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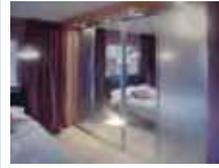
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Bentfield Pond by
Julie Lloyd enhanced by
Paul Burt Photography

Stansted Mountfitchet Village Magazine

The Link

www.stanstedlink.org.uk

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CONTRIBUTIONS Up to 300 words in Word format. Photographs to be sent as separate attachments (jpeg).
By email (preferred) to editor@stanstedlink.org.uk by noon on 9th April for the May issue or by hand/post by noon on 7th April to 7 Blythwood Gardens, Stansted CM24 8HG.

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EDITORIAL



What a glorious photo on the front cover, taken late January of the pond at Bentfield Green. Many thanks to Julie Lloyd for sending this in. If you have any photos which you would like to submit for the front cover, we would be most grateful to you; send to editor@stanstedlink.org.uk. We have been trying to find a suitable one for the May cover, to celebrate 75 years since VE day, so if you have anything which would fit the bill, we would be particularly happy to hear from you. This is becoming quite urgent!

On a health and wellbeing theme: we are obviously all rather tense about this tiny virus which is having such an incredible and unwanted effect on the whole world. Please see below for an important update from Stansted Surgery. Carers are often not as appreciated as they should be; caring for a loved one or working in a care home must be very rewarding but very tiring, physically and emotionally. I am so glad to see a number of articles aimed to help these wonderful caring people, as well as the people whom they care for; please see below and page 3 for information about organisations which can help.

Our holiday feature continues this month with a lovely page by Yvonne Ayres, p23; we would love you to submit an article about your travels. Our Meet the Team section features Susan Bone, who makes The Link look so special; her little touches enhance our articles so beautifully. Her creativity is enviable and we all appreciate her superb work.

Many of the events featured this month may not take place due to coronavirus; please check websites.



STANSTED SURGERY CORONAVIRUS UPDATE

www.thestanstedsurgey.nhs.uk

We have implemented new measures to help us protect the community and our healthcare staff during the current COVID-19 outbreak. The online booking of appointments has been suspended until further notice. We are also asking all patients, regardless of travel history, with cold- and flu-like symptoms, including all respiratory problems, such as cough, ear pain, shortness of breath or an elevated temperature to go online and complete the risk assessment on the NHS 111 website: www.111.nhs.uk/covid-19. The advice given by NHS 111 must be followed, and you may be required to provide evidence that you have completed the risk assessment if you have been signposted to the surgery by NHS 111. You can also call 111 if you do not have on-line facilities available.

We respectfully request that patients do not attend the surgery unless you have completed the screening process. Expect additional questioning by our reception team when contacting the surgery; we cannot book surgery appointments without obtaining certain information from patients. We understand that the new measures will be inconvenient and cause anxiety, but it is vital that we all work together to stay safe. If you have questions or concerns, please contact the surgery, and we will ask a GP to call you. We will probably need to change how we work again in the weeks to come, so please keep an eye on the surgery website for updates, or follow us on our Facebook page. We will also send out regular updates via text message, so please ensure we have your up-to-date mobile phone number. We appreciate your support in helping us keep the community safe.

Teresa Buglass
Practice Manager
Tel: 813200

Since receiving this important article, the situation has changed again. For advice regarding self-isolation, please go to <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/>
Ed



CARERS FIRST

www.carersfirst.org.uk

Supporting Carers in Stansted to Stay Healthy

There are over 145,000 carers in Essex who look after a relative or friend who, due to ill health, physical or mental illness, disability, frailty or addiction cannot manage without their help. Carers First supports adult carers by providing specialist information and advice regarding their caring role. For many, caring is a rewarding and positive experience, but for others caring can feel overwhelming without the right help and support. For some, caring can trigger feelings of loneliness and frustration and many find their physical and emotional health, work or finances are often affected.

We go to carers rather than asking carers to come to us. We run groups and activities which give people the opportunity to get a break and meet other carers. The team are frequently in Stansted and hold four carers groups across Uttlesford. Team leader Fiona Langridge said "My team are already supporting carers in Stansted but I believe there are many more carers in this area who could and should be supported in their caring role. Carers provide vital support to those they care for, and it is important that they can access support and consider their own wellbeing alongside their caring role. We would encourage anyone who is looking after a relative or friend to contact us to find out what support is available. If you know a carer please put them in touch with us." For more information call 0300 303 1555, email hello@carersfirst.org.uk or visit our website.



Anne Pressman
Carers Support and Assessment Coordinator

HEALTH AND WELLBEING

BRAIN TRAINING

www.clareharding.com

Upper back mobility is critical for a healthy spine and for all sports involving any rotation. A good way to mobilise a stiff upper back is to get a *Theraband resistance band*, throw it around your upper back, high under the armpits, grab each end with your hands and straighten your arms out from your chest. Push your upper back into the band, looking down a bit. Swallow, so the tongue is in the roof of the mouth and cross your eyes, looking at the bridge of your nose. Pray the wind does not change direction. Next, keeping your arms stuck straight out, push your chest out, as if drawing it away from the band. Smile like a loon, squeeze your eyes tight shut and bring your teeth together. Keep your arms and shoulders completely still and your chin level with the floor. The point of the face pulling is not to make you look foolish: the parts of the brainstem that encourage flexion are activated by any tongue exercise (you could gaggle those geese if you want) and by crossing the eyes. Big smile, squeeze the eyes and bring the teeth together; this helps activate the part of the brainstem that encourages opening up, or extension.



Upper backs need to be able to both flex and extend. The hardest part of the exercise is keeping the shoulders out of it. For most people, their upper back movement is small at first. If you find you seem to be able to move forwards and backwards a lot, the chances are that you are just moving your shoulders. A safety note: do check your band is not cut or perished, as it can be nasty if it suddenly rips under tension.

Clare Harding
Z-Health Master Practitioner
Tel: 07802 872919

CHARITY CLAY SHOOT

We will be holding our 10th annual charity Clay Shoot on **Sunday 26th April** in aid of The National Gamekeepers Organisation (NGO) and Essex and Herts Air Ambulance Trust. The shoot will take place at Little Barrington Hall, Bush End, Takeley, CM22 6NL starting at 9.30am with last entries at 2.00pm. This is a 60-bird sporting target event which costs £25 per person. There are prizes for High Gun and Runner Up, Ladies High Gun and Runner Up, a cash class (prizes according to entries), Side by Side High Gun and Colts (under 16) 1st, 2nd and 3rd. There is also a pool shoot, raffle, burger van and cake stand. Felt fibre wads only. For further information please contact James Tubby on 07710 767199 or email: jamestubby@btinternet.com.

Michelle Tubby

ACTIVITY GROUP FOR DEMENTIA SUFFERERS

www.affc.org.uk



People living with dementia can now benefit from a weekly Activity Group in Dunmow run by Essex charity *Action for Family Carers*. Over 50 people in the area already attend similar groups mixing with others and participating in a variety of mentally and physically stimulating activities ranging from seated exercise, indoor bowling, reminiscence discussions and games, often including music.

Action for Family Carers has taken over management of the groups which were previously run by the Alzheimer's Society. The groups are led by a small team of professional and caring staff and many dedicated local volunteers. Morning sessions, *Keeping Active*, focus on physical activity; afternoon sessions, *Active Minds*, focus on activities to stimulate the mind. Physical activity is an important part of a healthy lifestyle and can help overall well-being. It can give opportunities to spend time with others, reducing isolation and loneliness and support people to continue being independent. Cognitive stimulation involves activities and exercises that stimulate thinking, concentration, communication and memory in the dementia sufferer. It involves discussing day-to-day interests, reminiscence and information relating to the current time and place. The Activity Group takes place in the Dourdan Pavilion, Dunmow on Mondays 10.00am-12.30pm and 1.00pm-3.30pm; new members are welcome. Sessions cost £18 but you can try it out with a free taster session; call Clare Savva on 07851 249707 or email clare.savva@affc.org.uk.

Jennifer Jarvis



www.uttlesfordfrontline.org.uk

Seeking Help from Frontline

Love it or loathe it, the internet has become integral to our daily lives. It is not always easy to navigate through hundreds of websites to find just what we are looking for, especially as regards matters of health and wellbeing. Where can you turn to find reliable and up-to-date information if you are a carer looking for support, or you have a loved one with dementia? **Frontline** is a digital service pioneered by Citizens Advice and supported by Essex County Council and the West Essex Clinical Commissioning Group (NHS) and is simple to use. It is invaluable when it comes to finding out what is available locally and who can provide genuine assistance for someone who is housebound, suffering from depression, needs to exercise or is disabled etc. You can search under the following categories: **Advice, Family, Older People, Mental Health, Disability, Addiction, Transport and Wellbeing.**

It is worth browsing through the entire **Frontline** library to see the range of help available locally; there are currently 196 services and it is often possible to self-refer rather than going through a GP. There are also detailed fact sheets about local transport, complaints about local healthcare providers and planning ahead for later life. If you prefer to telephone call **Healthwatch Essex** on 0300 500 1895 (charged at local rate) Monday to Friday 9.00am-5.00pm.

Janet Elsey
Administrator

We are very keen to promote local businesses and we have received some funding from Uttlesford Council to broaden the offer of advertising in our bi-annual directory, thus our members can benefit from a wider audience. We have also been able to link with other businesses who are not part of the Business Forum and enable them to take out free advertisements in our directory. It is a good opportunity for them to reach out to the local communities and to be part of our advertising strategies.

We are also very pleased that the Headteacher and delightful pupils of Birchanger Primary school came to the Business Forum breakfast at Linden House on 6th March to talk about what they do. Our community links with schools are very important and we are very pleased that our local schools are members of the Business Forum. We are also part of the Stansted Twinning Association with Rungis and in February the Association held a well-attended wine tasting (see p31). It was a great success and good fun, with Paul Wilkinson, our local wine expert, hosting the evening. There was a good variety of white and red wines and cheeses. Our next meeting is on **Friday 3rd April** at 7.00am in Linden House. Please contact Peter James on 813318 or email: peter.james@murdochsestateagents.co.uk.



Iris Evans

MEET THE LINK TEAM

Susan Bone

"Please write your profile for the next Link" I was asked. I am more used to putting other people's articles in The Link, but here goes! Although I now live in Ugley, I am a native of Stansted and went to St Mary's Primary School and then to Saffron Walden Technical and Modern School (now Saffron Walden County High). After school I went into the Civil Service, in the Air Ministry, as a shorthand typist, then working as a personal assistant. I gave up work when the first of our two sons was born and since then have kept busy in various ways. I am a member of St John's congregation, sing in the choir, and help with Coffee Pot and flower arranging. I take bookings for Ugley Village Hall and run the Farmers' Market on behalf of the Village Hall Committee. I also make and sell candles, the proceeds from which go to St John's Church.

I have been involved with The Link for over 30 years, initially answering an appeal from Rev'd Margaret Booker for someone to join the 'paste-up' team. Of course, technology has moved on apace from paste-up and, after the layout has been decided, I now prepare The Link on the computer, sending it electronically to our Editor, proofreader and printer. Preparing each edition is very satisfying and it is good to be able to insert photographs and drawings to enhance the pages. It can sometimes be quite a task fitting all the copy onto the page and every millimetre counts!



Susan Bone

Sunday Walks departing at 10.00am 5-6 miles

5th April Barkway War Memorial - park along the High Street
TL384359 Postcode SG8 8BS

19th April Stanstead Abbots, High Street Car Park TL384119
Postcode SG12 8AG

3rd May Duton Hill, Dunmow, Three Horseshoes PH TL604268
Postcode CM6 2DY

17th May Clavering, Village Hall (Hill Green) TL480323 Postcode
CB11 4QS

The very strong winds and heavy rainfall in February meant a potential danger from falling and fallen trees, so we had to cancel our first planned walk. The second walk was supposed to be a cross-country field and copse walk but we were forced to use roads and tracks; the group of 10 people who took this walk returned wet but otherwise no outward damage! Both these walks will be saved for another time. There are four very different walks planned for April and May, each commencing from a variety of starting places.



The proposed new garden town to the north of Harlow, which includes massive areas of southern East Herts, includes the war-time airfield at Hunsdon. There are a huge number of footpaths in and around Gilston and these, together with the wide areas of open views afforded, will be lost if the area is covered in housing. The consultation closed in mid-March, so by the time you read this article it will be too late for comments; however if you have any queries about any aspect of the consultation please contact a member of the Planning Policy team on 655261 or email: planningpolicy@eastherts.gov.uk.



Daphne Wallace-Jarvis
Publicity Officer
Email: dwjwj.444@gmail.com

The photograph of wood anemones in Birchanger Wood is by courtesy of Peter Sherlock.

STANSTED DAY AND COMMUNITY CENTRE

Serving Lunch for over 55s

The very popular Easter Special will be on **Thursday 9th April** at 12.30pm. On the menu is roast lamb with all the trimmings, followed by Simnel cake, served with wine or sparkling elderflower. Every guest gets a complimentary raffle ticket. All this for just £10 a head! Booking is essential, so call us on 815091 to ensure a place, or pop in for coffee or lunch on Tuesdays, Thursdays and Fridays.



