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Front cover:

Tug of War at the
Coronation Picnic
by Dan Schlanker
enhanced by Paul Burt
Photography



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If you do not receive your copy please email: distribution@stanstedlink.org.uk or telephone 813680

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CONTRIBUTIONS FOR THE NEXT ISSUE Please email editor@stanstedlink.org.uk by noon on 9th of the month. Submissions should be in Word or typed into an email, maximum 300 words, and may be subject to editing. Please send photographs as separate jpg not embedded in documents. PDFs and posters are not accepted.

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EDITORIAL



Thanks so much to the Parish Council for allowing us to use one of their pictures for this month's front cover. It was taken at the Coronation Picnic on Sunday 7th May by their Communications Officer, Dan Schlanker, and shows Fire, Ambulance and Police officers in a tug of war competition. The teams competing in the final were Team Mountfitchet and Team Stansted and the latter won. There were wonderful photos of that event in the Stansted Network pages of our June issue. This month, we bring you other village events celebrating that great occasion; many thanks to those of you who sent pictures for our beautiful Coronation page (p 9). Our first article below includes a Royal Event photograph; thanks to Rainbow Pre-School for submitting such a lovely picture.

There are so many excellent initiatives being brought to fruition in Stansted this summer, and one which tops the list is the establishment of a Youth Centre, details of which are on the opposite page. This will be especially welcome during the upcoming school holidays. We wish all of you a very happy summer.



www.rainbowstansted.co.uk

All our students were invited to a Coronation Picnic on 5th May. The children made cakes and Joyce made the main cake, lemon and raspberry, it was fabulous! Much fun was had despite the weather. Each child who attended received a Coronation coin. The Adventurers are having transition visits from their new teachers and they are visiting their new schools. We wish them all luck on the next stage of their learning journey. Our current Explorers, who will be moving up into the Adventurers group, will be spending a couple of mornings in their new classroom and meeting their new key-persons in preparation for September. We are taking advantage of the good weather and are enjoying lots of sand and water play. The children have also planted some fruit and vegetables in our raised bed and are enjoying looking after them. Charlotte and Gill have been taking a small group of children to Mountfitchet Care Home and they have enjoyed sharing craft activities with some residents.



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

Gill Pursglove
Administrator
Tel: 814242

Email: admin@rainbowpreschool.net



www.saffronsymphony.org

The final concert of the season is on **Sunday 2nd July** at 3.00pm in Saffron Hall. Mendelssohn's overture *Ruy Blas* takes the themes of Victor Hugo's play (duplicity, trickery, love and murder) and weaves a musical tapestry. Music from Hindemith's Symphony *Mathis der Maler* (Matthias the painter) was later incorporated into a 1935 opera which fell foul of the German authorities. Tchaikovsky's turbulent 4th *Symphony* was dedicated to his benefactor Nadezhda von Meck and premiered in 1878. Tickets: adults £17 and £20, 18-25 year olds £10, under 18s £5 are available from www.saffronhall.com or tel 0845 548 7650.



Marion Dyer
Tel: 814059



www.waterlanetheatrecompany.co.uk

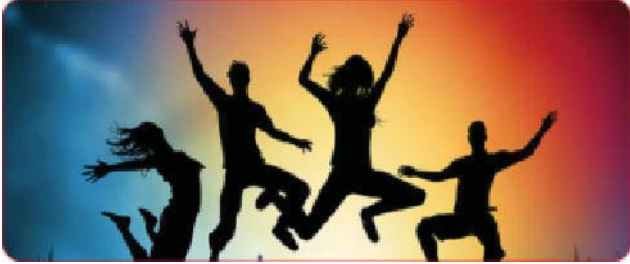
A reminder of our Summer production, *The Merry Wives of Windsor*, Shakespeare's classic comedy, on **Thursday 29th June, Friday 30th June and Saturday 1st July** at 7.00pm (doors open at 6.15pm) in the Monastery Gardens, Windhill, Bishop's Stortford. There will also be a matinee on **Sunday 2nd July** at 3.00pm (doors open at 2.15pm). Bring something to sit on, as well as a picnic, although some refreshments will be available. The show will go on even if it rains (unless we are unable to!). All tickets are £7, available from www.ticketsource.co.uk/waterlane. You can find out more about the group on our website.



Richard Pink
Email: richardpink@me.com

STANSTED YOUTH CENTRE

Essex Youth Service are delighted to be working in partnership with Uttlesford District Council and Stansted Parish Council, delivering new and exciting activities at the new Youth Centre in the Peter Kirk Building, St John's Road. The Club runs every Monday, Tuesday and Wednesday 6.30pm-8.30pm and all year 7 and above are welcome. We will also be open during the school summer holidays for everyone of secondary school age. Come and enjoy food and fun every Monday, Tuesday and Wednesday 4.30pm-8.30pm during the whole six weeks.



Please get in touch if you have any questions or are interested in attending the Club by contacting Essex Youth Service, email: youthwork@essex.gov.uk or call 03330 322800.

Louisa Stirling
District Youth and Community Worker



STANSTED MOUNTFITCHET u3a

www.u3asites.org.uk/stansted/home

At our meeting on **Thursday 20th July** Ray Newman will tell us about the work of a real UK *Cold Case Team*. Following retirement Ray, a former DCI, became one of the founding members of the Essex Police Major Crime Review Team, which investigated a number of unsolved murders and missing persons cases. There will be a lighter topic in August: *Charity Shops*. Tony Earle thinks that they yield up lots of interesting bits and bobs, but so far has found no treasure! **Saturday 19th August** will see Professor Patrick Parrinder giving a seminar on H G Wells: *the Realist and the Dreamer*, at the Free Church Hall 9.30am-noon. Many of you may know that Wells lived at Little Easton Rectory from 1912 to 1930 and I am sure you have all enjoyed his books. Tickets £7 from saturdayseminars@gmail.com.

We have many group activities which we are sure many of you will enjoy. They are run *by members for members* and cover a wide range of interests. Please see our website for details. Our free monthly meetings are held on the third Thursday of the month 1.30pm for 2.00pm at St John's Church Hall and include free tea and coffee. If you are a prospective new member, please come along and introduce yourself to one of the Committee members and you will be made very welcome.

Eileen Quinn
Tel: 07874 385541
Email: stanstedu3a@gmail.com



www.bentfieldprimaryschool.co.uk

A reminder of our wonderful music extravaganza on **Saturday 1st July** 2.00pm-8.30pm on the Bentfield School field, with The Jjars, Goat Patrol, Jay Lewis, Industrial Language, Milla and DJ Fran. We have a BBQ, beer tent, bouncy castles, ice creams, sweets, novelty stall and face painting. Entry is by ticket only and everyone over the age of three will need one. Tickets: £15 advance, £18 on the gate, under 16s free (maximum two per paying adult) available in advance from the school office, Russell Property, The Dog and Duck, The Cock and Inter-county.

MITP Organising Committee
Tel: 813626
Email: mitpstansted@gmail.com



HARMONAIRES CONCERT

www.theharmonaireschoir.com

Following their recent highly-acclaimed performance at Chelmsford Cathedral in April, the choir will be singing on **Saturday 8th July** at 3.00pm in St John's Church. Come and enjoy a summer's afternoon of musical theatre, film and TV classics, with cake and Pimm's available to purchase in the interval. You will hear songs from *Game of Thrones* to *Hamilton*, *Showboat*, *The Vicar of Dibley* and *Les Misérables*; a truly beautiful programme designed to lift your spirits. There will be a retiring collection for Isabel Hospice. Tickets: adults £10, concessions £8, children free, available on the door or via the website. Parking is available at Crafton Green and Lower Street car parks or in Magna Carta School. Please do not park in St John's Road.



Formed just over eight years ago by Musical Director Josie Cowley, the choir is going from strength to strength, singing in cathedrals as well as fund-raising concerts locally. A quote from one of the judges at the recent Manchester Annual Choral Competition described The Harmonaires' performance as a *"superb presentation from this tight ensemble. All in all an example of accessible, varied programming of pieces, performed to an extremely high standard."* For more information please see our website.

