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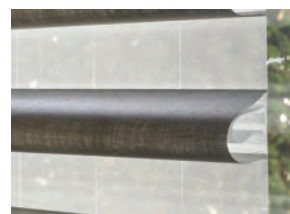
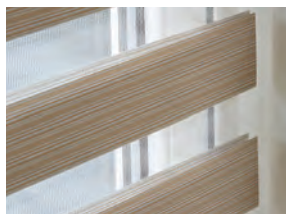
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Front Cover
Stansted Cricket Club
 by Emiel Pronk

Enhanced by Paul Burt Photography

Stansted Mountfitchet Village Magazine

The Link

www.stanstedlink.org.uk

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CONTRIBUTIONS FOR THE SEPTEMBER ISSUE

Please email: editor@stanstedlink.org.uk or post to 7 Blythwood Gardens CM24 8HG by noon on **9th Aug.**
 Word attachment or typed into an email, max 300 words; landscape photographs **min 250KB** as a separate jpg.
Articles may subject to editing

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EDITORIAL



Many thanks to Emiel Pronk from the Stansted Cricket Club for sending us the front cover picture. It shows the Sunday team, which consists of a mix of the 1st and 2nd XIs, plus the Club chairman and head junior coach. It all looks great fun. If you look towards the end of the magazine, you will see that all four sports clubs have sent a photo this month, which is rare indeed. We are always very pleased when we see a submission from a new writer. On page 17 you will see Jessica Cooper's article and accompanying photograph of a dragonfly. Her enthusiasm for these fascinating insects is delightful to read; she is so imaginative and caring. Jessica has always lived in Stansted. She works in residential and dementia care homes and in NHS hospitals.

Jessica's article touches on environmental concerns and as I look around our local walking areas, my concerns are similar. My heart goes out to those farmers whose crops are totally desiccated and dead. What a dreadful waste and so devastating to their livelihoods. Let us hope for less extreme weather for the rest of the summer. On a cheerier note, you will see that there have been some wonderful events taking place locally, especially in our local primary schools. Bentfield school held a hugely successful *Music in the Park* towards the end of June; they raised an unbelievable £11,500! A couple of August events include the Windmill fête and for those of you who love old cars, Helen Rollason charity is holding a *Marvellous Vintage* event at the end of the month; see page 4 for further details. The number of hugely successful fundraising events which take place locally always astounds me.

Ed



BIRCHANGER PRIMARY SCHOOL

www.birchanger.essex.sch.uk

Awesome moments!

Wagtail Class had an unforgettable visit when Garg from *Garg's Animal Encounters* joined us with a fascinating collection of animals from around the world, organised to enrich the children's learning in their science topic on animals and their geography work on countries around the world. The children were captivated and incredibly brave, as they experienced a giant millipede with up to 300 legs crawling gently over their hands and stroked a Madagascan hissing cockroach with its twitching tentacles.



Some of the children were really brave when they held Prince William, a small royal python, around their necks. There was great excitement when Garg brought out a sugar glider from Australia who leapt from the children's arms into Garg's hands. The class also met a wonderful range of animals including Lilo the chinchilla, Coco the skunk, Bingo the bearded dragon, Ash the melanistic barn owl and Dumbo the tenrec. It was a definite wow moment for Wagtail Class!

Sharon Vessey
Headteacher
Tel: 812362

Email: admin@birchanger.essex.sch.uk



STANSTED MOUNTFITCHET WINDMILL

www.stanstedwindmill.co.uk

The traditional Windmill fête on the August Bank holiday which falls on **Monday 31st August** this year is the major fundraising event for the Millers. This event involves a lot of work for a small team of volunteers, mostly seniors. We would love a few more people on our team so please get in touch if you can spare a few hours to help out on the Sunday before the fête or on the day of the fête itself. We would be very grateful for donations of raffle prizes, bottles and other prizes for the tombola and cakes for the WI tea stall. We also need saleable books and bric-a-brac so if you have anything suitable, bring it along to the mill on the weekend of 29th-30th August.

The fête will have lots of traditional stalls around the mill and across the road on Millfields. You can bring your own teddy bear and see if they are brave enough to take on the windmill parachute jump. Or you can buy one of our souvenir teddy bears and we will treat them to a free parachute jump. All the inflatables that have featured for the last few years will again be on The Rec along with Robbie the land train that has been so popular with the young children and will also be giving rides. We are still looking for someone to run a barbecue so if you are interested please get in touch.

We would love to see as many of you as possible at the fête so please consider leaving the car on the drive on Bank Holiday Monday 31st August and walking to the mill for a great community event. Entry is free and it takes place from 1.00pm-5.00pm. Please note that in addition to the fête, we also have our usual Open Day on **Sunday 2nd August** 1.30pm-5.30pm. Entry: Adults £3, children £1.

Trevor Lloyd
Tel: 07739 428352
Email: info@stanstedwindmill.co.uk



We held a fantastic Summer Fayre in early July, with families, friends and members of the local community coming together to enjoy an afternoon packed with fun, entertainment and sunshine. This year's highlight was an exciting Foam Party hosted by *Evo Events*, which was a huge hit with the children.



They had great fun playing amongst the mountains of foam, giant inflatable flamingos and colourful beach balls. Visitors enjoyed all the traditional favourites, including classic games and bouncy castles. New attractions this year included the *Beat the Mega Buzzer* challenge, which was completed in an impressive 28 seconds, and a giant inflatable axe-throwing game.

We were delighted to welcome Stansted's Police Community Support Officer Alexander Stewart, who gave children the opportunity to try on a police uniform, explore the police van and even take a look inside the holding cell. The school also thanked a local farmer, who brought a giant tractor for children to explore. There was plenty of delicious food and refreshments, including Crunchy's Pizza, fresh treats from Fruit Shack and a barbecue run by the Parents, Teachers and Friends Association (PTFA.) The Balloon Crew added even more colour to the event by creating fantastic balloon models for children to enjoy, kindly funded by the PTFA.

Teachers joined in the fun by helping to run stalls and volunteering to be soaked in the stocks. The school would like to thank Harvey Football Fun Factory for bringing the inflatable dart shoot-out and The Craft Cabin for providing creative activities, along with the DJ Grant from Phat Pitch Ltd. Special thanks also go to the event sponsors whose generosity helped make this memorable day possible: Essex Waste Ltd, Russell Property, Aeon Green, JKL Construction Ltd and Mountfitchet Moving Company. The Fayre was a wonderful celebration of the St Mary's community; our thanks to everyone who attended, volunteered and supported the event, helping to make it another fantastic success.

Rebecca Tanner
Email: becky-tanner@hotmail.co.uk

Central Connect have taken over the contract and some morning and evening services have been withdrawn.

The **7/7A** leaves the top of Chapel Hill at 7.42am, 9.55am, 10.55am(A), 12.10pm, 1.20pm(A), 2.25pm, 3.15pm(A), 4.40pm, 5.40pm(A) and 6.55pm.

Return journey leaves Riverside at 8.18am, 9.03am(A), 10.32am, 11.32am(A), 12.47pm, 1.32pm(A), 3.03pm, 3.53pm(A), 5.18pm, and 6.17pm(A).



www.bentfieldprimaryschool.co.uk

At this time, I always take a moment to look back on the school year and reflect on all the amazing things that have happened. The summer term alone has seen a plethora of activities such as school trips and sports events, including some wonderful sports days, a fantastic Years 5 and 6 production of the Three Little Pigs and another incredible Music in the Park event. All whilst coping with some extremely hot weather. Of course, it is also tinged with sadness as we say goodbye to our current Year 6 cohort who have completed their journey through our school and move on to the next stage of their education. They have been a credit to our school, and I have no doubt that they will all achieve amazing things in the future.



As we say goodbye to our older pupils, we also welcome our new reception children, who have already had their Teddy Bears Picnic and taster visits to get them ready for their September start. We also look even further ahead than this and are delighted to welcome prospective parents of pupils who will be starting school in September 2027 to an open evening at the school on **Thursday 17th September** at 7.00pm. You will get a chance to see the classroom, meet our reception teacher, hear from me and ask pupils and staff about all aspects of our school, including the curriculum, inclusion, wraparound childcare, school meals, our PTA and much more. There will also be opportunities to book tours during the school day later in the autumn term. We hope to see you there.

David Rogers
Headteacher
Tel: 813626

Marvellous Vintage 2026

Step back in time and immerse yourself in all things vintage at our *Marvellous Vintage* event, in aid of Helen Rollason Cancer Charity which takes place on **Sunday 30th August** 11.00am-5.00pm at East Court, Layer Marney Tower, Roundbush Road, Colchester CO5 9US. Whether you are a classic car enthusiast, a lover of handmade crafts, or simply seeking a fun day out, this event is not to be missed and is all in support of an incredible cause. We recommend you bring a fold up chair or picnic blanket to sit and enjoy the live entertainment.



Tickets are available from our website with early bird pricing (EB) available until 28th August. Adults: £9 or £7 EB; Over 65s: £8 or £6 EB; Children 16 and under: £4 or £2 EB; Children 3 and under: free.