Catherine Dean
Tel: 813579



7 pm Sat 4th April
St John's Church

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Proceeds to Clubhouse Maintenance



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Sun 5th April

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www.accuro.org.uk or 01279 870297

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WHAT'S ON IN APRIL

1	Wed	Coffee with Cops Garden Club AGM & Show	Free Church Foyer 10 am - noon Day Centre 7.45 pm
3	Fri	Business Forum Rainbow Easter Concert	Linden House 7 am St John's Hall 11 am
4	Sat	Harmonaires Concert Quiz Night	St John's Church 7 pm Bowls Club 7.30 pm
5	Sun	Accuro Floristry Workshop Windmill Open	Tocher House, Start Hill from 11 am 1.30 - 5.30 pm
5 & 12	Sun	Green Waste Skips	Lower St Car Park 12.30 - 4.30 pm
6	Mon & 8	Wed The Place Easter Crafts	Free Church 10 - 11 am
7	Tue	Stansted is Well Read	Dog and Duck 8 pm
8	Wed	Windmill Coffee Morning	Day Centre 10 am - noon
9	Thu	Link copy due in today Stansted W I	before 12 noon Day Centre 7.30 pm
12	Sun & 13	Mon Windmill Open	1.30 - 5.30 pm
14	Tue	RSPB	Bishop's Park Comm Centre 7.30 pm
15	Wed	Ugley WI	Ugley Village Hall 2.15 pm
16	Thu	Stansted U3A	St John's Hall 1.30 - 4 pm
18	Sat	Ugley Farmers' Market	Ugley Village Hall 10 am - noon
19	Sun	Family Café	Day Centre 10 - 11.30 am
21	Tue	CAMEO	Day Centre 7 pm
22	Wed	Huw Johnson AGM B S 10 weeks to 10K starts	Free Church Hall 7.30 pm Running Club, Beldhams La 7.30 pm
26	Sun	Charity Clay Shoot Open Day Messy Church	Lt Barrington Hall, Takeley 9.30 am Easton Lodge 11.30 am - 5 pm St Mary's School 3.30 - 5 pm
28	Tue	Hearing Help	Day Centre 2 - 4 pm



Green Waste Skip Dates

Lower Street Car Park
Sundays 12.30 - 4.30 pm

April 5th & 19th
May 3rd, 17th & 31st



Easter Crafts

10 - 11 am
Mon 6th & Wed 8th April
Stansted Free Church

Please visit our website to check this
event is still running

www.stanstedfreechurch.org.uk

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*Light refreshments on sale but feel
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Stansted Millers

Coffee Morning

10 am - noon Wed 8th April
Day Centre

Entry £2.50 incl refreshments

Mill April Openings 1.30 - 5.30 pm

Sunday 5th, Easter Sunday 12th

Bank Holiday Monday 13th



Stansted Messy Church

3.30 - 5 pm Sun 26th April
St Mary's School, Hampton Rd

Activities ~ Celebration ~ Food

Please visit our website to check this
event is still running

All Ages Welcome

www.stanstedchurches.com

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10 am - noon
Sat 18th April

Ugley Village Hall

Meat ~ Fish ~ Eggs ~ Honey

Cheese ~ Cakes ~ Plants

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Email: lyndseydoyle@sky.com

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 9-10am every Saturday
 8-9pm every Monday



At the Quaker Hall, Chapel Hill, Stansted Mountfitchet. To book one of the limited places available please call Hazel on: **01279 813371** or **07973 409675** or to find out more go to **www.hazel-williams.co.uk**

Please wear loose clothing and bring an exercise mat.

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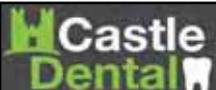
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THE
FORGOTTEN GARDENS OF
EASTON LODGE

www.eastonlodge.co.uk

On a cold, wet March day it is lovely to look forward to April and the prospect of blue skies, some warmth, bluebells and peonies. Hopefully our Open Day on **Sunday 26th April** 11.30am-5.00pm will be spring-like, but of course in a warming world we cannot be certain which flowers will be blooming and when. My guess is that we will not have narcissi but we may have apple blossom and possibly our first alliums. We are looking forward to showing visitors the huge amount of work we have undertaken over the winter. The Italian Garden is looking lovely with planted urns at the top of the renovated steps, the ferns in the stumpery are filling it out, the Japanese garden has new features and trees and the last bit of the walled kitchen garden has been tamed, making space for a little orchard in addition to the fruit trees lining the walls and paths. There will be the usual catering and the chance to meet our beekeeper and turners of our wood. Light, fun music will be provided by the *Ukes of Hazard* band and there will be children's activities.



If you cannot wait until our Open Day to visit us, you could join one of the Helen Rollason Rural Rambles on **Saturday 18th April**, which finish at the Gardens. The entry fee for the 1, 4 or 10-mile walk helps fund the work of this wonderful charity and provides for entry to the Gardens and a complimentary cream tea. For further details, see our website.

Jill Goldsmith
Tel: 07947 183439



HATFIELD FOREST

www.nationaltrust.org.uk/hatfield-forest/

Hatfield Forest is an ancient site, but sometimes it takes modern technology to reveal information about its past. A survey carried out in the gravel pit area has given us a glimpse back to the last Ice Age. Our researchers made two-metre boreholes to explore biodiversity and geology here. This area is unique, with a seam of sandy gravel amid a sea of Essex boulder clay. It was discovered that the lower levels of gravel were completely exhausted by ancient quarrying.

A wide range of stones and pebbles were found, including flints, sandstone and quartzite. These are thought to have been deposited by an early channel of the River Thames, before it was forced south to its current location at the onset of the last Ice Age. The gravel and sand quarried here was a prized and locally rare material used for road building, including the Roman Stane Street, now the B1256 through Takeley. Elsewhere, our new Environment Agency-funded aerators are helping to combat oxygen depletion in the lake, caused by blue-green algae.



Many visitors will remember the cygnets our resident swans raised last summer. In September one of the brood was found injured and volunteer Ranger Gerry Wallace took it to the Swan Sanctuary at Shepperton, Middlesex for treatment. The cygnet's damaged hip was treated and after regaining full mobility he was released onto the sanctuary's main lake. April kicks off our summer season. We have many events planned, including Easter activities for children and art and photography workshops for adults. For more information about Hatfield Forest please visit our website.

Helen Hooker and Elizabeth Reeve
Visitor Welcome Team
Tel: 870678

BRITISH RED CROSS TEA PARTY

Help us celebrate 150 years of the Red Cross by supporting our **Afternoon Tea Party on Wednesday 13th May** at 3.00pm in the Day Centre. Please purchase your ticket, priced £6, in advance from me. Proceeds will go to the British Red Cross, helping people in crisis.



Mary Liz Simon
Tel: 817414

FLORISTRY WORKSHOP

www.accuro.org.uk



A reminder of our fundraising Floristry Workshop on **Sunday 5th April** 11.00am-1.00pm or 2.30pm-4.30pm at Tocher House, Start Hill, Bishop's Stortford. Come along and learn to make a floral arrangement with Amy from Floral Desire. Tickets are £40 available from Eventbrite or email: fundraising@accuro.org.uk. Refreshments will be provided.

Chloe Salisbury
Communications and Community Fundraising Officer
Tel: 870297



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careuk.com/mountfitchet-house



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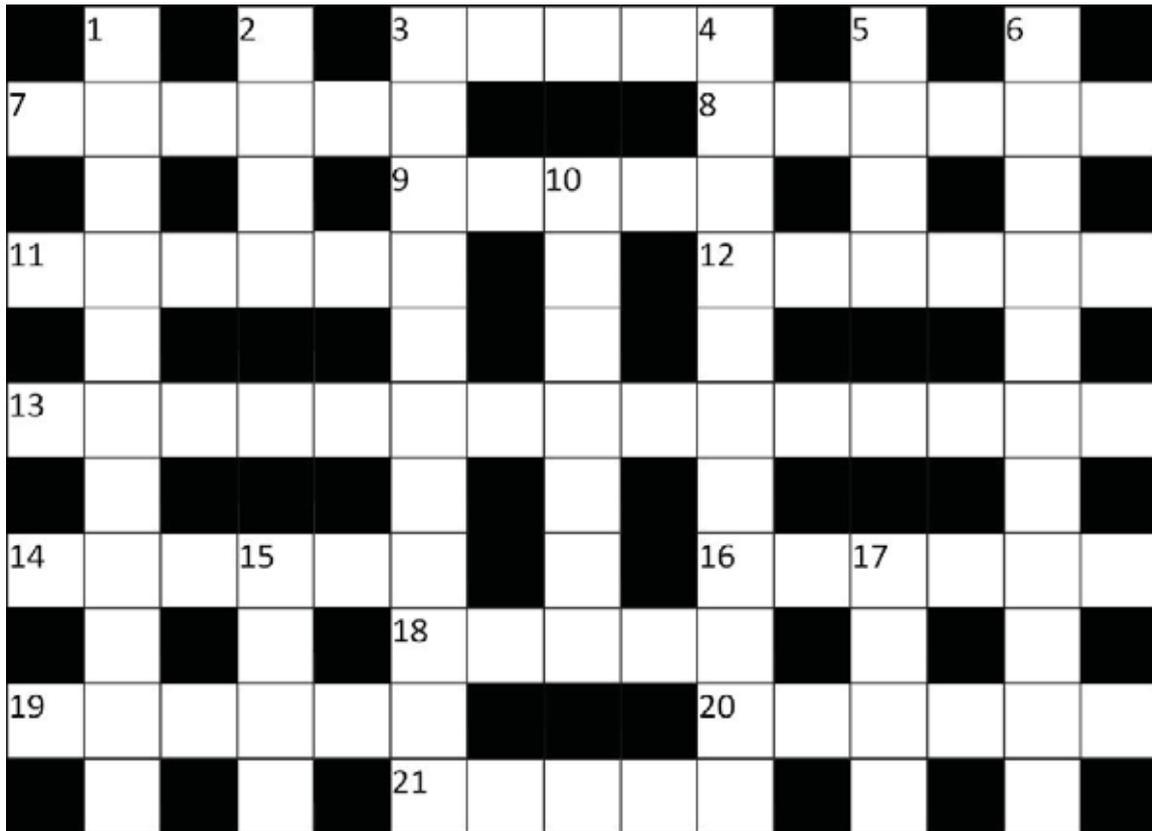
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FUN AND GAMES PUZZLE TIME



Compiled by Roger Wardle. Answers on page 31

ACROSS

- 3 Chemical element B (5)
- 7 Japanese number game (6)
- 8 Safety feature in cars (3,3)
- 9 Marine mammal (5)
- 11 Robust, strong (6)
- 12 48% voted for this option! (6)
- 13 Everybody knows this (6,9)
- 14 Animal shelter is filthy (3,3)
- 16 They can be secret or estate (6)
- 18 So long, farewell, auf wiedersehen (5)
- 19 South sea island liked by Gauguin (6)
- 20 Sign of the twins (6)
- 21 Low flying camera! (5)

DOWN

- 1 Climate of the rainforests (11)
- 2 Wild pig with tusks (4)
- 3 Help for non-swimmers (8,3)
- 4 Small track for trains (6,5)
- 5 Bang it! (4)
- 6 Under the feet, roadside or patio (6,5)
- 10 Tidal wave (7)
- 15 Boy racer from Top Gear (4)
- 17 Jane Austen novel (4)

LONDON THOROUGHFARES QUIZ

Match the features from the second column to the London thoroughfares in the first:

- | | |
|------------------------|---------------------------|
| 1. Aldwych | A. 100 Club |
| 2. Burlington Arcade | B. Book shops |
| 3. Charing Cross Road | C. Burlington House |
| 4. Downing Street | D. Central Criminal Court |
| 5. Fleet Street | E. Chief Whip's Residence |
| 6. King Charles Street | F. Dorchester Hotel |
| 7. Ludgate Hill | G. Horsleydown |
| 8. Old Bailey | H. Liberty's |
| 9. Oxford Street | I. Posh Shopping Mall |
| 10. Park Lane | J. St. James's Palace |
| 11. Piccadilly | K. St. Paul's Cathedral |
| 12. Regent Street | L. Temple Bar |
| 13. Strand | M. The Cabinet Office |
| 14. The Mall | N. The Foreign Office |
| 15. Tower Bridge Road | O. The Law Courts |
| 16. Whitehall | P. Waldorf Hotel |

Compiled by Cliff Gilbert. Answers on page 29

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www.bishopstortfordsinfonia.com

Mozart, Ripples of Influence

Join Bishop's Stortford Sinfonia and conductor Rebecca Miller on **Saturday 16th May** at 7.30pm in St John's Church to uncover the story behind the genius of Mozart. Discover some of the music that most influenced him and the music he inspired others to write. A vibrant and sparkling programme culminates in one of Mozart's towering achievements: the Jupiter Symphony. The programme also includes music by CPE Bach and Cimarosa's Concerto for two flutes, with soloists Simon Gilliver and Marcus Dawe, who have performed together as a duo here and abroad. Rebecca Miller, described in The Times as 'a miracle in perpetual motion' is one of the most exciting and sought-after conductors in the UK. Recent press reviews have called Bishop's Stortford Sinfonia 'a gem of an orchestra' and 'a formidable ensemble that Stortford can be really proud of'.