Elizabeth Jennings

We are deep into the summer term here at Bentfield, and it is hard to believe that another academic year will soon have passed us by. We started the term with our celebrations to mark the Coronation of King Charles III. The children came to school in red, white and blue non-uniform, made flags and bunting and had a Coronation themed picnic lunch. In addition to this, all classes took part in our sponsored *A Right Royal Bounce* throughout the day to raise money. After school there was a cake stall and refreshments on the playground organised by our PTA which was very well attended by the school community.



Our reception class had a very exciting visit from Essex Police. PC Stewart spent time with the pupils, giving them the wonderful opportunity to explore a real police van and learn about its functions (including the flashing lights). This hands-on experience allowed them to gain a better understanding of the important job that the police do to keep us all safe.



Finally, I have mentioned in previous articles how we have been enhancing our teaching of reading throughout the school, which has included the implementation of our new reading spine. Over the half term an amazing wall wrap was installed, which highlights many of the books and fictitious characters which appear in our spine. As you can see from the picture, it is very impressive and the children are abso-

lutely enthralled, often stopping to spot characters they have not seen previously. I am sure that it will support our ongoing aim of ensuring that all our pupils develop a love of reading.

David Rogers
 Headteacher
 Tel: 813626



www.mountfitchetgardenclub.co.uk

Award winning photographer Roger Hance was the Club's June speaker. His topic was *The Wildflowers and Orchids of the Countryside (Part 1)*. Using his fantastic photographs, many of them close-ups, members and visitors were able to see the beauty and intricacy of wildflowers and orchids found in the fields, hedgerows, woodlands, riverside, roadside verges as well as our gardens. His wealth of knowledge was shared with each photo as we learned about the habitat, the plants' place in the ecosystem, how many of the colloquial names came about and which insects depend on the plant.

Members' Competition for the Rose Bowl

The theme was: *A single rose in a small vase*. A table full of colourful roses made deciding the winner difficult for the speaker. "They are all beautiful" he said. His final decision was: First: Anne Wilkinson, Second: Maralyn Harris, Third: Ewelina May.

Next Meeting

Wednesday 5th July Evening visit to the garden of Julie Bayliss at Pear Trees Garden, Elder Street, Wimbish CB10 2XA. Meet at the garden. Directions, time and cost can be found on our website.

Coach Outing

Saturday, 19th August to Green Island Gardens. Non-members are welcome to join us. Cost £22 which includes coach, entry to garden and tip for the driver. To reserve your seat phone Linda (816250) or me.


Maralyn Harris
 Chairman
 Tel: 07919 478144



HUW JOHNSON CLUB

The Club celebrated the Coronation with an evening of cakes and crafts, followed the week after by a visit from singer Daniel Lumley who proved hugely popular, with members up and dancing throughout. A trip to the bowling alley in Bishop's Stortford is one of the activities coming up before we finish for the summer with a barbeque. The Club will restart at the end of September. If anyone is interested in attending as a member or a volunteer, please do get in touch.

Ellen Brooks
 Tel: 07800 896516



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IN MEMORIAM
MALCOLM COLIN TREACHER MBE
5th October 1929–22nd May 2023



Many will recognise the above scout tracking sign "Gone Home"

We are so sad to hear that Malcolm Treacher MBE, a stalwart of Essex Scouts, has *gone home* at the age of 93, following a short stay in hospital. Born in Henham, Malcolm moved to Stansted in 1940 to live with his uncle in The Old Post Office. It was here that he became a telegram boy. He joined Scouting aged 11 and moved into his first leadership rôle just three years later. In 1951 at the age of 21 he decided to go to the Docklands Settlement for Young Boys in London as a youth worker and returned three years later to take over the responsibility of running the group, holding Scout meetings in the village windmill. In 1962 he negotiated with Walter Mayhew to purchase the land the headquarters stands on today. The HQ itself was the Social Club Hut of Rochford Nursery at Stoney Common which was dismantled and re-assembled. Malcolm was a huge supporter of special needs scouting and was a great churchman, assisting Rev'd Ken Jarvis serving both St John's and St Mary's as a lay reader. He also served as a sidesman in Chelmsford Cathedral. His list of Scouting roles included District Commissioner, District President, Assistant County Commissioner, County Secretary and Organising Commissioner for all Counties, more recently with the county archive team. Malcolm also had a love for Scout Gang Shows, having been involved for many years. He was heavily involved with Mini Gang and was still painting scenery for this year's show just a few weeks ago.

Another of Malcolm's passions was maintaining historic records of all things Scouting. He wrote books on the history of local Scouting and Skreens Park, Stansted Windmill, and his autobiography *An Essex Lad*. He maintained a number of historic records as part of the county's archive team. Malcolm was made a Member of the British Empire (MBE) in The Queen's Birthday Honours back in 1991 for his services to Scouting and youth work, a very worthy recipient. He was awarded Scouting's highest honour, The Silver Wolf in 1982. Malcolm is one of a very small group of people to have received their 70 years' service to Scouting award.

The elderly folk in the village may remember him working at Rochford's Nursery for many years until he left in 1968. We are so grateful for everything that Malcolm did for us here and further afield. The time and dedication he has given to us over the years cannot be overstated; his actions will have benefited so many of our young people. Malcolm will be remembered fondly and greatly missed by all who knew him.

Mark Gerber Scout Leader
Sam (John Salmon) previous District Commissioner
1st Stansted Scout Group



STANSTED SCOUTS

We are attending next year's *Essex International Jamboree* and decided to raise funds by having a sponsored hike from Harlow back to Stansted via the river towpath. We took the train to Harlow and began the 13-mile hike back home, setting off at a leisurely pace, talking about the dodgy looking narrow boats moored up. Arriving at the Beefeater, we had a drink and toilet break before setting off across the fields towards our lunch destination at Sawbridgeworth Maltings. The river now meandered across the meadows, but we settled in to a nice pace and were soon there. Refuelled, we headed for Spellbrook where the fields opened out allowing us to see more than just the river. We passed by several locks one of which was about to be used. We helped a boat through whilst the couple on board chatted to us about their trip.



Pressing on to Stortford we passed through Spellbrook close to The Three Horseshoes, resisting the urge to visit! We were soon passing through Stortford, arriving in Sworders Field, at which point the towpath finishes, so we just followed the river back home. We had a comfort break at Grange Paddocks before heading across the fields, still following the river. The hardest part was yet to come as the stinging nettles at Hazel End were growing extremely well; they were giants! This slowed us down but we arrived back at our HQ a mere 20 minutes late. This was excellent timing considering our boat assist through the lock. Well done all the Scouts for raising money towards their own fees. Thanks, Russell, for joining Mark and me on the hike.

Mike Byrne
Scout Leader
Email: stanstedscouts@hotmail.co.uk



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STANSTED CELEBRATES CORONATION WEEKEND

Last month's Link featured pictures of the village Coronation Picnic. This month we bring you more pictures of events which took place in Stansted over that memorable weekend. The bells rang out at St Mary's church, the inside of which was decorated for the occasion; there were picnics and street parties; and the Victorian fireplace inside the station was suitably adorned. However the most unexpected event of all was the appearance of the mysterious sink hole on the Recreation Ground on Bank holiday Monday; had it appeared the day before, there would have been no community picnic!



Steve Jones *Blythwood Street Party*



Ken McDonald *Greenfields Street Party*



Ken McDonald *Stansted Station*



Alan Dean *Sinkhole on the Rec*



Judith Grover *Photo backdrop*



Judith Grover *St John's Street Party*



Alan Dean *Keep out!*



Lynda Dale *St Mary's Church*



Sally Rich *Family and Friends on the Rec*

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www.hundredparishes.org.uk



UGLEY WOMEN'S INSTITUTE

Conservation Areas were introduced in 1967 and district councils are responsible for designating them. The area must have special architectural and/or historic importance that merits protection. The aim is to protect an area rather than single buildings. Within each Conservation Area, there will generally be individual buildings that have additional protection, classified as Listed Buildings. There may also be a Scheduled Monument, or trees with a Tree Preservation Order, or buildings or spaces that have been designated as Assets of Community Value. There are varying degrees of protection for each of these designations, all aimed at preserving our heritage for future generations.

