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## Front cover:

Petrica Birsan holding the Stansted in Bloom trophy awarded to Mountfitchet House, taken by Trevor Lloyd

Stansted Mountfitchet Village Magazine

# The Link

[www.stanstedlink.org.uk](http://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](mailto:editor@stanstedlink.org.uk) by noon on 9th September for the October issue or by hand/post by noon on 7th September to 7 Blythwood Gardens, Stansted CM24 8HG.

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## EDITORIAL



Many thanks to Trevor Lloyd and his Stansted in Bloom team for organising such a wonderful garden competition, which has brought local people together in a positive and cheerful way, after the sadness and worry of the past 18 months. Our front cover shows Petrica Birsan holding the trophy in the Communal Areas category. Petrica is the maintenance manager at Mountfitchet House Care Home and has worked with residents to create some fantastic floral displays in the communal areas. He comes from Romania and has worked here for eight years. Many congratulations to him, and to the rest of the winners in other categories. You will see some additional photos and an article about the competition on p25.

It is so good to read that local events are really beginning to pick up again, such as the Windmill Bank Holiday fête on 30<sup>th</sup> August (p3), and the resumption of History Society meetings on 2<sup>nd</sup> September (p7). Many residents will be over the moon that the Day Centre is once again open for regular groups as well as the café and other helpful services to the local community provided by Touchpoint.

### TOUCHPOINT STANSTED

[www.thetouchpoint.org](http://www.thetouchpoint.org)

You may have seen activity recently at Crafton Green where TouchPoint Stansted has thrown open the doors. We aim to bring our great community together, helping to connect people who need support with those who can offer it in a friendly and welcoming place. Staffed entirely by a wonderful group of volunteers, the team has already done an amazing job clearing and planting the community garden; the lovely Jo Halladey and her team are working wonders in the café. To kick things off we have a pop-up café every Thursday 11.00am-5.00pm in the Day Centre. Come for a cuppa and cake, or if you fancy something a bit more indulgent, pre-book one of our afternoon teas; call us on 07572 114882 or email: [book@thetouchpoint.org](mailto:book@thetouchpoint.org) by 4.00pm the day before to reserve yours. Between 3.00pm and 5.00pm each Thursday we also have a children's clothing exchange rail; please feel free to help yourself to an item or two.



We have free WiFi and two laptops if you need help with online form filling, job seeking and interviews or Zoom calls with loved ones. We have a private office you can use. Please spread the word if you know someone who might benefit from this. We have also partnered with IDEA, The Inspiring Digital Enterprise Award, for those interested in developing digital skills. This free course is recognised by employers and is fully accessible on any device. For more information or to get involved, visit our website or Facebook page @touchpointstansted or contact us on 07572 114882, email: [info@thetouchpoint.org](mailto:info@thetouchpoint.org).

Shirley Johnson



### LET'S TALK, STANSTED!

[www.stanstedmentalhealth.org](http://www.stanstedmentalhealth.org)

It is a positive step forward that actors, sportspeople and celebrities have come forward recently to talk about their struggles with anxiety, depression and isolation. Mental health issues can affect everyone and there are many ways to cope, but it always starts with openness and communication. Sharing your worries with others is an opportunity to express yourself and a starting point for finding support. For those who are contemplating suicide, it can also be a life-saver. World Suicide Prevention Day is **Friday 10<sup>th</sup> September**. Look out for us around the village that weekend. Our aim is to get people talking; we arrange training in mental health and suicide awareness, removing the stigma of discussing mental health concerns and enabling residents to support each other. We are also creating or supporting local groups to meet and make new friends. These groups are open to anyone; feel free to come along, or get in touch to find out more:

**The Veg Shed** for men meets at Elms Farm Allotments every Sunday to grow fruit and vegetables. All men are welcome, whether experienced growers or complete novices.

**Muddy Walkers** weekly walking group open to everyone. Walk, talk and connect with nature, Thursdays at 7.30pm. We always have someone to chat with at the **Touchpoint Café** every Thursday at Crafton Green House.

**Yoga for backs** is a gentle way to reduce back pain and improve mobility. Email: [dina.letstalkstansted@gmail.com](mailto:dina.letstalkstansted@gmail.com) to register your interest in one of the short courses planned for the autumn.

