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Front cover

Stansted Sings Together
by Paul Burt Photography

Stansted Mountfitchet Village Magazine

The Link

www.stanstedlink.org.uk

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CONTRIBUTIONS FOR THE NEXT ISSUE

Please email editor@stanstedlink.org.uk by noon on **9th August**. Submissions should be in Word or typed into an email, maximum 300 words, and may be subject to editing. Please send photographs (**preferably landscape**) as separate jpg.

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.

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EDITORIAL



There are several new and one-off articles this month, as well as submissions from our regular and much-appreciated writers. Quite often there are fewer articles in the summer months; for example, clubs take a break for a while (such as RSPB) and schools are closed. However we received a good number of excellent articles and we are really chuffed. The first of the one-off articles is the one shown on our front cover, the wonderful *Stansted Sings Together*. Thank you to Paul Burt for the beautiful photograph and to Jane Wheeler for organising this event. If only the politicians in conflict zones throughout the world could heed the very simple message from this celebration in song: togetherness and harmony are the key guiding words, not aggression and intolerance. You can read about the event on p4.

A new addition to the magazine is our Caption Competition on p7. We hope you will enjoy participating in this competition. Our thanks to Kathy West for the excellent idea. Members of the Social Club will enjoy reading about Andrew Sharpe on p11 in our series on Stansted People. He is quite a character, as I think you will agree. The Guide to Recycling on p6 will be very useful to all our residents, as it clearly explains what can be recycled and where you can do this. Thank you to Vicky Anderson of Sustainable Stansted for this invaluable information. Have a terrific summer.



BIRCHANGER PRIMARY SCHOOL

www.birchanger.essex.sch.uk

Summer Fun

The summer term at our school has been jam-packed with exciting events. The children have been practising hard for Sports Day, and after rescheduling it due to rain, finally got to enjoy an afternoon of fun and sport with their families. We have loved welcoming our September intake of new Reception children into our school; the youngsters have enjoyed finding out their new classes. Our pupils have loved being on the field with the few hot sunny days we have had and have had fun building dens with their lunchtime equipment.



It has been a busy time for Year 6 going for Taster Days at their new secondary schools as well as practising for their performance of *The Wizard of Oz*. They really showed their talents with their singing and acting and put on an amazing show! The term ended with a Leavers' Party and assembly for them; we will miss them all but, at the same time, we wish them all the very best of luck in their new schools.

Sharon Vessey
Headteacher
Tel: 812362



www.letstalkstansted.org

The summer months always bring with them various outdoor events and fêtes. As in previous years, this month we will be supporting the Skatepark Jam on **Sunday 4th August** and the Windmill Fete on **Monday 26th August**, where we will be running the very popular kids sack race. Please do pop by and say hello.

Our regular activities continue throughout the summer, and although the aim is to improve and maintain mental wellbeing, most of them also incorporate gentle physical movement, since we know that mental and physical wellbeing go very much hand in hand.

- **Muddy Walkers** walking group meets on Wednesdays at 7.30pm in front of the Co-op, for a gentle walk around the village and an opportunity to informally chat and share experiences
- **Veg Shed**, located at the Elms Farm Allotments is looking for more volunteers to reap the multiple benefits of gentle exercise, nature, fresh air and nutritious crops
- **Open Water Swimming Group** meets monthly for an invigorating cold-water swim at Gosfield Lake, under the supervision of a qualified instructor
- **Yoga Nidra Relaxation** also takes place every month; this lying down guided relaxation is suitable for everyone, and helps ease stress and anxiety, improves sleep and encourages a greater sense of wellbeing.

We also have a regular monthly social at the Social Club to which everyone is welcome. For further information about any of the above events please follow us on Facebook, see our website or email us.

Dina McDonald
Email: info@letstalkstansted.org

STANSTED SCOUTS



Triple Gold

Chief Scout Gold awards do not come along very often, but now we have three more of our Scouts gaining theirs.



Congratulations to Alice, Will and Erin who over the last couple of years have taken part in a wide variety of camps, activities and challenges at Troop, District and County level, resulting in the completion of all nine Challenge Awards. Wear your Golds with pride guys, well done from all of us.

Mike Byrne
Scout Leader
Tel: 812780



STANSTED AND DISTRICT LIBERAL DEMOCRATS

Garden Party

Come and help celebrate the highest number of Liberal/Liberal Democrat MPs elected since 1923 on **Saturday 10th August** at 3.00pm in the garden of 7 Blythwood Gardens; many thanks to Mike and Marion Dyer for allowing us to use their beautiful garden again. Tickets are £10, to include scones, strawberries and Prosecco or fruit juice. For catering purposes please let us know in advance if you are coming.

Geoffrey Sell

Tel: 815925 Email: sellgeoffrey@yahoo.co.uk

Catherine Dean

Tel: 813579 Email: catherinemarydean@btinternet.com

MAGNA CARTA SCHOOL

www.magnacartaacademy.org



What a year it has been! Our pupils have achieved so much in all aspects of formal and informal curriculum. Not only have they developed impressive reading and writing skills and enhanced their problem-solving abilities, but they have also developed strategies to cope with the many challenges of growing up these days, building resilience and confidence in themselves.

Some of the many highlights of the year have been our exciting trips to Nuclear Races, PGL, The Hive, Barleylands, Hatfield Forest and Duxford, plus all the fantastic learning experiences we have had in school, including Florence Nightingale's visit, The Pop-Up Play Village, Carbon Monoxide Workshop, author and artist visits, Bishop's Stortford Woodwind and many more. Recently, pupils enjoyed our Magna Carta Mini Marathon, sports day, Holi Festival experience, Year 5 and 6 school plays, Leavers' Assembly, Great Fire of London model house burning, Forest School Friday and the many clubs we have on offer.

Children have excelled in several sports competitions this year, including archery, athletics, football and cricket. We have achieved great results in dodgeball Year 3 and 4 (first place), cricket Year 4 (first place), county cross-country finals (second place), archery in the Stansted area (first) as well as third in the Uttlesford finals and third in the Year 5 and 6 football competition. Our sports curriculum is something we are very proud of, and we look forward to watching our pupils develop even further next year. You can keep up to date with our news and successes via Instagram, Facebook and X/Twitter. Please note: not to be defeated by the Great British Summer, we have rescheduled our Summer Fun Day to early September. We are all ready for the summer break, but we look forward to September and welcoming our new friends in Reception class.

Jen Pearce
Headteacher
Tel: 703484



STANSTED BEAVERS

At the beginning of June, the 1st Stansted Beavers went on a two-night camp. For some this was their first time away from home and they had a brilliant time. The Beavers took part in lots of activities like climbing, crate stacking, backwoods cooking, archery and of course dining around the campfire. Beavers have a very busy few weeks coming up with lots of new adventures.



If you would like more information on scouting in Stansted please get in touch.

Angela Madigan
Email: mickj4@hotmail.com

It was really exciting to be part of the first Stansted Sings Together Project, as featured on this month's front cover. We were a group of 39 singers, including nine asylum seekers staying in our local community, some not having English as their first language and one of whom brought her delightful toddler who kept us entertained. We had not previously sung together and most of us did not read music, but Jane Wheeler worked with our differences and gradually shaped us into an amazing *scratch* choir. She had invited some colleagues; three budding Young Artists from East London (pictured with her and five of the asylum seekers below) to lead us in the warm up exercises and teach us some African songs; pronunciation was tricky but we got there in the end!

Their pure unaccompanied African three part harmony was superb, and when joined by the rest of us, produced a wonderful unique sound. Their songs naturally included dancing which we copied with great gusto. Steve was a brilliant accompanist with a wicked sense of humour. We also learnt pop songs, songs written for amateur choirs, and Jane's beautiful setting of *May the road rise with you*; all the songs were based around the theme of sharing love.



After the fourth Saturday workshop, around 40 friends and family came to hear what we had been up to. Little did they know that they would be invited to join in the singing and dancing themselves, which most of them did once they had got over the shock! Some of the singers were part of the u3a Stansted Strummers, so they brought their ukuleles and treated us to a surprise rendition of *El Cóndor Pasa* which included beautiful flute playing by Louise. Jane called out the words so that everyone could join in.

We all had a wonderful time and hope there will be another event in the future. It would not have happened without Jane's vision and the generous sponsorship from St John's Church and support of several Touchpoint volunteers. On behalf of the singers I say a big thank you to them all.



Marion Dyer
One of the Singers

The Society's annual trip was on Tuesday 11th June; this year Janice McDonald had organised a day out at Sutton Hoo in Suffolk. Many readers will have seen the film *The Dig* starring Ralph Fiennes and Carey Mulligan which, in a slightly romanticised version, told the story of amateur archaeologist Basil Brown and his team. In June 1939 they painstakingly brushed away layers of sandy soil to reveal the shape of a ship beneath a mound. In the centre of the ship, they found a burial chamber full of the most extraordinary treasures. It turned out to be an Anglo-Saxon royal burial site of incomparable richness, and would revolutionise the understanding of early England.

At the site we were treated to a walking tour of the burial mounds by an extremely knowledgeable guide who had the ability not only to explain where, what and how the various burial sites had been constructed, but also to bring the story of that time in English history to life. We visited the house of the then owner of the land, Edith Pretty, who apparently purchased the house and land in 1926 for £15,000. We marvelled at the wonderful views over the grounds, the beautiful paneling and intricate ceiling plaster work of the interior. There was a superb exhibition hall with replicas of the many treasures found at the site and a well thought out display showing how people lived and worked at that time. The site has many wonderful walks and displays; it really is worth visiting. Many thanks from all of us to Janice for organising such a wonderful day out.