The Fundraising Team

Email: fundraising@helenrollason.org.uk

ST JOHN'S 300 CLUB

Many congratulations to the winners of the June Draw:

£100	No 96	Susan Bone
£50	No 54	Matt Cope
£25	No 18	Gina Thomas

The draw for August will be held on **30th 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. There is a limit of five numbers per household. 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

Keeping cool in a very hot summer

As a public health doctor, I see how heat impacts people in various contexts. Hot weather increases Accident and Emergency attendances, worsens respiratory conditions, disrupts sleep and reduces our ability to function safely and effectively. Older people and those with long-term conditions are particularly affected. Homes that stay cooler can make a real difference. Recent weeks have reminded us what a really hot summer feels like. Before investing in air conditioning though, it is worth considering the increasingly important art of passive cooling, keeping your home comfortable using the building itself and its surroundings rather than electricity.

The key is to stop heat getting in. During the day, keep windows closed and draw curtains or blinds on sun-facing windows. Sunlight through glass heats a room far more than the warm air outside does. If you sleep upstairs, keep doors closed to stop warm air rising. At night, once outdoor temperatures fall, open windows and internal doors to let cooler air circulate. Even opening an attic door can help vent the heat. Avoid cooking indoors on the hottest days. Fans move air rather than cool it, but they help your body lose heat. A damp cloth on the neck or wrists can help too.

Outside, shading is even more effective. Awnings, external blinds or a well-placed gazebo can dramatically reduce heat entering through windows. Trees are among the best natural coolers available, especially deciduous trees which provide summer shade but allow winter sunlight through. Climbing plants such as ivy, Virginia creeper and wisteria can also help keep walls cooler.



As summers get warmer, these measures are worth considering. One final point: hot weather can worsen air quality, so avoiding unnecessary car journeys and engine idling helps everyone, too. For more tips, or to join our committee, please see our website.

Sophie Candfield

Email: sophiecandfield@gmail.com



Fun Place on the Hill

9.15 - 11.30 am every Friday
Throughout the school holidays
Stansted Free Church Hall

FREE entry and refreshments

All ages welcome but particularly suitable for children

Plenty of toys and space to run around



The Place on the Hill

10 am - 12 Noon
Stansted Free Church Foyer

Open every Wed throughout the summer

Free Cakes, Biscuits
Fairtrade Tea and Coffee
All adults welcome - No charge



Green Waste Skip Dates

Sundays 1 - 5 pm

2nd, 16th & 30th Aug

13th & 27th Sep

Lower Street Car Park

WHAT'S ON IN AUGUST

2,16,30	Sun	Skips	Lower St Car Park 1 - 5 pm
2	Sun	Windmill Open	1.30 - 5.30 pm
4	Tue	Stansted is Well Read	Dog and Duck 8 pm
7	Fri	Stansted Business Forum	Kings Arms 7 - 9 am
9	Sun	Link copy due in today	before noon
		Open Day	Easton Lodge 11 am - 5 pm
12	Wed	Flower Club Cream Tea	Ugley Village Hall 2 pm
13	Thu	W I	Touchpoint 7.30 pm
15	Sat	Ugley Farmers' Market	Ugley Village Hall 10 am - noon
19	Wed	Ugley W I AGM	Ugley Village Hall 2 pm
30	Sun	Marvellous Vintage	Layer Marney Tower 11 am - 5 pm
31	Sun	Windmill Fête	Windmill and the Rec 1 - 5 pm



Stansted Millers

Windmill Open in August

1.30 - 5.30 pm

Sun 2nd, Sun 30th

Bank Holiday Mon 31st
with Windmill Fête

Come and have a look round

Entry: adults £3, child £1

STANSTED IS WELL READ

8 pm Tue 4th Aug

Dog and Duck, Lower Street

A Spool of Blue Thread

by Anne Tyler

This novel spans seven decades of the Whitshank family in Baltimore, unravelling their mythologies, sibling rivalries, and deep attachments that keep them tethered to a sprawling, beloved family home

All Welcome Tel 813056

To advertise your local event free of charge on this page
in the next issue *subject to space*

Email: editor@stanstedlink.org.uk by 9th Aug

Helen Rollason
Cancer Charity

MARVELLOUS VINTAGE

11 am - 5 pm Sun 30th Aug

Layer Marney Tower, Colchester
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Vintage Games and Dancing

Adult £9, £7 advance, over 65 £8, £6 advance
under 17 £4, £2 advance, under 4 free



Stansted Windmill Annual Fête

1 - 5 pm Mon 31st Aug
(Bank Holiday Monday)

Stalls • Ice Cream • BBQ
Plants • Teddy Parachuting
around the Mill

Inflatables for all ages plus
Robbie the Landtrain
on the Rec

THE FORGOTTEN GARDENS OF
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FAMILY FUN DAY

11 am - 5 pm Sun 9th Aug
(last entry 4 pm)

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Bread ~ Home Baking ~ Jam
Chutney ~ Honey ~ Skincare ~ Plants
Refillable Laundry and Edible Products
Knitting and Needlework

Refreshments and Free Parking
For info and future dates tel 814052



Stansted Evening W I

7.30 pm Thu 13th Aug
Touchpoint

The Suffragettes
by David Willetts

Visitors Welcome Entry £3

NEWPORT FLOWER CLUB

2 pm Wed 12th Aug
Ugley Village Hall

Annual Cream Tea and Mini Demonstration

Tickets: £10 members, £12.50 visitors
must be booked in advance

Email: ugleybunchflowerclub@gmail.com

Plenty of free parking

TOE BEANS CAT RESCUE

www.toebeanscatrescue.org



Hungry kittens, loving toms and a plea for help

It is that magical time of year when every cardboard box, shed, and abandoned flowerpot seems determined to produce a mum and a litter of kittens. We have recently taken in a large number of mums and babies, all arriving with the same urgent request: *Got any food?* With so many tiny tummies to fill, our shelves are looking worryingly empty. We are appealing for donations of cat and kitten food which all goes straight to the mums, rebuilding their strength and to the kittens who believe eating is a full-time occupation.



We also take in stray tom cats, big, battle-scarred lads who arrive looking like they have already used up their nine lives. Once safely with us, they are neutered, fed, fussed, and gently informed that life does not have to be a dramatic street-cat opera. We see them transformed into the softest, most affectionate boys. We also take in and re-home cats whose owners can no longer care for them due to personal difficulties. These cats need stability, reassurance, and a safe place and that is where our wonderful foster volunteers come in. We are not looking for more regular fosterers at the moment, but we do need:

- A couple of long-term fosterers for cats whose owners need extended respite
- Casual fosterers who can step in when our regulars go on holiday
- Adopters ready to offer forever homes.

We cover all costs for both long-term and regular fosterers: food, vet bills, medication and essentials. Fosterers simply provide love, patience and a warm spot on the sofa. If you can donate, foster, adopt, or share our appeal, you will help a small charity doing big things for cats who need us most. Please email: toebeanscr@gmail.com or call 01799 252028. We are a registered charity; for more information see our website or find us on Facebook and Instagram. Thank you.

Shirley Johnson

THE OLD FIRE STATION

Preserving a piece of Stansted's history

You may recall an article in the October 2025 edition of The Link regarding Stansted's second fire station, which sits at the top of Chapel Hill next to the library. I am pleased to provide readers with an update.

Firstly, I would like to thank everyone who came forward with memories, photographs and information about the building in its former life. This has proved invaluable in help-

ing us piece together its history and that of the fire service in Stansted more generally. Secondly, I am delighted to say that, following a successful application to Stansted Airport's Community Fund, we now have the means to commemorate this small but important part of the village's history. You may already have noticed that work has begun, and we look forward to completing the project over the coming weeks and seeing the finished result. If you see any members of our crew working on the project as you pass by, please do stop and say hello!

Billy Parr

Crew Manager

Stansted Fire Station

Email: billy.parr@essex-fire.gov.uk



FUN PLACE ON THE HILL

www.stanstedfreechurch.org.uk

We are open every **Friday, including school holidays, from 9.15am-11.30am** in the Free Church Hall which is cool and comfortable. All ages are welcome, although particularly suitable for children. Now that the school summer holidays have started, if you need somewhere to go for a couple of hours, why not come along? The Fun Place is friendly and informal, and imaginative play is encouraged. The children enjoy playing with all the toys and have plenty of space to run around, especially for chase, a favourite with our young visitors, who also enjoy the Sing-Along around 10.30am each week.



Some feedback from our visitors: *friendly, welcoming place, nice and friendly, chat with other Mums, lots of fun with our friends, variety of toys, very welcoming and not intimidating.* Adults chat over coffee in a relaxed atmosphere. Free squash and healthy snacks are available for children, and hot drinks 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



Bentfield Primary School and Nursery came to life on Saturday 27th June with their annual live music festival *Music in the Park* (MITP), which is made possible by the huge generosity of not only the performers but many local businesses giving financial help to make the event the long-standing success that it is.



We would like to thank Abbott Scaffolding, AVS, Attelsfield Electrical, Beautiful Bunting, The Crown, Elsenham, The Dog and Duck, Fin and Fur, Harvey at the Football Fun Factory, Franklin Sports and Classics, The Gunyah Vineyard, Hadham Engineering, Illuminating Gardens, Intercounty Stansted, JKL Construction, The Kings Arms, Marshall Fire, Prontaprint, PHF fire, The Rose and Crown, Russell Property, Stansted Social Club and Whoosh Explore Canoe Club. The very talented photographer and ex-pupil of Bentfield School, Dale Crowson, was our official photographer; he took the wonderful photo above. The transformation of the school's sports field into a festival takes many volunteers, many of whom are parents, staff or friends of the Committee.