We will be available at the Windmill Fete on **Monday 30<sup>th</sup> August** and the Stansted 10K Fun Run on **Sunday 19<sup>th</sup> September**. Everyone is welcome to get in touch whatever your situation. See our website or Facebook page [www.facebook.com/groups/letstalkstansted](http://www.facebook.com/groups/letstalkstansted).

Richard Haywood  
Tel: 07794 268208

Email: [contact@stanstedmentalhealth.org](mailto:contact@stanstedmentalhealth.org)



## STANSTED MOUNTFITCHET WINDMILL

www.stanstedwindmill.co.uk

It seems we can go ahead with the fête on **Monday 30<sup>th</sup> August** 1.00pm-5.00pm. There will be most of the usual attractions around the Mill and on the Mill Field but regrettably we have been advised that we should not run the Teddy Parachuting or the Face Painting this year because of potential Covid infection. This is very disappointing but we must be very cautious and the safety of our volunteers and everyone attending the event is paramount. Tesco has generously provided plenty of hand sanitisers and we would encourage you to socially distance as much as possible.



On the Recreation Ground you will find an array of inflatable attractions including bouncy castle, slides, assault courses and gladiator jousting, and Robbie the land train will be providing rides for children. You will need to buy a £5.00 wristband for unlimited access to all the inflatables and the train, plus Hook a Duck and Hoopla, for the younger children. This is very good value when you compare it with the cost of taking your child to the coast for the day. Avoid the traffic jams, park in Crafton Green and walk the family down to the fête for a fantastic community get together. The Recreation Ground is also the location for our exciting new football/darts game, as well as the sack race time trials; and if you are there at 4.30pm you could be the winner of the Millers Sack Race Derby. We welcome your support and look forward to seeing you.



Molly Clark  
Co-Trustee  
Tel: 816768



## RECYCLE INK, STAMPS AND TOOTHBRUSHES

We are still collecting original (not remanufactured or own brand) ink cartridges, postage stamps, toothbrushes, electric toothbrush heads, and toothpaste tubes (please place dental items in a paper or plastic bag). Please leave items in the boxes outside the blue main door of the church. There is also a collecting box inside St John's church. Alternatively please leave items in the porch of 7 Blythwood Gardens. **Please note that we do not take laser toner cartridges.** Thank you.



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



## MACMILLAN COFFEE MORNING

We plan to be back again this year hosting a Coffee Morning in aid of Macmillan Cancer Support, unless Government guidelines change. This will take place on **Friday 24<sup>th</sup> September** 10.30am-12.30pm at Old Lane House, Church Road. There will be a cake stall and raffle. If you are unable to attend but would like to donate, you can give online at [www.macmillan.org.uk/coffee](http://www.macmillan.org.uk/coffee) or you can let us have a cheque made payable to Macmillan Cancer Support.

Thank you.

Christine and Bill Stiles  
Tel: 813172

## ST CLARE HOSPICE

www.stclarehospice.org.uk



### Walking in Memory

You are invited to our third annual *Walking in Memory* event on **Sunday 19<sup>th</sup> September** at 11.00am. This is a very special event for the whole family and is a thoughtful way to honour those who we love and miss by coming together with others who understand. Starting from the hospice, together we walk a 5k route through the beautiful fields and footpaths of the local countryside, in memory of lost loved ones. This is our flagship fundraising event of the summer, and aims to bring together hundreds of local people and families to take part in a memorial walk. Participants will receive a complimentary, hand-held windmill that can be personalised in memory of the person they have lost. The windmills will be placed in the hospice grounds as part of a colourful memorial display; there will also be some available to purchase for people to take home. After the last very difficult 18 months, with many people unable to mark the deaths of their loved ones properly, it will mean even more for families to come together in remembrance. By walking for someone special, you will be helping to raise vital funding that supports St Clare to continue offering our specialist, compassionate care to local people living with a life-limiting illness, and their families.



Registration is open via our website. Tickets: £10 adults, £5 children, £27.50 for a family of four. Everyone is welcome, but unfortunately the course is unsuitable for wheelchairs and pushchairs. For more information, please contact Dani De'ath on 773738 email: [dani@stclarehospice.org.uk](mailto:dani@stclarehospice.org.uk).