Uttlesford District Council covers around half of the Hundred Parishes area and has designated 33 Conservation Areas. For each, it has published an appraisal defining the area covered and explaining the reasons for the designation: www.uttlesford.gov.uk/conservation-area-appraisals. These appraisals are often a helpful source for the kind of information provided in the route descriptions for walks that can be downloaded from our website. East Hertfordshire has the second biggest representation within the Hundred Parishes and this district council has designated 26 Conservation Areas. Their appraisals also provide valuable insight: www.eastherts.gov.uk/planning-and-building/conservation-areas.



Similar appraisals are available from the other district councils in the Hundred Parishes: South Cambridgeshire, Braintree, North Herts, Chelmsford and Epping Forest. Within South Cambridgeshire, Linton has the only *Outstanding Conservation Area* designation, including its long High Street and some lanes on either side (see photo above). Much of this area is explored on Walk 182 whose route covers less than two miles. Our towns and villages are usually best explored on foot and each is included in at least one of the Hundred Parishes routes. If you are able to get out and about, I encourage you to try them.



Ken McDonald
Secretary
Tel: 813226
Email: hundredparishes@btinternet.com

An array of delightful head gear, damask tablecloths, chintz china, dainty sandwiches, cakes and scones were the order of the day at our May meeting: a special afternoon which saw us celebrating the coronation with a traditional afternoon tea. We enjoyed this treat thanks to a very generous donation from member Edna Wright who, although she has left the area, still supports us with her friendship and membership.

Our next meeting is on **Wednesday 19th July** at 2.00pm in Ugley Village Hall. We will warmly welcome the return of Lynn Croot who will be entertaining us with her tales of her life as a scuba diver. Why not dive in and join us for the afternoon? You would be most welcome.

Andrea Fitt
Tel: 815922

STANSTED MOUNTFITCHET EVENING WI



Our May meeting was the 62nd Annual Meeting of our WI, which was founded in October 1960. We still have three of the founder members in our Institute. This year our President Doreen Brown retired for health reasons; but she is improving and has agreed to stay on the Committee. Our new President is Linda Gurr, a WI member for many years who has previously acted as Treasurer. We are delighted that she has taken on this role, which is not always an easy one to fill, and hope she will enjoy it.

We sold homemade cakes at the Coronation picnic on the Recreation Ground which raised funds for our WI. Chris Hope told members how she was convinced that the report of the appearance of a sink hole on the Rec the day after the picnic had been a scam. It had turned out to be true and might have meant cancellation of the picnic. The Resolution for discussion at the WI National AGM this year is *Clean Rivers for People and Wildlife*. The WI urges members of the public, local authorities and the Government to support applications for designated bathing sites on rivers, which would then be monitored for pollution. We had a very successful coach trip to London to see *Cabaret* in May. It was a stunning production full of energy and colour, and it was lovely to see London again from the comfort of a coach. We hope to see *Aspects of Love* in September.

Some of us attended the funeral in May for Sally Smith, a long-time, enthusiastic member of our WI as well as a very gifted needlewoman and cook; she will be missed by us all.

We meet on the second Thursday of the month at 7.30pm in the Day Centre and welcome visitors and new members to our meetings.



Judy Colliver
Tel: 812470

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ACTIVE TRAVEL

Most of us in Stansted drive cars or vans and live within a mile of shops, doctor, dentist, station and post office. What links these? The chance not to drive for short trips to pick something up, which we have all done at times. Walking and cycling are *active travel* - convenient, cheap, low carbon and healthy. Good for the planet and for you. Nationally 20% of trips under a mile and 66% of trips under 5 miles are by car or van. Short ones are easily walked by most people and cycling up to 5 miles takes around 30 minutes.

The *Government Active Travel Fund* in 2023 is £200m; this is far too little, but councils can bid to encourage walking and cycling. Small things matter: better footpaths, improved lighting, safer crossings and separated paths for pedestrians and cyclists. Local councils need to find out what people want, and they need better planning and maintenance of resources. We also want individuals to leave the car at home and walk or cycle. If we all do this it will make a difference. Cycling on a weekend ride is great but it must also be a part of our transport system. I cycle to Bishop's Stortford from Stansted but it is not an enjoyable route; with better planned routes it could be. This could easily be alongside the existing footpath. Uttlesford is exploring shared cycles in Saffron Walden. Would this appeal here? Got an old bike that needs some TLC? Would you like help doing that? Would you feel more confident cycling with somebody else? Please let us know what you think.



Allen MacPherson
Email: sustainablestansted@gmail.com

ST JOHN'S 300 CLUB

Many congratulations to the winners of the May draw:

£100	No. 198	June Cannon
£ 50	No. 221	Ray Smith
£ 25	No. 181	Paul Salmon

The draw for July will be held on 30th July in St John's Church, following the 9.30am service. Numbers at £2 per month for each number are still available for anyone who may wish to join the Club and be in with a chance of winning one of the 38 prizes totalling £2,500 given away this year. The Club raises vital money to help cover the heavy maintenance costs and work of St John's Church.

Jean Newson
Tel: 819062
Email: jean733@btinternet.com



FUN PLACE ON THE HILL

www.stanstedfreechurch.org.uk

The Fun Place is open every Friday **including school holidays** from 09.15am–11.30am in the Free Church Hall. Parents, children and all age visitors are welcome to drop in and enjoy a relaxing hot drink and chat, while the children enjoy plenty of space to run around, play with the toys and listen to Story Time around 10.30am. Free squash and healthy snacks are available for children, and tea or coffee and biscuits for the adults. 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



FRIENDS OF ST MARY'S

The St Mary's roses are looking so beautiful and the perfume is glorious. They are putting on a wonderful show this year.



July is looking like it will be a busy month in church with lots of musical events booked:

Saturday 8th July 6.00pm-8.00pm
Blue Skies Big Band bring a selection of American songbook music in celebration of Independence Day.

Sunday 9th July 3.00pm-5.00 pm
The Other Band entertain us on a summer's afternoon.

Saturday 15th July at 4.00pm
Evensong with *The Pheon Singers*. Back by popular demand, this ex-Cambridge University choir are sure to fill the church with glorious singing.

Refreshments are available at each event. Please do come along and support St Mary's. Although a redundant church for more than three decades it is still warm and welcoming to all. Doors open daily 9.00am-4.00pm. Please do remember to sign in when you visit; this is very important to us since we count footfall which helps with funding. I look forward to welcoming you all.



Lynda Dale
Tel: 07716 099474

THOUGHT FOR THE MONTH

I am writing this a couple of days after Trinity Sunday, and my head is currently full of Trinitarian theology. So, can I explain the doctrine of the Trinity in 300 words? Let us see. The Father is God. The Son is God. The Holy Spirit is God. Each person of the Trinity is a perfect, though different expression of the divine nature. What makes each person unique then is their relationship with the other two. So, the Father has a paternal relation with the Son. For His part, the Son exists in a relationship of sonship (*filiation*) with the Father. Father's relation with the Holy Spirit is one of *spiration*. The word means *breathing*, and it invites us to think of the Holy Spirit as the breath of God. The Holy Spirit's relation to the Father is one of *procession*, ie the Spirit proceeds from the Father. The Son also *spirates* the Spirit, and the Spirit proceeds from the Son.

The fact that we have different terms stops us misspeaking of God. The Father is not paternally related to the Holy Spirit, because He only has one Son. The Son is not paternally related with the Spirit, because this would give the Father a grandson. Beyond that, though, what do these terms actually mean? Since God does not have a body, He clearly does not reproduce or breathe in the way human beings do. This is the sense in which the Trinity is a mystery – the relations within it can only be expressed in an approximate, metaphorical way. The reality of the divine interrelations remains ultimately beyond our comprehension. I say *mystery*, but actually it is more like mysteries; paternity, filiation, spiration and procession are distinct mysteries, and *Trinity* is the sum of them. One thing we can assert with confidence, however, is that all the Trinitarian relations are perfect expressions of God's love. Since God is love, they are also therefore perfect expressions of the divine nature.



The Rev'd Dr Colin Fairweather
St John's Church



STANSTED QUAKERS

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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

Entries from St John's Registers will appear in the August Link.