Edward Taub
Email: taub8j@icloud.com



We would like to reassure the music lovers of Stansted and its surroundings that another series of world-class concerts is in preparation for the 2024-25 season. In October we will be bringing you the much-loved Piatti String Quartet, followed by a stunning young baritone in November, an equally exciting pianist in January and a local ensemble of piano, strings and clarinet in March. If you are on our database, you should by now have received our annual newsletter, which includes all the details you need to buy season tickets for the four concerts, allowing you to make significant savings over the on-the-door ticket price, as little as £10 per concert compared to a full £15. If you usually hear from us by email and have not yet seen the newsletter, let us know via the email address below and we will get it straight to you. Check it is not lurking in your Spam folder first!

If you are not already on our mailing list, just send your name and email address to us and we will be in touch. If you prefer Royal Mail and have not yet received a copy by post, write to *music@stansted*, The Limes Mews, Silver Street, Stansted CM24 8HE and it will be on its way. We look forward to signing you up for another great series of concerts.

Richard Allaway
Email: contactus@musicatstansted.co.uk



Green Waste Skip

12.30 - 4.30 pm
Sunday 4th Aug

Crafton Green Car Park
Note change of venue



Stansted Millers

Windmill Open in August

1.30 - 5.30 pm

Sun 4th, Sun 25th

Bank Holiday Mon 26th

with Windmill Fête

Come and have a look round

Entry: adults £2, child 50p

STANSTED IS WELL READ

8 pm Tue 6th Aug

Dog and Duck, Lower Street

Beyond Black by Hilary Mantel

The story of clairvoyant Alison Hart and her personal assistant Colette. Mantel makes Alison's world seem not only real and convincing but also very interesting

All Welcome Tel 813056

WHAT'S ON IN AUGUST

| | | | |
|------|-----|---------------------------|-----------------------------------|
| 4 | Sun | Green Waste Skip | Crafton Gn Car Pk 12.30 - 4.30 pm |
| 4/25 | Sun | Windmill Open | 1.30 - 5.30 pm |
| 6 | Tue | Stansted is Well Read | Dog and Duck 8 pm |
| 8 | Thu | W I | Touchpoint 7.30 pm |
| 9 | Fri | Link copy due in today | before noon |
| 10 | Sat | Lib Dem Garden Party | 7 Blythwood Gardens 3 pm |
| 11 | Sun | Nancy May Concert | St Mary's Church 3 pm |
| 14 | Wed | Breast Cancer Tea | Touchpoint 2 - 4 pm |
| 15 | Thu | U3A Monthly Meeting | St John's Hall 2 pm |
| 17 | Sat | Ugley Farmers' Market | Ugley Village Hall 10 am |
| | | Rungis Brass Band Concert | Memorial Gardens 7 pm |
| 18 | Sun | Open Day | Easton Lodge 11 am - 5 pm |
| | | Green Waste Skip | Lower St Car Pk 12.30 - 4.30 pm |
| 21 | Wed | Ugley W I | Ugley Village Hall 2 pm |
| 26 | Mon | Windmill Fête | Windmill and The Rec 1 - 5 pm |



Stansted & District Liberal Democrats

GARDEN PARTY

3 pm Sat 10th Aug

7 Blythwood Gardens

Tickets £10 to include scones strawberries, Prosecco or fruit juice

For catering purposes please tel Geoffrey 815925 or Catherine 813579 to let us know you are coming



Friends of St Mary's Church

NANCY MAY

3 pm Sun 11th Aug

Tickets £12 from

www.nancy-may.co.uk/events
or call 07938 629087

All Welcome

Nancy's remarkable voice fills the church



Green Waste Skip

12.30 - 4.30 pm
Sunday 18th Aug

Lower Street Car Park
Usual venue



Stansted Windmill Annual Fête

1 - 5 pm Mon 26th Aug
(Bank Holiday Monday)

Stalls ~ Teas ~ Cakes
Plate Smashing ~ Teddy Parachuting

Around the Mill & on the Rec

Inflatables for all ages plus

Robbie the Landtrain

Payment by cash or card

BREAST CANCER NOW

The research & care charity



Cream Tea

2 - 4 pm Wed 14th Aug

Touchpoint, Crafton Green

Raffle, Crafts and Preserves

Bring & Buy Stalls

Entry £5 Cash only

THE FORGOTTEN GARDENS OF
EASTON LODGE

OPEN DAY

11 am - 5 pm Sun 18th Aug

Music by Woodwind of Stortford
Ian Brown will be telling his stories of Albert the Tortoise

Tickets £6.50 on gate or £5.50 in advance from www.trybooking.com

Refreshments and Produce

Children's Trail and Crafts

Stansted Town Twinning

RUNGIS BRASS BAND

7 - 8 pm Sat 17th Aug

Memorial Gardens

Entry free

Bring a picnic from 6 pm

In St John's Church if wet

All Welcome



www.ugleyvillage.org.uk

10 am - noon

Sat 17th Aug

Ugley Village Hall

Fruit and Veg ~ Beef, Pork, Lamb

Eggs ~ Fish ~ Soup ~ Hummus

Bread ~ Home Baking ~ Jam

Chutney ~ Honey ~ Skincare

Knitting and Needlework ~ Crafts

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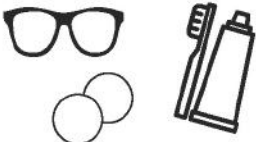


For info and future dates tel 814052

GUIDE TO RECYCLING IN AND AROUND STANSTED



There are 6 'R's to think about as we try to lessen the impact of our waste on the environment:
Refuse, Reduce, Reuse, Repurpose, Repair, Recycle.

Here is a list of some of the closest places to recycle items which cannot go in the kerbside recycling, as well as a reminder of those that can! With thanks to Elsenham Eagles sustainability group for information about recycling in Elsenham.

| | |
|---|---|
| CLOTHES  | <ul style="list-style-type: none"> • Clothes and shoes - SCOPE clothing bin, Crafton Green Stansted, or Leigh Drive at Entrance to Playing Field, Elsenham • Clothes - Marks & Spencer and H&M, Bishop's Stortford. Both run schemes where clothes can be swapped for vouchers/money off in-store • Bras (collected to raise money for St Clare Hospice) - 1 Ridley Gardens, Elsenham |
| PERSONAL CARE  | <ul style="list-style-type: none"> • Glasses - Stansted Free Church, Chapel Hill, Stansted • Used contact lenses and packaging - Boots Opticians, Ashwell & Barrie Opticians, Mamdani Opticians, all Bishop's Stortford • Health/wellbeing items that can't be recycled at home including toothpaste tubes, bottles with pumps, make-up cases - Recycle at Boots scheme - Boots, Bishop's Stortford • Manual toothbrushes, electric toothbrush heads and covers, flossing sticks and interdental brushes, dental floss containers - BUPA Dental, Bishop's Stortford |
| ELECTRONICS / PRINT / BATTERIES  | <ul style="list-style-type: none"> • Mobile phones, laptops, and tablets (data must be erased) - Stansted Free Church, Chapel Hill, Stansted • Batteries - Co-op, Stansted or Tesco Express, Stansted and Elsenham • CDs & DVDs, Small electronic items and toys (remove batteries), chargers, games consoles, lightbulbs - Bishop's Stortford Recycling Centre (check their website for details of access for Essex residents) • Printer cartridges (not toners) - Stansted Free Church, Chapel Hill, Stansted |
| PACKAGING/OTHER  | <ul style="list-style-type: none"> • Soft plastics (clean) - including crisps packets, fruit nets, pasta/bread bags, soft lids, cling film, pet food/other soft pouches - Co-op, Stansted or ALDI and Tesco, Bishop's Stortford • BRITA filters - Sainsbury's, Jackson Square, Bishop's Stortford • Disposable vapes - Tesco Express, Stansted or Elsenham • Used stamps, old and foreign coins - Stansted Free Church, Chapel Hill, Stansted • Coffee pods - visit www.podback.org for a free postal service from your home |

KERBSIDE RECYCLING - WHAT GOES IN THE GREEN BIN?

- **Cardboard** including milk / Tetrapak cartons
- **Plastic food containers** including ice cream/butter tubs, meat trays, and ready meal trays
- **Paper** including envelopes with/without windows
- **Aluminium foil** - scrunch several small items into a larger ball to prevent small pieces being missed in processing
- **Plastic bags** and Low-Density Polyethylene (LDPE) film such as bread bags, cereal packaging, and freezer bags
- **Plastic bottles and lids** - keep together when possible to stop lids being lost in processing
- **Glass jars and bottles**
- **Metal cans and tins**
- **CD & DVD cases only**



PLEASE DO NOT PUT IN THE GREEN BIN:

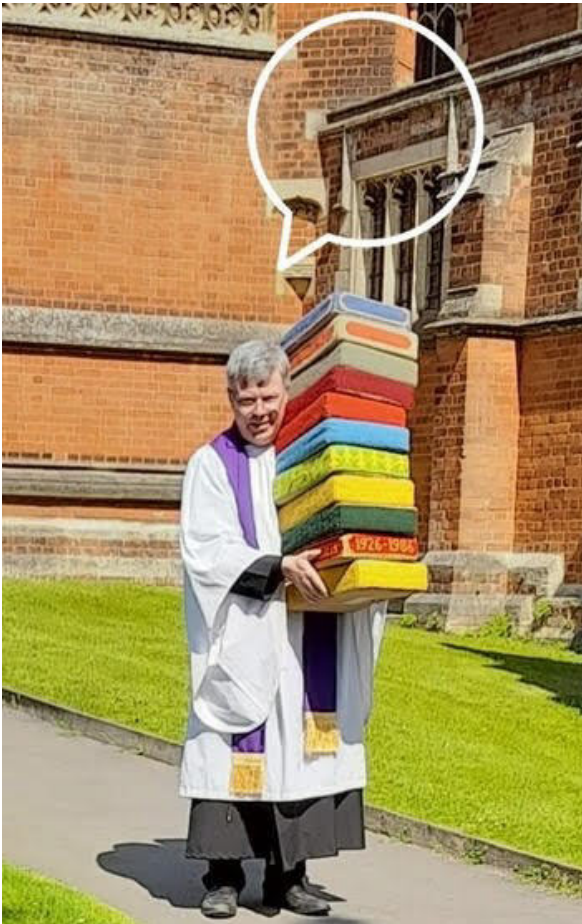
- Dirty/food contaminated items such as greasy pizza boxes
- Broken drinking glasses or pyrex
- Used napkins or kitchen roll
- Black bin bags
- Batteries or plastic toys
- Glittery wrapping paper/plastic foil i.e. balloons
- Bubble wrap, jiffy bags, and polystyrene
- Plastic tape i.e. remove from cardboard boxes



Please get in touch: sustainablestansted@gmail.com or visit www.sustainablestansted.org

CAPTION COMPETITION

Kathy West has come up with an idea for a new feature in *The Link*; many thanks to Kathy from the editorial team. Those of you who are familiar with *Have I got News for You* will know about the Caption Competition which is held at the end of each programme in a series. The idea is to suggest a suitable caption for the bubble in the photograph. Many of you will recognise this month's picture, which is of Rev'd Dr Colin Fairweather, Vicar of St John's Church. What might he be thinking? If you have a suggestion, preferably amusing, then please do send your idea by noon on **Friday 9th August** to editor@stanstedlink.org.uk. Mike Dyer, Link Chairman, will judge the best entries and these will be printed in the September issue.