Emma Sugarman  
Senior Communications Officer  
Email: [emma.sugarman@stclarehospice.org.uk](mailto:emma.sugarman@stclarehospice.org.uk)



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## THANK YOU

John and I would like to thank the many people who sent John cards and greetings on his 90<sup>th</sup> birthday in July. As many people know, John is currently in Mountfitchet House Nursing Home where he is being looked after incredibly well by their dedicated staff. We have had such wonderful support from everybody, including St Mary's Church Farnham, Stansted Bowling Club, and not least St John's Church, where the choir performed a very special performance of *Happy Birthday* filmed and sent to us by our Rector, Rev'd Dr Colin Fairweather.



We have been overwhelmed with kindness, but it is not a surprise as Stansted is a wonderful village which is why we love living here even after 61 years! Due to Covid restrictions we were not permitted to have a party at Mountfitchet House to celebrate John's birthday, but the photo above was taken at our house on our Diamond Wedding Anniversary last year - another non-party! Very best wishes and all our thanks.

John and Janet Hollis



## THE PLACE ON THE HILL

It was great to be back enjoying refreshments and chat with friends old and new. *The Place* will continue to open every **Wednesday** 10.00am-noon, adults only. We are hoping to move back into the church foyer, but if the church door is locked, please go to the hall. There is no need to book, just turn up. We look forward to seeing you.

Mike and Marion Dyer  
Tel: 814059



Email: [theplace@stanstedfreechurch.org.uk](mailto:theplace@stanstedfreechurch.org.uk)

## STANSTED SOCIAL CLUB

[www.smcs.uk.com](http://www.smcs.uk.com)

We have been stunned by the response from members heading back into the Club. We cannot thank you enough! I have to admit it was very strange being able to go to the bar and order a drink. New members and membership renewals have also really helped the finances after being closed for so long. The snooker room has been spruced up by the team and we will be starting competitive games very soon. The pool and darts teams are also ready to go and games start again in September.

Our approach to entertainment for 2021 has been to bring in bigger bands to give something special back to our members. In July, *The Expletives* made their debut in the Club and what a night it was! They are the best band I have seen in the Club, and they must have the most animated bass player in the world. We had a fabulous Bee Gees tribute act on 7<sup>th</sup> August. The 21<sup>st</sup> saw the return of *Sax on Fire* and we finished the month with our resident DJ with his Old Skool set. *Complete Madness* will be back again on **Saturday 11<sup>th</sup> September**. They are the country's premier Madness Tribute band and well worth seeing. Saturday 25<sup>th</sup> sees the welcome return of *The Souled Organisation* and on Sunday 26<sup>th</sup> we have an Elton John tribute. Always check the Facebook page or website for additions or changes to our entertainment schedule.



Andrew Sharpe  
Tel: 812992

Email: [stanstedclub@gmail.com](mailto:stanstedclub@gmail.com)



[www.mencapgrovecottage.org](http://www.mencapgrovecottage.org)

### Charity Clay Shoot

The event is on **Friday 17<sup>th</sup> September** 9.30am-2.00pm at Nuthampstead Shooting Ground near Royston SG8 8LS and is a great opportunity to try something new, spend the morning receiving quality coaching from friendly instructors and get competitive with other teams. Nuthampstead is a very well-known and respected ground in the shooting community which holds high profile competitions and training for Olympic and Commonwealth athletes.

Although aimed at novices, seasoned shooters are also welcome. The day kicks off with tea, coffee and bacon sandwiches while attendees arrive and register, followed by a welcome and safety brief from the owner, Ed Barker. In teams of four, attendees begin to move through six stands of six clays, each with a different themed target. There will also be the opportunity to have a go at breaking a world record, a hog roast, cash bar for beer and wine, raffle and auction. Tickets are £150 which includes gun hire, cart-ridges, tuition, prizes, and refreshments. To register, please go to our website and complete the application form.