Contact Jonathan Morrell Tel: 07775 860379
Email: woldsouth3@gmail.com

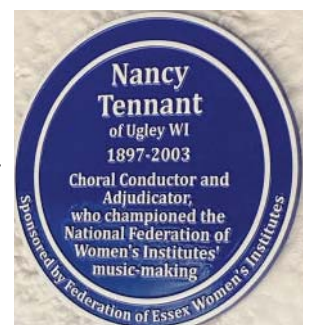
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Sunday worship 10.30am. Visitors are always welcome. We join together in stillness for an hour, followed by coffee and chat. Quakers allow each person to explore their own experience of the divine. We try to live our faith in everyday life, with a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

Nancy Tennant Blue Plaque Five of us were delighted to accept the invitation from Ugley WI to the special event on 17th May of the unveiling of a Blue Plaque for Nancy Tennant, a Stansted Quaker for over 60 years until her death at the age of 105, some twenty or so years ago.

The bright blue plaque is now on the front of Ugley Village Hall. We were told it is still fairly rare for women to be honoured with blue plaques. In Nancy's case it was in recognition of her sterling post-war work throughout the entire Women's Institute organisation, championing singing and musical opportunities for women.





ST THERESA OF LISIEUX CATHOLIC CHURCH

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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
Parish Priest Fr Liam Hayes
Tel: 814349
Email: frliamhayes@dioceseofbrentwood.org
Parish Administrator Clair Rava
Tel: 816889
Email: stansted@dioceseofbrentwood.org

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



St Theresa's Church was located near the Windmill from 1958 until 2000 when land off High Lane was donated by the Braeckman family for a new church complex. In October 2003 the new church was dedicated by the Bishop of Brentwood.



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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 July

2nd 10.30am Karen Quelch - New Directions
9th 10.30am Rev'd David Chapman - Communion
16th 10.30am Heather Gale
23rd 10.30am Julie Finbow
30th 10.30am Michael Beccato-Fisher

Easter Offering Service

This is a service unique to Methodism, when churches



This display was built up during the worship by Brenda Veitch, who also led the service.

AMICI CANTATE AND HALSTEAD CHORAL

These two choirs will be giving a performance of 2 by 2 on **Saturday 8th July** at 6.00pm in St Mary Magdalene Church, Wethersfield CM7 4BY with musical director James Davey, accompanists Jonathan Ngai and Fran Jeffries and flautist Jessie Tabor. The concert includes *Captain Noah and his Floating Zoo* by Michael Flanders and Joseph Horovitz and other animal related songs. Tickets: adults £10, children £5 tel 07885 796152 tickets@amicicantate.org.uk www.ticketsource.co.uk/amicicantate or on the door. Please bring your own picnic to enjoy during the interval. We will also be running a raffle so bring some cash with



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STANSTED PEOPLE

GEOFFREY SELL

Geoffrey Sell will be familiar to many of you. He has had his roots in Stansted for all but four years of his life. His parents were very much part of the local community. His mother Jane was a founder member of the Day Centre and she taught evening classes at what was the Youth Centre and the Mountfitchet School (now Forest Hall School). Geoffrey grew up in a very political household; Jane was a founder member of the Liberals in 1965; the only family member uninterested in politics was Geoffrey's younger brother Chris. His father Ken was a keen member of the Bowls Club. He was a veteran of Dunkirk and one of the British troops to go into Belsen in 1945; Geoffrey thinks this scarred him for life. Ken was in hospital with Lord Haw Haw after Dunkirk. Geoffrey's family now consists of his wife Sophie and son Edward, aged 23. He met Sophie in 1992 in London; she was working for the Roman Catholic Dean in Chelsea. They married in 1994 and in addition to Edward, Geoffrey has two step-children, one of whom lives in Manila, so Geoffrey and Sophie visit the Philippines often.



Katmandu, Nepal

Geoffrey attended St Mary's Primary, then Saffron Walden County High, where Jane was a teacher. His undergraduate studies were in Politics, at Newcastle University; he also studied Politics for a Masters and PhD at Birkbeck. His dissertation was on Jo Grimond and his leadership of the Liberal Party. He became a full-time lecturer, teaching Business Management at Arden University, a private institution in London. He took early retirement in 2013 and now teaches twice a week at Arden and also works sometimes for Pearsons, in Quality Assurance. This means that he checks anyone offering Pearsons' programmes to make sure that they are being delivered properly and that assessment is being done correctly. This work did involve global travel and he has travelled to China, Nepal and Madrid – but no travel has occurred since the Covid lockdown.

To most of us, Geoffrey is a politician. He has been a member of the Parish Council (PC) for 28 years, and Uttlesford District Council (UDC) for 21 years. I asked if he had ever entertained thoughts of becoming a Member of Parliament, but he never had any interest in that, preferring to work on local issues. Asked about the achievements which meant most to him, he first mentioned how proud he was to have

defeated developers in the matter of building houses near Pennington Lane. The first time was in 2013, when Geoffrey was Chair of the PC, and the second time was in 2021, when he founded the *Save Stansted* pressure group.

A second achievement to be proud of was when, as Chair of UDC, he and his team were successful at raising £70,000 to go towards the Support 4 Sight charity and our beautiful local nature reserve, Aubrey Buxton, run by Essex Wildlife Trust. That was an amazing bit of fundraising! Finally, Geoffrey takes credit for having floated the idea of UDC and Stansted PC working together to part fund the position of Community Support Officer for our area. Of course, every institution has its downside, and he says that the greatest challenge of local government is that one has to have a great deal of patience, as it takes a long time to get anything actually accomplished!

Geoffrey remembers, again with a strong sense of achievement, that in 2015, when the Lib Dems nationally were given a pasting (following coalition with the Tories), the local Lib Dems bucked the national trend and did well. He is proud to be in his 6th term at UDC; he retained his seat during the May elections. Politics has allowed him to give and earn knowledge and experience, so he is very glad that he will be able to continue with this over the next few years.

Ed.



STANSTED MOUNTFITCHET WINDMILL

www.stanstedwindmill.co.uk

Plans for the ever-popular August Bank holiday fête are well advanced. The inflatable attractions which have featured on the Rec for the last few years have been booked along with Robbie the land train. The scouts will be doing the BBQ again and we have arranged for an additional ice cream van to reduce the queues. Youngsters will be pleased to know that if their favourite teddy bear is brave enough, it will have the opportunity to parachute from the top of the mill.

We are very aware that people have got used to paying for all kinds of goods and services electronically so we are exploring ways in which we would be able to accept electronic payments at the fête as well as on mill open days. As soon as we have found a workable system, we will let you know.

As well as the stalls operated by the millers, we are happy for other village organisations and charities to have a stall at the fête for a modest contribution to mill funds. I now have the task of taking bookings and liaising with stallholders, so please contact me if your organisation would like the opportunity to raise funds and promote your cause. The mill is open on **Sunday 2nd July 1.30pm-5.30pm.**

Trevor Lloyd
Tel: 810805

Email: info@stanstedwindmill.co.uk



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June started as hoped, with the gardens looking gorgeous; in particular the wild orchids on the bank in the glade, the waterlilies proliferating and the first of the roses. However, as I write, some trepidation is beginning to creep in, because there is no rain in the forecast, which means that our volunteers will be doing lots of watering. We should, hopefully, have enough water in the well and in the new butts to look after our young trees and shrubs and to grow vegetables in the walled kitchen garden. By July we will have produce to sell to visitors on Open Thursdays and Sundays.

The next Open Day on **Sunday 16th July** is when we focus on the world war history of the Gardens. *Perfect Vintage* singing duo will help us get in the mood, with Vera Lynn songs and other classic swing tracks and vintage banter. There will be a range of stalls and our archivists will present the stories of the Earl of Warwick's involvement with the Essex Imperial Yeomanry in the run up to World War I. We will hear about airmen and women stationed at the neighbouring Great Dunmow airfield in the 1940s, recuperating in the gardens during their time off.



Children can enjoy looking at the vintage cars and military vehicles and there will be associated craft activities. Dogs are welcome on leads and refreshments are available. Entry details: Thursdays 11.00am-3.00pm, last entry 2.00pm, £5 on the Gate. **Sunday 16th July** Open Day 11.00am-5.00pm, last entry 4.00pm, £6.50 on the gate, £5.50 in advance via our website or through www.trybooking.com.