This competition has to be very much led by you, our readers. If any of you would like to take an appropriate photo with space for a caption for future editions of the magazine, we would love to hear from you. The photo should ideally be landscape and at least 250KB in size; again, please send these to editor@stanstedlink.org.uk. Many thanks and we really look forward to seeing your ideas for captions for the photo above, as well as suitable pictures for future months.

Ed



**STANSTED
MOUNTFITCHET
WINDMILL**

www.stanstedwindmill.co.uk

Bank Holiday Fête

One of the highlights of the Stansted social calendar will take place on **Monday 26th August** 1.00pm-5.00pm: our annual Fête. There will be many attractions on the Rec for children, including Robbie the land train, teacups roundabout and a number of inflatables. A wristband will give you unlimited access to the inflatables and the land train. The younger children who just want to ride on Robbie and the roundabout can get a hand stamp to gain unlimited access to those two attractions. You can pay by card or cash.

We hope to have all the familiar attractions on offer again at the Mill and Millside this year including Plate Smashing and Hook a Duck as well as the book and bric-à-brac stalls. As I write we are trying to recruit people for the Teddy Bear parachute and find someone to run a BBQ. Please bring any saleable bric-à-brac and books you have to the Mill on the Sunday before the fête. We would also appreciate donations suitable as raffle or tombola prizes. We are open to both not-for-profit and commercial organisations having a stall at the fête. We ask for a donation of £20 from the former and £30 for a business. We would also appreciate any offers to sponsor one of the attractions on the Rec. Please contact me for further details.



The Fête is our major fundraising event of the year, and a lot of time and effort goes into planning and preparation so we hope you will support us and help us fund important conservation work whilst having a great afternoon out.

Trevor Lloyd

Tel: 07739 428352

Email: info@stanstedwindmill.co.uk



www.breastcancernow.org

This is the research and support charity for breast cancer sufferers. Over 55,000 people are diagnosed with breast cancer every year and most of us know someone who has been affected by it. The money we raise helps fund lifesaving research, and The Breast Cancer Now Helpline (0808 800 6000) can give someone much needed reassurance together with trustworthy and reliable information at one of the most stressful times of their lives.


Please join us for afternoon tea and help us raise funds for the charity on **Wednesday 14th August** 2.00pm-4.00pm at Touchpoint, Crafton Green.

- Cream teas with lots of scones and cakes
- Raffle, Bring and Buy, Crafts and Preserves
- £5 entry to include tea and cakes (cash only please).

All are welcome. Please join us for a lovely afternoon.

Chris Morris

Email: chris2.morris@btinternet.com



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

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THE HUNDRED PARISHES SOCIETY

www.hundredparishes.org.uk

Amongst the rich heritage of The Hundred Parishes, there are many ancient homes that were built originally as an *open hall house*. Many surviving houses that were built between the mid-13th and early 17th centuries had a standard three-part layout: a central open hall flanked by two crosswings which were of two storeys and the same height as the single-storey hall that linked them. Individual houses sometimes had variations to this basic design.

Daily life for members of the household was a communal affair, focused on the large central hall. It was heated by a fire that burned on a central hearth, its smoke rising to escape through vents in the roof. The use of a chimney to remove smoke generally came only in the 16th or 17th century.



The Black Lion in High Roding

The crosswing at one end of the house contained a parlour with a chamber above called the solar. They were used by the head of the household and the immediate family. The other crosswing was a service area, accessed from a passage with front and back doors at either end. The passage also gave entry to the hall, from which it was partly screened. Each wing had its own stairs to the upper floor of that wing. Between about 1550 and 1650 AD, the open hall concept became less popular, with a desire for more privacy.

Most open halls were remodelled with the insertion of a floor to make them two storeys. The open hearth was replaced with a fireplace and chimney. The Society's website includes more than a hundred downloadable walk routes. Almost half of the routes pass a former *hall house* and these are identified in the route description.



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

Helen Rollason Cancer Charity

www.helenrollason.org.uk

This is a busy time of year for so many people and we could not be any more grateful for your unwavering support. The arrival of summer has given us a spring in our step and we are busy organising the *Marvellous Vintage Day* at Layer Marney and other upcoming events. These special occasions have always proven extremely popular and are an amazing way to make precious memories with your loved ones of all ages. Your continued support enables us to continue our care for those people facing cancer. Thank you for being such an important part of our family.

Dates for your diaries

Marvellous Vintage Day **Sunday 25th August** 11.00am at Layer Marney Tower, Colchester CO 9US. Fun for all the family with everything vintage.

The Rural Ramble and Trail Run **Sunday 22nd September** 9.30am at Hatfield Place, Hatfield Peveral, Chelmsford CM3 2ET. We have rambles catering for all abilities from one mile to 10 miles. For further information see our website or email: fundraising@helenrollason.org.uk.



FIND LOCAL SUPPORT FAST!

Did you know there is a website which you can use to search and identify local services and make self-referrals, so that you get the support you need quickly? If you are in Uttlesford go to **www.uttlesfordfrontline.org.uk**, or for help in other areas: **www.essexfrontline.org.uk** or **www.hertsfrontline.org.uk**. Sites are very easy to use; you simply look for the support or services you need by entering keywords into the search area.

For example, typing in *carer* will bring up a range of local organisations which provide support for both young and adult carers, families with young children, dementia patients and their carers, cancer support, counselling, music therapy and gardening groups among others. You can use Frontline to access advice and support from Citizens Advice in addition to a wide range of other local services. These include support for people living with mental health challenges or long-term conditions, family support and parenting courses, mentoring programmes, drugs and alcohol support, money advice and financial support, help to get active and job searching, befriending groups, bereavement support and much more.

If you use a mobile device, you may prefer to download the *Frontline Referrals* app. If you do not have access to the internet at home, you can get online for free at your local library (ask staff to help you) or call the Essex Wellbeing Service on 0300 303 9988. We are at Barnards Yard, Saffron Walden CB11 4EB.

Uttlesford Citizens' Advice
Tel: 01799 618840
Email: help@uttlesfordca.org.uk

NATURAL BEEKEEPING

This month I will be talking about different types of beekeeping and the various ways honey has been harvested over time. This is a huge area as we can also look at how it has been done in different parts of the world, but I will keep this relevant to the UK.

Beekeeping used to be the pastime of the rich and was done in skeps: the woven grass dome beehive as seen in children's story books. They would have racks of skeps or bee boles; these were holes in walls normally in walled gardens. In spring only a few hives would have bees and the rest would be empty. They would have a chap on watch, which is where the expense came in. Once a swarm would emerge it would be placed into empty skeps, populating them all. Then at the end of summer all the skeps would be inspected for a few of the strongest. These would be set aside for the next year and allowed to over-winter. The rest would be killed by burning sulphur and the honey would be processed and the skeps cleared out for the next year. This seems brutal but in the end you are doing a little genetic selecting for the strongest, so it is not all bad.



Poor people would bee-line. You know the term, make a bee-line for the pub; bee-lining is the hunting of bees. There are all manner of ways to do this. The tree with the bees would be marked and then cut down just before winter for the honey. This is really not good for the bees as they lose a nesting site. Next month there will be even more exciting bee stuff!

Kevin Hancock
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STANSTED SOCIAL CLUB

www.smsc.com

Many thanks to all members for the amazing turnout during Euro 2024. It was truly amazing and by the time you read this, football may finally have come home! Our outdoor TV has been a great success, as have the free pizzas during England games. A big thank you also goes out to the staff who have kept the wheels turning during a very busy period.

We now have a sound system in the rear garden providing background music for members; hopefully we will have better weather to allow people to sit out and enjoy it. Membership renewals are at an all-time high, along with new memberships. We have entered Anglia in Bloom again this year and our team are working hard to keep up our amazing standards.

Having won Best Entertainment club for two years in a row (out of 1559 clubs UK wide), we will be entering again this year and hope to make it a hat-trick! Our Club has been crowned North Essex Snooker League Four-Man Division champions after a nail-biting final match of the season. They triumphed 3-1 at Widdington and nearest rivals Takeley could only draw as the squad of Martin Corbishley, Peter Barker, Alex Way, Nick Johns, Dave Rose and Mark Smith claimed the title.

August entertainment starts on **Saturday 3rd** with *Parallel Covers* band. **Sunday 4th** sees a *Barry Gibb* tribute bringing your favourite *Bee Gees* numbers to the club. On **Saturday 10th** the fabulous *Time Warps* return and on **Friday 16th** we have Karaoke with *Cloud 9*. We have music on **Saturday 17th** with our resident DJ John Searle and on **Saturday 24th** there is a *Freddie Mercury* tribute. We round off the month on **Saturday 31st** with a fantastic *Tina Turner* tribute.