The doors opened at 1.00pm to a huge queue. With two new bands, *Melophobia* and *Me and Him* joining our regular performers, the stage was set to go off with a bang. *Deutsche Fabrik* and *JDS Band* returned for a second year to perform alongside DJ Fran who played the Heads and Tails game before getting the crowd back up dancing, with a guest appearance from the Deputy Head.

Following DJ Fran, The *Jjarrs* were welcomed to play the day out, keeping the crowds singing and dancing. Almost all of the bands had members who were either ex-pupils or parents of pupils at our school.

We would like to extend a huge thank you to everyone who supported the event by volunteering, sponsoring, dancing, singing and getting fully into the spirit of the day and for helping us raise a massive £11,500 for the school.

The MITP Committee
Email: mitpstansted@gmail.com



Scarecrows set to work

Recently we hosted two events for local Beavers and Cub Scouts. The main aim for them was to achieve their Gardener Activity Badge. We split them into groups, with activities to help them understand the process of growing plants, identifying certain produce within the allotment and sowing some magic beans themselves to take home and grow.

The finale was assembling a scarecrow, and as the football World Cup was happening, we tried to create the scarecrows with a sporty theme! Fortunately the allotment has various produce growing so the youngsters could easily identify those yummy raspberries, together with getting an understanding of what certain produce looks like when growing. They were surprised at how certain things grow; the potatoes especially were quite a talking point.

We had collected lots of old sports clothes for the Beavers and Cubs, so they had a choice of how to dress their scarecrow, together with drawing the faces, which were given a beaming smile. They then had a chance to name their scarecrow; the most popular name of course was Ronaldo. Special thanks to Darayus Wadia for building the amazing sturdy scarecrow frames.



You can now see the scarecrows in situ at the plot, as we have put them into various beds to do what scarecrows do best. It is great when a group of youngsters come along to the allotment, bringing with them endless energy.

One of Human Roots' main aims is to give back to the local community regularly. We try to meet up once a week throughout the year, which includes picking our lovely produce. If you would like to join us, please email Cathy on humanrootscommunity@gmail.com.



Ashley Huggonson
Volunteer




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STANSTED PEOPLE

ALAN GOLDSMITH

In 1968, there was an overgrown 10-acre hill in Stansted, with nothing but a house on it. However, this hill was anything but ordinary, as it had seen massive changes over the centuries. Its future lay with Alan Goldsmith; its past with Romans, Saxons, Vikings and Normans, to name but a few. As you may have guessed, the hill is the site of Mountfitchet Castle and Norman Village of 1066 and Alan Goldsmith is the person who brought it to life again, after many centuries.



Alan was born and brought up in Bishop's Stortford; early years were rough as he was a war baby, born in 1940. He attended Northgate and Hadham Hall. It was a rather interesting situation, with 127 children being educated in a stately home. Alan left school early with no qualifications. When he was 17, he started running concerts all over the country, including Bishop's Stortford and Stansted, in the Old Central Hall. In the late 1950s he became a promoter for some very well-known bands, such as Stevie Wonder, Elton John, The Who, Cream, Small Faces, Yard Birds, Van Morrison, Dionne Warwick and Gladys Knight, for example. He very much enjoyed being controversial. On the personal front, he married Kathy in 1965 and they moved to Stansted in 1968. While still in Bishop's Stortford, Alan lived in Barrells Down Road. One day, he found a beautiful spaniel named Penny sitting on his front doorstep; she had escaped from the vets where she was due to be put down. She adopted Alan and they had many happy years together. The family moved to Stansted and bought the Castle area in 1968; they lived in the house which eventually became The Toy Museum.

Research indicates that a Roman signalling fort was built on the castle site; it eventually became a Saxon then Viking stronghold. This was an important strategic site as it was close to the river, which used to run along what is now Lower Street and the car park. The Normans took over the stronghold after 1066 and built a motte and bailey castle in wood. Baron Mountfitchet lived there, who was one of the knights who made King John seal the Magna Carta. King John burned the castle down in 1215. The castle site was a golf course during WWI but was neglected and overgrown, until Alan came along. With help from a history professor, Alan brought the castle back to life,

reconstructing it as it was in early 1066, a motte and bailey castle and village in wood, as all castles were constructed in 1066. He had a tough time getting approval for his plans, but it happened eventually. Since 1985 there have been two to three million visitors from all over the world; many local businesses depend on the castle bringing trade and income to the village and surrounding areas. One of the features of the Castle is the presence of animals, all rescued and reflecting some breeds which were present in the 11th century. Stansted residents are very familiar with the peacocks which can be seen wandering around the high street and local car park, after which our local NHS surgery and pharmacy are named.

What of the house in the castle grounds where Kathy and Alan and their children lived for 20 years? It became the world-famous House on the Hill Toy Museum, the largest such museum in the world. Alan started collecting toys at the age of 10; he had none when he was a small child. The Toy Museum is now also a Rock and Roll Museum as well as featuring military and social history. Alan has had a huge number of interests during his life. He wrote a series of children's books called *The Dollops* as well as his autobiography, *Giving it Both Barrells*. He has promoted shows like The World Stunt Championships and he revived the Boys and Girls Exhibition in the 1970s as well as large air shows. He still does lectures and theatre tours nationwide and is still involved in rock and roll concerts. One of his current interests is the highly successful Cold Play tribute band, Cold Place. Alan thoroughly enjoys searching for artefacts and antiques for the newly opened antique centre in the visitor shop, as well as items for the museum which the Goldsmiths are always interested in purchasing.

Alan and Kathy have a daughter Penny, named after the spaniel, and a son Jeremy, as well as four grandchildren. Penny had a career in the City and Jeremy now runs the Castle; he has improved and upgraded the Castle and Toy Museum, adding many new features and attractions. Kathy Goldsmith works at the Castle as a financial administrator and director, as she has done for many years. I very much enjoyed meeting Kathy, Jeremy and Alan at the Castle; the place has a wonderfully energetic vibe which comes from years of creative and dedicated commitment made by this fascinating family.

Ed





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BRAIN TRAINING

Falling over!

I have a splendid idea; we should practise falling over! Whilst this sounds like the heat has got to my head, studies have found that if falling is practised, should a stumble happen, we stiffen up much less and either recover or literally fall better. Here are some things to practise. The first thing to try is lie down and then get up. Notice how you do this: this is your natural way of falling. Practise it, up and down, up and down, as slowly as you like, always feeling comfortable and then see if you can speed proceedings up. Free fun!

It is impossible to make yourself fall over, unless you have imbibed way too many Pimm's. However you can fling yourself in all directions and, to reduce the momentum, either take as many very fast steps as you can or take a thumping step. When did you last do either? The more the brain is used to, the more it can access. When falling to the side, try to land firmly on the same side leg: fall to the right and step onto your right leg. Finally, as flinging yourself about like a loon, bend your elbows, so teaching the arms to be a crumple zone.

Sit comfortably on the floor then slowly collapse onto the floor, using nice, bendy arms. As you get used to this increase the speed of the collapse. Eventually collapse so fast your legs fly into the air. Let them thump down however they want to and follow this up with thumping down the arms, palms down. This will sting! This dies away, teaching the brain that no harm has been done, so getting rid of panic; panic blows pain out of all proportion. Minimal panic is critical.

Clare Harding
Tel: 07802 872919

FB Flexible Strength Manuden



RECYCLING



The holiday season is now in full swing, so if you go abroad please remember to let us have any foreign coins you may have left over. They can be placed in the boxes outside the main blue door of the Free Church at the bottom of Chapel Hill along with the other items for recycling: stamps, original ink cartridges, mobile phones, iPads and tablets. There is also a collecting box in the porch of St John's church, which is open most Tuesday mornings and some Saturday mornings. Please place items in a paper or plastic bag or envelope using a separate bag for each category. You can also leave items for recycling in the porch of 7 Blythwood Gardens.

Other items

Please do not leave spectacles, blister packs or any dental products, as they only end up in the dustbin and we only have one small one at the church. Thank you.



Marion and Mike Dyer
Tel: 814059

Email: recycle@stanstedfreechurch.org.uk

STANSTED MOUNTFITCHET EVENING WI



Our new president, Jenny Wraith, hosted our June meeting. She introduced our speaker Karl Lumbers, a Master Mariner. He told us the story of the Trinity House. Established in 1514 during the reign of Henry VIII, Trinity House is a maritime charity dedicated to safeguarding shipping and seafarers.

The current Master is Princess Anne, the Princess Royal. Trinity House is the General Lighthouse Authority for England, Wales, the Channel Islands and Gibraltar and is responsible for the operation and maintenance of 65 lighthouses which are now all automated. You can see a list of them on their website: www.trinityhouse.co.uk.

The charity provides education, support and welfare to the seafaring community. It has a statutory duty to deliver a reliable, efficient and cost-effective aid to navigation services for the benefit and safety of all mariners. We had all heard of the Trinity lighthouses but the history was fascinating.



Portland Bill Lighthouse showing the Trinity House flag

Our next meeting is on **Thursday 13th August** at 7.30pm at TouchPoint. The speaker is David Willetts and his subject is *Suffragettes*. We welcome visitors and new members to our meetings, do come and join us.