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

IN THE GARDEN

In midsummer the garden is at its peak; even though most of the flowering trees and shrubs are now past their best, the flower borders are ablaze with colour. There are many different forms of salvia and all give a splendid display throughout the summer into autumn. Shrubby salvias are available in a wide variety of colours and usually survive the winter where other cultivars may prove too tender. Cut

back stems to a leafy shoot in spring. July is the month to take cuttings: lavender, salvias, pinks and carnations are just a few suggestions. A moist, gritty compost is required: take the cutting below a leaf node and plant around the edge of the pot. Water, then place a plastic bag over the top, secured by an elastic band to form a small greenhouse; within four to five weeks roots will have formed. The cuttings can then be placed into a larger pot. Keep your containers moist and feed once a week to encourage flowering. Roses and other flowers in the herbaceous border need to be deadheaded to stimulate a further flush of flowers. Prune rambling roses once their flowering season is over.



Pinch out the tops of tomato plants when they have set four trusses of fruit, having pinched out the side shoots from cordon tomato plants as they form. By the end of July the fruit will be ripening and harvesting can begin. Feed once weekly when the first truss has set fruit. Beans should be in flower now and a fine water spray will help set the beans. They do require regular watering and they are very hungry feeders so a liquid feed is essential. Ponds should be teeming with frogs, newts and dragonflies. Some ponds have recently developed a green tinge which could be the result of sun or not enough oxygenating plant. Lily leaves should be more prolific now and help cover the water with a good cluster of flowers.

u3a Garden Group
Email: stanstedu3a@gmail.com

ST MARY'S PRIMARY SCHOOL

www.stmarysstansted.co.uk



All the children came back to school after half term refreshed and eager to enjoy the last few weeks of the academic year. Our Year 6s had an amazing time on their residential in Norfolk. I was lucky enough to spend a few days with them up there and it was the usual mix of lots of fun, mud, pirates, swimming and food. There is lots to look forward to over the next month, not least Sports Day on **Friday 7th July** (weather dependent).

We have welcomed Ms Cheer and Ms James back from maternity leave; it is fabulous to have them back in school.

Matthew Curzon
Headteacher
Tel: 812212

Stansted Network

NEWS FROM YOUR LOCAL COUNCILS

PARISH COUNCIL UPDATE

with news of this month's Skatepark Jam, a Police plea to drivers parking near crossings, a shout-out about our new home on the internet, and a look at how we continue to press for a second dispensing pharmacy for the village.



The Stansted SkateJam is something of a summer institution, drawing crowds to the Lower Street car park to catch the event every year. Ahead of this month's Jam we caught up with event organiser Seann Tompson

How is the Stansted Skatepark Jam regarded among the skateboard community?

The SkateJam has a good reputation within the local BMX, Skate and Scooter scene. It is effectively a local jam but we do often see some people making long journeys for it. People have travelled from as far as Manchester purely for the Stansted Skatepark Jam. Others from the Netherlands and California have ridden in the jam while coincidentally being in the country for other larger events.

What's the standard like at the SkateJam?

A few of the BMX riders at the skatepark do compete in national, and the occasional international, competitions. One of the local Inline skaters, Zak Aaron, has just returned from a FISE World Series event in the south of France. He competes in many national and some international events.

Which Xtreme sport is the hardest to do?

All are similarly difficult to master but each requires different sets of skills. Skateboarding involves a lot of control with your feet while BMX involves more airborne tricks and speed. Judges in higher level contests look out for difficulty of tricks done, how cleanly they are landed, consistency, height etc.

What the appeal of Xtreme sports?

I, like many others, find skatepark sports a refreshing difference to traditional team sports. Skatepark sports aren't sports as such, but more a lifestyle, an art form, an expression of oneself. It is the perfect escape from any of life's troubles. While I am on my bike I feel true freedom to ride how I want to ride, do what tricks I want to do, it's the most fun you could possibly have. You don't find this sort of freedom on a football pitch which is why I find these sports attract so many people. 🚴

With a reputation for wowing onlookers that only builds each year, the Stansted Skatepark Jam leaps into view at a slightly earlier date than normal. In recent years the event has landed in early September, but bringing the event forward to July 30, allows long-standing SkateJam organiser and ever-busy Seann Tompson to once again compère the competition, acting as a judge and timekeeper for the day.

The action gets under way at 10.30am with the Under-10s showing off their jumps, turns and tricks at the skatepark in the Lower Street car park. The thrills and spills continue through to 3.30pm when the last round of competitors — the over-16 BMXers — hit the park's ramps and rails.

Michelin awardee Andrew Bundy will be bringing his I Am Dumpling street food to the park ("world class [food] at Greggs prices"), and an ice-cream van will be there too. The Parish Council and Seann would like to thank sponsors for making the event possible: Yeoman's Cafe, Mix Wine Bar, Backyard, Dead Sailor, Modus, Tall Order BMX, Federal Bikes, Dead Sailor BMX, Grind BMX, Releaf Skate Shop, Emtrex, District, Dominator and Dogg Scooters. The Parish Council, which owns and maintains the skatepark, will be helping cover event costs.

MIND THE ZIGZAGS, PLEASE

Three points on your licence and a £100 fine is what you can expect as a driver if you park your vehicle on the zigzag lines on a pedestrian or pelican crossing. That's the message Uttlesford Community Policing team have asked us to pass on to you, following a recent weekend in Stansted Mountfitchet spent clamping down on the dangerous practice. Four drivers were caught and fined for parking on zigzags at crossings in the village, and a further 10 ticketed for speeding. The message from the police is simple: parking on or near a crossing can have tragic consequences. So please don't do it. If you would like to find out how you can report incidents of dangerous driving, why not catch up with Police Community Support Officer Alex Stewart? He will host two Street Beats in Stansted this month on July 7 and July 11. See page 23 for details.

CALL FOR COMMUNITY CHAMPIONS

Could you be our newest member? There are currently 12 Parish councillors on our Full Council, three shy of a full chamber. With chairs spare around the table, this is a perfect chance for someone to step up and help decide what gets done and where in Stansted. The role doesn't need to take too much of your time — typically just a couple of evenings each month for meetings and time for research! You also get a break from meetings over the summer and festive periods. As a Parish Councillor you can help advise on planning matters and settle how budgets are spent. But there's also satisfaction to be had from helping put on popular community events like the recent Coronation celebration. If that sounds like something worthwhile, that's because it is! Interested? Then why not contact our office for more information.



NEW ONLINE HOME

One of the sins of the modern age is using a print publication to talk up the wonders of your online offering. Some would say it is one of our lesser ones, so here we go. The Parish Council now has a new outpost on the internet at www.stanstedmountfitchet-pc.gov.uk



It has been put together by Netwise, a specialist in building out websites for Parish Councils. The decision was taken to invest in a new site so we could meet various regulatory requirements that all local authorities must satisfy regarding the transparency of information, accessibility of content for people with disabilities, and need to comply with GDPR rules. The site features a pared down look— no fancy videos and pictures have been kept to a minimum. For those wanting information on our meetings we recommend using the Quick Links menu on the front page and clicking on the committee holding the meeting you are interested in. That's enough sinning for now

TWINNING TRIP TO RUNGIS

Something the Parish Council is particularly proud of in recent years has been the creation of strong ties between Stansted and our friends in Rungis," says Chair Maureen Caton, on her return from the Twinning Association's trip to the French town in June. "It was a fantastic experience." This is the fourth meet-up between the two communities since 2018 when Stansted and Rungis were first formally twinned. The three-day trip saw the group treated to a reception dinner and a visit to the French town's children's garden. The group also were invited to the town's annual Fête. Cllr Caton would like to thank the Twinning Committee for arranging the June visit as well as the French committee and hosts for the hospitality put on for the nine-strong group of Stansted residents. If you are interested in participating in future twinning activities, contact geraldineallars@gmail.com



BACK ON TRACK AT ST MARY'S CHURCHYARD

The two May bank holidays left our gardening contractor GWB with a mountain to climb to get back on top of cutting back summer growth at St Mary's Churchyard and the Cemetery. GWB reserve Mondays for keeping these areas in shape, but with the bank holidays affecting their gardeners' timetable, the grass at St Mary's has taken advantage of the warm weather to grow to tower over some grave stones. It took GWB three long, hard days in early June to get the grass back down to size. You can report areas managed by the Parish Council that you believe need some gardening TLC by emailing info@stanstedmountfitchet-pc.gov.uk



PRESSING FOR A SECOND PHARMACY

Since the Essex Health and Wellbeing Board knocked for six the community's hopes of a second dispensing pharmacy last October the Parish Council, along with other individuals and interested parties, has been trying to reverse their position. This is no easy task.