Andrew Sharpe
Email: stanstedclub@gmail.com

STANSTED EVENING WI



For our June meeting the speaker was Paul Gillions, a National Water Safety Officer for the Royal National Lifeboat Institution (RNLI), which is celebrating its 200th anniversary this year. There are now over 230 stations, at least 440 water vessels, 5,700 crew members and 1,500 lifeguards. It costs £190m each year to run all the facilities; this is funded entirely by public donations.

We were shown snippets of a year in the life of the RNLI with amazing footage of rescue operations. There were some very frightening scenes, but the volunteer rescuers were cool and calm in all situations. As well as rescues there is also a lot of focus on water safety and accident prevention. It certainly made us think with gratitude for all the work they do.

Our next meeting is on **Thursday 8th August** at 7.30pm in Touchpoint when our speaker is Chris Turan who will tell us about *A Funny Thing happened on the way to the Old Bailey*. The competition will be a joke or limerick. We welcome visitors and new members so please come and join us.

Linda Gurr
Tel: 07743 549241

STANSTED PEOPLE

ANDREW SHARPE

Those of you who are members of the Social Club will be familiar with Andrew, who is one of the team behind the success of this Club. He was born and raised in Manchester, but has wandered all over the world since then, mostly because of the wanderlust of his mother, who has moved 27 times in her life!



Andrew's entertainment background started in holiday camps in Wales and Herefordshire, where he was responsible for activities such as horse riding, rifle shooting, archery and canoeing on the River Wye. He then moved to Southend, where his girlfriend, a chef, taught him how to cook, which took him to Westcliff, Romford and Epping, assisting in kitchens along the way. He met his first wife in London and they had a son Robbie, who is now 27. Andrew moved to London following his divorce in 1997. His 36-year IT career has been predominantly spent in law firms and has taken him all over the world, including a 6 months' stint in India. Andrew's second wife was local to Stansted and they moved here in 2000; they lived near the Dog and Duck for a while, then they moved to Stoney Common. They have a daughter, Eloise, who attends the STEM Academy in Harlow, and does mailshots for the Club.

So, what about the Social Club? In 2008, Andrew joined as a member, but he decided that it was not really for him at that time. In 2012, Roger, the then chairman, encouraged Andrew to come in again and he was co-opted onto the committee in 2013. At the time, the premises were under-utilised but with great potential. Alan Snook, the current chairman, was the one who really got changes underway. The first challenge was fixing the tower; this was very urgent as the support beams were totally rotten. The cost was £100,000. Greene King lent the money, and the loan has now been repaid. In 2013 there were 400 members; the refurbishment encouraged more people to join. In 2015 the Club had a loss of £34,000, in 2017 the loss was £12,000 and in 2019 they broke even. They are now making a profit of over £50,000 and have 1,200 members! In 2022 the Club's committee travelled up to Leicester where there were representatives from 400 Social Clubs, and the Stansted Club won the Entertainment Club of the Year! This success was repeated in 2023. The premises can now be comfortably filled and the Club is now able to pay a premium for a band

to provide entertainment. They have successful quiz nights and snooker events and the premises are available for parties and wedding receptions. Revenue is mostly from bar sales, then membership dues; the Sunday meat raffle also raises money, as do special events like the Queen's Platinum Jubilee. This little story illustrates the generosity of Club members: Andrew's great niece needed cancer treatment in the USA; two charity events were held which raised £5,000 for her – and this is for someone who does not even live in Stansted! You will note that the garden in the back of the Club has undergone a massive refurbishment which is now complete.

Throughout his life, Andrew has suffered from a form of neuropathy called Charcot-Marie-Tooth Disease (named after the three scientists who discovered it). Andrew has held many sponsored events to raise money for CMT. Andrew is currently living in the Scottish Borders helping to take care of his Mum. She is mentally very fit but physically challenged. As he has to be living far away, his involvement in the Social Club is inevitably affected. He still writes the articles for The Link, and is currently revamping the website. He plans to write a history of the Club. He found some fascinating papers in the attic which he plans to use for his book. These include members' records from 1895, and a rule book from 1887. There is also a huge heavy till from the 1920s which should be cleaned and put on display – along with a time bell which was also in the attic! I feel that this could be a fascinating book, written with Andrew's wonderful sense of humour, and I look forward to reading it.

Andrew has lived in Stansted for 22 years but has a tentative historic link to the village. King John of Magna Carta fame is Andrew's great-grandfather 24 generations back!

Ed



FUN PLACE ON THE HILL

www.stanstedfreechurch.org.uk

The Fun Place is open every **Friday in August throughout the school holidays**, from 9.15am-11.30am in the Free Church Hall which is welcoming and comfortable. All ages are welcome, although particularly suitable for children. Parents, carers 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. Children particularly like the push-along toys, as well as puzzles, books and the variety of vehicles and animal toys. The Sing-Along at around 10.30am is always a favourite with everyone. 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. Looking forward to welcoming you on Friday mornings.



Sue Parker and Fran Richards
Tel: 657116

Email: funplace@stanstedfreechurch.org.uk

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www.ugleyvillage.org.uk

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NEWPORT FLOWER CLUB

Fun with Flowers

On a beautiful June evening Naomi Wells came to our Club to demonstrate some beautiful flower arrangements which told the story of how she started her love of flowers and then decided to become a demonstrator for Cambridge Group National Association of Flower Arrangement Societies (NAFAS). She had only passed her demonstrator's test two weeks ago and our Club was the first of her demonstrations. Her story telling was great fun, and the members and visitors had a wonderful evening. Naomi has kindly given permission for us to show one of her designs.



We will be holding an afternoon cream tea starting with a demonstration on **Wednesday 14th August** at 2.00pm in Ugley Village Hall. If you would like to come please contact me. We usually meet on 3rd Wednesday of the month (except January, August and December) at 7.00pm in Ugley Village Hall and visitors are always very welcome.

Patricia Sanz
Email: flowersanzp2020@gmail.com

ST JOHN'S 300 CLUB

Many congratulations to the winners of the June draw:

| | | |
|------|--------|------------------------|
| £100 | No 147 | Yvonne Ayres |
| £ 50 | No 267 | Anthony Barrett-Jolley |
| £ 25 | No 65 | Elaine Wright |

The draw for August will be held on **25th August** 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

THROUGH THE GRAPEVINE

Home-grown Grapes

At the heart of wine are grapes, and at The Gunyah Vineyard we have chosen grapes for our wines that not only taste amazing, but are also naturally suited to the unique landscape, soil and climate of Stansted. These grapes, like many of us, thrive here, so let us learn all about the *Grapes of Stansted Mountfitchet*. First up: the gorgeous grapes which make white wines:

Bacchus

This is a white wine grape created by viticulturist Peter Morio at the Geilweilerhof Institute for Grape Breeding in the Palatinate in 1933. Bacchus does particularly well in the UK climate.

Souvignier Gris

This one is a white German wine grape variety created in 1983 by crossing the red French wine grape variety Cabernet Sauvignon with the white German grape crossing known as Bronner.

Sauvignac

Here we have an interspecific new breed between Sauvignon × Riesling and an unknown resistance partner. Sauvignac produces white wines with aromas of apricots, apples, limes and blackcurrants.

Now for the grapes that create wonderful red wines:

Cabaret Noir

A Swiss hybrid of Cabernet Sauvignon and an unknown variety developed by Valentin Blattner in 1991.

Regent

This one is a dark-skinned inter-specific hybrid grape variety. It has both European and American vine species in its pedigree.

Pinot Meunier

This is also known as Meunier or Schwarzriesling and is a variety of red wine grape most noted for being one of the main varieties used in the production of Champagne.

Pinot Noir

A red wine grape variety of the species *Vitis vinifera*. The name is derived from the French words for pine and black.

You will be able to taste all of these grapes in The Gunyah Vineyard wines, which will be on sale soon.

Rob Wakefield
Email: rwcreativeld@gmail.com



THOUGHT FOR THE MONTH

All of us at times feel the pace of modern life can be too much, and wish for time to slow down and recharge: to be a human being, not a human doing; to find time for undoing some of the doing, and for letting go. Perhaps August, a holiday month for many individuals and businesses, is a good time for focus and reflection on our individual lives, especially this August, after the emotional ups and downs of a general election. Whatever our age or situation, whether we lead busy lives or not, slowing down, doing less or something different from our usual routine, can be calming and valuable. Being kind to ourselves in this way, can have the effect of being more kind to others. These words of novelist Henry James in *A Life* (1972) come to mind:

Three things in human life are important. The first is to be kind. The second is to be kind. The third is to be kind.

One recent thought was to wonder how different the world today might be if it were possible for each person to have a short time each day being consciously still. Stillness to me is more valuable than silence, but to have both is invaluable! A time for doing nothing but being consciously aware, for listening, (different from hearing) can surely be beneficial to ourselves and to those around us. Quakers find that times of silence and stillness can bring us closer to the light and spirit and that of God within. The words below, written by Quaker John Greenleaf Whittier are a verse from one of his much longer poems which the well-known hymn *Dear Lord and Father of Mankind* is a part of. I remember from childhood, singing them with the congregation at the end of each Unitarian service taken by my father, the minister. I love them; they mean more to me now than they did to me as a young girl 70 years ago!

Drop thy still dew of quietness
Till all our strivings cease
Take from our souls the strain and stress,
And let our ordered lives confess
The beauty of thy peace.

Sue Moloney
Stansted Quakers



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.