Christine Morris
Email: chris2.morris@btinternet.com

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August entertainment

A guided tour of Bishop's Stortford Museum takes place on **Saturday 1st** to discover local artefacts such as a Neolithic axe head, Roman coins, a Stort River token and much, much more.

Join us for Storytime at the museum on **Tuesday 4th**. Enjoy a story and some colouring and craft. Free to join. This August, we will be reading *Angelica Sprocket's Pockets* by Quentin Blake. Let the kids express their creative side by coming along to our kids' crafts sessions. Try out our homemade toys and make one for yourself. There are several sessions during August, please see the website for relevant dates. Drop in between 10.00am-2.00pm. Let us know you are coming using the contact details below; the £2 suggested donation can be paid on the day.



Embark on information-packed walks with the museum team this summer. On **Saturday 15th** at 10.00am, join us for a Thorley walk from St James Church. This will be a circular walk of approximately an hour, taking in the countryside to the west of the church.

On **Tuesday 18th** at 12.30pm, come to a fascinating talk about Robert Orchard, Tea Dealer and Chocolate Maker. He is also known for the trade tokens he issued, such as the halfpenny one shown below, to further his business interests. One of his tokens holds the record for the highest price at auction for a British trade token, £12,000!



Fancy some nights of great live music? *Acoustic Club* will be joining us on **Thursday 6th and 20th**. Please see our website for lineup information.

Seren Stephen
Tel: 710200

Email: sstephen@southmillarts.co.uk

Mental health challenges touch the lives of so many people in our community: friends, family members, neighbours and colleagues. Sometimes simply knowing that support is available close to home can make all the difference. That is why we exist. We believe that nobody should have to struggle alone, and that by coming together as a community, we can help create a more connected, supportive and understanding place for everyone. Our group was created during the COVID pandemic with the simple but powerful aim of supporting mental wellbeing and help prevent suicide in our community. Since then, we have grown into a local network which

- connects people with support when they need it most
- raises awareness of mental health across the village
- brings our community together through events and conversations.

Everything we do, including funding training, signposting support and running our annual wellbeing festival, is powered by volunteers. We are looking for passionate, community-minded people to join us, to help shape the next chapter. You do not need to be an expert in mental health, just someone who cares and wants to make a difference. Whether you can offer a little time or take on a more active role, every contribution matters. If you would like an informal, no-pressure chat, we would love to hear from you. Please email: info@letstalkstansted.com with your name and contact details and we will be in touch. Mental health challenges affect so many people, often quietly. Being visible, approachable and local can make all the difference. Help us make sure no-one feels alone. Thank you.

Rachel Dawes



THE PLACE ON THE HILL

www.stanstedfreechurch.org.uk

By the time you read this, we may or may not be in the middle of a heatwave, but whatever it is like outside, there is always a warm welcome for you at *The Place on the Hill*. We invite you to join us for free coffee, cakes and biscuits. We have lovely comfy seats and offer a safe and friendly environment for adults. There is no need to book, just come along to the Free Church at the bottom of Chapel Hill. We are open every **Wednesday 10.00am-noon** and everyone is welcome. We also have a jigsaw you can work on. There is limited parking behind the church. 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

THOUGHT FOR THE MONTH

August is considered the pivotal month in our experience of summertime. It was originally called Sextillis, the sixth month of the Roman ten-month calendar; but in 8BC its name was changed to Augustus, in honour of the first Emperor, Gaius Octavian who had removed his rivals Lepidus in 38 BC and Mark Anthony and Cleopatra in 31 BC, and unified the Empire under his personal rule. The name he took, Augustus, translates as *The Divine One* and emperor worship became the state religion of an empire that would not tolerate any challenge or alternative to its authority which it repressed with savage and ruthless efficiency.

Four years after this change of name in Rome a child, Jesus, was born in Judaea, a remote and considered troublesome outpost of the Roman Empire. His teaching about the Kingdom of God with his emphasis on the trusting love of God and neighbour, universal peace and inclusiveness, led to his cruel death by the Empire authorities who saw this model of existence as a challenge to exclusive Roman rule based on oppressive obedience. Ironically, Jesus who was executed mockingly as a king, became Christ the *anointed Divine Son of God* by his death on a Roman cross; which, as an act of sacrificial and unconditional love, expressed the ultimate *divine* love of God for the world.

David Morson
St Theresa's Roman Catholic Church



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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



STANSTED QUAKERS

Quaker Meeting House, 71 Chapel Hill
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www.stansted.quakermeeting.org

Contact Sue Moloney Tel: 07759 532115
Email: suemol@uwclub.net

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

Lettings Marion and Mike Dyer
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Preachers for August

2nd 10.30am The Worship Team - New Directions
Note: the service is at 7 Blythwood Gardens as there will be no electricity at the church that weekend
9th 10.30am Rev'd Charles Martin
16th 10.30am Rev'd Frank Okai-Sam
23rd 10.30am Len Ward
26th 10.30am Songs of Praise

Double celebration

On Sunday 14th June, we had a double celebration. During the service, Gill presented Topsy Brice with an official Methodist certificate in recognition of her being a Methodist Local Preacher for 60 years. She was also given a certificate from Stansted Church which one of our members had organised.



The service was the last one with our minister, Rev'd Gill Hulme, who has now retired to Scotland to be nearer her daughter. At the end of the service, Gill was presented with a montage showing photos of events that took place in the church over the past five years that she has been our minister, together with some garden gift tokens.



As our new minister does not start until September, please contact our Secretary with any enquiries



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

Services Together on Sunday (1st Sunday) 9.30am;
Holy Communion (2nd, 3rd and 4th Sundays) 9.30am.

From St John's Registers

June

Baptisms

28th The Breeds family - Matthew John Edward, Morgan, Evelyn, Otilie and Clementine.

There were no weddings or funerals in June.

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GUESS THE OBJECT 6 ANSWER

Thank you to all those who submitted their suggestions for the objects shown below. Some of the answers were very close, but only Roger Boulton and Christopher Hibberd correctly identified them as boot pulls or boot hooks.



Sold as a pair, they were designed to help pull on tall, unzipped boots (like Wellington or cowboy boots) without damaging the leather or straining the back. They work by inserting the metal hook into the pull-loops at the top of the boot, and pulling upwards using the wooden or metal handle. Some boots had a button at the top, and the boot pull acted as a button hook to pull the loop over the button.

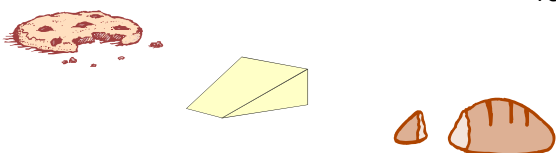


UGLEY WOMEN'S INSTITUTE

Our June meeting was one with a difference; a taste the difference you might say. Instead of an official speaker to entertain us we all enjoyed a taste bud challenge organised by our secretary, Karen Greaves. We were presented with different types of food to try, enjoy and then decide which were the leading brands and which were the supermarket own brands. We started with chocolate digestives and then came bite sized pieces of mature cheddar cheese; dainty morsels of bread and butter; tiny samples of plain yoghurt; tasty pieces of Mars Bars or the supermarket equivalent. It is surprising how difficult a taste-testers job is!

The results were surprising too. Of the different categories sampled, it was only the chocolate digestives produced by McVities that came top of the brand name category. For all the other categories the supermarket own brands were preferred. It just goes to show that you can still enjoy your favourite foods and save a few pennies. As they say *every little helps*. Thus ended another very entertaining afternoon for our members. Our August meeting will be an afternoon tea party for members only; normal meetings resume in September.

Andrea Fitt
Tel: 815922



THE DRAGONS OF STANSTED

The word *dragon* conjures up a large fire-breathing monster, but we have quite a different breed in Stansted! If you go to Arthur Findlay College, next to Stansted Hall parkland, you will find an old and peaceful pond. This is home to our dragons. They are so fast and so incredibly beautiful in flight that they seem like fragments of sunlight, too ephemeral and perfect to be really true.

They always begin their lives in the lake itself. Female dragons lay their minuscule eggs deep in the weeds or amongst the lily stems to protect them from predators like kingfishers, coots and diving birds and from sudden gusts of wind. The dragons spend a great deal of time buried in the muddy lake bed as a plain looking nymph, almost unattractive looking but incredibly tough and enduring, living in the same waters which reflect images of Stansted Hall and the spire of St Mary's Church. Gradually, with much wriggling and shedding of its hard exoskeleton, more than ten times over, our little dragon begins to morph towards its destiny. Then one still night, at the reed's tip, a perfectly fully developed nymph climbs out of the water.



With moonlight glinting on the lake's surface, it struggles, splits and emerges; a damp and wrinkled body with newly formed wing-stubs still soft and limp. As the sun rises, the young dragonfly hangs suspended, with legs like a new born calf but as the day grows brighter and stronger, and its wings firm up and unfurl, it takes to the air with breathtaking speed, scattering the colours of rainbow in its flight. Its life will be spent dancing in the air, chasing down insects for food and finding a mate with whom to breed; then laying eggs before fading in the summer heat. It is important for all of us who have the pleasure of living in the area to realise how valuable our local woodland and water sources are. We must not take for granted the nature and fauna for if we allow our woods and ponds to deteriorate then they may be lost forever.