Firstly, this is because as NHS regulations make clear: "There is no right of appeal against the findings or conclusions within a Pharmaceutical Needs Assessment." PNAs are used by health boards to determine the provision of health services in communities and are commissioned every three years. Without an appeal, it could be 2025 before we next get a chance to set out our case.

Secondly this is because the reasoning behind decisions taken in formulating a PNA can be unclear. When the Parish Council wrote to our local Integrated Care Board to clarify how we could contest the decision to not licence a second dispensing pharmacy we learned little beyond: "The PNA ... does not, and has not in the past, identified any gaps in provision [and] ... reflects that existing pharmacies can cope with any increase in demand over the lifetime of the PNA."

And then there is the legal context to consider. Statutory

obligations mean health boards look for specific sets of data when drafting a PNA. They prefer to consult with the public by techniques such as inviting people to complete their online questionnaires as part of the PNA process. Petitions seem to fall on deaf ears.

When there is no route to appeal, it's unclear why a PNA has gone against you, and room to present a case is limited, it is perhaps unsurprising to learn few PNAs get overturned. **This fact hasn't stopped the Parish Council from trying.**

What we are doing

Since the result of the PNA was announced, the Parish Council has called for the Integrated Care Board for Hertfordshire and West Essex to review their decision, kept the issue alive in the press, and got local MP Kemi Badenoch to back the call for a second dispensing pharmacy.

Our stance

The Parish Council wants a licensed dispensing pharmacy in the south of Stansted, where one currently doesn't exist. To get it we will pursue any avenue that evidences the need of this community and will meet the requirement of the Health and Wellbeing Board's PNA criteria. 🌐

DISTRICT COUNCIL UPDATE



Liberal
Democrats

Geoffrey Sell

District Councillor for Stansted North

Now the dust of the district council elections has settled it is time to reflect on the challenges that lie ahead. Before doing so, on behalf of Alan Dean and myself, we should like to thank those residents of Stansted North who supported us in our re-election campaign. It is a privilege and a responsibility to serve the residents of the place I have called home for most of my life. Once again, the quartet of councillors that represent Stansted on Uttlesford District Council has changed.

I welcome Nick Church and Ray Gooding who were elected to represent the Stansted South and Birchanger ward. I look forward to a constructive working relationship with them. Commiserations go to Melvin Caton and Ayub Khan who were unsuccessful in getting re-elected. They both worked hard as councillors. I have taken over from Melvin the leadership of the Liberal Democrat Group. The Residents for Uttlesford Party were re-elected with a reduced majority. There are some significant challenges facing the District Council not least with Planning.

LOCAL PLAN

The Local Plan is out of date. Because of this the presumption for planning inspectors is to grant planning permission. Planning inspectors call this the tilted balance, where the balance is in favour of the developer. A Local Plan will be controversial, but it will give a degree

of certainty as to where development should take place. The latest projection is that the Council is working towards producing a plan by the end of 2024. .

PLANNING DESIGNATION

Last year the Council was designated by the Government over the quality of its planning decisions. This means that developers of over 10 houses can apply directly to the Planning Inspectorate without having to go through the Council. Most have chosen not to do so. When developers do avail themselves of their right it gives us just the status of a consultee. It was heartening to learn that not all applications to the Planning Inspectorate received approval. An application for 18 houses in Elmdon and a solar farm in Manuden were both turned down.

CORPORATE RESPONSIBILITY

Many firms in their literature lay claim to be good corporate citizens. The reality is that for some they do not live up to their claims. In the case of Gigaclear, a provider of broadband, they erected a large cabinet at the entrance to Five Acres on Parish Council land without any consultation either with the Council or residents. A further failure of communication was with Care Homes UK at the Mountfitchet Care Home in Coltsfield, where a number of mature trees were felled. No explanation was given to residents in advance as to why this action was necessary. On both these cases I have intervened. The community is a stakeholder in a business. It is time that companies accepted this and act upon it.

COST OF LIVING

The cost of living crisis is causing hardship to residents who are facing financial difficulties. A cost of living crisis fund has been set up for the 2023/24 financial year to support Uttlesford residents who may be struggling to pay their Council Tax liability. This is available to all Council Tax Bands. www.uttlesford.gov.uk/cost-of-living-support-fund

STANSTED PARISH COUNCIL

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Instagram: [stansted@parishcouncil](https://www.instagram.com/stansted@parishcouncil) **Twitter:** @StanstedMPC

PARISH COUNCIL MEETINGS

Meetings start at 7.30pm at the Mountfitchet Exchange, unless indicated otherwise below. If you wish to attend virtually, look for Zoom details in agenda documents on our website.

You can address the chamber during Public Participation at Full Council meetings; permission must be requested to film or record.

- July 5** Full Council
- July 12** Open Spaces
- July 19** Highways Sub-committee
- July 26** Full Council

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

POLICE

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
Police community meet-ups:

- July 7, 3-4pm outside the Lower Street Co-op
- July 11, 10-noon Mountfitchet Exchange Library

LIBRARY

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

GARDEN WASTE SERVICE

A refuse truck will be in the Lower Street Car Park from 12.30-4.30pm to recycle your garden waste on the following Sundays: **July 9, July 23**

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.



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GUERRILLA GARDENING

Guerrilla gardening is the act of gardening - raising food, plants, or flowers - on land that the gardeners do not have the legal rights to cultivate, such as abandoned sites, areas that are not being cared for, or private property, with the aim of improving the environment or producing vegetables or flowers for people to use or enjoy. Although it is technically illegal, few people have ever been prosecuted; however, you need to tread carefully if you are tempted to tidy up a piece of land that you regard as a bit of an eyesore. It is quite possible that what you see as an eyesore somebody would see as an important wildlife habitat.



Stansted's own guerrilla gardener has targeted the land on the corner of Crafton Green. It is a prime site which many of us frequently pass without a second glance. The large tree means any planting at the site gets limited direct sunlight and the tree roots also create problems but there is no reason why carefully selected plants cannot thrive and add a bit of colour to a gloomy corner of the village.

Trevor Lloyd
Tel: 810805

DON'T SUFFER IN SILENCE

A recent thought-provoking talk to Stansted u3a members opened our eyes to a complex and challenging subject – *Child to Parent and Grandparent Violence and Abuse*, which is often hidden behind closed doors. Researchers at Hull University have evaluated a scheme called *Who's in Charge*, introduced to support parents and grandparents who have been confronted with serious threats and often violent, harmful, controlling behaviour by under 18s. Simon Green, Professor of Criminology and Victimology, explained that whilst there is not yet a legal definition of the syndrome, and research is only just emerging, it is clear that for those trying to cope at home it can become a major trauma, damaging family relationships, leading to distress, shame and misery. It is estimated that 40% of victims do not seek support from the community or police. Help is often difficult to find.

The innovative *Who's in Charge* project is essentially a support programme which seeks to empower parents, providing them with solution-focused strategies for coping, helping to

rebuild their self-esteem, and reduce shameful feelings. It tries to build stronger understanding of a child's behaviour, creating the conditions for parents to identify and implement a programme of consequences for bad behaviour, and particularly to build parental self-care and assertiveness. The discussions that followed the talk revealed how little awareness there is of this syndrome, and just where to turn to for help if the situation affected us, or someone we know. Help is at hand. Whilst this is a sensitive and little-known problem, there are online and community contacts to help parents and/or grandparents to find support and help. To find advice or help online see the following: www.pegssupport.co.uk/parents www.familylives.org.uk or <https://whosincharge.co.uk>.