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www.sttheresasstansted.org

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Tel: 814349
Email: frclementorango@brcdt.org

Parish Administrator Tel: 816889
Email: stansted@brcdt.org

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6.00pm Mass
Sunday 8.30am Mass
10.00am Mass
Wednesday 12.30pm Mass

Our Mass times can be subject to change so please refer to our website/Newsletter for updated information, including weekday Masses. Confessions are at 5.15pm every Saturday before the Vigil Mass and by appointment.

Baptisms: By appointment





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www.stanstedfreechurch.org.uk

Minister Rev'd Gill Hulme

Secretary Catherine Dean
Tel: 813579
Email: catherine@stanstedfreechurch.org.uk

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

Preachers for August

4th 10.30am The Worship team - New Directions
11th 10.30am Rev'd Gill Hulme - Communion
18th 10.30am Rev'd John Buxton
25th 10.30am Karen Quelch



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Mobile: 07880 602717
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

There were no entries from St John's Registers in June.



www.mencapgrovecottage.org

A Better Building for a Brighter Future

For nearly 60 years, Grove Cottage has provided a safe, nurturing environment for individuals of all ages with learning disabilities and special needs, fostering growth and happiness throughout their lives. Currently we offer a variety of services, including our Speech and Language Therapy programme and Saturday Clubs for children and young people. Our SEND nursery, rated *Good* by Ofsted, ensures high standards of care and education. For our adult members we offer a Performing Arts Club, Music Man Project Hertfordshire, Grove Grows gardening club, Get Active sports club and various social groups.



A visualisation of the new building

This is an exciting year for our community as we embark on rebuilding Grove Cottage in London Road. After years of meticulous planning, we are creating a new, modern building which will enable us to provide a larger, more accessible space for local people with a learning disability. During the build we will continue to provide all our clubs and services at other local venues, ensuring seamless support for our members. Our dream of creating a *Better Building for a Brighter Future* has been brought to life with the help of grant-making organisations, generous individuals and a legacy left to us by a long-standing member's family. However, we still need your help. Although we are affiliated with Mencap, we operate independently and do not receive funding from them. We rely entirely on the generosity of our community to keep Grove Cottage flourishing. We are reaching out to you, our community and supporters, to help keep Grove Cottage a beacon of hope and support for current and future families. Please do join us in making a difference and building a brighter, more inclusive future for everyone. Our website has further information and we are on Facebook and Instagram @grovecottagemencap.

Sarah Smith
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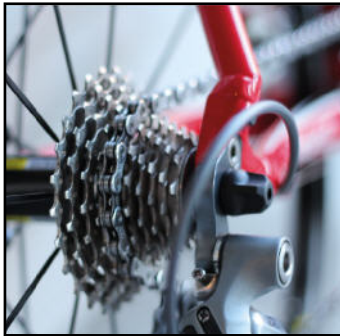
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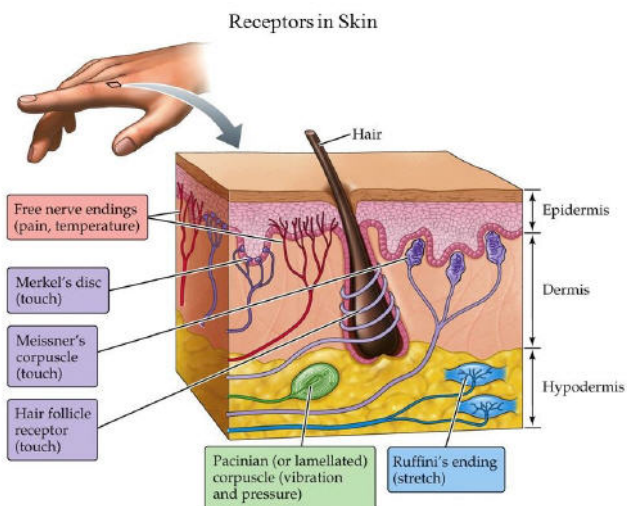
BRAIN TRAINING

It is my nerves! Part 3

Sensation and movement; the brain needs to know. This piece is about the nerves that send information up to the brain from the joints, skin and muscles. It is all a bit mind boggling.

In the body we have about 600 muscles, and roughly 360 joints. Within most of these there are six different sensation (cutaneous) receptors and five movement detectors (mechanoreceptors) which communicate with each other as well as with the brain.

To enable optimal movement, all of this lot has to be working well. If we have an injury, surgery or long-standing pain, these receptors need to be checked to ensure they are all still signalling. It is normal for something to be down. When I check them out and find something down, as the sensation or movement signal is restored, the person is always amazed at how much the pain has reduced and the range of motion improved.



Whilst it is understandable that the brain needs to distinguish between sharp and dull, or warm and cool, it is less clear that it also needs to know which way the skin is being lightly brushed or how far apart two prods are. An important movement to rehabilitate is twisting a joint whilst it is under pressure, something usually overlooked.

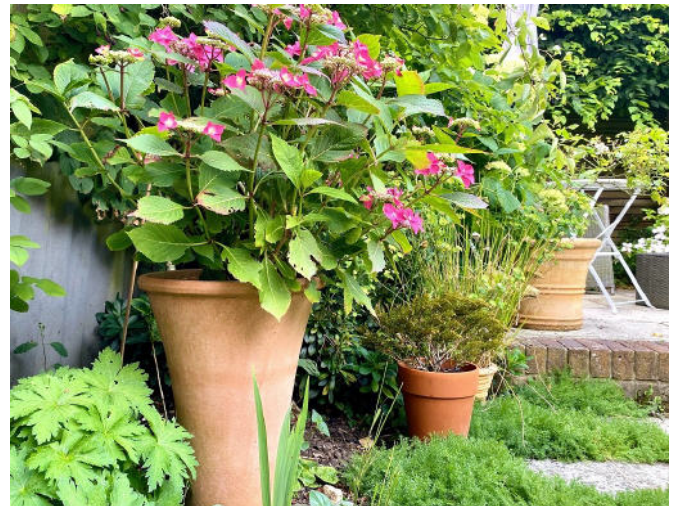
There is a slim book called *Painful Yarns* by a leading pain researcher, Lorimer Mosely. While it does not tell you how to check these sensations out, it gives excellent analogies as to why it matters. The book is frequently a hilarious read. I have never come across all 11 receptors being down, but I have always come across one or two. The brain needs to know!

Clare Harding
Z-Health Master Practitioner
Tel: 816430

IN THE GARDEN

At this time of year, containers need attention. For several months they have produced colour but because they need watering frequently, nutrients are washed away. Feeding is essential and this can be watered in, or fertiliser teased into the soil.

Some plants become untidy such as nemesia, pansies and diascia and these can be cut back to regrow in two to three weeks. Continue to deadhead to encourage more blooms.



Container gardening does not have to be restricted to annuals; provided the right pot is selected in the first place, virtually any plant including shrubs and small trees can be grown in a container. This is ideal for gardeners who rent a property and would like to take their garden with them when they move.

For people with a small plot, container gardening can often provide the answer to limited planting space. If a plant is to live out its entire life in a container, then it needs special care. Un-pot every three or four years and scrape soil off the roots then re-pot with entirely fresh compost. Feed frequently in the intervening years and refresh the top third of the compost annually.

There has probably been a lot of growth with the oxygenating plants in ponds. Now is the time to thin them out. Remove excess leaf growth on water lilies. Remember to replenish the pond with water in very dry spells and to leave waste plants on the edge of the pond for 24 hours, so that any creatures hiding within will have a chance to return to the water before you dispose of the unwanted material. Leave dividing any other plants around or in the pond until late September or October.



Stansted u3a Garden Group
Email: stanstedu3a@gmail.com



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EVENTS AT ST MARY'S CHURCH

The Post Floyd Dream Concert

Another Super Saturday, after England's win in the penalty shoot-out, we were treated to a spectacular sound and laser show at St Mary's Church featuring *The Post Floyd Dream*. This group created an amazing atmosphere which I have not experienced in St Mary's before, from *Wish you were Here* to *Another Brick in the Wall* along with a fantastic Floyd repertoire, they kept the music rolling.



So a new experience for me at St Mary's; long may they continue to find a way to keep this magnificent church going. Well done Lynda and your team, you have worked so hard to make St Mary's a place we all want to visit. If you have not been to the Church of St Mary the Virgin in Stansted you should pay it a visit, look around the church and learn the history or attend one of these great events.

Alan Bore
Email: alandbore@gmail.com

Future Events

Nancy May returns on **Sunday 11th August** at 3.00pm. Her voice is remarkable and fills the church. An absolute treat, with songs that we all know and love. Tickets: £12.00, available from www.nancy-may.co.uk/events or call 07938 629087. *Thisismytheatre* is returning for a brand-new show, *5 Children and It* on **Sunday 8th September** at 3.00pm. Tickets: £15.00 with concessions available. Written by E Nesbit, it is a story about a magical sand fairy, with puppetry. I am sure we will all be enchanted. Please see www.thisismytheatre.com or scan QR code on posters. I am looking forward to welcoming you all very soon.



Lynda Dale
Tel: 07716 099474

STANSTED TWINNING ASSOCIATION EVENTS

www.stanstedmountfitchet-pc.gov.uk/twinning

Gift commemorating D-Day landings 80th anniversary

At the special D-Day service held in the Memorial Gardens on 6th June, Rev'd Colin Fairweather unveiled a plaque from the people of Rungis honouring those who fought to liberate Europe. Twinning Association member, Chantal

Lamberton Newham, read a poem in French, followed by an English translation read by Parish Council Chair Maureen Caton.

Rungis Brass Band Concert

The Twinning Association is pleased to announce a free concert, performed by the Ensemble Harmonique de Rungis, a Band from Rungis on **Saturday 17th August** 7.00pm-8.00pm in the Memorial Gardens. In case of bad weather, the concert will take place in St John's Church. Attendees are invited to bring a picnic to the gardens from 6.00pm.