Jessica Cooper
Email: jess91c@outlook.com



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STANSTED SCOUTS

Survivor camp

In mid-June, the Essex County Survivor Camp welcomed 1,500 scouts from throughout the county, including 32 Stansted Scouts. The theme was countries of the world and we were in France for the weekend.



After set up on Friday evening, activities began at 9.00pm with subcamp challenges based on the different countries. The scouts were awake on Saturday at 4.15am! Activities continued all day Saturday and Sunday morning. These included bush-craft which was deer or rabbit cooked al fresco, fire lighting, climbing tower, wobbly ladder, crate stacking, tomahawks, parachute drop, pedal cars, archery, zorbing, Scalextric and craft tent. Our meals were cooked by Chef Mark and the scouts reported that the food was amazing! Good weather had the scouts running around in the sun and just enjoying being outside. Moustaches provided by our scouts to look Gallic proved to be a winner, with many wearing them. It was a good camp with a great group of scouts and leaders, thanks everyone, see you on the next camp.

Gold Award

Congratulations to Jonty for gaining his Chief Scouts Gold Award. Having completed all 9 challenge awards through many varied activities, camps and challenges it was a pleasure to present it to him. Well done from all of us.

Mike Byrne
Scout Leader
Tel: 812780

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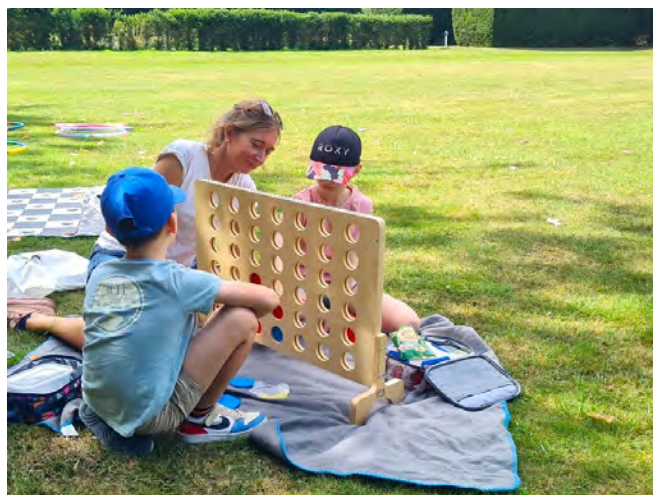
Who knows what weather will be thrown at us for the rest of the summer? After droughts and heatwaves, we are still hopeful for some light overnight rains to benefit the plants and an occasional soaking for the trees, but not on our open days!

The dahlia border is coming into flower, but would really appreciate some rain. The courgettes, beans and cucumbers are loving the heat, so should be available throughout the month for visitors to buy.



The gardens are open on Thursdays throughout the summer holidays and into the autumn from 11.00am-3.00 pm with the last entry at 2.00pm. Visitors can enjoy a quiet stroll and chat with the Trust's volunteers as they work to keep the gardens looking lovely; at this time of year that means mostly weeding and deadheading.

Families love the relaxed space, exercising the brain a little with garden sized Connect 4 and draughts or being a bit more energetic with hula hoops. Our volunteers serve hot and cold drinks and homemade cakes, and we welcome picnicking and dogs on leads.



On **Sunday 9th August** we will have a family fun day, with lots of additional games for all the family, like a traditional fête. There will be a trail and craft activity for children. We will be joined by the local alpacas, who are very friendly.

The gardens are open from 11.00am-5.00pm, with the last entry at 4.00pm. Refreshments will be available from our kiosk and the Giggly Pig. Entry: adults £7.50 on the day or £6 in advance through www.trybooking.com. Children are free. For further details please see our website.

Jill Goldsmith
Tel: 01371 876979
Email: enquiries@eastonlodge.co.uk

Stansted Network

NEWS FROM YOUR LOCAL COUNCILS



Stansted Mountfitchet Parish Council (SMPC)

With news in our pages this month of a special Christmas community event, a call for volunteer flood wardens, as well as an update on City and Country's planning applications

Light up a Life comes to Stansted

Remember someone special in December

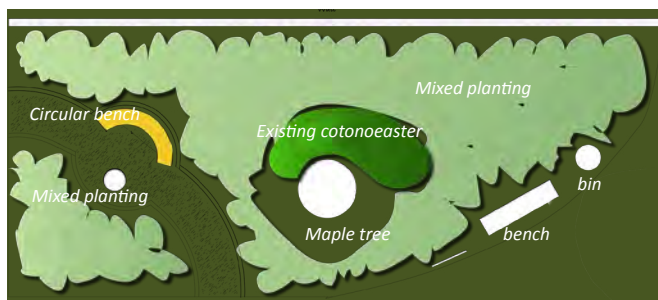
The Parish Council has teamed up with St Clare Hospice to organise a special Light Up a Life event this December. Everyone is warmly invited to attend the candle-lighting service on Sunday, 5 December, in the Memorial Gardens, Chapel Hill, to remember someone special who is no longer with us. The remembrance service begins at 4.30pm. Open to people of all faiths and beliefs, the event offers an opportunity to pause, reflect and remember those who continue to hold a special place in our hearts. St Clare Hospice organises several of these simple but meaningful remembrance services each year, and this will be the first Light Up a Life event to be held in Stansted Mountfitchet in partnership with the Parish Council. During the service, there will be carols and readings before the Christmas tree in the Memorial Gardens is illuminated. Afterwards, everyone will be invited to light a T-light candle, with each flame representing the life and memories of a loved one. We hope the whole community will come together for this special evening of remembrance and reflection.

Chapel Hill corner improvements

Land next to the Exchange go to get a £11k make over

Plans to transform a neglected area beside the Mountfitchet Exchange have moved a step closer, with the Parish Council approving a landscaping scheme by GWB Landscapes and allocating £11,000 to fund the work.

The corner of Cracon Green and Chapel Hill often becomes overgrown with grasses and weeds in summer, while the lack of ground cover in winter leaves it looking untidy. The site is also frequently used by dog walkers, adding to maintenance challenges. Although regularly tended



by gardeners, the dominant maple tree's dense canopy prevents enough sunlight reaching the ground for many plants to thrive.

To address this, GWB Landscapes will create a new walkway and install a community bench in areas where planting is unlikely to succeed. Hardy, shade-tolerant plants will be introduced along the existing wall to improve the appearance year-round.

The project will complement separate improvements already underway at the village's original fire station. Using a grant from Stansted Airport, Stansted Fire Station is repainting the building's exterior. The former fire station is now used by the Parish Council as a storage shed and site office for its environmental rangers.

Work on the scheme is expected to begin in the autumn.

Look out for our purple hearts

Last month, we told readers that Parish Council staff and several Parish Councillors had completed J9 Safe Space training to help signpost people experiencing domestic abuse to support services.

J9 Safe Space support extends beyond the Mountfitchet Exchange. You can approach trained Parish Councillors and Council Officers wherever you see them in the community. Trained councillors are identified on page 22, and officers' and councillors' profiles on the SMPC website display the J9 Purple Heart. Library staff are not currently J9 trained but can contact the SMPC office if you wish to access support.



Call for flood wardens

Volunteers needed to protect homes and businesses this winter

When heavy rain overwhelmed the drainage system in 2014, around 20 homes and businesses on Lower Street were flooded. Since then, a dedicated team of volunteer flood wardens has helped prevent a repeat, despite increasingly frequent winter storms.

Today, however, the Level 1 warden team has dwindled to four volunteers as residents have moved away. New flood wardens are needed, particularly people living in or near Lower Street, where the flood risk is greatest.

A warden freeing debris from a trash screen to prevent a repeat of the 2014 flooding (below).



How the system works

The flood prevention scheme combines technology with local volunteers. Sensors in Ugley Brook monitor water levels and automatically send alerts to wardens' mobile phones when levels rise.

The brook also contains a number of upstream trash pins—wooden barriers that catch branches and other debris before it reaches the main culvert. If debris builds up at the culvert, water can back up and flood Lower Street. When an alert is received, wardens work together to clear the obstruction using rakes, helping to keep the brook flowing. They also stay in contact through a WhatsApp group and, if flooding does occur, help direct traffic away from affected areas.

The Parish Council has recently invested £700 in upgraded flood warning sensors, which will be installed before the winter season.

What does being a flood warden involve?

The busiest period is between November and February, when wardens are typically called out around 10 to 12 times during the season.

Volunteers receive basic health and safety training and are provided with high-visibility clothing. No specialist experience is required—just a willingness to help protect the community. Because rapid response is important, volunteers living close to Lower Street are especially encouraged to get involved.

A continuing flood risk

Although Ugley Brook is a relatively small watercourse, much of it south of Bollington Hall is classified by the Environment Agency as a Main River. Water levels can rise rapidly during periods of heavy rain. "This year there were several close calls, with the water rising to within two or three inches of overtopping the banks," says John O'Brien, a Parish Councillor who works with the flood wardens.

The Environment Agency estimates that the culvert is likely to overflow, on average, once every five years, making the flood warning system and volunteer wardens an important part of protecting the village.



The Lower Street culvert in summer (left) and in winter (right).

Interested in volunteering?

If you would like to become a volunteer flood warden or would like to find out more about the role, please contact Stansted Mountfitchet Parish Council. A small amount of your time could make a significant difference in helping protect local homes and businesses.