Tickets: adults £17, students £5, under 18s free, available on the door or in advance from our website. Adult tickets are £15 if purchased by 13th May. Before the concert, join the orchestra at 6.00pm in the church hall for a home-cooked Indian meal by local company Brohmon.

Simon Gilliver

Email: info@bishopstortfordsinfonia.com



RHODES ARTS COMPLEX APRIL LISTINGS

www.rhodesartscomplex.co.uk

At thestage Stortford

Wednesday 1st 11.00am and 1.00pm **Meet Me a Tree**
Friday 3rd 7.30pm **Someone Like You: The Adele Songbook**
Wednesday 8th 7.30pm **Live Midweek Music: Barefoot Doctors**
Thursday 9th 2.00pm **James Campbell - The Funny World of ...**
Saturday 11th 11.00am **Backstage Tours**
Friday 17th 2.00pm **Morgan and West: Unbelievable Science**
Saturday 18th 8.30pm **Uncle Funk and The Boogie Wonderband 2020**
Friday 24th 7.30pm **Women in Rock**
Saturday 25th 4.00pm and 6.00pm, Sunday 26th 10.30am and 12.30pm **BSAPA presents High School Musical Junior**
Wednesday 29th 7.30pm **Live Midweek Music: Solomon Smith**

At thescreen Stortford

Thursday 2nd 7.00pm and Tuesday 7th 2.00pm **Michael Ball and Alfie Boe - Back Together Encore**
Sunday 5th 2.00pm **ROH Live Encore: Swan Lake**
Monday 6th 10.30am (Big Screen Babies) and 2.00pm **Dark Waters (12A)**
Tuesday 7th 7.30pm and Wednesday 8th 2.00pm **Call of the Wild (PG)**
Tuesday 14th 2.00pm **To Catch a Thief (PG) Dementia Friendly Screening**
Tuesday 14th 7.30pm and Wednesday 15th 2.00pm **Military Wives (15)**
Wednesday 15th 7.30pm **Greed (15)**
Thursday 16th 2.00pm and 7.30pm **Toni Morrison - The Pieces I Am (15)**
Monday 20th 2.00pm and 7.30pm **Misbehaviour (12A)**
Tuesday 21st 7.00pm **ROH Live: Cavalleria Rusticana/Pagliacci**
Wednesday 22nd 2.00pm and 7.30pm **The Truth (PG)**
Monday 27th 2.00pm and 7.30pm **Downhill (15)**
Tuesday 28th 2.00pm and 7.30pm **Radioactive (12A)**
Thursday 30th 2.00pm and 7.30pm **Cunningham (U)**

At themuseum Stortford

Saturday 4th 11.00am **Museum Tour**
Saturday 4th 11.00am **Knit and Natter**
Saturday 4th 12.00pm **Easter Bunny Needle Felting Workshop**
Tuesday 7th to Thursday 9th and Tuesday 14th to Thursday 16th 11.00am **Children's Easter Crafts**
Tuesday 7th 12.30pm **Take Me Back Tuesday**
Wednesday 8th 1.30pm **Story Time at the Museum**
Monday 20th 12.30pm **Lunchtime Lectures**
To book visit our website or call 710200.



HARMONAIRES CONCERT

www.theharmonaireschoir.com

Songs of the Earth on Saturday 4th April at 7.00pm

Join us in St John's Church for a concert filled with beautiful, uplifting, soulful and thought-provoking music, featuring compositions by Gjeilo, Rutter, Lauridsen and Polston and including a mix of contemporary popular, gospel and folk music. It is a straight-through programme of just over an hour in aid of *The World Wildlife Fund* in support of their work in the Amazon and the recent bush fires in Australia. Tickets: adults £10, students £5, available from our website, tel: 07912 025777 or on the door.

Liz Jennings



RECYCLE INK, STAMPS AND TOOTHBRUSHES



A reminder that we are collecting ink cartridges, postage stamps, toothbrushes, electric toothbrush heads, and toothpaste tubes (please place dental items in a paper or plastic bag). There are collecting boxes at Free Church Foyer (open every Mon, Wed and Fri 9.30am-12.30pm), Free Church Hall, Quaker Meeting House and St John's Church (open most weekday mornings). Thank you.



Marion and Mike Dyer
Tel: 814059




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SCOUTS' HARLOW HIKE

To raise funds towards this year's Essex International Jamboree we used our well-tried sponsored hike route from Harlow along the river towpath back to Stansted. The group, comprising 19 Scouts and four adults, left Harlow Town station, where we started the 13 miles back. The weather was kind to us as we seemed to have a storm every weekend! Our steady progress was slowed in some places where the river had risen to the level of the path and although it had gone back down it left it slippery under foot.



We stopped for toilet breaks and lunch on the way; as the river and the locks were surprisingly quiet there were few photo opportunities. A few moans and groans were heard during the second half of the hike but six hours hiking saw everyone back at our Stansted HQ one minute ahead of schedule. Well done guys and may your blisters remind you of the good times!

Mike Byrne
Scout Leader
Tel: 812780

Email: stanstedscouts@hotmail.co.uk

C.A.M.E.O

(Come and Meet Each Other)



The Salvation Army CAMEO group is open to all and meets at 7.00pm on the third Tuesday of the month in the Day Centre. The cost is £1 and includes an evening topic, and fellowship over tea, coffee and biscuits to finish. In February we had a full evening of music; people brought their favourite songs and CDs, and we shared and talked as we listened to them. We must have had at least 11 different tracks of music throughout the evening, which was cause for a second cup of tea! We will be joined at our meeting on **Tuesday 21st April** by Linda Smith who will be sharing an area of interest to her. Linda has had many adventures during her life, including working for *Open Doors* and smuggling bibles across the world. We look forward to what she will bring. Bishop's Stortford Salvation Army meets every Sunday at 10.30am in Markwell Pavillion, Castle Gardens, Bishop's Stortford and you would be welcome to join us for our Sunday service. We hope to see you soon.



Captain Megan Kervin
Tel: 507464

Email: megan.kervin@salvationarmy.org.uk



FRIENDS OF ST MARY'S CHURCH

Our AGM will be on **Friday 1st May** 7.00pm in the Day Centre and all are welcome. It will be followed by the ever-popular quiz, so bring some friends and make up a table. During the half time break there will be a fish and chip supper, priced at £9.00. To order contact Ray Rogers by 27th April on 814210 or email: rayrogers2@talktalk.net. Please bring your own drink and glasses. Open Sunday is on **3rd May** 2.00pm-5.00pm and Lynda will be welcoming visitors and offering tea and refreshments as usual.

Tony Graver
Secretary



Contact: Howard and Ros Page
Tel:810813
Email: contactstanfam@yahoo.com

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

We have two different formats on Mondays and Tuesdays at 7.30pm: Crossroads has taken a break while we run the **Alpha Course**. **The Vine**, bible-study, modern worship music and prayer is most likely to be of interest to Christians. Dates and venues may vary in April so please contact us for details. If you would like to join a prayer walk, or have a prayer-request, please contact us. If you are looking for Christians with a contemporary outlook, a desire to grow in our faith and a vision to benefit our community, why not get in touch? **Investigators** Children's Group runs on Fridays 6.15pm-7.45pm at the Free Church Hall; games, bible stories and fun activities suitable for children with or without a church connection.



Ros and Howard Page

From St John's Registers

February

Baptism

2nd Elsie Molly Callaghan

Funerals

4th Paul Alan Davall, age 54 - at Cam Valley Crematorium

26th Phyllis Beatrice Hedges, age 100 - at St John's followed by cremation at Cam Valley Crematorium

THOUGHT FOR THE MONTH

We live in an increasingly detached society where people do not even know the names of the people living next door. People can buy items without as much as saying "hello" to another human being. An even greater challenge is the lack of responsibility people have for their own actions because they are able to hide behind a computer screen or keyboard. The latest emphasis on #BeKind surely illustrates how far we as communities have strayed, that something as simple as being kind is having to go viral in order to be achieved?

In church the other week we read the parable of the prodigal son (Luke, Chapter 15, verses 11-32), and we focused on the importance of celebration and being free to rejoice in the good things we have. We also looked briefly at the older brother; he was not able to join the celebration because he was so focused on what his younger brother had done wrong, that he could not rejoice in how much love the father had for his son. In a society where relationships are increasingly stretched, where we are having to consciously choose to #BeKind, let us take up the challenge: it is one thing to be mindful of our own lives, what we do or do not have and either rejoice or despair; it is something completely different to be able to be mindful of someone else's life and to share in their joy or offer a hand in their despair. Let us not take ourselves away, watch from a distance, hide behind a screen like the older brother; let us find ways to engage with others in our communities, putting differences aside and showing unconditional kindness.



Captain Megan Kervin
Bishop's Stortford Salvation Army



LENT AND EASTER SERVICES

ST THERESA'S

Palm Sunday 5th April 10.00am Mass
Maundy Thursday 9th April
9.30am Office of readings and Morning Prayer
8.00pm Mass, washing of feet, watch of prayer at the Altar of Repose until midnight
Good Friday 10th April
9.30am Office of readings and Morning Prayer
10.30am Stations of the Cross for children and families
3.00pm Liturgy of the Lord's Passion
6.30pm Stations of the Cross - Maria Desolata
Holy Saturday 11th April
9.30am Office of readings and Morning Prayer
10.30am Children's Activities 8.00pm Easter Vigil Mass
Easter Sunday 12th April 10.00am Mass

ST JOHN'S

Palm Sunday 5th April
8.00am Holy Communion 9.30am Sung Eucharist
Maundy Thursday 9th April
8.00pm Holy Communion followed by Watch until midnight
Good Friday 10th April
10.30am Good Friday Liturgy (a sung service with the choir)
Easter Sunday 12th April
8.00am Holy Communion 9.30am Sung Eucharist

SOCIETY OF FRIENDS

Palm Sunday 5th April 10.30am Meeting
Easter Sunday 12th April 10.30am Meeting

FREE CHURCH

Palm Sunday 5th April Richard Lewney
Good Friday 10th April 10.30am Rev'd Roy Fowler
Easter Sunday 12th April 9.30am (note time)
Rev'd Roy Fowler- Easter Communion



STANSTED FREE CHURCH

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Minister Rev'd Roy Fowler
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Email: minister@stanstedfreechurch.org.uk

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

Preachers for April

5th 10.30am Richard Lewney - New Directions
10th 10.30am Rev'd Roy Fowler - Good Friday
12th 9.30am Rev'd Roy Fowler - Easter Communion
19th 10.30am Rev'd Christine Fowler
26th 10.30am Rev'd Roy Fowler



ST JOHN'S 300 CLUB

Many congratulations to the winners of the February draw:

£100 No 2 Kathy West
£50 No 223 Ann Conroy
£25 No 234 Majel Elsom

The April draw will be held on 26th in St John's Church following the 9.30am service. Numbers at £2.00 each per month are still available for anyone who may wish to join the Club and be in with a chance of winning one of the 38 prizes totalling £2,500 given away each year. The Club raises vital money to help cover the heavy maintenance costs and work of St John's Church.

Jean Newson



ROMAN CATHOLIC

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Website: www.stanstedstjohns.btck.co.uk

Rector Rev'd Paul Wilkin
Tel: 812203
Email: stansted.rector@gmail.com

Assistant Curate Rev'd Helen Flack
Email: revhelenstn@gmail.com

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

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

St John's Diary

Sunday
8.00am Said Holy Communion
9.30am Choral Eucharist (2nd, 3rd and 4th Sundays)
9.30am Family Communion (1st Sunday)

Tuesday
9.15am St John's Tots A monthly service of Holy Communion is held for residents in two

Wednesday
9.00am Morning Prayer Stansted care homes: on the first Wednesday

Thursday
10.30am-noon The Coffee Pot (Hargrave House) and the second Tuesday (Mountfitchet House).

Monday-Thursday and Saturday
5.00pm Evening Prayer

Priest Father Lee Bennett
Tel: 814349
Email: frleebennett@dioceseofbrentwood.org

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

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

Masses

Saturday	6.00pm
Sunday	10.00am
Monday	9.30am
Tuesday	8.00pm (Latin)
Wednesday	12.30pm
Thursday	9.30am
Friday	9.30am

Confessions
Every day for half an hour before each Mass

Baptism By appointment



WORLD DAY OF PRAYER

There is something rather moving about taking part in a church service, knowing that on the same day (actually 36 hours) the same hymns are being sung, prayers said and words heard by congregations around the world. On Friday 6th March members of Stansted churches gathered together at Stansted Free Church to join in this global act of worship.