Visit to Stansted

This year is Stansted's turn to host visitors from Rungis. An event is planned for **9th- 11th November** which will hopefully include a fireworks display at Forest Hall School. The Remembrance Day ceremony will be at St John's Church, where a wreath will be laid by the Rungis Twinning Association to honour the fallen in a spirit of friendship.

Host families wanted

If you would like to host or chaperone our French friends during their visit, register your interest now by emailing twinning@stanstedmountfitchet-pc.gov.uk. You can also use this address if you are interested in joining our association; we are also on Facebook: Stansted-Rungis Twinning Association.

Geraldine Allars

LANDLINE SWITCHOVER TO DIGITAL

www.essex.gov.uk/landline-switch

Essex County Council's Digital Essex team wants to make our residents aware that changes are coming to landline telephones. By 2027, traditional analogue phone lines will be replaced by a digital landline service. This means that calls will be made over a broadband line. For most residents, this change will be straightforward, and you will keep your phone number. Your telephone provider will contact you before anything changes. It is important to respond and discuss what you need to do to ensure your service will not be affected.

The switch to digital landline services could affect some residents. If any of the following apply to you, or someone you know, make sure you contact your telephone provider:

- You do not have broadband
- You rely solely on a landline
- You use a personal alarm or healthcare device
- You live in an area with poor mobile signal
- You have additional needs

If you are confused, worried, unsure, or have any questions, call your telephone provider, or see our website above.

Visit us at an event near you

Digital Essex will be attending events across Essex this summer, where we will be sharing the latest information about changes to phone lines. Please see the full list of events at www.superfastessex.org/landline-switch-events.

Abi Turner
Email: abigail.turner@essex.gov.uk

Stansted Network

NEWS FROM YOUR LOCAL COUNCILS



PARISH COUNCIL UPDATE

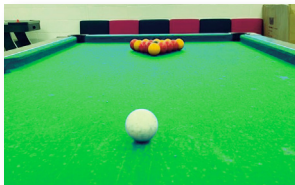
...with news of Stansted Youth Club, an update on the Local Plan and our own Neighbourhood Development Plan, as well as a free community concert this August

Youth Club Success

It has been barely five months since Tim Atkinson and his team from Faircroft House took on the running of the Stansted Youth Club. We are delighted to report the Youth Club has blossomed in that time.

Thrice-weekly activity nights at the Peter Kirk Centre have gone down a storm with Stansted's youngsters. As many as 30 regularly get stuck into the fun activities put on for them by Faircroft House's experienced youth workers. They have been able to try their hand at everything from laser tag, ice-cream making and cooking challenges to indoor and outdoor sports.

SMPC has invested £11,000 of our budget in the Youth Club. Faircroft House, which also runs youth services at Saffron Walden, are exploring how to expand the range of activities at the Youth Club. One possibility is taking members on a trip to the French town of Rungis, which the village is twinned with.



Pool - one of many fun activities youngsters can take part in at the Youth Club

"It has been tremendous to see the effect the Youth Club has had," says Maureen Caton, Chair of the Parish Council. "It is not just the numbers. Members say the long Covid lockdowns had sapped their confidence and left them feeling anxious and isolated. The activity have helped them

come out of their shells."

Activity nights at the Peter Kirk Centre are every Monday, Tuesday and Wednesday, from 6.30 to 8.30pm. The Youth Club is open to individuals aged 11-19, and those with special educational needs up to age 25. Details of planned activities can be found on the parish council website.

For more information

 stanstedmountfitchet-pc.gov.uk/events

The Local Plan Update



By the time you read this, the draft Local Plan will have been published by Uttlesford District Council. This crucial planning document will determine, among other things, the number of houses built in our area from now until early next decade. Provided that District Councillors at an Extra-ordinary Full Council meeting on July 30 vote in favour of this Regulation 19 draft Local Plan, as it is called, a further phase of public consultation will begin. Once that is out of the way, the Local Plan will go to the Planning Inspectorate later this year.

How much development for Stansted?

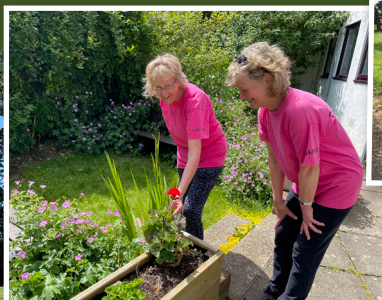
The draft Local Plan has allocated 390 dwellings to be built over two sites in Stansted between 2025 and 2041. The exact number will not be known until the latest version of the document is published this summer. This is because the number could yet be adjusted. For example, communities such as Takeley, where more house building has been pencilled in, may push for a cut in their allocation. Planners may then decide to increase the share across other parts of Uttlesford to compensate.

Where will new homes be built?

At two sites:

- Land to the north of Walpole Meadows – 250 homes
- Land to the east of High Lane – 140 homes

Bloor Homes is behind both projects. SMPC has been negotiating with the developer to try (Turn to page 22)



Judges for this year's Anglia in Bloom visited the village on 10th July, taking sites that feature in Stansted's entry into the well-respected horticultural competition. The judging route took in TouchPoint's community garden, Cambridge Road with its hanging baskets and street side planters and pretty thatch cottages, the nearby Aubrey Buxton nature reserve and Elms Farm allotments.

Stansted's entry is scored against three criteria: community participation, environmental responsibility, and gardening achievement. The standard needed to win prizes across the categories can be daunting. AiB forms part of the Royal Horticultural Society's Britain in Bloom competition and attracts entrants across Bedfordshire, Cambridgeshire, Essex, Hertfordshire, Suffolk and Norfolk. But last year our village picked up a Silver Gilt award for our overall entry, while six local organisations scored Gold for their community participation. The Stansted Mountfitchet Social Club particularly impressed and was awarded best Pub and Restaurant garden. Human Roots, Let's Talk Stansted, the volunteer gardeners at TouchPoint, as well as the Friends of St Mary's Church are just some of the organisations helping Stansted put its best foot forward in AiB in 2024. Results for this year's entry will be announced on September 6.



What has happened to Stansted in Bloom?

This is a question some have been raising with SMPC over summer. The competition has run out of organisers is the simple answer.

In 2021 there was talk by the people behind that year's SiB to narrow the focus of the event — more emphasis on gardens, less on public spaces and council involvement. By 2022 that idea had fallen away, taking its backers with it. A new committee stepped in and put together a successful competition, but decided 2023 should be a fallow one to recharge the organisers' batteries. Two years on, the number of SiB committee members has dwindled to the extent that the task of running SiB and pulling together the village entry to

Anglia in Bloom rested on the shoulders of one person. Understandably they felt there weren't enough hours in the day to do both well. As AiB is not just a more established, prestigious horticultural event, but also provides a better opportunity to shout about the brilliant work local organisations do beautifying the village, it was felt that SiB should be the competition to be shelved. Obviously as unavoidable as this, not being able to put on SiB is a shame.

Both 2021 and 2022 were bumper years for the competition. Stansted is blessed with so many pretty gardens, and many residents are rightfully proud to show them off. So it would be great to hear from you if you are interested in helping resurrect the competition in 2025. If you have ideas on what's the best way to take SiB forward, why not get in touch? We would love to hear from you.

(Continued from page 20) to commit them to deliver outcomes, besides houses, that would help the community; new land for a cemetery, for example.

What about a third site at Church Road?

This looked a possibility at one stage, but the Parish Council has withdrawn support for this project. The District Council had asked SMPC to consider this third site on land adjacent to Church Road, near Elms Farm. Planners were willing to apply to take the site out of the Metropolitan Green Belt, on which it sat. The scheme had tempting upsides such as money (and land) for a community building. But Parish Councillors voted in June to make their support conditional. They wanted the new homes built at Church Road to be included in the 390 figure already set for the village in the draft Local Plan. Uttlesford said no to this condition.

What is SMPC's stance on housing development?

The Parish Council accepts there is a national housing crisis and a need for new homes, even in Stansted. But we oppose projects that build houses but little else; such as Bloor Homes plans for 168 homes on the protected Pennington Lane in 2021. SMPC also have to deal with the reality that as the lowest tier of local government they are only ever considered a statutory consultee. That is, we can offer an opinion on a project, but the power to approve a plan lies elsewhere at the national and district levels of government.

Any news of the Neighbourhood Development Plan?

Our NDP was sent to Uttlesford District Council in spring 2023. Since then, it has been reviewed by the authority and by an independent assessor of local planning documents. The document is now undergoing significant revision to bring it into line with Uttlesford's emerging Local Plan, which has taken shape since the NDP was submitted. Under UDC's Call for Sites, over 20 possible sites for development around the village emerged. Currently just two remain: sites at High Lane and land north of Walpole Meadows. This has meant many of the assumptions and recommendations in the NDP have had to be revisited. A revised Neighbourhood Plan will be resubmitted before the end of the year.

For more information

- ▶ uttlesford.gov.uk/new-local-plan
- ▶ stanstedmountfitchet-pc.gov.uk/future-residential-development-in-stansted

Stansted Mountfitchet Neighbourhood Development Plan 2024 — PATH TO ADOPTION

The Regulation 14 draft neighbourhood plan goes out to 6-week pre-submission consultation

The Regulation 14 document is formally submitted to Uttlesford District Council

An Independent Examiner undertakes a review of the NDP

A referendum is organised by UDC for the community to approve or reject the NDP



Stansted Skate Jam 2024

Sunday, August 4

Lower Street Car Park
from 10.30am



Ten years on since the first such event, the skate park will again host the village's annual skate jam on Sunday, August 4. The skate jam owes its success to the efforts of Seann Tompson who each year rounds up sponsors, sorts the publicity and comperes the competition. You can catch the action from 10.30am when the first event category gets under way. Food and drinks vendors will be on site to keep you fed and watered.