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## STANSTED MOUNTFITCHET U3A

[www.u3asites.org.uk/stansted/home](http://www.u3asites.org.uk/stansted/home)

Club members enjoyed their meeting in July, celebrating the relaxation of Covid rules with afternoon tea and mountains of cake. Alan Haines entertained us with his *Baby Boomers Nostalgia Show* and we really enjoyed remembering the music and shows of the 50s and 60s. At our first seminar, Jeremy Batch gave a most exhilarating talk on *The History of Navigation* from 2000BC, beginning with the Byzantines and continuing through the Greeks, Polynesians and Vikings to modern times. The seminar was illustrated with slides and diagrams detailing the use of the various instruments of the times. The Art Appreciation group spent an interesting afternoon at the Henry Moore study centre visiting the magnificent sculptures; we hope to see more at the next get-together at the Gibberd garden. Some of us also had another extremely interesting walk around the village with historian Kate Birkbeck giving us the background to the history of the great families who have lived here, finishing at St Mary's Church and cemetery at the grave of one of the heroes of the Zulu Wars who fought at Rourke's Drift.



Tony Wellings, who has led us on many country walks over the last years, is retiring as leader of the Walking and Nature Appreciation group. Tony's extensive knowledge has always made our walks so interesting. As a gesture of appreciation, the walkers presented him with a patio rose and a carved stag antler handle walking stick. The next meeting is on **Thursday 16<sup>th</sup> September**. If you are not a member, please come along and meet us; hopefully you will enjoy the meeting and decide to join. Look us up on our website.

Eileen Quinn

After a lot of discussion, it has been decided to go ahead with our 2021-22 season, and our speakers for the rest of the year are listed below. The 2022 meetings will be published in a later edition of *The Link*. The first meeting is on **Thursday 2<sup>nd</sup> September** 8.00pm at the Day Centre. Our treasurer, Ray Rogers, will try to collect the subscription at the first meeting; the cost has increased to £10 to cover increasing expenses. Please have your cash or cheques ready. The day visitor membership remains at £2. For the time being we will not be serving refreshments. Members attending must have had two vaccinations or have had taken a lateral flow test at least 24 hours prior to the meeting and it must be negative. We rely on anyone in this situation to be honest as we are not asking for physical proof of these results. Any prospective attendee who feels unwell should not attend. Similarly, if you have been in contact with anyone who has tested positive or has travelled abroad within 15 days, you should not attend either.

It is also required that people wear a face covering when entering the Day Centre (unless you are exempt), except when you are seated. There will be hand sanitiser at the entrance. The windows will be opened for ventilation. We understand how people may feel, but if anyone when they arrive feels uncomfortable with the available space please feel free to change your mind and leave.

- 2<sup>nd</sup> September Roger Barrett, Caroline Fuller Maitland *Travels to Rome in 1857*
- 7<sup>th</sup> October Charlie Haylock *History of Surnames*
- 4<sup>th</sup> November Tim Turner *History of Hallmarks*
- 5<sup>th</sup> December Christmas Quiz. Mince pies and mulled wine to be confirmed

All meetings will be held in the Day Centre off the top of Chapel Hill at 8.00pm.

Roger Barrett  
Tel: 814216  
Email: [rbarrett54@gmail.com](mailto:rbarrett54@gmail.com)

### LINK ADVERTISING

**We are now taking bookings from new advertisers for our printing year which begins in November**

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## MANUDEN GUIDES

**Help! Help!** We have 24 girls, with six on the waiting list, and four due to move up from Brownies, making 34: the most we have ever had! Some of these girls come from Stansted. We now desperately need another adult to help us; ideally someone who can come every week, or who is able to commit to a regular meeting, fortnightly perhaps. Over the past year, in spite of the pandemic, we have been able to meet, either on Zoom or face-to-face, and to provide fun, interesting and informative activities for the girls during a difficult time. We have even managed two activity days at a campsite, and a visit to AquaSplash, with a holiday to look forward to soon.



We hope to be able to continue with these activities, but do need **help**. It is most rewarding for the adults too; the only qualifications you need are to enjoy the company of young people, an ability to support appropriately when necessary, and a sense of humour. Please give it some thought; you may have enjoyed being a Brownie or Guide and would like to ensure that more girls have this opportunity, but no previous experience is necessary. Please contact me if you need any further information.



Glynis Prothero  
Tel: 814145 or 07835 717942  
Email: glynisprothero@aol.com



As The Link goes to print, **Investigators**, an activity for children aged 7-11 years, is still on course to re-start on **Friday 10<sup>th</sup> September** at the Free Church Hall, off Chapel Hill (behind the Free Church). Having resolved a scheduling issue, we are now able to confirm we will be reverting to our previous meeting time of 6.15pm-7.45pm. We enjoy a mixture of games, fun challenges, creative activities, discussions and a Bible story most weeks. For more information see the August Link article or contact me.