The service, with the theme *Rise! Take up your mat and walk*, was written by women in Zimbabwe. It challenged us to think how we can support local community organisations and events, and we each chose one and pledged to pray for it. Pat, whose son lives in Zimbabwe, brought along some wonderful Zimbabwean artefacts and souvenirs which were displayed in the church, as shown in the photo above.

THE RELIGIOUS SOCIETY OF FRIENDS (QUAKERS)

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

Clerk and Lettings Jane Mitchell
Tel: 503024
Email: sjane.mitchell@ntlworld.com

Meeting Sunday, 10.30am every week

Light Group (Guided Meditation) At a Quaker Light Group a guided meditation takes place known as 'Experiment with Light'. The process can on occasion enable one to go deeply within oneself, to discover helpful insights. When practised within the group, friends can provide each other with spiritual support when needed. All welcome. Contact Sue on 771405.



Catherine Dean
Tel: 813579



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CYCLE CHALLENGE – STANSTED TO CORFU!

A group of six Year 10 students from Forest Hall School have taken on the challenge of cycling the equivalent of 1254 miles from Stansted to Corfu. They are raising funds to help improve the lives of children living in an orphanage in Corfu run by the *Smile of the Child* charity, which provides a home for 20 children aged 4 to 19. Each member of the team will be cycling at the gym and on the roads, aiming to cover around 209 miles. The Mountfitchet Romeera Leisure Centre have very kindly agreed for the students to use their cycling equipment free of charge after school, to help complete this challenge. Each year up to 20 students in Years 10 and 11 have the opportunity to travel to Corfu for a week in July to meet the children in the orphanage. For some, the trip will be a bigger challenge than just fundraising or cycling, as some of them have never flown before or have a fear of flying. If you are able to make a donation, any amount, however small, will go towards making a big impact on the children living at the orphanage. The students are self-funding their trip, so every penny they raise will be given directly to the Smile of a Child Orphanage in Corfu. Thank you so much. To donate please go to www.gofundme.com/f/the-smile-of-the-child-project.



Family Quiz Night Friday 1st May 7.00pm for 7.30pm
Proceeds will be shared between the PTA and the orphanage. Tickets are £40 for a table of eight available from me. Soft drinks and snacks will be available to purchase, but feel free to bring your own wine and nibbles! There will be a raffle and *pot of gold*. Everyone welcome.

Selina Rankin
Forest Hall School PTA
Tel: 07880 340921
Email: selinarankin007@btinternet.com.



ABSEIL FOR GROVE COTTAGE

Fancy doing a challenge to raise money for Grove Cottage that doesn't need any training, is low cost to sign up, but is high in exhilaration!? Why not Abseil for Grove Cottage on **Saturday 16th May** or **Sunday 17th May**, at the Affinity Water Tower, Church Langley, Harlow, in association with the Harlow Tye Rotary Club. For further details please email: events@mencapgrovecottage.org or call 651908.

Alison Cameron
Fundraising Assistant



www.mountfitchetgardenclub.co.uk

A kaleidoscopic slide show accompanied Nick Dobson's talk on *Summer Sizzlers*. Using photos from his own garden, members were shown the wide variety of flowers from all over the world which can be grown in flower borders, in pots, window boxes and hanging baskets to give a visual feast of hot colours that will brighten up the summer months. Shrubs and fruit can add colour too. Eye-catching and especially gorgeous bulbs and plants should be planted in pots and placed in flowerbeds; once past their best, these pots can be replaced with other plants thus extending the season of colour. After flowering, potted bulbs can then be dried out and stored ready for the next season. Tips were given on propagation, feeding plants and colour combinations. The talk ended with slides of places to visit around the country where colourful flower beds can be seen. Two were local: the Cliff Gardens in Southend and the seafront gardens in Clacton-on-Sea.

AGM and Mini Spring Show

Both events are on **Wednesday 1st April at the Day Centre**. Doors open for exhibitors at 6.30pm; all exhibits to be displayed by 7.45pm. The AGM is at 8.00pm. The results of the show will be announced at the end of the evening. Everyone welcome.

Maralyn Harris
Tel: 07919 478144



RSPB STORT VALLEY

www.rspb.org.uk/groups/stortvalley/events

Our next talk is on **Tuesday 14th April 7.30pm** at Bishops Park Community Centre, Lancaster Way, Bishop's Stortford (next to Tesco). Ann Forbes will tell us there is more to this bird than just the 'cute' factor as she gives us a fascinating insight into their world. Some recent research has just shown that the beak glows in the dark! Useful in a burrow ... we will learn much more. Entry: £3.00 for Stort Valley local group members, £5.00 for visitors.



Our next walk on **Saturday 18th April** will be at Welney Wildfowl and Wetland Trust (WWT). Britain's largest area of seasonally flooded land and the setting of one of the most magical events in the UK's nature calendar: mass winter gatherings of many thousands of wild ducks, geese and swans. Although the swans will be back in their summer residence by the time we visit, waders should be plentiful.

Meet at Welney WWT car park at 10.00am. Admission fee applies unless you are a member of WWT. Donations to local group are welcome. For more information call 07454 801894 or email: Ljaques@yahoo.co.uk.

Sheila Bowles
Tel: 814973

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Stansted Network

NEWS FROM YOUR LOCAL COUNCILS

CRAFTON GREEN HOUSE CONSULTATION

Crafton Green House has served as the council offices for many years. It is a community asset and, as such, it is right to give the community a chance to have their say on its future. The Parish Council will consider all the responses, but the overriding factor in the decision on Crafton Green House's future will come down to the cost versus benefit outcomes for the community.

There are various groups in our community who will have different ideas and wishes for the future of the building. Some businesses would like to see it demolished to make way for extra car parking. There are charities who would like to use it for outreach work and for enrichment programmes for the village.

Possible Options are:-

1. **Attempt to lease the building without any refurbishment.**

This is unlikely to be possible due to the state of the building fabric. There is no disabled access and this could not be achieved without significant funding. Even without refurbishment, car parking for any lessee would have to be found or created. This will require several spaces to be reserved in a car park that is already at capacity. The Parish Council's view is that leasing the building in this manner would lead to further deterioration in the condition of the building, and that the returns on any lease would be well below market rates. The parish would have to cover the costs of keeping and maintaining the building until it is leased, as well as fund and repair any further deterioration.

2. **Refurbish the building and then attempt to lease it.**

Quotes to put the building into a suitable state of repair to get the maximum return on a lease have been received and are in the order of £100,000 - £120,000. This is money that the parishioners would have to fund through the precept - or at least service a loan for the work - this would add £10 to the precept of a band D property. The property might command a rental of £20,000 per year exclusive of services and business rates which, after repaying the repair costs, would be a boost to the PC's income. The downsides are that its use may require a significant number of parking spaces

to be allocated with at least ten spaces reserved. This would effectively prevent any significant expansion of the existing car park. Once again, the parish would also have to cover the costs of keeping the building until it is leased, as well as fund and repair any further deterioration.

3. **Demolish the building completely and redesign the car park.**

Probably the most emotive of the options. However, the land freed up after demolition together with the grassed area would probably permit another 25-30 parking spaces to be added to the 52 spaces currently available. The upside is simple in that there would be a substantial increase in off-street parking and the demolition of the building would immediately remove the costs of the upkeep. There would be extra income from the additional parking charges, 50% of which comes to the parish. The downside is that we would be losing an asset that has, on paper, a substantial value. The cost of this would be funded by UDC, along with a grant of £70,000 from the North Essex Parking Partnership, who would reclaim partial costs from the Parish Council's share of car parking charges. The Parish Council should see a financial gain in the region of £12,500 per annum after costs have been repaid.

4. **Private Sale to return to residential use.**

A valuation of the building gives an approximate sale price, in its present state, of £250,000 (subject to planning permission being granted). In addition, 2-3 parking spaces plus a plot for a substantial garden would need to be provided. Assuming the price could be achieved there would be a capital gain to the Parish Council funds. The downside to this option is that the Crafton Green site would be broken up and all the land which would otherwise have been available to expand the car park and Day Centre would be lost. The appeal of the building as a residential property is limited with its proximity to the car park and Day Centre. This would also be against council policy which is to retain the whole site for the community.

5. Use the building for community use.

It had been considered that a community hall could be built on the site incorporating the Day Centre. Having looked at the scale of the community centre in Manuden and the population of Stansted as well as the future car parking needs generated by another community building, it is considered that this site is too small for this option. The expenses and upkeep would fall to the parish.

6. Extend the car park by approx. 15 spaces on to the green area and then lease as per options 1 or 2.

There is an option to use the green space at the back of Crafton Green House to provide extra car parking for up to 15 cars. This would, once more, rely on parishioners paying through the precept for the car park redesign. Adding that cost to the £100,000 - £120,000 refurbishment costs of CG house would seem to exclude it as an option. Several car parking spaces would need to be set aside for the building's lessee so the net gain to the parish would be severely reduced.

NOTES:

- Rental income cannot be guaranteed, this is going to be a difficult building to lease.
- Crafton Green House will cost the Parish Council a minimum of £8,000 pa to keep empty, this will only cover the business rates.
- Disabled Access will have to be provided in any scenario where the building is kept. This would be at an approximate cost of £25,000 - £30,000 and greater if a lift needs to be installed.
- We are committed to repaying the Forest Hall Section 106 fund as soon as possible.

It is the Parish Council's position that the land should remain in the ownership of the parish if possible. The Parish Council would still own the land of an extended car park.

Please respond in writing or via email using contact details on page 22 with your comments and any preferred option by 10th April. The final decision will be taken at the Full Council meeting on the 29th April.

OFFICIAL OPENING OF THE MOUNTFITCHET EXCHANGE

On Tuesday 7 April we are delighted to be welcoming Clare Mulley, a local author, who will officially open The Mountfitchet Exchange. Clare is an award-winning author and broadcaster. Her first book, "The Woman Who Saved the Children", won the Daily Mail Biographers' Club Prize, and "The Spy Who Loved", now optioned by Universal Studios, led to Clare being decorated with Poland's national honour, the Bene

Merito. Clare's third book, "The Women Who Flew for Hitler", tells the extraordinary story of two women at the heart of Nazi Germany, whose choices put them on opposite sides of history. Clare also reviews non-fiction for the Telegraph, Spectator and History Today. The Library will be running their usual Baby and Toddler Rhymetime at 10.30am with other children's activities. The opening ceremony will take place at 12.30pm and anybody wishing to attend should be on site by 12 noon.

HELP YOURSELF AND THE PLANET

Hopefully everyone is aware that climate change is happening with the impacts not only affecting distant Australia but the streets, schools and homes in this village or, to put it another way, hurting all of us young and old.

The Parish Council has launched an initiative to identify ways in which every person of any age can contribute now to improve our environment for the benefit of all and perhaps most importantly for the lives of our children.

Actions by governments will determine long term the fate of people across the world, but we, and that means you, have a contribution to make now to begin the recovery.

- Reconsider how we travel – more walking, cycling and better public transport coupled with fewer diesel vehicles and more electric/hybrid cars. These actions will contribute to better health through breathing less polluted air and more exercise.
- Examine what we eat and buy. This is not a campaign to make you vegan but to look again at the balance in our diets, to avoid air freighted foods and, critically, to cut waste (if you buy it, eat it or give it away).

Make our views known to District and County Councils to push them to implement major tree planting schemes, to plan that new developments are carbon neutral and designed to make walking, cycling and the use of public transport safer and more pleasurable.

Moving even higher, Members of Parliament must be under no illusions that the Government must implement and fund the major changes needed to transform sources of energy and the reduction of dangerous emissions. Coordinated planning action must be a priority not an afterthought.

Any local initiative must involve the whole community – no one should opt out and pass the buck. The most important groups may be school children and young people whose lives will be blighted or blessed depending upon the determination to solve these problems.

If you have ideas; if you have specialist knowledge or professional expertise; if you are willing to help or if you are willing to spread the message through word of mouth or social media (you can do this whether you are in a care home, school, college or commuting on a train), then offer your help by contacting the Parish Council. Contact details on page 22.

STANSTED IN BLOOM

What is 'Stansted in Bloom'?

A local gardening competition usually judged in early summer and is completely free to enter. The judges are local gardeners and the prize winners receive an engraved plaque; last year all entrants received a free shrub plant at the presentation in September!

What sort of garden should I have to enter?

Your garden does not have to be Chelsea Flower Show quality! My garden is very small and completely paved, so everything is grown in pots or baskets, some of which came with me from the balcony of my previous flat. Your garden can be any size, front or back, or be just hanging baskets and tubs like mine or even a balcony or porch. It can have anything in it you like- the more variety there is the better - and think of the fun you can have getting the whole family involved doing the green thing, as well as making Stansted look good. You don't have to be a professional gardener but if, like me, you love some outside space to sit and enjoy a glass of wine at the end of a hot summer's day - get planning, planting and entering and let's make Stansted really Bloom this summer!