Pauline Green
U3A Saturday Seminars

BRAIN TRAINING

www.clareharding.com

Shoes and Balance

An important part of having good balance lies in the soles of the feet, as well as the eyes and the balance organs within the ears. The brain needs clear sensations coming up from the soles of the feet. Thick soled shoes weaken those sensations, as well as our foot muscles. Feet are stupendous pieces of architecture. Wondrous springs with four layers of muscles along with the sensation nerves so we can discriminate the ground beneath our feet. The foot is designed to open and close, to rock and roll as we move through life, meaning we should also be able to stretch out our toes at every step. Bunions are a sure sign that all is not well in the foot department; more on these next month.



Good shoes are critical. The ideal shoe is thin-soled and completely flat, which is called zero drop. Unless for a specific sport like tennis or golf, the shoe is completely flexible and has a wide toe box; no winkle pickers here. However, following years of wearing thick soled and narrow shoes, we need to prepare our feet and legs for fully flexible shoes, to avoid injury. The calves and foot muscles need strengthening. One place to start is going barefoot at home in the warmer months, or maybe buy a pair of slipper socks. These are available in a variety of thickness but all with grips on the bottom. They keep your feet warm but have complete freedom of movement and better ground feel. Apart from this, the good news is that there is now a huge variety of flexible shoes and walking boots available. Your feet will love you!

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ST CLARE HOSPICE SUMMER FAYRE

www.stclarehospice.org.uk

Come along, celebrate the start of summer, and support your local hospice charity. Tell your friends and family; the St Clare Summer Fayre is an event not to be missed! It will take place on **Saturday 8th July** 11.00am-4.00pm at St Clare Hospice, CM17 9JX.



With food and craft stalls, inflatables, shows throughout the day and games for the kids, there really is something for everyone! Entry: adults £3, under 16s free. Well-behaved dogs on leads are welcome. For more information contact the fundraising team on 773750 or visit our website and look for St Clare Summer Fayre.

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

STANSTED SOCIAL CLUB

www.smsc.uk.com



A reminder that membership renewal should be done by Saturday 1st July. We have been able to keep prices the same as last year: adults £20, over 65s just £5! You can renew in the Club but please make sure you have your membership card with you. Alternatively, you can pay by bank transfer: account number 20838055 sort code 20-36-98. Please put your name as the reference. Membership gets you in to see all entertainment and there is a members' draw every Sunday where you can win £100! I am sure you agree, it is excellent value. A reminder that we have a regular newsletter so if you wish to receive this, please send us your full name and email address.

We have a packed entertainment schedule for July, starting on **Saturday 1st** with *Take This*, a *Take That* tribute group. We welcome another debutant on **Saturday 8th**, when *The White Hot Pipes* are appearing, bringing their full theatre performance to the Club. **Sunday 9th** sees *The Steel Covers* band appearing after the meat raffle, around 3.00pm. On **Saturday 15th** we have a *Pet Shop Boys / Erasure* tribute, followed by our resident *Robbie Williams* tribute act on **Saturday 22nd**. We finish on **Saturday 29th** with a *George Michael* tribute.



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

MAGNA CARTA PRIMARY FUN DAY



Roll up, roll up, for the summer Fun Day on **Sunday 9th July**, noon-3.00pm at our school on St John's Road, just next to the Church. Everyone in the village is invited to join us for fun and games. Entry is free! There will be something for all ages: bouncy castles, face painting, football fun factory and prizes, BBQ, Pimms, ice cream van, cakes and a raffle, plus lots of much-loved traditional fair games. Why not bring a picnic blanket and spend the afternoon with us!? All funds raised will go to provide resources to support the children at the school. We are really looking forward to the school and village communities coming together for an afternoon of fun and fundraising. If you have any questions (or would like to donate a raffle prize), please contact us.

Magna Carta PTA
Email: magnacartapta@gmail.com



DAISY MAY'S FARM

www.daisymaysfarm.org

We are so delighted that our fabulous woodland campsite is open and we are ready to receive guests. You can stay in the woodland area and get back in touch with nature; you can also bring your caravan or camper to stay in our paddock where there is lots of space and lovely scenery. All of these options obviously include entry to the farm where you can meet our lovely animals and all their babies. What a fabulous holiday and all for just £25 a night and on your doorstep! Please message us through our Facebook page to book.



We still have babies of all sorts: chicks, ducklings and you can even cuddle the lambs and kid goats and trust me, they do not come much cuter. We have a fabulous safe play area, a stream to splash in, a woodland trail to explore, ice creams to be slurped, crafts to be created and more. Entry is £5 (under 1s free) and it really is a terrific day out for all the family. We are open every day, but please always check our Facebook page just in case. There really is so much to do and see at the farm and our animals just love seeing you all. Do be sure to come and see us over the summer; we cannot wait to see you. We are in Hall Road, Elsenham CM22 6DN and our opening times are 10.00am-4.00pm.

Elaine Terry
Tel: 07747 787973



HATFIELD FOREST

www.nationaltrust.org.uk/hatfield-forest

As you wander around the forest you may occasionally come upon herds of cattle or a flock of sheep grazing. The livestock have been a part of the management of the forest for hundreds of years and are an important part of keeping the forest working and protecting the habitats here. This year we have some little (or not so little!) lambs who are helping to keep our flock healthy and growing. The specialist sheep grazing has helped to keep parts of the forest like Old Woman's Weaver blooming with wildflowers and orchids.



The historic grassy woodland rides are taking some time to recover from the winter. If you come across a diversion, please follow it to help us to prevent further erosion and discover a new route. In the lake area, outdoor seating and toilet facilities are available and the café is open daily 9.00am-4.30pm throughout the summer, serving a seasonal takeaway menu. Our newly opened *snack hub* offers a wide range of cold drinks and snacks and large selection of locally produced artisan ice creams. Keep an eye on our social media and website for more information on our summer programme which includes our popular outdoor theatres featuring the classic stories of *Robin Hood* and a children's favourite, *Wind in the Willows*. We are hoping to see you all this year at one of our events and highlights. To plan your visit, please go to our website.

Nick Jones
Tel: 870678

Email: hatfieldforest@nationaltrust.org.uk

.STANSTED IS WELL READ

The next meeting of our book group will be on **Tuesday 4th July** at 8.00pm in the Dog and Duck, Lower Street where we will be discussing *Olive, Again* by Elizabeth Strout. This book is a sequel to *Olive Kitteridge* but is a stand-alone book, and we are told that you do not need to read the first to enjoy the second. Both have very good reviews so we are looking forward to reading all about Olive and the characters who inhabit her small town in Maine USA. We are very grateful to Stansted Library for sourcing the books for our book club, which saves us the expense of buying them; it is important to support our local library. Please do get in touch if you would like to join us, a warm welcome will await.



Anne Watson
Tel: 898693

Email: stanstediswellread@gmail.com

PHARMACY UPDATE

Those of us who are campaigning for a second Stansted pharmacy initiated an online questionnaire in early May, at our own expense. This is now closed but it attracted 667 responses, with many people giving more detailed responses. These have given us an even better understanding of what people actually experience and will strengthen future discussions with Hertfordshire and West Essex Integrated Care Board (H & WEICB).

We want to encourage the ICB to visit us and see for themselves why we are campaigning. We want them to see the proximity of Stansted Surgery and Stansted Pharmacy; to walk up Chapel Hill and to imagine that they are pushing a buggy with a child in it, or are using a disabled person's powered wheelchair. They should see the kerb, steps and parking outside Boots and observe our sprawling and rapidly growing large village. We want to give them every chance to question us and realise how nonsensical it is *not* to grant a licence to another dispensing pharmacy in addition to Boots. There is a huge need to have a one next to the surgery; it just makes so much sense.