Council thanked for almshouse help



In June parish councillors joined representatives from Legacy East Almshouse Partnership (LEAP), residents and guests for a ceremony to officially name the village's new almshouses on High Lane.

The three new almshouses welcomed their first tenants – all Stansted residents – earlier this year. The Fuller Almshouses, delivered as part of Troy Homes' Buxton Close development, provide long-term accommodation for people aged 55 and over with strong local connections. The name honours the legacy of William Fuller Maitland, a wealthy local landowner who gifted 13 almshouses to the village in 1882.

During the ceremony the Chair of LEAP thanked both Uttlesford District Council and Stansted Mountfitchet Parish Council for their support in helping make the project a reality.

The new homes were partly funded by £800,000 raised from the sale of the former Fuller Almshouses on Church Road. For several years, LEAP - which manages the new almshouses - was unable to find a suitable replacement site within the village and at one stage considered investing the funds in almshouses elsewhere. However, continued support and advocacy from SMPC Chair helped keep the project focused on delivering new homes for local people. Last summer, LEAP confirmed that the High Lane site had been secured, paving the way for the development.

SMPC Chair Maureen Caton said: "We are delighted that Stansted once again has almshouses providing high-quality homes for local people."

Planning app sent to review

Secretary of State to consider reasons for rejection



In June, the planning committee at Uttlesford District Council unanimously voted to refuse City & Country's proposal to build 300 homes near Stansted. Like many in our community, SMPC opposed the application and welcomed the decision. However, this does not mark the end of the matter. New planning rules introduced in March mean that applications proposing more than 150 homes are automatically referred to the Government if planning permission is refused.

As a result, the Minister of State for Housing, Communities and Local Government has been notified of Uttlesford's decision on the City & Country proposal (UTT/25/3012/OP).

The planning committee raised two key concerns:

- The development's impact on land designated as Metropolitan Green Belt
- The fact that the site lies outside the areas identified for housing growth in Uttlesford's recently adopted Local Plan

As this article is being written, we have heard that the Secretary of State has considered the refusal in light of the Government's housing delivery objectives and national planning policy.

What happens next?

The Secretary of State has decided that the application should be "called in" for further examination, citing three issues he believes require further investigation:

- a) The extent to which the proposed developments are consistent with Government policies for delivering a sufficient supply of homes (NPPF Chapter 5);
- b) The extent to which the proposed developments are consistent with Government policies for protecting Green Belt land (NPPF Chapter 13); and
- c) The extent to which the proposed developments are consistent with the development plan for the area.

While there is generally no further planning appeal against a Secretary of State decision, it may still be challenged in the courts on limited legal grounds.

Key issues likely to be considered

Planning Balance

Planning decisions must follow the development plan unless material considerations indicate otherwise. The NPPF requires weighing benefits against harm.

For the Stansted proposal, key benefits include:

- 300 new homes
- 50% affordable housing
- Construction and long-term economic benefits

Concerns include:

- Green Belt development
 - Conflict with the Local Plan
 - Impact on landscape and character
- A central question is whether benefits outweigh harm.

Affordable Housing

The officer recommended approval, largely due to the 50% affordable housing offer, well above local policy requirements. This carries significant weight, especially amid housing pressure, and will be important in the Secretary of State's review.

Housing Land Supply

Uttlesford's housing land supply is key. The officer relied on a figure of 4.77 years (below the 5-year target), while councillors argue the updated figure is around 5.22 years following the March 2026 Local Plan. This affects how much weight is given to housing need. But the publication of the latest figure by the government is delayed.

Green Belt and Grey Belt

The site is in the Metropolitan Green Belt. The applicant and officer argue it qualifies as "Grey Belt" under the 2024 NPPF changes, meaning it contributes less to Green Belt purposes. Supporters say it limits sprawl only marginally, while opponents stress its role in protecting character and settlement separation. Whether it meets Grey Belt criteria is likely to be central.

Local Plan

The March 2026 Local Plan directs growth to allocated sites near Stansted, mainly north of the village. The application site remains Green Belt and unallocated. Critics argue approval would undermine the plan-led strategy. The relationship between national policy and the new Local Plan will be important.

City & Country – Birchanger Scheme (180 homes)

A separate 180-home proposal near Birchanger was also refused and referred to the Secretary of State. It raises similar issues around Green Belt policy/Grey Belt status and the Local Plan, though each case will be assessed individually.

Parish Council extends TouchPoint lease

The Parish Council has agreed to extend TouchPoint's Licence to Occupy 72 Chapel Hill until 2040. The extension will make it easier for the highly successful community hub to apply for grants to support its services. At its June meeting, the Finance and General Purposes Committee voted to underwrite up to £6,000, enabling TouchPoint to apply for £60,000 in funding to renovate its rear patio and garden. The project will improve access and landscape the garden, making the outdoor space more accessible and enjoyable for older people and those with reduced mobility.



Stansted Mountfitchet Parish Council

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♥ **Deputy Clerk** Emma Philbrick

♥ **Communications Officer** Dan Schlanker

Email: info@stanstedmountfitchet-pc.gov.uk

Tel: 01279 813214

Answer phone: After 2pm Monday-Friday and at weekends

Office Hours Mon-Fri 9am-4pm, Wed 9am-2pm

Reception: Mon-Fri 10am-2pm

Website: www.stanstedmountfitchet-pc.gov.uk

Facebook: www.facebook.com/stanstedcouncil

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cllrSELL@uttlesford.gov.uk

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colin.ware@stanstedmountfitchet-pc.gov.uk

Parish Council Meetings

There are no meetings in August.

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Geoffrey SELL

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Ray Gooding

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Kemi BADENOCH MP

House of Commons, London SW1A 0AA ☎ 0207 219 1943

email: kemi.badenoch.mp@parliament.uk

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Mountfitchet Exchange (72 Chapel Hill): Thursday, 13th August – 6-7pm, Thursday, 20th August – 6-7pm

Monday, 17th August – 11am-noon

Stansted Youth Club (Peter Kirk Centre): Tuesday, 4th August – 7-8pm, Tuesday, 11th August – 7-8pm

TouchPoint (72 Chapel Hill): Monday, 10th August – 11am-noon
Monday, 17th August – 11am-noon

Advice Sessions Uttlesford Citizens Advice run a FREE drop-in service at the Mountfitchet Exchange every Thursday from 9.30am-2pm, except when Peabody operate advice sessions. An advisor is also on hand via computer hook-up on Monday, Wednesday & Friday.

Peabody Trust's drop-in service—also at the Mountfitchet Exchange—is on **Thursday, 13th August** from 11am-3pm.

Advisors can help with benefits evictions rent arrears, debt.

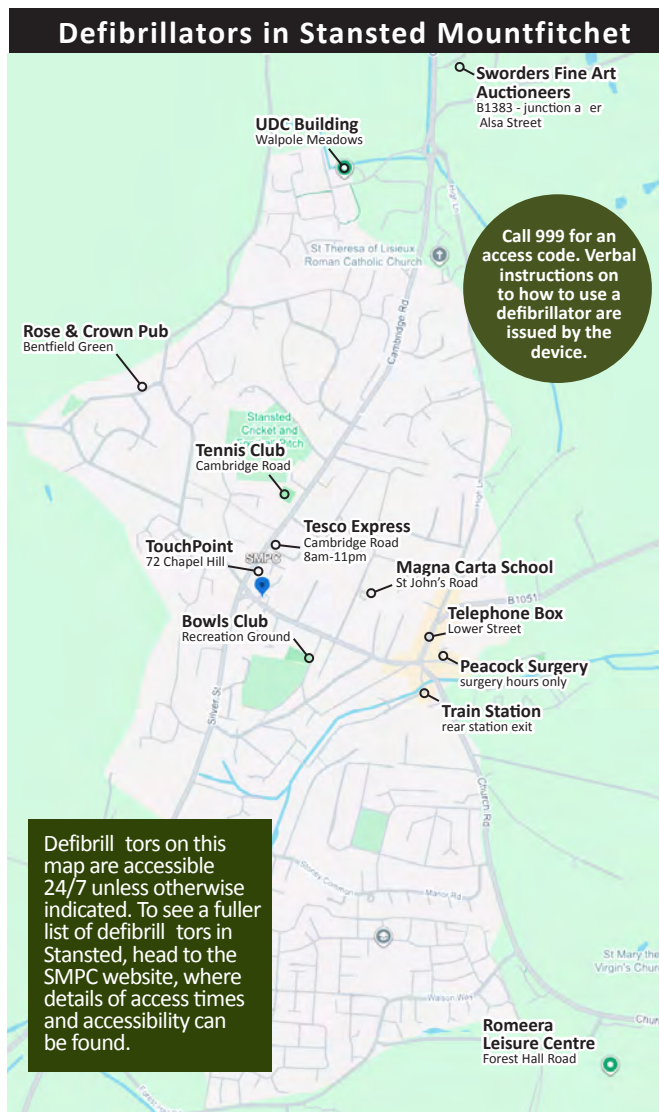
TouchPoint, Stansted The community wellbeing project runs a variety of clubs, groups and activities from 72 Chapel Hill where you can socialise, get help, access training, and fill up your larder for free. **Food shares** Cra on Green Wednesdays 5-5.30pm; Thursdays 10am-2pm, Fridays 1-2pm and Saturdays 10-11am **Community Cafe** Thursdays 10am-5pm, Fridays 8.30am-noon **Free hot meals** on Thursdays 12.30-2.30pm **Breakfast Club** every Friday 9am-10am
Contact info@thetouchpoint.org ☎ 07572 114882

Garden Waste Skip Service The SMPC-funded garden waste service runs from 1-5pm in the Lower Street car park on the following Sundays this month:

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30th August



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NEWPORT AND DISTRICT FLOWER CLUB

Goodness, our flowers and gardens have certainly been suffering in the recent heatwave, not to speak of us! Fortunately, our June meeting came before the very high temperatures, and we welcomed Naomi Wells with her title *Miss Cullimore*. I will leave you guessing who this is, but Naomi's demonstration entertained us with many stories and audience participation. Her arrangements varied from traditional to contemporary and spanned the colour palette.