Why do we want you to enter Stansted in Bloom more than ever this year?

Well this year is special because we have decided, after a lot of consideration, to enter Stansted into the East Anglia region of the national 'Britain in Bloom' competition and need your help to really make Stansted look as attractive as possible for the judging in July 2020.

We are hoping to get lots of people involved in the competition and want to target areas within Stansted for flowery/plant make-overs. We can do this with the help and support of voluntary groups like the allotment committee, garden club, schools and voluntary groups to help deliver some smaller projects. We also want to involve residents and encourage more hanging baskets outside front doors and entry into the local 'Stansted in Bloom' competition in June.

There will be a follow up article and details of how to enter Stansted in Bloom in next month's Link.

Ali Brown (2019 Winner)

VILLAGE SPRING CLEAN

We are supporting the Keep Britain Tidy Spring Clean initiative by holding a Stansted Spring Clean event on Sunday 26 April. One aspect of the Spring Clean is a Litter Pick for which we can supply litter grabbers and bin bags. It would also be great if on that day we could get volunteers to clean road signs and street furniture. We haven't got the resources to provide multiple buckets, sponges etc for this so we hope you will be prepared to use your own equipment to give your street a spruce up. We need to caution you to be very aware of health and safety issues and not to attempt any cleaning that could endanger your own safety or the safety of other residents.

Churchill's Fish and Chips are generously supporting the event again this year so if you can demonstrate your contribution to the Spring Clean we will happily give you a voucher that entitles you to a free meal from their Cambridge Road outlet.

Please meet up outside the Mountfitchet Exchange at 10.00 am for the Litter Pick. Churchill's vouchers can be claimed between 11.00 and 12.00 pm.

NEWS FROM UTTLESFORD DISTRICT COUNCIL

Cllr Alan Dean writes:

In February I collected my first book in many years from Stansted's new library. A splendid new facility! The challenge for me is to get through nearly 600 pages in three weeks. I will have found out by then how to renew the book.

Uttlesford faces the biggest crisis in my 33 years as a district councillor. What do we councillors do about the Local Plan? My colleague, Ayub Khan, set out in March's *Link* the background to the soundness of the latest Plan being challenged by Inspectors from the Planning Inspectorate for England and Wales.

Preparation of a new Local Plan for the Uttlesford District is now in its fifteenth year. That is an incredibly long time. As Ayub implied, all our towns, villages and countryside fields are now open to applications for unplanned, speculative development by opportunist landowners and developers.

I fear the situation is made much worse, now that UDC is controlled by a party that made a populist promise, if elected, to scrap the Plan and, with a blank sheet of paper, ask voters what they wanted to replace the existing Plan. Out would go proposals in which most development would be focussed on three new, high quality Garden Settlements near Great Chesterford, Little Easton and Stebbing. There is little chance that the Residents for Uttlesford Party majority will have any more success than the former MP had when he asked all parishes what growth they would like.

As things stand, as I write this in early March, the Council is due to decide its next steps on the last day of the month. I suspect a decision on whether to start again from scratch or to improve the present Plan will take a little longer. January's decision at Uttlesford to refuse the airport's planning application for expansion to 43 million passengers annually has been matched by West Somerset Council's decision in early February to reject expansion at Bristol Airport on the same grounds as here - the Climate Emergency and aviation's carbon emissions. A hat-trick (if you think it's a positive feat) was scored by the end of February, when the Court of Appeal struck down the 2018 legislation that had given Heathrow preliminary planning permission to build a third runway. Why? On related grounds to the refusals at Bristol and Stansted: the government had failed to take into account at Heathrow its commitments made under the 2016 Paris Agreement on Climate Change. So, it seems for the first time that the environment is being ranked before the economy and some types of jobs. Whilst that may concern some residents of Stansted, it seems that airport passenger numbers are stagnant or in decline, potentially making the airport operator's planning application unnecessary.

DATES OF PARISH COUNCIL MEETINGS

All meetings start at 7.45pm unless otherwise stated

April

- 1 Full Council
- 8 Open Spaces
- 15 Windmill 7.00pm, F and GP 8.00pm
- 29 Full Council

May

- 13 Annual Council and Full Council
- 15 Parish Reception
- 27 Open Spaces

CONTACT DETAILS

Clerk - Ruth Clifford Clerk Assistant - Trevor Lloyd
 Administration Assistant - Emma Philbrick
 Email: parishcouncil@stansted.net
 Phone/fax: 01279 813214 Mon, Tue, Wed, Fri 9.00am-4.00pm, Wed 9.00am-1.00pm
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POLICE

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VILLAGE GARDEN PARTY

FRIDAY 8 MAY

2.00 pm-4.30 pm

THE MEMORIAL GARDENS, CHAPEL HILL

The Parish Council would like to invite residents of the village to join us for a Garden Party to celebrate the 75th Anniversary of Victory in Europe Day.

If you were a resident in the village in 1945 please get in touch with the Parish Council.

Full details in next month's Link.

THE LAND OF FIRE AND ICE

Arriving on the island of Iceland on a gloomy January afternoon was like stepping onto an alien planet with huge empty skies and a biting wind. For the first two nights we stayed in a small hotel situated miles from anywhere: a perfect place to see the Northern Lights, and we were treated to spectacular displays. The first day we travelled along Iceland's only main road to **Thingvellir National Park** and walked along a rift valley caused by the shifting of tectonic plates, dwarfed by towering rock formations scattered with snow and ice. Iceland is the most sparsely populated country in Europe and one of the most geologically active places in the world. We saw the thunderous **Gullfoss** waterfall - an awesome sight - and the **Great and Little Geysirs** who 'perform' frequently so it doesn't do to stand too close!

Next day we were up early to visit the man-made **Blue Lagoon**, a spa located in a lava field near **Grindelia**. The hot water, a by-product from the nearby geothermal power plant, averages temperatures of 37-39 °C and is a milky blue colour due to the soft white silica mud on the bottom of the lake, which bathers rub on themselves. The mud and the salt-rich water is supposed to be good for the skin, and I must say the locals did all have a healthy glow (although that could have been due to the cold wind).



Northern Lights



Gullfoss Waterfall

Photographs by Yvonne Ayres



Little Geysirs



Blue Lagoon Spa

We stayed in a large modern hotel in Iceland's capital city for the remainder of our trip. **Reykjavik** is compact, charming and, just like everywhere else we'd been, the people were very friendly and spoke perfect English. **Hallgrímskirkja**, the parish church, is an impressive 74.5 metres (244 ft) high and one of the tallest structures in the country. Our visit to Iceland had been short but definitely memorable.

Yvonne Ayres
Tel: 814706



We celebrated World Book Day early in March, along with many other schools across the country. The children were very excited when they arrived in the playground, looking fantastic, dressed as a book character, all clutching their favourite book. Characters included Peter Rabbit, Mary Poppins, Alice in Wonderland, Elmer the Elephant, The Cat in the Hat, Harry Potter, Where's Wally and some of Roald Dahl's most memorable characters, not to mention a whole host of Mr Men and Little Misses.



Throughout the day, children undertook a range of activities linked to their favourite books. Eagle Owl Class, our Years 5 and 6 children, read an extract from Phillip Pullman's *Clockwork* and wrote about their own clock design. The Years 1 and 2 children in Barn Owl Class shared their favourite books with each other and wrote reviews about why they liked their book. A highlight of the day was a buddy reading session. Each child was paired with a reading buddy and spent quality time together sharing favourite books. It was lovely to see the children collaborating and enjoying their books together. The day was a great celebration of reading and part of our long-term strategy to instil a love of reading into our children. It coincided with the launch of our OTTER (Our Time to Enjoy Reading) sessions, during which the whole school reads for pleasure at the same time. It also coincided with the start of our whole-class guided reading project to further develop comprehension and vocabulary skills.

Marnie Tait
Deputy Headteacher
Tel: 813370

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Lower Key Stage 2 recently enjoyed a trip to the Lee Valley Regional Park to complement this half term's topic of *Flow*. The sun shone and the rain and sleet held off as we explored the Old River Lea, River Lee Navigation and Seventy Acres Lake. Water birds were identified; confluence and tributaries were noted. World Book Day was celebrated in March; the school was a sea of colour and we held a cat-walk in Celebration Assembly to show off our outfits. Thank you to the parents for their ingenuity and originality; home-made costumes are always best in my opinion.

Our new Recycling Initiative

We have recently joined a scheme whereby we can exchange (normally unrecyclable) crisp packets (empty and flattened) for money for school. We can also exchange plastic pens so have collecting boxes for both in our main corridor. Mrs Wrigley in Ash class is collecting toothpaste tubes and toothbrushes for the Herts and Essex Air Ambulance service. Mrs Hanna, our sports co-ordinator, came up trumps during Sports Relief (9th-13th March) with a whole range of staff-led activities, from yoga to hula hooping to target practice and many more. Children could take part for a contribution of 20p per activity and they could also come in dressed in their own sports clothes for £1 on Friday 13th March. It only remains for me to wish you a very Happy Easter and to remind you about our annual Eggstravaganza (Stansted's biggest Easter Egg hunt) here at school on **Sunday 29th March** 11.00am-4.00pm. Tickets are £3.50 on the door.

Matthew Curzen
Acting Headteacher



www.stanstedfreechurch.org.uk

Easter Craft Specials

Come and join in our Easter Crafts on **Monday 6th** and **Wednesday 8th April**. The Place will be open as usual from 9.30am, with planned activities for all ages between 10.00am and 11.00am.



The Place on the Hill is a free drop-in held at and organised by Stansted Free Church, Chapel Hill, and is open every Monday, Wednesday and Friday 9.30am-12.30pm. Please note we are **not open on Good Friday 10th April and Easter Monday 13th April**.



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



FOREST HALL SCHOOL

www.foresthallschool.org

Super Saturdays

Super students are making the most of their spare time by doing extra study at school. Year 7 students at the school are giving up part of their weekend to attend Super Saturday sessions, which enable the youngest students to get additional support in English and maths where needed. The three-week programme will give every student in the year group an opportunity to brush up on their core subjects to ensure they are in the best position to take on their GCSE courses in Year 9.



Kayleigh Trainor, assistant head, said: "It is wonderful to see the Super Saturday programme in action. Teachers planned the sessions to ensure we are continuing to challenge and support students with their learning. They are taking part in activities to develop their numeracy and literacy skills, to build their confidence in those subjects and to develop key skills ready for them to take on their GCSEs. The idea is that by the end of Year 7, they are ready to access the Year 8 curriculum in maths and English. Our students' literacy and numeracy skills have greatly improved and this is reflected in their classwork. They love it and attendance has been amazing. The programme is a key element we are keen to develop within the school and build on the success of what we have already established." Students completing the course will be taken on a reward trip.

Kelly Clark

STANSTED MESSY CHURCH

www.stanstedchurches.com/messychurch



Our next event is on **Sunday 26th April** 3.30pm-5.00pm at St Mary's School. This relaxed and lively style of church for all ages has activities, celebration and food, and plenty of fun. Everyone is welcome, particularly families with children aged under 12, and there is no charge. See our website for more details including photographs of past Messy Church sessions, which will give you a flavour of what goes on! We look forward to seeing you there.



Marion Dyer
Tel: 814059

STANSTED IS WELL READ

The next meeting of our book club will be on **Tuesday 7th April** at 8.00pm in the Dog and Duck, Lower Street, where we will be discussing *The Warden* by Anthony Trollope. In this first novel of the series *The Chronicles of Barchester*, which was initially published in 1855, the tranquil atmosphere of the cathedral town of Barchester is shattered when a scandal breaks concerning the financial affairs of a church-run almshouse for elderly men and an abuse of privilege is exposed which still has a relevance today. Please do join us; we meet on the first Tuesday of every month and a warm welcome will await.



Anne Watson
Tel: 898693

Email: stanstediswellread@gmail.com

MAGNA CARTA PRIMARY

www.magnacartaacademy.org



World Book Day

Who left grandad at the chip shop? A question which got every child in a primary school wondering and giggling their way through World Book Day. Poet, songwriter and broadcaster Stewart Henderson, author of *Who left Grandad at the chip shop* poetry book, spent the national themed day at the school. His performance poetry captured the attention of pupils during a special assembly, before he spent time in each class inspiring children to write their own poems. He told them that when he was their age, he used to go to the local library where he got really enthusiastic about reading and started to write poems. One of the things about reading is that it gives you the chance to learn new words so you can express yourself better. The great thing about reading is it will increase your knowledge, not only with language but on how other people are.

The school used the day to launch a week-long sponsored read in partnership with Usborne Books. Pupils were sponsored to read as much as they could in a week, raising money to invest in more non-fiction books for the school.

Parents popped in throughout the day to surprise children by reading their favourite books to classes.