Rungis Brass Band Summer Concert

Saturday, August 17

MEMORIAL GARDENS
Concert begins at 7pm



They say the best things in life are free. Which is why you should beat a path to the Memorial Gardens on Saturday, August 17 when you are invited to bring a picnic (from 6pm) and enjoy a free concert (at 7pm) featuring the Rungis Brass Band. Should the weather turn wet, the concert will move indoors to St John's Church. Thank you to the Stansted-Rungis Twinning Association for arranging this concert for the community.

Stansted Windmill Fête 2024

Monday, August 26

The Recreation Ground
Times: TBC



Can you spare a few hours on August 26 to help the Stansted Millers put on this year's Windmill Fête. This is a vital fundraiser for the village's cherished (but aging) windmill. Hundreds flock to the Fête each year to savour everything from inflatable slides and cream teas to a bit of plate smashing! Help is always appreciated to ensure the event passes off smoothly. If you can help the Millers on the bank holiday, email richardjthomas_uk@yahoo.co.uk

STANSTED MOUNTFITCHET PARISH COUNCIL

STAFF

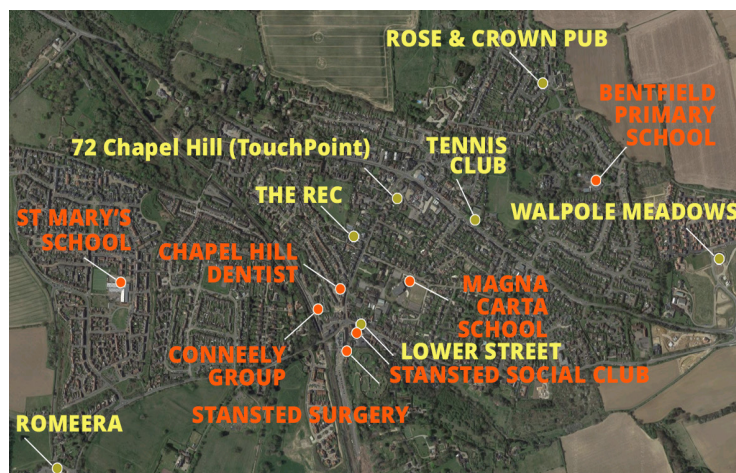
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tomvandebilt@stanstedmountfitchet-pc.gov.uk

PARISH COUNCIL MEETINGS

There are no meetings in August as parish councillors take a summer recess from their formalities.



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Meet-up Events: TouchPoint 9-10.30am **August 10**
Mountfitchet Exchange: 12-1pm - **August 10**
The Co-op: 2-3pm - **August 14**, 3-4pm - **August 22**

LIBRARY

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

ADVICE SESSIONS

Uttlesford Citizen's Advice run a FREE drop-in service every Thursday from 9.30am-2pm, except when Peabody operate advice sessions. You can also ask to speak to an advisor during Parish Council reception hours via computer hook-up. Ask at our reception for details. **Peabody Trust** run a drop-in service on **Thursday, August 8** from 11am-3pm. Advisors can help with benefits problems, housing issues, access to job training and offer support to overcome addiction.

TOUCHPOINT, STANSTED

The community wellbeing project runs a variety of clubs, groups and activities from 72 Chapel Hill where you can socialise, get help, access training, and fill up your larder for free! **Foodshares** Stansted Social Club Wed 2.30-3.30pm, Thursdays Crafton Green 10am-noon, Saturdays 1-2pm; **Community Cafe** Thursdays 11am-5pm, Fridays 10am-12pm; **Free hot meals** on Tuesdays 4-6pm for pre-school and school age children; **Breakfast Club** every Friday 8.30am-10.30am. Contact info@thetouchpoint.org ☎ 07572 114882

GARDEN WASTE SERVICE

Please note that on **Sunday 4th August**, due to the Skate Jam, the District Council's garden waste truck will be at the **Crafton Green car park**. From **Sunday 18th August** it will revert to its usual site in the **Lower Street car park**. Both days 12.30-4.30pm.

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. The latest Defib to be added to the local network can be found at the Stansted Social Club on Lower Street.

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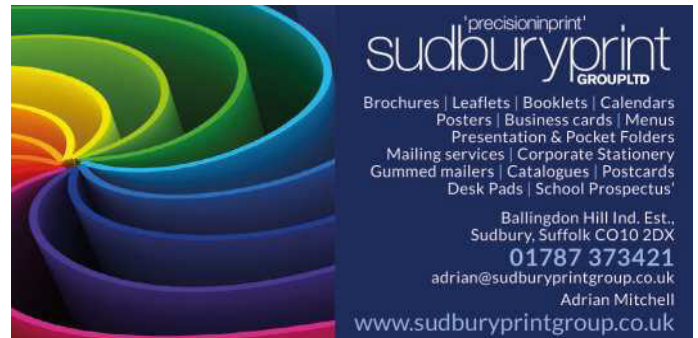
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Most importantly, we are open every day, so there is no excuse for you not to come and see us. Entry: £6, under 1s free, and it really is a fabulous day out for all the family. There really is so much to do and see at the farm and our animals just love seeing you all. So do be sure to come and see us over the summer. You can find us in Hall Road, Elsenham, CM22 6DN. We look forward to seeing you.

Elaine Terry
Tel: 07747 787973

STANSTED IS WELL READ

The next meeting of our book club will be on **Tuesday 6th August** at 8.00pm in the Dog and Duck, Lower Street. We will be discussing last month's book choice *Beyond Black* by Hilary Mantel. This is a story about Alison Hart who has the gift of clairvoyance, and her personal assistant Colette. Tackling what could be a tricky subject, that of spiritualism and the spirit world, Mantel's great skill is to make Alison's world, about which many readers feel sceptical, seem not only real and convincing but of interest. Please do get in touch if you would like to join us. A warm welcome awaits.



Diana Griffin
Tel: 813056
Email: stanstediswellread@gmail



HUW JOHNSON CLUB

In July, the Club had a great trip to the bowling alley in Stortford with fierce competition between the lanes. This was followed by a visit from the Woodwind Band of Bishop's Stortford who performed some classic numbers that had members up and dancing. Our Thursday evening meetings break over the summer until September, but we are very much looking forward to celebrating the Club's 50th birthday on **Sunday 11th August**.

Ellen Brooks
Tel: 07800 896516



Our New Recruit

Following National Volunteer week, we are really pleased to introduce new volunteer Alan Bore to the team. He is a Stansted resident and has already got stuck in helping out at the Human Roots Community Allotment. He said: *The volunteers' enthusiasm is amazing; just being at the allotment makes me feel like I am giving a bit back to the community and the t-shirt does not look bad either.*

Following all the wet weather, the slugs and snails have been in heaven at Human Roots, relentlessly attacking most of our plants! The laying of oats technique sounded good in theory, but in practice it just became a tasty side dish for the local bird population. We are now trying beer slops, kindly donated by the Dog and Duck pub. Early results seem good and as for the drunken slugs and snails, it is certainly a good way to go!



We are committed to growing fruit and vegetables which we can enjoy and share with the local community. Working together on the allotment is good fun, great exercise and brilliant for picking up hints and tips from each other, as well as having a cuppa and a natter. Our aim is to help the local community, we are always happy to welcome new volunteers. If you are interested in joining the Human Roots team, please email: cathy.mizzard@gmail.com

Ashley Huggonson
Volunteer

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STANSTED BOWLS CLUB

www.stanstedbowlingclub.co.uk

The A team is doing well in the league and hoping to secure a position in the top two for promotion into the topflight. Hopefully by the time you read this we shall have won the league or secured a promotion runners up place. There is all to play for. Alas the B team have suffered a few defeats and will be dropping down a division. With so many Club members enjoying good fortune in both County and North West Essex Bowling Association (NWEBA) level matches, it is good for the Club to be able to boast so many talented bowlers. Hopefully we shall be displaying some more silverware at the end of the season.

We are always pleased to see new potential players come along to the Club; you will receive a hearty welcome and be able to see what we do, try it for yourself and get involved with the club both on and off the green. Check out our website to see when the teams are playing at home. You do not have to be a member to come along and watch a game, and there are always people around who will help to explain what is going on. However, if you do fancy being part of a friendly club which offers a subsidised bar, lots of banter and other activities for you to get involved in, then come along on a Friday evening where one of the players will show you around; alternatively drop me an email and I will help answer your questions and get you started. Or you could look at our website for further information. We are also on Facebook: Stansted Bowling Club.

Peter Beattie
Hon Secretary

Email: peterdavidbeattie@gmail.com



Stansted Tennis Club
Founded 1889

www.stanstedtennisclub.co.uk

On 21st June a 24-hour tennis marathon was organised in memory of Stansted, Newport and Much Hadham tennis coach Ollie Toms, who sadly died aged 35 last year. The marathon was organised by friend and coach Ollie Clark from Dunmow Tennis club to raise funds for the British Heart Foundation to which Ollie Toms donated. Ollie Clark was joined on court by members of Ollie Toms' family, friends and those he had taught. So far over £6,000 has been raised. Further donations can still be made via: www.justgiving.com/page/ollie4ollie.

The first summer tennis social evening of the year took place on 28th June. Members brought along refreshments and an enjoyable evening was had by all. There will be a Stansted Summer Tennis Camp **5th-9th August** 9.30am-12.30pm for 10s and under and 1.00pm-4.00pm for ages 11 and over. For further details please phone 07871 654573 or email: phil_tennis@outlook.com. If you would like to find out about lessons from Dan Warwick please email: danw.tennis@gmail.com. Coaching is also offered by Martyn Taplin and details can be found about this and all our other contact details and activities on our website.