Investigators is run by Stansted Family Church. Although some children at Investigators attend a church, or a church school, most do not and everyone is welcome. Spaces are filling up fast, with many returners and a few new children, so please contact me as soon as possible if your child would like to try out Investigators in September. All leaders are DBS checked, have appropriate safeguarding training, and are experienced in working with children.



Ros Page  
Tel: 810813  
Email: [rosagemusic@yahoo.com](mailto:rosagemusic@yahoo.com)



## DAISY MAY'S FARM

[www.daisymaysfarm.org](http://www.daisymaysfarm.org)

Things are definitely in full swing on our farm and we are all having the best time. We now have an exhibit table where you can find our ducklings waiting to amuse any passers-by. In addition to our *Love a Lamb* sessions, where you can bottle feed this year's orphaned lambs, we are now running *Cuddle a Kid* sessions too; these sessions must be pre-booked via our website.



The farm is busy with visitors and it is not surprising as there is so much to do there; you can meet and feed the animals, enjoy the woodland trail, go on a carrot hunt, enjoy arts and crafts, have fun in the play area and enjoy lunch in the picnic area. Please make sure you pre-book your tickets on our website. Also, do not forget our new loyalty card and you can collect stamps towards a free visit. If you are stuck for where to go on holiday this summer, then look no further. We have our fantastic camp site that folk are loving (and between you and me, so are the animals!). It is brilliant. Check out our website for details. There is so much going on at the farm, so make sure you do not miss out this summer. We really look forward to seeing you soon; we are at Hall Road, Elsenham CM22 6DN. Many thanks.

Elaine Terry  
Tel: 07747 787973

## ORGAN RECITAL AT ST MARY'S CHURCH

Restrictions imposed by the Government due to the pandemic have made it quite difficult to plan for this event, which is on **Saturday 11<sup>th</sup> September** at 3.00pm prompt. Consequently, the recital is happening much later than intended; but with the organ being played by a professional organist from Cambridge University Church, I guarantee that it will be well worth waiting for. Be sure not to miss it. Everyone is invited, especially dear Friends of St Mary's Church and those who so generously donated towards the cost of the recent organ refurbishment. Refreshments will be available. Look out for posters around the village for more information and signs for car parking on the day. See you there.



Keith Turner  
Tel: 01487 823512

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Tel: **01279 814052** Email: [ugleyvillagehall@gmail.com](mailto:ugleyvillagehall@gmail.com)

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## RSPB STORT VALLEY

[www.rspb.org.uk/groups/stortvalley](http://www.rspb.org.uk/groups/stortvalley)

As nights become colder, birds and other wildlife can be seen preparing for the winter to come. Most of our summer visitors, such as the warblers and swallows, have left to begin their migration south. Other birds that spent the summer in more northerly countries start to pass through on their way south. Huge numbers of flycatchers, chats and warblers arrive on our coasts from Scandinavia, all with one thing on their mind: the journey to Africa. Resident birds become quieter and no longer fight over territories, returning to warm roosts each evening.



*Sedge Warbler*

Although this is a time when gardeners traditionally start to clear up, you could adopt a more natural approach if you want to encourage wildlife. I refer to it as a relaxed gardening style. Leave seed heads, especially on plants such as teasels, thistles and sunflowers. Allowing vegetation to die back naturally provides food and shelter for birds through the coldest months. Try to keep weeding to a minimum but dig out pernicious weeds such as ground elder. Pull out any others by hand although you could try leaving those with more attractive flowers, especially if they are tucked away between shrubs. We are planning on restarting our walks and talks but unfortunately, at the time of writing, I do not have any details. Please check the website for up-to-date information.

Sheila Bowles  
Tel: 814973



[www.hearinghelpessex.org.uk](http://www.hearinghelpessex.org.uk)

We are now back in the Day Centre for our cleaning and re-tubing service for NHS hearing aids on the morning of the 2nd Tuesday of each month, by appointment only. To book, please call 01245 496347, text 07950 406173 or email: [info@hearinghelpessex.org.uk](mailto:info@hearinghelpessex.org.uk). A doorstep service is available for those who are housebound.