Headteacher Marios Solomonides said: "National attendance on World Book Day plummets because of the pressure on deprived families to fund a costume. Instead, we asked children to decorate a potato as their favourite book character. Potatoes are easily accessible, so every child can take part. The potato can be whoever they want it to be; they can be as creative as they like."



Kelly Clark

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www.rainbowpreschool-stansted.co.uk

The children enjoyed returning to Rainbow after the half-term holiday and were eager to help open two large parcels which had arrived. As you can see from the picture below, they contained the small world toys which we had bought with money given to us by the Stansted firefighters. A big thank you once again for this donation. Both groups have been listening to the story of Jack and the Beanstalk and have made a wonderful beanstalk, which is on display in the classroom. The mezzanine home corner has now changed into the giant's castle, with the children using various printing and painting techniques to turn sheets of cardboard into the castle walls. All the children have been very busy creating Mother's Day gifts and cards.



Our Easter concert is on **Friday 3rd April** at 11.00am in St John's Hall; the children, ably led by Felicity, will be performing a variety of songs for their parents. There will be an Easter raffle and refreshments. Everyone is most welcome. We take children from 2½ years to rising 5. If you are interested in applying for a place for your child, please visit our website for details. You need to put your child's name down now, however young, to ensure a place.

Gill Pursglove
Administrator
Tel: 814242

Email: admin@rainbowpreschool.net



STANSTED MOUNTFITCHET WINDMILL

All membership forms should have been delivered to you by now; a big thank you to the people who helped with this task. I am pleased to say that most people have returned their completed forms and have received their membership cards. Our first opening is on **Sunday 5th April** followed the next week by our Easter openings on **Sunday 12th April** and **Bank Holiday Monday 13th**. All opening are 1.30pm-5.30pm. At our Easter openings there will be a small Easter egg and a windmill gift for all young children. I hope there will be enough volunteers to cover all our openings; please get in touch with me if you would like to help.



Molly Clark
Co-trustee
Tel: 816768

STANSTED MOUNTFITCHET EVENING WI



Our *Show the Love* coffee morning showing concern for climate change was enjoyed by all. Several members have attended their first session of walking netball, led by England Netball in conjunction with the WI, and a coach was supplied to help us. It is many decades since most of us played and it was a revelation to find out how competitive our members can be!

Our February speaker was Phil Barrow from Daniel Robinson, Funeral Directors. We thought this might be a depressing subject, as many of our members have had first-hand experience of their services, but not a bit of it. There were times when we were laughing and other times when we were nearly in tears, but it was a good experience. The company started in Stansted in 1927 in a builder's yard. Phil threw light on his occupation, starting with the history of funerals and the difference between the rich and the poor. The deceased were laid out at home; they hired mourners to make their funerals seem more impressive and had their own family pall (the cloth that drapes the coffin). Pall bearers carried wooden poles to carry the coffin into church, with a horse drawn hearse and a family vault. The poor would borrow the parish coffin and pall, returning them before burial, a hand wheeled bier and shared graves with no memorial. In addition to their funeral work, Daniel Robinson does a great deal of work for charity. This talk was of particular interest as one of the proposed resolutions for June's National Federation of Women's Institutes Annual meeting is *talking about death and dying*.

Our next meeting is on **Thursday 9th April** at 7.30pm in the Day Centre when the speaker will tell us the Story of Audley End. For more information please contact our President Anne Watson on 898693.

Jenny Wraith



UGLEY WOMEN'S INSTITUTE

Margaret Rogers was the speaker at our February meeting, on the subject of the *Glories of Northern Ireland*. She took us on a beautifully illustrated tour of Northern Ireland; we viewed Belfast and its botanical gardens, as well as the memorial to those lost on the Titanic, the names being arranged in alphabetical order, giving everyone equal status from first class passengers to steerage. We visited St Anne's Cathedral and admired the beautiful mosaic work, travelled to Armagh and enjoyed a tour of St Patrick's Cathedral and its stained glass and then made our way to Derry where we admired some modern statuary. Murals are a feature too, depicting Mandela and Bobby Sands, Bernadette Devlin and a dove of peace designed by local schoolchildren. A view of the famous Giant's Causeway brought a very interesting talk to a close. We also helped member Jenny McCulloch celebrate a special birthday and enjoyed some delicious birthday cupcakes made by our secretary Betty Francis. Our April meeting is on **Wednesday 15th April** at 2.15pm in Ugley Village Hall. It will have afternoon tea, chat and stories as its theme. Why not pop along for the afternoon? You would be most welcome!

Andrea Fitt
Tel: 815922



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Explore Advocacy with us this April

Our *Last Thursday* sessions start in April, with an interactive workshop around advocacy. Open to all and free to attend, the session is on **Thursday 30th April** 2.00pm-4.00pm at the Hospice. No booking is required. Facilitated by Jane Hawkins from Essex All Age Advocacy, the workshop will explore what advocacy means. Advocacy services enable vulnerable people to make informed choices about their life. An advocate:

- helps you understand your rights
- helps you tell people what you want and need
- helps you understand any decisions that are being made and why
- will only do what you ask of them and will speak to who you want them to
- keeps everything confidential unless they have your permission or unless you or someone else is at risk of harm
- respects your beliefs, rights and values and will not judge you
- works for you and only you

Open Gardens

This summer, we celebrate the best-kept gardens of West Essex and East Herts with our 26th Open Gardens; details on our website. Special thanks to local business, Land Sheriffs, for their sponsorship.

New Outlet Shop open Monday-Saturday 8.00am-4.00pm

We have opened a new shop on the same site as the donation centre, at the Links Business Centre in Bishop's Stortford. It is our ninth store and stocks end-of-range items, with most products on sale at half the original marked price. We have a great selection of ladies' and menswear, homeware and furniture. Charity shops prevent more than 339,000 tonnes of textiles from being disposed of in the UK every year!



It is our ninth store and stocks end-of-range items, with most products on sale at half the original marked price. We have a great selection of ladies' and menswear, homeware and furniture. Charity shops prevent more than 339,000 tonnes of textiles from being disposed of in the UK every year!

Emma Sugarman
Senior Communications Officer
Tel: 773737

Email: emma.sugarman@stclarehospice.org.uk



Apologies to those who came to the Free Church on 4th March expecting to meet me - unfortunately I was called to deal with an emergency at very short notice. The next session is on **Wednesday 1st April** 10.00am-noon at *The Place on the Hill*, in the foyer of Stansted Free Church at the bottom of Chapel Hill. There is no session at St Theresa's in April.

Nikki Morris
Police Community Support Officer
Email: nikki.morris@essex.police.uk

Some fascinating history lies behind the views from train windows during journeys from Stansted. This was brought vividly to light by Terry Ward, our March speaker, who gave a fascinating talk on *Taking A Trip from London to Cambridge*. If you have ever wondered why Cambridge station is such a long walk from the town centre, it was apparently to help prevent the potential moral corruption of students by making it more difficult for them to get to London. Cambridge originally had four stations. The line and stations were constructed from 1845; later stations included Harlow Town in 1960. The station architecture and design vary from Victorian grandeur to brutalist minimal, popular in the 1960s. Amongst the sad losses are the railway workers' cottages and, with continuing modernisation, the old signal boxes are unlikely to survive. The original station at Saffron Walden was funded by the Quaker movement who hoped to convert the Irish construction workers to the Quaker cause; needless to say, they failed. Audley End station was requested and part-funded by the Braybrooke family who lived in Audley End House. The railway line also led to the demise of the canals and the need for coaching inns, and was a significant factor in the development of commerce and trade. As Britain became an industrialised and prosperous nation, factories and warehouses were constructed close to the railway lines.

Due to the coronavirus outbreak there will be no meeting in April.

Edward Taub
Tel: 816932

Email: taub8jr@btinternet.com

Stortford Lime Works - correction

The March Link included a summary of my talk in January about the Stortford Lime Works; I stated that the works started in the 1890s and closed in the 1960s. Since then, I have met with John Curtis, a former director of the works, who has told me that they actually opened in 1942 and ceased production in the 1970s; the site was sold in 1990.

Tony Crosby

**QUIZ ANSWERS -
LONDON THOROUGHFARES**

- | | |
|------------------------|------------------------|
| 1. Aldwych | Waldorf Hotel |
| 2. Burlington Arcade | Posh Shopping Mall |
| 3. Charing Cross Road | Book shops |
| 4. Downing Street | Chief Whip's Residence |
| 5. Fleet Street | Temple Bar |
| 6. King Charles Street | The Foreign Office |
| 7. Ludgate Hill | St. Paul's Cathedral |
| 8. Old Bailey | Central Criminal Court |
| 9. Oxford Street | 100 Club |
| 10. Park Lane | Dorchester Hotel |
| 11. Piccadilly | Burlington House |
| 12. Regent Street | Liberty's |
| 13. Strand | The Law Courts |
| 14. The Mall | St. James's Palace |
| 15. Tower Bridge Road | Horsleydown |
| 16. Whitehall | The Cabinet Office |

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TOWN-TWINNING STANSTED AND RUNGIS

The Town-Twinning Association is alive and well. To keep our association safely afloat, we need to hold fundraising activities throughout the year. In February, we held a **wine tasting** in the Mountfitchet Exchange. This was attended by over 30 people who arrived to the strains of singing legends Charles Trenet, Edith Piaf and Maurice Chevalier, which lent lustre to the atmosphere. Our wine host, Paul Wilkinson, talked knowledgeably about the wines, their flavours, production and regions, while his two able assistants, Paul's wife Anne and Iris Evans poured a generous quantity of wine into our glasses. During the interval supper, we worked on a quiz with questions on France and wine, with a prize for the winner. Our next fundraising event is on **4th July** when Peter Jones's garden in Lower Street will be open for a Summer Prosecco and Pimms Strawberry Tea. We are in discussions with Stansted Hall about a possible May Fayre in May 2021. Our **French Culture Club** was launched on 20th March in the Mountfitchet Exchange with a prize-winning French film. Look out for publicity for future Culture Club events.



Visit of Rungis

Our French friends are visiting Stansted from 21st to 24th May. We are planning a reception at the Exchange on Thursday evening; a visit to Cambridge on Friday, followed later by a formal dinner at a restaurant in Stansted; and a trip to London on Saturday. Who would like to be a part of this, by providing bed and breakfast or acting as escorts for the trips? Let us know by emailing twinning@stansted.net. You might have a fabulous time!

Liz Johnson



HUW JOHNSON CLUB

The spring term seems to have been quite a short one, but we have managed to fit a lot in. We started the term with a games evening, playing ludo, dominoes and music bingo which was lots of fun (you ticked off the song when it was played!), and a curling competition (with me getting knocked out in the first round as usual!). We have a keep fit session coming up, as well as a party with live music and food for Jo and Andrew's birthdays. Our Committee is busy planning for the summer term, and already thinking about our summer trips. The Club is a social group for 25+ adults with learning disabilities which runs on Thursday evenings. We are entirely run by volunteers and funded by generous donations. We are always looking for new volunteers: car and bus drivers, escorts and helpers for Thursday evenings. Please contact me to find out more. The Stansted 10k Fun Run and Walk is on **Sunday 7th June** and we are delighted to have been chosen as one of the recipient charities again this year. We would love for you to sign up and help fundraise for us; we will be there to cheer you on! Also, don't forget our AGM meeting will be held on **Wednesday 22nd April** 7.30pm in the Free Church Hall; please do come along to learn more about what we do.



Katharine Collis
Tel: 07759 157620
Email: kat_collis@hotmail.com

Stansted Mountfitchet U3A 10th Anniversary 2019-20



www.u3asites.org.uk/stansted

A coach filled with members, led by our Chairman, Ray Smith, visited the Wellcome Genome Campus at Hinxton on a very wet and windy 15th February. This interesting and informative visit was the prelude to the formation of the Science and Technology Group. We saw where the scientists work, the equipment they use and were told how the genetic codes of plants and animals, including humans, are being established. The display included some of the current uses of gene sequencing. We took part in various activities and some of us even managed to make cardboard models of the DNA helix! The Pub Lunch Group met at the Nag's Head in Bishop's Stortford in February and enjoyed a tasty meal. They normally choose a pub close to Stansted during the winter but venture further away during the spring.



Several events have been planned for April including the General Meeting on 16th April 1.30pm for 2.00pm in St John's Hall, when Alan Haines will present *The Baby Boomer Nostalgia Show*, a humorous look at life for those born in the 50s and 60s. On the 27th the Bus Pass Group plan to visit St Ives market on the Busway bus, one of the many interesting visits in their programme for this year which can be seen on the Trips and Events pages of our website. The Stansted Mountfitchet U3A Strummers have been invited by the Parish Council to play at the official opening of the Mountfitchet Exchange on **Tuesday 7th April** and also at the VE Day Celebrations in the Memorial Gardens on **Friday 8th May**.