Debbie Lane

Email: contact@stanstedtennisclub.co.uk



STANSTED FOOTBALL CLUB

www.essexseniorleague.co.uk

The first team new season kicks off on 27th July back in the Essex Senior League. The FA at last came to their senses and returned the Club back to the league, which allows us to stabilise the team both on and off the field. Over the summer, team managers have been able to rebuild the squad which they hope will be competitive and not just surviving, as was the case last season. We look forward to playing FA Cup and FA Vase matches in August; please check for news of who we will play through our social media accounts. The close season has seen the Club secure a sponsorship package for our over 45s so they will kick off their new season next month with new home kit. However, the continued development of our Youth Section is one that we are most excited about. This coming season we will be fielding teams under the club banner at Under 9s, 10s, 14s, 15s, 16s and 18s. This has now created a clear path for players to develop through the Club with opportunities to play eventually for the first team.



You may recall that back in April the Club celebrated the 40th anniversary of us winning the FA Vase at Wembley Stadium. An evening function was held; it was wonderful to see all those great team members and their families, along with many supporters who went to the final. Lots of memories and photos were shared. Our photograph of the team with the replica FA Vase demonstrates how well they are after all these years. At the time of writing this article we are still awaiting our full season fixtures and these will be published as soon as we receive them.



Tom Williams
Secretary

Tel: 07921 403842

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STANSTED MOUNTFITCHET u3a

www.u3asites.org.uk/stansted

Blue devils, racing goats and crabs were just some of the surprising items to be found in Lyn Croot's fascinating talk in June on the subject of her paradise island of Tobago.

She illustrated her talk with amazing photos of the island and some of its distinctive inhabitants. She had been there during carnival time, a very colourful event with amazing costumes; the music being provided by the evocative sounds of the steel pan bands. The blue devils are a feature of the carnival tradition as are the goat and crab racing events. Lyn gave us a brief historical background to the island and explained that a number of the place names evoked its colonial past, including such familiar names as Glamorgan, Plymouth and Speyside and its capital is Scarborough! In addition to her beautiful photos she brought along a number of items made on the island including beautiful jewellery which were available to purchase. Lyn, a great ambassador for the island, was due to return there on 25th June; we look forward to welcoming her back and hearing more of her tales from Tobago.

Our August meeting will be held on **Wednesday 21st August** at 2.00pm in Ugley Village Hall when Peter Nelson will be speaking on the *History of the Livery Companies of the City of London*. Why not come along for the afternoon? You would be most welcome!

Andrea Fitt
Tel: 815922



THE PLACE ON THE HILL

www.stanstedfreechurch.org.uk

Maybe August will turn out to be hot and you will be looking for somewhere cool! If you are in need of company or just want to get out of the house, join us for free coffee, cakes and biscuits in friendly company on **Wednesdays 10.00am-noon**. We also 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. There is limited parking behind the church. Adults of all ages are welcome. 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



This year our AGM was held on Thursday 20th June. Three members of the committee, the Chairman, Treasurer and Speaker Secretary completed their terms of office and nominations for all three posts, together with a remaining vacancy for a Publicity Co-ordinator had been received. The results of the elections are as follows: Chair: Pauline Green, Treasurer: Gaynor Mordcovich, Speaker Secretary: Steve Riley, Publicity Co-ordinator: Susan Sedgebeer.

At a time when the weather was still extremely variable, the Garden Group continued with its summer programme of visits. They enjoyed a private tour of the half-acre National Garden Scheme garden, *Pear Trees* at Wimbish which has been lovingly developed over the last three decades.

Enjoying a conducted tour by the owner, Julie Bayliss, they found inspiration in the ancient apple and pear trees which were underplanted with a large variety of flowering bulbs. There were herbaceous borders to enjoy and a beautiful, productive vegetable garden. However, in the face of wet weather the group were delighted to return to the house for home-made cakes and tea in the kitchen and delightful garden room.



The speaker for the August general meeting will be former USA Air Force fighter pilot Don Mobley who now lives in Stowupland, Suffolk, and runs the u3a Flight Inspirations Group. Don has also been an airline pilot and a Federal Aviation Administration (FAA) Aviation Safety Technician. His talk is entitled *... and Over Here: a history of USA war-time aviation in East Anglia*. This meeting will be on **Thursday 15th August 1.30pm for 2.00pm** in St John's Hall.

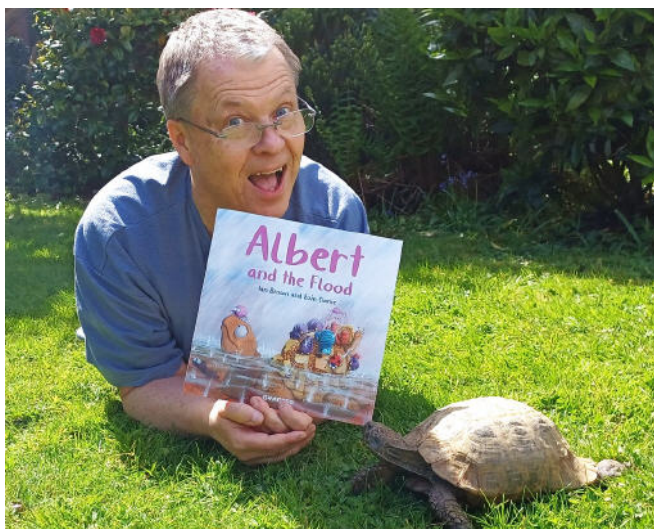
Finally, do please remember that new members will always be very welcome to try out any class before committing. Do check out the website or call 07874 385541 to find out more information about the variety of activities on offer.

John Hudson

THE FORGOTTEN GARDENS OF EASTON LODGE

The Gardens have been looking lovely this year, despite the difficulties caused by the weird weather. Our new wild-flower spiral in the walled kitchen garden has been gorgeously colourful and the roses very fragrant. However we have been missing the usual butterflies and bees. We had brimstone butterflies early, in the unusually mild February before the rains came. We had very few butterflies thereafter and bumblebees definitely suffered in the cold in April and May. Dragonflies have been flitting around and with the warmer weather and the right winds from the continent, with luck there will be some resurgence so that visitors can enjoy the delight of butterflies and bees on the dahlias in August.

The Gardens are a great place for family time on Thursdays and our monthly Sunday open days. Children love the tree-house and our stories of the Countess of Warwick and her animals. There are garden games to play with and dogs on leads are welcome. Our volunteers provide refreshments and visitors to the Gardens can buy our fresh vegetables to take home for dinner. On **Sunday 18th August** we will have local author Ian Brown with us to tell children his tales of



Albert the tortoise, as well as music from Woodwind of Stortford. There will be stalls, a trail and craft activities for children. For more information about our opening hours and discounted advance tickets for the Sunday Open Day please see our website.

Jill Goldsmith
Tel: 01372 876979
Email: enquiries@eastonlodge.co.uk

FROM ONE LITERATE AVIAN TO ANOTHER

Who is the funky pigeon???!?

Can I please be given more information about the identity of this bird who has the capacity to steal my ode to parallelo-

grams always and everywhere? Funky Pigeon, why are you so funky? Are you guilty of underage drinking? Or am I the supposed fraud? Am I going to see an article in this issue written by the Funky Pigeon, pleading for help tackling the Funky Chicken which steals all of their ideas?

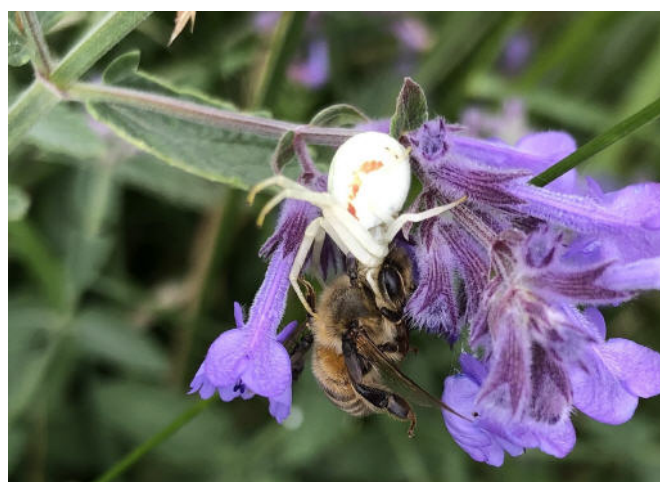
Why do you like parallelograms too? Do you prefer rhombuses or trapeziums? I am incredibly suspicious of you, Funky Pigeon, if you had not already sussed it. This article has been written by the Funky **chicken** who cannot fly and lays eggs that taste rather good when you scramble them. He is still ten (and has been for approximately a year, which is rather logical when you think about it), and you can contact his mother and that address is below so, you know. If this Funky Pigeon shows up again, I will be livid because I have tried to make it extremely clear that he struggles with a slight case of non-existence, and have made it even more obvious than the fact that 1+1 is pretty much equal to 4. So there.

Funky Chicken
Aged 10
Email: cmgpelly@gmail.com

AUBREY BUXTON NATURE RESERVE

www.essexwt.org.uk

This year was a particularly good one in the reserve for *Common Spotted Orchids*. This attractive Orchid takes its name from the leaves which are green with many purple oval spots although often hidden by the grass. The perfumed flowers are attractive to insects. Another flower that has done well is the *Meadow Sweet*. There is a good patch in the rabbit exclusion area nearer to the southern entrance to the reserve. Take a moment to have a sniff, you will be rewarded with a heady, sweet, perfume.



However all is not peace and tranquillity in the flower meadows; in fact the fight for survival is as fierce there as anywhere. The photo above is of a *Flower Crab Spider* which waits in flower heads for its insect prey. The spider relies on speed to seize the insect, often much larger than itself, and then subdue it with venom. In the photo a honeybee is the unfortunate victim.

John Welham
Warden

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| Neighbourhood Watch | Linzi Shelford Tel: 07427 377118 Email: linzishelford@hotmail.com | WI (Ugley) | Dorothy Wallace Tel: 850215 |
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| Rainbows (Fri) | Sue Pollard Tel: 813734 | | |
| Rotary Club | Peter Latham Tel: 881607 Email: stortvalleyrotary@gmail.com | | |

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.

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