We did, however, brave the heatwave with a gazebo at the Henham Fête promoting our Flower Club. We showed how the colour of various flowers could be altered by standing them in a food colouring mixture; we held a flower quiz and people could create their own posy or jam jar arrangement with cut garden flowers and foliage.

This was particularly popular with children. Thanks to Sue Ellis-Callow for her beautiful arrangements and to Jill Hunt and Shirley Wilcock for their contributions on the day.

Thank you also to all those lovely people who visited us and showed such interest in our Club and its activities. We certainly hope to welcome some of you in the future.



Our next meeting will be on Wednesday 12th August at 2.00pm in Ugley Village Hall where we will be enjoying our annual Cream Tea and mini demonstration. We would love you to join us. Tickets: £10 members, £12.50 visitors and must be booked in advance via our email. For further information, please email us or follow us on Facebook, Ugley Bunch Flower Club.

Sandra Honour
Programme Secretary
Email: ugleybunchflowerclub@gmail.com



www.thetouchpoint.org

Preparing for Anglia in Bloom

Late June arrived at the garden with all the subtlety of a flamethrower. Each gardening session begins with the usual routine: hats on, water bottles filled, and a collective groan as they step into the heat. The team has been performing regular rain dances, which have occasionally worked and their routines are getting better! June has been about future-proofing the beds and supporting wildlife.



The bird feeders have been taken down, scrubbed and stored ready for autumn. There are plans to restore the small water feature and add Mediterranean plants to any new beds. The roses and lavenders are thriving, smugly enjoying the sunshine while the volunteers wait beside them.

Sadly, the heat has not slowed down our most determined visitors: the slugs. Every night they host a full tasting menu, nibbling anything tender enough to qualify as a starter. The petunias have already been devoured, so the team replaced their sad little stalks with donated *osteospermum*, which prefer dry soil and rank lower on the slugs' gourmet list. We also put down *Slugs Away* pellets, made entirely from natural wool and safe for pets and children.

All this effort comes just in time for Anglia in Bloom. The garden team is giving everything a final spruce; paths swept, beds edged, and every surviving leaf admired as though it personally achieved something heroic. The competition is a brilliant chance to show how far the garden has come, not just in planting, but in community spirit and sustainability.

Whatever the judges decide, the garden already feels like a winner, which is shaped by teamwork, laughter, perseverance, and the shared belief that even in a heatwave and despite slugs with Michelin-star ambitions, something beautiful can grow.

Shirley Johnson
Email: shirley@thetouchpoint.org

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STANSTED MOUNTFITCHET u3a

www.stansted.u3asite.uk

Quietly getting on with things

We are surrounded by a quiet army of people dedicated to making our community work as well as possible, giving their time and attention to others to help improve lives. If you take part in a class or attend a talk in the u3a you know it is on the back of others giving their time and energy to organise it all. Chair Dame Pauline Green is one such person who, after a highly successful three-year term as chair, stepped down at the AGM. Pauline will continue in many roles in our u3a but the chair's role is now passing to another individual willing to give of herself: Linda Huggett, whose photo is below.



All monthly meetings include an absorbing talk, most recently a wonderful catalogue of photography of the wild-life of Britain and Europe by Mary and Graham Brace. The variety of u3a talks are a real draw to many members.

Giving time to others can also be seen in the organisation of a lovely visit to Blunt's Hall, a restored three-acre, Victorian garden in Witham, Essex. Owners Alan and Lesley Gamblin showed the group around their estate explaining its transition from working farm to the house and garden of today.

The years of work to save the garden from neglect were carefully explained along with numerous examples of patient nurturing of the land to create beauty. The high standard of the tour was topped off with a magnificent tea described enthusiastically as being easily on a par with Fortnum and Mason!

If you go to the u3a website, you will find many more examples of people organising fun and learning for local retired or semi-retired residents. Take a look, join in and enjoy!

Julia Cook

IN THE GARDEN

Planting by Design Part 2

In the June issue we started to look at some of the factors to consider when creating a planting scheme. Three other important considerations are size, shape and texture. When arranging different sized plants think of creating triangles, with taller plants to the rear and smaller to the front, not in rows like soldiers. There is no reason you cannot have slightly taller plants to the front of a border but do consider the fact that several plants have very tatty looking ankles and need something in front to hide them.

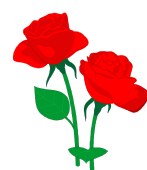
Eventual size is particularly important for trees and shrubs. Look carefully at sizes before making your choice, particularly if you are planting trees. I worked on courtyard gardens of no more than ten metres square with cedar trees which are only suitable for parklands and have an eventual height of over 20 metres! Having to dig up a tree can be a costly exercise involving a tree surgeon for a few days.

Shape and texture should be chosen to provide interesting contrasts; grasses like *Stipa tenuissima* look lovely with box balls, frothy *Alchemilla mollis* with strappy *Agapanthus* is another great combination. Foliage colour plays an important role too, with yellows and silvers lifting a shady corner.



When spacing your plants, ensure you give shrubs room to grow by planting taller perennials like anemones as fillers in between them, or in no time you will be cutting back shrubs to keep them separate from each other. How close you put plants together depends on the eventual spread of the plant. The eventual aim is to have no soil visible, as bare soil equals weeds! However no spacing will last forever; that is the beauty of gardening, it keeps you on your toes 😊 and if this all seems too complicated then call in the professionals!

Anthea Harrison
Email: anthea@gwbhorticulture.co.uk



Learning CPR

The Stansted Cardio Tennis Group last month had the pleasure of learning Cardiopulmonary Resuscitation (CPR) with Glenis Toms and Gerry Sams. Our Club knows Glenis very well; she is the mum of Ollie who was the coach at our Club and was an inspiration to so many of us. Glenis and Gerry have been teaching CPR in local primary schools for about 18 months. They have already taught over 900 children, which is a fantastic achievement, and all done voluntarily. The original manikins were kindly donated by a friend.



The weather was unkind, so we all squeezed into the Clubhouse on a wet and windy Monday morning. Glenis and Gerry started by talking through the first steps to take if you encounter someone who has collapsed, and then assessing whether they are breathing, after checking that the surrounding area is safe.

We all had a go at the resuscitation technique with the manikins, followed by getting people into the recovery position. This was fascinating and surprising; by getting the position correct, it made even the biggest of us seem as light as a feather. We all had a chance to ask questions at the end, then Glenis presented us with the same certificate they present to each school class, which the teachers and kids love!

All of us found it an incredibly worthwhile experience, and were so grateful to Glenis and Gerry for giving up their spare time. Just to remind everyone that we have a defibrillator attached to the outside of our Clubhouse for the use of the village. It is available at any time, unlike some of the other village defibrillators which are only available during the daytime. It has been accessed quite a few times since its installation in 2022.

Jon Budd

Email: contact@stanstedtennisclub.co.uk

STANSTED HALL AND ELSENHAM CRICKET CLUB

www.stanstedhallelsenhامcricket.club

The Club has had a great month in both senior and junior sections. Although it is too hot for me, the sun has been shining; thanks to the Stansted Airport Community Fund, wickets have been true and outfielders have been fast. Our 1st XI had good wins over Stansted, High Beach and Thorley and this leaves them 3rd in the Herts and Essex Border League (HEBL) Division 1 table. The 2nd XI had wins over Hockerill II and Thorley II which leaves them in a comfortable mid-table position. More importantly, the younger players are developing very nicely; against Thorley II the opening batsmen were both 15 and the number three 14; Alfie Shaw scored his first 50 for the Club. Another success was fielding two teams on a Sunday, one played Newport and the other Great Canfield.

There have been plenty of matches for all our juniors and a huge thank you to our managers, coaches and parents who continue to do an incredible job for the Club. The juniors are looking forward to a Presentation Day and a two-day summer cricket camp. As I have mentioned before, we take children from the age of five, both boys and girls. We would love to run a girl's section but we do need a coach. Maybe you have a daughter who loves cricket and would give coaching a go?



All Stars 5 to 8 year olds being introduced to the game

Loyalty and dedication should be important to all of us and with that in mind the Club would like to congratulate our head groundsman's wife, Carol Maule, for working in the NHS for 43 years, serving in the same local hospital all that time. She was recognised for that achievement recently with an invitation to a reception at 10 Downing Street to celebrate 78 years of the NHS.