Anne White
Tel: 07874 385541

CROSSWORD ANSWERS



Across

3. Boron 7. Sudoku 8. Air bag 9. Otter 11. Sturdy
12. Remain 13. Common Knowledge 14. Pigsty
16. Agents 18. Adieu 19. Tahiti 20. Gemini 21. Drone

Down

1. Subtropical 2. Boar 3. Buoyancy aid 4. Narrow Gauge
5. Drum 6. Paving stone 10. Tsunami 15. Stig 16. Emma

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Nature Notes

Buttercups

There are many different types of buttercups, and this amazing plant is said to be 130 million years old; it belongs to the Ranunculus family. It is one of the best known of all the wild flowers, easily recognised by children. Once upon a time, children were asked if they liked butter, whilst a fond aunt might hold a buttercup under their chin. The glow from the shiny petals ensured everyone did indeed like butter.



In spite of looking cheery in the meadows, livestock avoid eating it due to its toxicity. The leaves are an irritant and can cause blistering to the mouths of cattle. Most animals have the sense to be wary of eating it. This blistering effect is of use to the herbalist. Bizarre as it seems, there are conditions that require this treatment, said to be of benefit to those suffering painful joints or gout. Blisters on the wrists can relieve rheumatism. Certain severe headaches can be cured by applying the juice to the nostrils, and the violent sneezing was thought to bring about a cure. John Wesley recommended the buttercup as a plaster which would be applied to the head in the case of severe headaches. The resulting blisters were said to bring about relief. The homeopathic preparation of buttercup is used for similar complaints as rheumatic and neuralgic conditions, skin eruptions, shingles and herpes. Cicely Mary Barker wrote in her Flower Fairy book:

*'Tis I whom children love the best; My wealth is all for them;
For them is set each glossy cup upon each sturdy stem.
O little playmates whom I love! The sky is summer-blue,
And meadows full of buttercups are spread abroad for you.*

Bee's Daughter



STORT VALLEY ROTARY

www.stortvalleyrotary.com

Supporting our Children

Hopefully Brexit is now winding itself to a conclusion and we can all now focus on other things. We continue to implement our business strategy and are pleased to announce three pieces of very constructive news. Firstly, we have

agreed to focus our fundraising in a very specific area of need in our community: *Supporting our Children*. We are aligned with two charity partners: **Corum** delivering life education for our children, and **Aspects**, young children's mental health. Both projects are underway and showing benefits. The need is significantly greater than the Club's current financial capacity, so we are looking for donors to work alongside us. Chaldean Group have agreed to support us through matched funding, and we are inviting other companies and donors to follow their example. Children are our future, so it is our responsibility to support them.

Secondly, we had a very constructive discussion with the Bishop's Stortford business improvement team, and have agreed to work with them and the Town Council to maximise the benefits of our Christmas Food and Drinks Festival on 29th November, by combining it with the turning on of the Christmas lights. Thirdly we have become active on Twitter and Facebook promoting our news, work and events; follow us on www.twitter.com/RotaryStort and www.facebook.com/StortValleyRotary. If you think you have what it takes and would like to join, please contact us initially via our website.



Peter Latham
Tel: 507294

SOCIAL CLUB

After over a year of documentation, solicitors and the like, we were finally able to get everything in place and now have the money for the tower repairs. Work has been going on inside; the external repairs are estimated to be complete in May. We are also planning other repairs and refurbishments throughout the Club over the next few months to add a bit of magic! Top of the list are the ladies' toilets which have been in need of some TLC for a while now. We are going to add air conditioning and there will be new carpets throughout. Another change will be an exciting new Club membership and control system that offers benefits to both members and non-members. We have installed an information screen above the bar which will be advertising upcoming events. I am sure that by the time you read this most of you will have renewed your membership which is due by 1st April. Please pop in to renew as you will need to have your photo taken for the new membership cards.

We have a busy schedule for entertainment though April. We see the return of the fabulous *FUBAR* on **Saturday 4th**, followed by our old favourites *The Souled Organisation* on **Saturday 11th**. The brilliant *Innerheart Reggae Band* return on **Saturday 18th**. Please note that the charge for non-members will be £10 for this event. **Friday 24th** sees a disco with our resident DJ Old Skooler. We have the local darts finals on **Saturday 25th** and Karaoke on **Sunday 26th** after the members' draw and meat raffle. We have pool, darts and snooker in the Club, and every Tuesday there is prize bingo with eyes down at 8.00pm.



Andrew Sharpe
Tel: 8122992
Email: eatmorestilton@gmail.com



STANSTED FOOTBALL CLUB

As we enter the final month of our season, both teams still have great chances to finish with silverware. Our first team travelled to Heybridge Swifts, a team riding high in their league, and beat them 3-2 in the quarter final of the Tolleshunt D'Arcy Memorial Cup. The comments from them afterwards was that we had given them a harder game than most in their league this season; the team indeed showed tremendous character and commitment on the night. We now have a home semi-final tie against Harlow Town, scheduled for **Tuesday 7th April**, but this might change. Hopefully we will get to the final and then a possibility of playing Saffron Walden who are in the other half of the draw. That would be a great climax to the season.

Our veteran's team commented last month that they have a great opportunity to win their league; they put pressure on the teams at the top by comfortably winning away at the league leaders Chipping Ongar. By winning all their remaining matches they will be crowned as champions: a fantastic achievement as this is only their second season as a competitive team. We are all hoping for a double Club celebration in the Clubhouse come the end of the month! Below are the home fixtures for April; some changes may take place, so please check our social media sites or contact me for match confirmation.

7 th Harlow Town	Tolleshunt D'Arcy	KO 7.45pm
18 th Parrigdon	Over 45s Vets League	KO 2.00pm
25 th Tower Haml's	ESL Prem Division	KO 3.00pm
28 th Newport	50s+ Super Vets Friendly	KO 7.45pm



Tom Williams
Secretary
Tel: 07921 403842



Stansted
Cricket
Club

www.stanstedcc.hitscricket.com

The inaugural meeting of the new Herts and Essex Border League (HEBL) took place in February. The constitution, rules, new website logo and contents were all approved. The top division will be known as the HEBL Premier Division (in line with other local leagues) and so Stansted 1st XI will now be playing in HEBL Division One. The HEBL spring meeting (at which handbooks and balls are distributed) has been set for **Monday 20th April**. Winter nets continue on Tuesdays 9.00pm-10.00pm at the HECC Sport Cricket Centre, Tharbies Farm, Rook End, High Wych CM21 0LL. Two lanes have been booked, so there is plenty of opportunity for all to bat and bowl. The booking runs for 10 Tuesdays, ending on 7th April. Some key dates for the new season have been set by the Committee:

Sunday 26 th April	Pre-season working party to get the pavilion ready
Friday 1 st May	Pre-season social evening in the pavilion from 8.00pm
Sunday 28 th June	President's match from 11.30am
Friday 23 rd July	Quiz night in St John's Hall from 7.30pm
Saturday 5 th Sept	End of season event in the pavilion

The Junior Club starts **Friday 1st May** 5.30pm with softball cricket for Y5 and under, registration and a season social. Hard ball coaching starts **Monday 4th May** 6.30pm for all ages up to 15. Please contact Mike Burgoine, email: mike.burgoine@gmail.com. You can contact the Club by email: stanstedcc@gmail.com or follow us on our website, Facebook at Stansted Cricket Club, and Twitter at @StanstedCC. If anyone is interested in sponsoring the Club (eg by a large banner displayed at the ground), please contact our Sponsorship Manager, Huw Edwards, email: huwr_edwards@hotmail.com. The Club would like to invite anyone interested in scoring next season on a regular basis to contact me. Adult players wishing to join the Club should contact me; juniors should contact Head Coach Keith Ayres on 814471.



David Hedge
Hon Secretary
Tel: 812509



www.bsrc.org.uk

The Club is once again hosting the annual *10 weeks to 10k* running course. Whether you want to improve your fitness or mental wellbeing, enter races, enjoy the great outdoors or keep up with the kids in your family, the course is suitable for all. Sessions are on Wednesdays 22nd April to 24th June 7.30pm-8.30pm; meet at the Clubhouse in Beldams Lane, CM23 5LG at 7.15pm. Whilst being suitable for absolute beginners, we also welcome people with previous experience who are returning to running after a break, perhaps after injury or childbirth. It is ideal for those who have previously tried *couch to 5k* programmes, or those who feel they prefer the human interaction or the support of a group environment.



Early sessions include advice on injury prevention and kit choices to help you on your journey to being a runner. You can even enjoy a hot meal and a drink afterwards at the Clubhouse; this is where lasting friendships really start! For the sum of £75 you will receive 10 coached sessions, plus membership of the Club for a full year from April 2020. Membership entitles you to attend all Club events and training sessions. You will also receive a bespoke technical T-shirt, designed for the course. More information can be found on our website (search for BSRC beginners) or contact our membership secretary Mike Grant on 07763 244587 email: membership@bsrc.org.uk.

Lorraine Evans



STANSTED BOWLS CLUB

We should be looking forward to our opening game of the 2020 season with a Club match between The President's team v the Captain's team on **Saturday 18th April** at 2.30pm, but with all this rain we are having the green is unlikely to have dried out in time. When the turf is wet and soft much damage can be done and this ruins the bowling for the rest of the season. We also have something making very large holes in the surface. It is not squirrels storing their nuts, more like foxes digging to bury their tin of biscuits. Over the weekend of 28th and 29th April we shall be having our open weekend when you can come along and see what the game is all about. There will be players on hand to tell you what is involved and show you how to bowl. We have loads of woods we can loan you; all we ask is for you to wear flat-bottomed footwear, like trainers. We look forward to seeing you for a drink, a chat and a go at the bowls. Come along anytime from 10.00am-3.00pm. **We need new members.** Following our last successful event, our pre-season Quiz Night is on **Saturday 4th April** at 7.30pm sharp in the Club-house. Tickets £7.50 available from me. There will be a cash prize for the winning team, free ploughman's style food during the break, and a licensed bar. Please come along and support our roof replacement appeal. Happy Bowling.



Peter Beattie
Hon Secretary
Tel: 07850 329192

Email : peterdavidbeattie@gmail.com



Stansted Tennis Club

Founded 1889

www.stanstedtennisclub.co.uk

Membership

The new membership year starts on 1st April and there is an early bird discounted rate available until the end of March. Please download a membership form from our website.

Junior Tournament

On **Sunday 26th April** we will be holding a junior tournament open to members and non-members. The mixed competition for children aged 10 and under starts at noon and another follows at 2.30pm for boys only, aged 11 and over. A girls' tournament will be held on **Sunday 24th May**; more details to follow.

Junior Coaching

There are spaces available now as we are running three extra sessions. The classes run on Tuesdays and Wednesdays 4.00pm-6.30pm for 10s and under and Thursdays 6.00pm-7.00pm for children aged 11 and over. Contact Ollie Toms, email: olliestennis@gmail.com or call 07917 652014 for more information.

Ladies' night

Monday 13th April from 6.30pm, members only.

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£1 for a tube of four from Jan Hollis. Please call 812073 or email: janhollis@btinternet.com.

Fiona Kelly
Publicity Officer
Tel: 07949 623484
Email: fiona1.kelly@btinternet.com

STANSTED HALL AND ELSENHAM CRICKET CLUB



www.shcc.hitscricket.com

Coaching begins Friday 24th April at our Stansted House ground for juniors: 5.30pm for U8 and 6.30pm for all other groups. This season the Club will be playing matches at U9, U10, U11, and U13 in the West Essex Junior Cricket League at both Stansted House and Molehill Green. Our coaches and managers will be Jason Brown, Andrew Mackinlay, Paul Walton, Jon Robinson, and some of our young cricketers. The Club has been working closely with Molehill Green Cricket Club and improvements are being made on the pavilion ready for the start of the new season. Both grounds are very wet at the moment but hopefully both will be in good condition by the end of April. The Molehill Community Association will be using the pavilion for meetings. We are delighted that Andrew Mackinlay has won a Jack Petchey Achievement Award for his services to the Club. Andrew's coaching skills are exceptional and the youngsters learn so much not only about cricket but also about behaviour generally from him. This is something that we have instilled over many years at the Club. The senior teams have been netting at HECC for a few weeks now and they are all looking forward to playing in the new local league.



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



www.stansted10k.org.uk.

Would you like to give something back to the community? If so then we need your help on Sunday 7th June. Please email: marshall.stanstedfunrun@gmail.com. We are also looking for sponsors, whether by a donation for the raffle or monetary support. If you can help in any way then please contact us via email or visit our Facebook page. Registration is still open and can be made via our website. This year we are supporting St Clare Hospice, Grove Cottage, The Huw Johnson Club and St Margaret's Mental Health Unit. It is a great excuse to start getting fit, so don't delay, register today.