Susan Butler  
Service Coordinator



[www.eastonlodge.co.uk](http://www.eastonlodge.co.uk)

The summer weather has been so changeable: heat wave, thunderstorms and cold, but visitors have still come, sunshine or cloud. The sun has brought out the butterflies and shady trees provide relief, but on darker days the colours of the flowers really shine out and lift the spirits. We hope that the sun will shine on our Apple and Bees Day on **Sunday 19<sup>th</sup> September** 11.00am-5.00pm and our final Sunday Open Day on **17<sup>th</sup> October**. We have been picking fruit and jamming; it was a good year for currants, but the birds and squirrels took their pick too, despite the netting. It should be a big raspberry and mulberry year.



On 19<sup>th</sup> September we will be joined by local beekeepers, the East of England Apples and Orchards Project and the Friends of Cressing Temple. A local woodturner will be demonstrating his craft and local coppicers will explain the importance of their work in our native woodlands. Bishop's Stortford Ukelele Society will tonk out their toons at the gardens for the first time since 2019. We fervently hope we will be able to return to the full range of activities we could provide before the pandemic, with crafts for children, apple, honey and produce tastings, as well as apple juicing. We will keep this under review during the lead-up to Open Day. Excellent bacon, cheese or hummus rolls, homemade cakes and hot and cold drinks will certainly be provided. Entry before 1.00pm is by advance booking only through our website, Facebook page or [www.trybooking.com](http://www.trybooking.com). After 1.00pm visitors may pay on the gate. Advance tickets are not required for the more limited offer on Open Thursdays 11.00am-3.00 pm; for details see our website.

Jill Goldsmith  
Tel: 07947 183439

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## Nature Notes

### Fagaceae Oak *Quercus robur*

The very name *oak* suggests might and strength. For centuries oak has been used as a building material in many great buildings requiring roof vaults; it was the wood of choice for the early ships, especially war ships which faced the Spanish Armada. The oak is associated with the magic of midsummer: oak is king. The tree roots are said to be the passage-way to the underworld, and only known to the fairies.



The main medicinal property of the oak is the tannin contained in the bark, which is an astringent. If the gums bled, the astringent would stop it. Rasputin is thought to have used the astringent properties of the oak to stop the bleeding of the haemophilic Russian prince, Alexei Romanov, son of Tsar Nicholas II. A twig from the tree frayed at the end acted as a toothbrush to the ancients. When one thinks of the Druids, mistletoe boughs come to mind, being harvested with a gold sickle. This was used in medicine but became unpopular by the Middle Ages. According to Angela Paine, Rudolph Steiner believed that the Druids of Britain had the answers to healing. In the 1920s he journeyed to Shropshire to investigate mistletoe. There he had a vision; he tuned into the wisdom of the Druids and the mistletoe in Steiner's mind was the cure for cancer. The oak was the host tree.

Bee's Daughter



[www.musicatstansted.co.uk](http://www.musicatstansted.co.uk)

A reminder of our Pop up Family Concert on **Sunday 5<sup>th</sup> September** at 4.00pm in the gardens of St John's Church with the Brook Brass wind ensemble. Everyone welcome, no need to book. Bring a chair. Admission free, donations to the musicians welcome. Please note no toilet facilities. The concert will be cancelled if the weather is wet.



## BRAIN TRAINING

[www.clareharding.com](http://www.clareharding.com)

Daytime mouth taping lowers stress levels and improves nasal breathing, which will aid sporting performance. Last month I was encouraging people to try taping the mouth at night; this month I will discuss how this can be achieved during the day. Because we are awake, we only need to do it for about 30 minutes. If you feel awkward, choose a time when you are alone. Place a small bit of micropore tape over the



centre of the lips. You can still talk, if the phone rings. The tape encourages nasal breathing, with the huge benefits to health that that brings. It encourages a full breath rather than a high chest breath. Among many other benefits, a full 360° breath is

critical to all sports, particularly rotational sports like golf, tennis or cricket because it is a fundamental part of your core strength.

