explorer Scouts	Paul Thorneycroft Tel: 01371 876784	Stansted Social Club	Andrew Sharpe Tel: 812992 Email: stanstedclub@gmail.com
Friends of St Mary's Church	Lynda Dale Tel: 07716 099474 Email: lynnydale@hotmail.com	Stansted Sparks Netball	Gemma Snelling Tel: 07894 944242 Email: gemmasnelling@me.com
Garden Club	Maralyn Harris Tel: 07919 478144	Stansted Speed Watch	Warren Vickers Tel: 813996 Email: vickersw@aol.com
Grove Cottage	Jocelin Warren Tel: 07482 535020 Office Tel: 656085	Stansted Tennis Club	Debbie Lane Tel: 07870 971983 Email: debbieglane@gmail.com
Guides	Jennifer Jarvis Tel: 814434	Talking Newspaper (BS and District)	Richard Barnett Tel: 651270 Email: familybarnett24@hotmail.com
Helpline	Tel: 07704 553727	The Hundred Parishes Society	Ken McDonald Tel: 813226 Email: hundredparishes@btinternet.com
History Society	Roger Barrett Tel: 814216 Email: rmbarrrett54@gmail.com	TouchPoint	Shirley Johnson Tel: 07572 114882 Email: info@thetouchpoint.org
Human Roots	Keiran Oliver Tel: 07946 783039 Email: keiran@humanrootscommunity.org.uk	Town Twinning	Chairman: Geraldine Allars Tel: 07833 089298 Email: twinning@stansted.net
Huw Johnson Club	Ellen Brooks Email: ellenbrooks@hotmail.co.uk	u3a	Susan Sedgebeer Email: bertiestar@gmail.com
Let's Talk, Stansted Mental Health Support	Richard Haywood Tel: 07794 268208 Email: contact@stanstedmentalhealth.org	WI (Stansted)	Doreen Brown Tel: 325326
Little Scrummers	Andrew Poyser Tel: 07738 591232	WI (Ugley)	Dorothy Wallace Tel: 850215
Millers (Windmill)	Tudor Owen Tel: 810805 Email: info@stanstedwindmill.co.uk	Youth Centre	Essex Youth Services Tel: 07584 140507
music@stansted (Classical concerts)	Sonia Levy Tel: 815282 Email: contactus@musicatstansted.co.uk		
Neighbourhood Watch	Valerie Trundle Tel: 813433		
Parkinson's UK Uttlesford Support Group	Simon Russell Tel: 01799 524638 Email: simonrussell2@tiscali.co.uk		
Rainbow Pre-School	Gill Pursglove Tel: 814242/07966 506997 Email: admin@rainbowpreschool.net		
Rainbows (Wed)	Rachel Foster Tel: 07818 417971		
Rainbows (Fri)	Sue Pollard Tel: 813734		

Note: This list will be updated as and when we learn of any changes. If you would like your organisation to be added 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.



**JKL CONSTRUCTION
& CARPENTRY LTD**
 Please contact Matthew Williams for further information
 Tel: 07507 880435
 info@jklconstructionltd.co.uk
 www.jklconstructionltd.co.uk



- Specialising in
- Project management
 - Renovations
 - New build homes
 - Conversions
 - Extensions
 - All works to achieve a quality result and a pristine finish

We have access to quality trades people who we have trust in, so you can trust us to make your dream home a reality!




TRUSTMARK
Government Endorsed Quality




Working in partnership for you



Motorcycles Wanted

CASH PAID FOR ALL BIKES & PARTS

ALL MOTORCYCLES ANY CONDITION

MOPEDS SCRAMBLERS
SCOOTERS QUAD BIKES

CALL DARREN 07775 998628

British Motorcycles Wanted Urgently





HOWE GREEN HOUSE SCHOOL
 Independent Co-ed Prep School
 for 4 to 11 years
 and Little Oaks Nursery School
 for 2 to 4 years
 www.howegreenhouseschool.co.uk
 01279 657706



VESTER
PROPERTY SERVICES

GENERAL BUILDING & ARCHITECTURAL SERVICES
EXTENSIONS \ RENOVATIONS \ KITCHENS



"VESTER OFFERS A SIMPLE ONE STOP SHOP FOR YOUR PROJECT. THE SKILLS & EXPERIENCE OF OUR INCREDIBLE TEAM MEANS VIRTUALLY ANY CUSTOMER REQUEST IS ACHIEVABLE."

VESTER PROPERTY SERVICES LTD
T: 01279 814089 \ M: 07793 887198
E: INFO@VESTERPS.CO.UK \ W: VESTERPS.CO.UK
FACEBOOK: VESTER PROPERTY SERVICES
INSTAGRAM: #VESTERPROPERTY



ALLGARDENASPECTS.CO.UK

All Garden Aspects

TREE SURGERY • STUMP REMOVAL
HEDGE CUTTING • FENCING

QUALIFIED AND INSURED

01279 755545 **07940 231964**
INFO@ALLGARDENASPECTS.CO.UK

Launch your business into view...

with help from **CZ Design & Print**



design	print	large format
branding	litho & digital	plan printing
advertising	short run books	posters
design for print	magazines	banners
web		
exhibition		



For a chat or a quote
 call 01279 657769 or email
 hello@czdesignandprint.co.uk
CZ DESIGN & PRINT **www.czdesignandprint.co.uk**



LINO THOMAS
HAIRDRESSERS

TELEPHONE 01279 812910

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




NEW BUILDS & ALTERATIONS ■ LOFT CONVERSIONS ■ LANDSCAPE ■ PLUMBING ■ PAINTING ■ KITCHEN & BATHROOM FIT ■

David Fortune

MASTER BUILDER

For a free quotation please call
01279 816883 or **07576 753811**
or email: fortunemasterbuilder@gmail.com

Plan drawing service available

FINCH & SON

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

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

WE ♥ STANSTED

sales | land & new homes | lettings



david lee

01279 815511 davidlee.co.uk





Heating & Plumbing Ltd

www.harpersplumbing.co.uk

All Plumbing, Heating & Gas Repairs
Boiler Servicing & Installation - Bathroom Installations
Gas & Oil Specialists - Boiler Finance Available

Tel: 01279 771981 Email: info@harpersplumbing.co.uk






D. Honour & Son

(Landscape) Ltd.

Your local Marshalls approved Installer
Brickwork Paving Fencing









Tel: 01279 813160
info@honourlandscape.co.uk
www.honourlandscape.co.uk
The Old Brickyard, Elsenham Road, Stansted, Essex CM24 8ST



Hadham Ales In Box, In Bottle, In Person
from our tap room

HadhamBrewery.co.uk
01279 771916