Raymond Woodcock
Tel: 816468

Email: raymond.woodcock@btinternet.com



STANSTED HALL & ELSENHAM CRICKET CLUB

www.shcc.hitscricket.com

The 1st XI had the first league match cancelled followed by a defeat from a strong Farnham team. Since then three wins have elevated the team into 5th position in the Herts and Essex Border League (HEBL) premier division. The wins include beating last year's champions, Matching Green, and a successful run chase of 287 against Bishop's Stortford 3rd XI. The 2nd XI have had four good wins and are top of HEBL Division 3. All in all, a lot of runs have been scored. The junior section had four of the first five weeks cancelled due to the weather but are now under way. Plenty of matches for all age groups at both of our grounds. The Club will be running a Summer Camp during the school holiday with the date to be arranged.

Improvements to the pavilion have been completed and the new scoreboard is working well. Thanks to Mark West for time spent on the frame for the scoreboard.



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





Stansted Cricket Club

www.stanstedcc.hitscricket.com

New Players welcome!

Stansted cricket lovers - brace yourselves for tales of success that Hargrave Park has not enjoyed since evergreen Dave Hedge was in shorts. The 2s kicked off with a *match abandoned* opener which filled the side with unbridled confidence. We continued the *not losing* habit against Little Munden who had to concede the match due to a lack of players. Game 3 away at Harlow 5th XI and we actually won ... genuinely ... higher runs total and all that. There was a similar story in the 1s with an abandoned match followed by an away win at Nazeing Common and a home victory against Braughing. This is all splendid stuff and Link readers should be joining the Club or, at the very minimum, enjoying a family day out by the boundary rope; drinks are available at very reasonable prices. Where else can you follow an unbeaten club for zero entrance fee?



David Trott staring at a small insect

Everyone at our Club would like to express their sincerest thanks to the Parish Council who have provided amazing financial support to the tune of £1,500 which has been used to buy new furniture for our Clubhouse. To be supported in this way really does make our little Club feel part of the wider Stansted community and we are incredibly grateful. As always, I will sign off by asking any potential players to contact Ben Sammons on 07852 510330. Do not be concerned if you have not put on your whites for many years; the 2s are regularly short of players and new blood is most welcome.

Robin Keck
Treasurer

Tel: 07717 571791

Email: rkeck@hogarthdaviessloyd.com



STANSTED BOWLS CLUB

We have welcomed a number of new members following our open day and we wish them well for the season ahead. The B Team are doing very well; the A Team still have two more games to play this month, so it will be a very interesting battle. Ladies' friendlies are also going well. Very close scores were earned in the Ladies' Friday league, which was challenging as always.

July Weekend Friendlies

Sunday 2nd 2.30pm Havers Park Kent Cup away

Sunday 9th 2.30pm Thaxted at home

Monday 10th 6.00pm Bp's Stortford Mayhew Cup at home

Saturday 15th 2.30pm Stebbing at home

Saturday 22nd 2.30pm Sawbridgeworth away

Sunday 30th 2.30pm Griffin at home

Doreen Scraggs

Hon Secretary

Tel: 07881852833 or 815036

Email: doreenscraggs@talktalk.net



Stansted Tennis Club

Founded 1889

www.stanstedtennisclub.co.uk

The Pearce Cup

This annual mixed doubles tournament was held on Sunday 21st May and 16 players took part. The winners were Daphne Lunnon and David Fletcher who beat Sandra Ayres and Michael Wilde 6-3. Many thanks to Louise Chalk for organising such an enjoyable day. The Club holds many tournaments throughout the year for ladies, men, mixed and juniors and we also have several teams playing in the local leagues. If you would like to join us, please go to the membership page on our website for further details.



Club Sessions

These are held on Sunday, Wednesday and Friday mornings and Wednesday evenings. Men's club nights are on the first Monday of every month and ladies' nights are on the second and fourth Monday. These sessions are open to adult members and non-members (paying a £2 visitor's fee).

Rusty Rackets

These drop-in sessions, aimed at beginner level adults, are held every Sunday 9.00am-10.00am. They are free for members and only £2 for visitors, so please come along if you are feeling a bit nervous about launching straight into a normal club session.

Coaching

LTA qualified coach Ollie Toms continues his popular coaching programme, including junior tournaments, tennis camps and group or individual coaching for juniors and adults. Please contact him on 07917 652014 or visit his website www.olliestennis.co.uk for more information.

Fiona Kelly

Email: contact@stanstedtennisclub.co.uk

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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 Clare Hospice	Rebecca Day Email: info@stclarehospice.org.uk
BS Beekeepers	Kate Walker Tel: 07399 197756 Email: secretary@stortfordbees.org.uk	St John's Road and Area Association	Secretary: David Marchant Email: david@marchant.com
Bowls Club	Doreen Scraggs Mob: 07881 852833 Home: 815036 Email: doreenscraggs@talktalk.net	Scouts (age 10½ -14)	Mike Byrne Tel: 812780
Brownies (Wed)	Susan Scott Tel: 810955	Stansted and District Past Rotarians Club	Geoff Lay Email: geoff.lay@ntlworld.com
CAB	Tel: 01799 618840	Stansted Badminton Club	Vince Tel: 07793 000107 Raj Tel: 07775 915418
Corkers Netball	Lizzie Read Tel: 07770 594848	Stansted Business Forum	Iris Evans Email: iris.evans9@gmail.com
Cub Scouts Age 8-10½	Emma Croutcher Email: croutchere@gmail.com	Stansted Cricket Club (Adults)	Ben Sammons Tel: 07852 510330 Email: bensammons3178@gmail.com
Explorer Scouts	Paul Thorneycroft Tel: 01371 876784	(Juniors)	Keith Ayres Tel: 814471
Friends of St Mary's Church	Lynda Dale Tel: 07716 099474 Email: lynnydale@hotmail.com	Stansted Football Club	Tom Williams Tel: 07921 403842
Garden Club	Maralyn Harris Tel: 07919 478144	Stansted Hall and Elsenham Cricket Club	David Brown Tel: 831011/07788 999663 Email: david1.r.brown@gmail.com
Grove Cottage	Sarah Smith Email: comms@mencapgrovecottage.org	Stansted Social Club	Andrew Sharpe Tel: 812992 Email: stanstedclub@gmail.com
Guides	Jennifer Jarvis Tel: 814434	Stansted Sparks Netball	Gemma Snelling Tel: 07894 944242 Email: gemmasnelling@me.com
Helpline	Tel: 07704 553727	Stansted Speed Watch	Warren Vickers Tel: 813996 Email: vickersw@aol.com
History Society	Roger Barrett Tel: 814216 Email: rbarrett54@gmail.com	Stansted Tennis Club	Debbie Lane Tel: 07870 971983 Email: debbielane@gmail.com
Human Roots	Keiran Oliver Tel: 07946 783039 Email: keiran@humanrootscommunity.org.uk	Talking Newspaper (BS and District)	Richard Barnett Tel: 651270 Email: familybarnett24@hotmail.com
Huw Johnson Club	Ellen Brooks Tel: 07800 896516 Email: ellenbrooks@hotmail.co.uk	The Hundred Parishes Society	Ken McDonald Tel: 813226 Email:hundredparishes@btinternet.com
Let's Talk, Stansted Mental Health Support	Richard Haywood Tel: 07794 268208 Email: contact@stanstedmentalhealth.org	TouchPoint	Shirley Johnson Tel: 07572 114882 Email: info@thetouchpoint.org
Little Scrummers	Andrew Poyser Tel: 07738 591232	Town Twinning	Chairman: Geraldine Allars Tel: 07833 089298 Email: twinning@stansted.net
Millers (Windmill)	Tudor Owen Tel: 810805 Email: info@stanstedwindmill.co.uk	u3a	Susan Sedgbeer Email: bertiestar@gmail.com
music@stansted (Classical concerts)	Sonia Levy Tel: 815282 Email: contactus@musicatstansted.co.uk	WI (Stansted)	Linda Gurr Tel: 07743 549241
Neighbourhood Watch	Linzi Shelford Tel: 07427 377118 Email: linzishelford@hotmail.com	WI (Ugley)	Dorothy Wallace Tel: 850215
Parkinson's UK Uttlesford Support Group	Simon Russell Tel: 01799 524638 Email: simonrussell2@tiscali.co.uk	Youth Centre	Essex Youth Services Tel: 07584 140507
Rainbow Pre-School	Gill Pursglove Tel: 814242/07966 506997 Email: admin@rainbowpreschool.net		
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.

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