David Brown

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Email: david1.r.brown@gmail.com





STANSTED BOWLS CLUB

www.stanstedbowlingclub.co.uk

Legend has it that in July 1588, Sir Francis Drake was calmly playing bowls in Plymouth, when the Spanish Armada was first sighted. Unbothered, he famously declared that *There is plenty of time to win this game and to thrash the Spaniards too.*

Our Club does not have the same legacy but it does have a 120-year history. In 1904 local businessmen played in the back garden of The Brambles, a property in St Johns Road. A proper two rink green was established there in 1906 and we treat that date as our inauguration. Membership increased and the Club relocated to its current site in 1912. The Club has many local distinguished members: Lord Blyth, Sir Charles Gold, the author J Arthur Findlay and Major Cawkell, who was also the local fire chief.

The windmill was incorporated into the Club blazer badge, as the mill was visible at that time. Many cups were established and still fought for each year. The Kent Cup, between our Club and Havers Park has been ongoing for nearly 100 years.

Obviously times have changed and the stuffiness of bowls has been replaced by a lightness of touch. Tucked away behind the white fascia of the Bowls Club in Recreation Ground, we have a lovely green, excellent flowers and shrubs, and a friendly Clubhouse. We are still competitive when we play.



Our Friday evenings are largely a social event where we welcome members, new and old, to come along for a drink or two. Why not give us a visit? We will not be tackling the Spanish armada but over a drink I can usually hear the members discussing how to solve the world's problems!

David Danby
Secretary
Tel: 07799 722940
Email: daviddanby30@gmail.com



Stansted Cricket Club

www.stanstedcc.hitscricket.com

Stansted's 1st XI search for a second league win of the season continues, but there is a hint of optimism after an encouraging performance against High Beech. In a match that produced more than 600 runs, High Beech posted an imposing 316 before Stansted responded brilliantly with 295. Dan Hanna's superb unbeaten 105* provided the backbone of the chase. Next up is a home fixture against North Weald.



Jack Cope

A difficult couple of weeks have seen the 2nd XI slip to fourth place in Division Four after being bowled out for 92 by league leaders Harlow Town CC. However, the future remains bright, with the Club's thriving junior section continuing to make an impact in senior cricket. Under-13 player Archie Collie-Lenton stepped up impressively, another example of the exciting young talent coming through at the Club.

There was even more reason to celebrate on Sunday as young captain Jack Cope scored his maiden century, retiring unbeaten on 103 from just 77 balls in a superb innings that highlighted his growing maturity and talent. The Under-15s have finished in the top half of the league table, another excellent achievement for a talented group of youngsters. The Club is incredibly proud of its junior section, with seven junior players representing the Sunday XI against Ashdon CC, highlighting the strength of Stansted's player pathway.

Don't forget the Stansted CC End of Season Bash! Join us on **Saturday 5th September** 7.00 pm-11.00 pm at Hargrave Park for live music from The Jjarrs, hot food, awards and a raffle. Tickets are available at the bar or from Matt Cope on 07583 106408. We hope to see you there.

Emiel Pronk
Tel: 07429 058203
Email: emiel.pronk@icloud.com



THE HUNDRED PARISHES SOCIETY

www.hundredparishes.org.uk

Over the last four years, the Society has been able to make financial contributions towards a number of worthwhile local initiatives. This has been possible because of the gradual increase in the number of members and their generosity. We are a registered charity and are able to recover Gift Aid in respect of subscriptions and donations received from people who are taxpayers. We incur only modest costs so are left with funds that can be usefully employed, making a difference to local communities.



Linton Heritage Trail

It has become our practice once a year to invite applications for grants. The invitation has been sent to all organisations who have been members of the Society for at least three years; most of these are parish councils. The latest round of applications was recently assessed by the trustees and they awarded four grants with a total value of £7,000. In assessing each application, we seek to ensure that it satisfies our charitable objectives, gives public benefit, has been thoroughly considered, is realistic and represents value for money.

Often, our grant enables a worthwhile project that would otherwise simply not happen. On other occasions, our grant triggers some matching funding. Sometimes, the project is not straightforward, and we do not see the outcome for some time; we retain sufficient funds to ensure the grants can be paid when appropriate. Where possible, we ask the beneficiary to acknowledge the Society's financial assistance.



Great Saling Memorial Garden

Projects that have already been completed with our financial help include new and refurbished village signs and information panels, churchyard improvements, community gardens with seating, refurbishment of a war memorial, an instructive video on paving and digitisation of a photo archive. We look forward to adding to this list as other approved projects are completed.



Ken McDonald
Secretary
Tel: 813226

Email: hundredparishes@btinternet.com

HUW JOHNSON CLUB



We are a social club for adults with a learning disability which meets on the third Thursday of the month at 7.00pm, usually in St John's Church Hall, for a range of fun activities to bring people together. For our last two meetings we have had some trips out. At the Club's May meeting we were hosted by Mountfitchet House for a film evening with everyone enjoying a screening of *Madagascar*. Then in June we went for a very tasty meal at Little Easton Lodge. Thank you very much to all the staff at both venues for looking after us so well. We are looking forward to a performance by the Bishop's Stortford Woodwind Band at our next meeting.

As always, new members are welcome to come along and try the Club out; please get in touch to check the details of the next session. New volunteers to help us put on the activities and help transport members to and from the sessions are always very welcome too.

Ellen Brooks
Email: ellenbrooks@hotmail.com
Tel: 07800 896516

STANSTED IS WELL READ

The next meeting of our book club will be on Tuesday 4th August at 8.00pm in The Dog and Duck, Lower Street, where we will be discussing last month's book choice *A Spool of Blue Thread* by Anne Tyler. The novel spans seven decades and several generations of the Whitshank family in Baltimore, unravelling the family's carefully crafted mythologies, sibling rivalries, and the deep, often messy attachments that keep them tethered to a sprawling, beloved family home. Have you read any good books you can recommend? Please do get in touch if you would like to join us, and you don't even need to have read the book! A warm welcome awaits.

Diana Griffin
Tel: 813056
Email: stanstediswellread@gmail.com



DIRECTORY OF LOCAL CLUBS

Beaver Scouts Age 6-8	Angela Madigan Tel: 01371 513028	RSPB	Peter Allen Tel: 07876 295456 Email: peter2349@sky.com
BS Beekeepers	Kate Walker Tel: 07399 197756 Email: secretary@stortfordbees.org.uk	St Clare Hospice	Rebecca Day Email: info@stclarehospice.org.uk
Bowls Club	David Danby Tel: 07799 722948 Email: daviddanby30@gmail.com	St John's Road and Area Association	Secretary: David Marchant Email: david@marchant.com
Brownies (Tue)	Kathy Shearman Tel: 07724 355533	Scouts (age 10½ -14)	Mike Byrne Tel: 812780
Brownies (Wed)	Susan Scott Tel: 810955	Sparks Netball	Gemma Snelling Tel: 07368 809138 Email: gemmasnelling@me.com
CAB	Tel: 01799 618840	Stansted and District Past Rotarians Club	Geoff Lay Email: geofflay.22@gmail.com
Corkers Netball	Lizzie Read Tel: 07770 594848	Stansted Badminton	Vince Tel: 07793 000107
Cub Scouts (Tue) Age 8-10½ (Thu)	Huskies Jerry O'Connor stanstedhuskies@gmail.com Bulldogs Hazel Crundwell 1ststanstedcubsbulldogs@gmail.com	Stansted Business Forum	Iris Evans Email: iris.evans9@gmail.com
Explorer Scouts	Roger Pettett Tel: 07715 740715	Stansted Cricket Club (Adults) (Juniors)	Ben Sammons Tel: 07852 510330 Email: bensammons3178@gmail.com 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
Fun Place on the Hill	Sue Parker Tel: Tel: 657116 Email: funplace@stanstedfreechurch.org.uk	Stansted Hall and Elsenham Cricket Club	David Brown Tel: 831011/07788 999663 Email: david1.r.brown@gmail.com
Garden Club	Maralyn Harris Tel: 07919 478144	Stansted is Well Read	Diana Griffin Tel: 813056 Email: stanstediswell read@gmail.com
Grove Cottage	Sarah Smith Email: comms@mencapgrovecottage.org	Stansted Social Club	Andrew Sharpe Tel: 812992 Email: stanstedclub@gmail.com
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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@stanstedmountfitchetpc.gov.uk
Millers (Windmill)	Tudor Owen Tel: 07485 452333 Email: info@stanstedwindmill.co.uk	u3a	Susan Sedgebeer Email: stanstedu3a@gmail.com
music@stansted	Sonia Levy Tel: 815282	WI (Stansted)	Jenny Wraith Tel: 816524
Classical concerts	Email: contactus@musicatstansted.co.uk	WI (Ugley)	Andrea Fitt Tel: 815922
Neighbourhood Watch	Linzi Shelford Tel: 07427 377118 Email: linzishelford@hotmail.com	Youth Centre	Essex Youth Services Tel: 07584 140507
Parkinson's UK Uttlesford Support Group	Simon Russell Tel: 01799 524638 Email: simonrussell2@tiscali.co.uk	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 by emailing editor@stanstedlink.org.uk.	
Rainbow Pre-School	Lorraine Hayes Tel: 814242 Email: admin@rainbowpreschool.net		
Rainbows (Wed)	Abbie Scott Tel: 07754 768764 Email: abbierose12a@icloud.com		
Rotary Club	Peter Latham Tel: 881607 Email: stortvalleyrotary@gmail.com		

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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