Clair Rava
Email: stansted10k@gmail.com



INCLUSIVE CRICKET

If you or those you care for are living with Dementia or any long-term health conditions, there are free Inclusive Cricket Sessions at the Romeera Leisure Centre delivered by Essex County Cricket Club working in association with Dunmow Dementia Cafe, Council for Voluntary Services Uttlesford and Uttlesford District Council. Sessions are: Walking-, Table- and Clock Cricket on Wednesdays: 25th March, 8th and 22nd April, 6th and 20th May, 3rd and 17th June, 1st and 15th July 11.30am-12.30pm. Do join us. For information call 01371 878400 or email richard.corby@cvsu.org.uk.

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www.humanrootscommunity.org.uk

Last month we achieved some monumental goals: we are now a registered charity, we are wheelchair accessible, and I have recently qualified as a mental health first aider! I am so proud of what we have accomplished over the last year and there is no stopping us now. If you or your organisation would like us to host an event on the allotment to provide an environment that is educational, supportive and nurturing, please get in touch, as we would love to work with you.



In the future, we will be working collaboratively with a number of organisations. We have been asked by Birchanger Primary School to help build an outdoor classroom which will enable their children to observe, interact and reflect on what nature has to offer. Headteacher Claire Berry and I have designed the space in order to encourage more wildlife into the area, as well as creating an environment that is nurturing and sensitive to the needs of the children's learning. The school is also responsible for 105 saplings that have been donated by the Woodland Trust. We will be installing a range of interactive displays such as a bug hotel, composting bins and a willow den. If you have anything to donate toward these displays, please get in touch via our website or Facebook page.



Kieran Leigh Olivier
Tel: 07946 783039

Email: keiran@humanrootscommunity.org.uk



Stansted Passenger Numbers continue to slide

The airport handled 1.9 million passengers in January, 30,000 fewer than the same month last year, making this its seventh consecutive month of decline. Several reasons have been suggested for Stansted's decline over the seven months including the non-delivery of Boeing 737 Max aircraft to Ryanair, the collapse of Thomas Cook and now also the Coronavirus. Stansted's main competitor, Luton Airport, achieved 6.8% growth in passenger numbers during the second half of 2019 whereas Stansted passenger numbers fell by 2.5%. These figures are surprising in view of the

many new routes which Stansted has announced in recent months, suggesting that many of its well-established routes have declined quite sharply. Stansted's cargo business also continues to be in decline with the tonnage carried in January down by 20.2% compared to the same month last year. This follows a 9.6% decline in cargo tonnage in 2019. These latest Stansted Airport traffic figures provide further confirmation that there is no need to approve further expansion at Stansted for the foreseeable future. The local community is entitled to some long-term peace of mind.

SSE Campaign Office

Tel: 870558

Email: info@stopstanstedexpansion.com



THE HUNDRED PARISHES SOCIETY

www.hundredparishes.org.uk

One of the delights of a woodland walk on a sunny April day is the sweet scent wafting from bluebells. One of our best-loved wildflowers, with half of the world's population found in the UK, it is typically associated with ancient woodlands but can also occur along hedgerows. The narrow glossy leaves and flower spikes are produced from deeply rooted bulbs supported by specialised symbiotic fungus. Flowers are deep violet-blue, white or pink; they are narrow, tubular-bell shaped, with tips that curl backwards, and the pollen is cream. After pollination by honeybees and other insects many green capsules form containing ripe black seeds which are shaken from the capsules by breezes or animals.



The Spanish bluebell has broader leaves and pale blue, unscented flowers with blue pollen; flowers are arranged around an upright stem. Recent research has found that the native species has a genetic advantage due to larger numbers and greater fertility and so should continue to thrive. You can see bluebells along the Hertfordshire Way as it passes through Sidehill Wood and Mill Wood in Much Hadham and Howe Wood in Littlebury beside Strethall Road as it crosses over the M11 motorway. Several walks described on our website pass through woodlands. Walk no 4 goes through a fine bluebell wood at Rickling whilst the longer walk 20 meanders through Mill Wood. Details of woods or nature reserves to visit can be found on these websites: www.Uttlesford-Wildlife.org.uk and www.hertswildlifetrust.org.uk.

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Alzheimers Society	Tel: 01371 872519	Rainbows (Fri)	Sue Pollard Tel: 813734
Air Training Corps 494 Squadron	Tel: 681559/661929 Email: 494@aircadets.org	Rotary Club	Peter Latham Tel: 507294 Email: yplatham@uwclub.net
Beaver Scouts Age 6-8	Angela Madigan Tel: 01371 513028	St John's Road and Area Association	Leila Riddell Tel: 07770 955830
Bowls Club	Peter Beattie, Hon Secretary Tel: 07850 329192 Email: peterdavidbeattie@gmail.com	Scouts (age 10½ -14)	Mike Byrne Tel: 812780
Brownies (Tue)	Kathy Shearman Tel: 07724 355533	Shotokan Karate Ryu	Donna Ring Tel: 731752 Email: skr@skr.org.uk
Brownies (Wed)	Susan Scott Tel: 810955	Spangles Family Hub	Tel: 812348 Email: vcl.essexwest- uttlesfordadminhub@nhs.net
CAB	Tel: 01799 618840	Stansted and District Past Rotarians Club	Geoff Lay Email: geoff.lay@ntlworld.com
Corkers Netball	Lizzie Read Tel: 07770 594848	Stansted Badminton Club	Vince Tel: 07793 000107 Raj Tel: 07775 915418
Cricket Club (Adults) (Juniors)	David Hedge Tel: 812509 Keith Ayres Tel: 814471	Stansted Business Forum	Iris Evans Email: iris.evans9@gmail.com
Cub Scouts Age 8-10½	Nic Devine Email: kinglouie.huskies@gmail.com	Stansted Family Café	Ros Page Tel: 810813 Email: contactstanfam@yahoo.com
Day Centre	Tel: 815091	Stansted Football Club	Tom Williams Tel: 07921 403842
Explorer Scouts	Paul Thorneycroft Tel: 01371 876784	Stansted Hall and Elsenham Cricket Club	David Brown Tel: 831011/07788 999663 Email: david1.r.brown@gmail.com
Friends of St Mary's Church	Lynda Dale Tel: 07716 099474 Email: lynnydale@hotmail.com	Stansted Sparks Netball	Gemma Snelling Tel: 07894 944242 Email: gemmasnelling@me.com
Garden Club	Maralyn Harris Tel: 07919 478144	Stansted Speed Watch	Warren Vickers Tel: 813996 Email: vickersw@aol.com
Grove Cottage	Jocelin Warren Tel: 07482 535020 Office Tel: 656085	Stansted Supers Handball Club	Olly Pocknell Tel: 07875 391701
Guides	Jennifer Jarvis Tel: 814434	Talking Newspaper (BS and District)	Richard Barnett Tel: 651270 Email: familybarnett24@hotmail.com
Helpline	Tel: 07704 553727	Tennis Club	Fiona Kelly Tel: 07949 623484 Email: fiona1.kelly@btintetnet.com
History Society	Roger Barrett Tel: 814216 Email: rbarrett54@gmail.com	U3A	Ray Smith Tel: 813270
Huw Johnson Club	Katharine Collis Tel: 07759 157620 Email: kat_collis@hotmail.com	W I Stansted)	Anne Watson Tel: 898693
Investigators Age 7-11	Ros Page Tel 810813 Email: contactstanfam@yahoo.com	W I (Ugley)	Dorothy Wallace Tel: 850215
Little Scrummers	Andrew Poyser Tel: 07738 591232	Whoosh Explore Canoe Club	Helen and Peter Nash Tel: 817453
Millers (Windmill)	Molly Clark Tel: 816768	Youth Centre	Linda Barnes Tel: 07947 548051
music@stansted (Classical concerts)	Sonia Levy Tel: 815282 Email:		
contactus@musicatstansted.co.uk			
Neighbourhood Watch	Valerie Trundle Tel: 813433		
Parkinson's UK	Vivian Falk		
Uttlesford Support Group	Tel: 01799 513128 Email: vivian@brackendalehouse.co.uk		
Rainbow Pre-School 506997	Gill Pursglove Tel: 814242/07966 Email: admin@rainbowpreschool.net		
Rainbows (Wed)	Rachel Roberts Tel: 078648 21905		

Note: This list will be updated as and when we learn of any changes. If you would like your organisation to be added please let us know. Contact details are on page 1.

BIRTHDAYS, ANNIVERSARIES or SPECIAL OCCASIONS

If you would like to mark any occasion that is special to you or someone you know, by announcing it in the Link, please email a short message together with your name address and telephone number to: announcements@stanstedlink.org.uk or send the details to 7 Blythwood Gardens, Stansted CM24 8HG. Details must be submitted by the 8th of the month for publication the following month.

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	Mercer & Hughes	OBC		Barnet Fayre
	Poochie Mumma	16		Claire's Gents Hairstylist
Building Services	A C Wright Building Contractors	38		Lino Thomas
	David Lee	38		OBC
	Hibbs & Walsh (Architects)	38		The Mainstreet Barber Shop
	David Fortune (Builder)	OBC		Quaker Meeting House
	Uttlesford District Council	38		Manuden Community Centre
	Vester Property Services	IBC		St John's Church Hall
Carpentry	Canfield Carpentry	38		Ugley Village Hall
	Gillson Carpentry & Joinery	38		
Chiropody	R Handford	10		Household Installations
	Julie Golden	10		D C Alarms
Cleaning	Clear Ovens	18		Mediacomms
	Go-Jo Quality Cleaning	18		SDS Aerials
Community & Care	Broome End Care Home	8		Syigma Security Systems
	Hargrave House Care Home	8		30
	Hearing Help	10		Ironing
	Helpline	10		Dunmow Ironing Parlour
	Human Roots	12		18
	Mountfitchet House Care Home	8		Jeweller
	Ross Nursing Services	10		John Wilson
				10
Computing	MCM Computer Services	10		Legal
	Taylor Computer Service	10		Herts and Essex Wills
Dance	Graham School of Dance	12		Lever & Co Solicitors
Dental	Castle Dental	6		26
	Chapel Hill Dental	6		Leisure
Education & Children	Birchanger Butterflies Nursery	12		American Re-enactment Group
	Howe Green House School	12		18
	Rainbow Pre-School	12		Golf World
	Tuition (ages 4 - 11)	12		IFC
Electrical	Albury Electrical Services	36		Stansted Social Club
	CK Electrical	36		16
	Stansted Electric	36		Motor Repairs
Estate Agent	Murdochs	IBC		D Bonney & Sons
Financial	Mansell & Co Accountants	IBC		26
	DT Bedroom & Kitchen Designs	IFC		Essex Autospray
Furniture & Restoration	Furniture by Design	38		26
	Peter Worby Antiques Restoration	38		Music Lessons
Fitness	Flexible Strength	6		Carr (Piano, Organ, Singing)
	Back to Basics (Pilates)	6		12
	Stansted Yoga Lounge	6		Priest (Piano, Violin, Singing)
Food & Drink	Hadham Brewery	OBC		12
	Lams Chinese Takeaway	IBC		Hamilton (Singing)
	Mayflower Chinese Takeaway	IBC		12
	The Dog & Duck	28		Networking
Garden Services	D Honour & Son (Landscapes)	OBC		Stansted Business Forum
	Illuminating Gardens	30		26
	Gill Owen & Colin Frost	28		Osteopathy & Physiotherapy
	Greenscroft Fencing	30		Quendon Osteopathy
	Langthorns Plantery	28		6
	Mowtivated	28		Williams (Osteopath)
	The Secret Gardener	28		6
				Painting, Decorating & Plastering
			Ada Decorating	
Funeral Services	Daniel Robinson & Sons	26		32
	J Day & Son (Stonemason)	26		Brown's Painting & Decorating
			32	
			David Duncan Decorating	
			32	
			Lesley Anne (Painting)	
			32	
			MWR Interiors	
			32	
			Prime Decor	
			32	
			Ray on the Hill	
			32	
			Personal Services	
			Fresh Leaf (Hypnotherapy)	
			10	
			Glynis Cheers (Hypnotherapy)	
			10	
			Stansted Psychotherapy	
			10	
			Plumbing & Heating	
			Harpers Plumbing & Heating	
			OBC	
			JDW Gas Heating Specialist	
			36	
			Jones (Plumbing & Heating)	
			36	
			M Lloyd and Son	
			36	
			Newman's Home Services	
			36	
			Orion Heating	
			36	
			P Knight Plumbing	
			36	
			Stansted Gas Services	
			36	
			Printing	
			Chogou Printing & Embroidery	
			32	
			CZ Design & Print	
			32	
			Property Maintenance	
			Do-It-4U	
			32	
			Fairweather Windows	
			IFC	
			Finch and Son	
			OBC	
			Herts & Essex Window Doctor	
			32	
			Retailers	
			Paris Legore (Flowers & Gifts)	
			IFC	
			Squires (Gifts, Plants and Cards)	
			IBC	
			Soft Furnishings & Sewing	
			Stort Blinds	
			IFC	
			Teach me to Sew	
			12	
			Tree Surgeons	
			All Aspects Tree Services	
			28	
			Tree Management Company	
			28	

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