To decrease stress levels dramatically, block the right nostril as well. I use a simple earplug. Breathing through the left nostril activates the left amygdala. The left amygdala is calming. Yogic practices have known about this for centuries, and it has recently been validated by many scientific studies. I have found this drill very effective at stopping my shoulders climbing up into my ears. A problem with stress levels is that we are unaware of how stressed we normally are. We get used to walking around at tension, not breathing, with racing minds, until something suddenly lowers that stress. This is a superb drill for doing that. I really recommend trying it, even if it means I am not the only loony in the village.

Clare Harding  
Z-Health Master Practitioner  
Tel: 07802 872919

## WAR MEMORIAL

I would like to thank the numerous volunteers who have so enthusiastically returned to arrange the flowers on the War Memorial each week after the enforced break during lockdown. It has been extremely rewarding that everybody is so keen. We had to miss 11 weeks since last Easter as well as the year before. By the time this is published you should all have a date.

Remembrance Sunday on 13<sup>th</sup> November will be the last day this year but I would love to hear from new people who would like to be involved starting from Easter Sunday 17<sup>th</sup> April 2022. I have received an extremely generous donation from a lovely Stansted couple who wish to remain anonymous. I thank them again most sincerely. They would like it to be used for anything to do with the War Memorial.



Janet Hollis  
Tel: 812073  
Email: [janhollis@btinternet.com](mailto:janhollis@btinternet.com)

## THOUGHT FOR THE MONTH

As I sit down to write this article, we find ourselves amid the Covid-19 pandemic, climate and environmental breakdown, inequality and increasing social and economic division. Quakers have, with the benefit of Zoom, been able to take part in the Quaker Yearly Gathering Meeting in August, with its theme of *How to live equality and truth in a time of crisis*. Through talks, lectures and meetings we have linked up with Quakers in this country and abroad, to explore the reality of our lives lived in a time of crisis and to share our experiences and insights. It seems to me, that in the light of both that theme and our lived experiences of the past 18 months, we have all been challenged to look again at how we exist, and the impact of the choices we make. How can we achieve *right living* which honours all - irrespective of gender, age, race, (dis)ability - and which maintains the earth and nature upon which we all depend for our continuing existence? By sharing our skills, resources and insights with each other we will hopefully come to that *kinder ground* where we can pursue truth and right living together and to be open, like children at kindergarten, to new ways of being, doing and fostering loving relationships.

Our children and young people are soon to return to places of education, but are we also ready to learn new ways of living? We cannot return to *business as normal* for that *normal* has gone, but we can return to help each other build a new normal, whether in our families, friendship groups or community. How can we best re-establish the link so that we can all hope to flourish and live this new life? Stansted village seems to be brimming with such links already but maybe there are new ways to explore together. Quaker Advices and Queries No. 17 states, "Try to live simply. A simple lifestyle freely chosen is a source of strength." We find in Timothy 6:7-8 the reminder: "What did we bring into the world? Nothing! What can we take out of the world? Nothing!" Yet how we chose to live in the present time influences how the world will be able to sustain those who follow us. My hope is that we may learn to live simply so that others may simply live.

Heather Kent

Member of The Religious Society of Friends

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**Assistant Curate:** Rev'd Helen Flack Tel: 01371 876145  
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**Pastoral Assistant:** Kathryn West Tel: 816293  
Email: kewest@btinternet.com

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

### From St John's Registers

July

#### Funerals

7<sup>th</sup> Jennifer Wilson - interment of ashes at St Mary's  
8<sup>th</sup> Daryl Ann Riley, age 75 - at Cam Valley  
19<sup>th</sup> Delphine Laura Elizabeth Painter, age 85 -  
at Parndon Wood

## THE RELIGIOUS SOCIETY OF FRIENDS (QUAKERS)

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**Sunday Worship** 10.30am. Visitors are always welcome.

A **Light group** session is held on the second Saturday of each month 10.30am-noon at the Meeting House. This is a Quaker spiritual practice similar to a guided meditation. All are welcome and you do not have to be a Quaker. Please contact me for more information.



Sue Moloney  
Tel: 07759 532115  
Email: [suemol@uwclub.net](mailto:suemol@uwclub.net)

## ST JOHN'S 300 CLUB

Many congratulations to the winners of the July draw:

£200	No 200	Alan Barnes
£100	No 250	Christine Henderson
£50	No 105	Gary West
£25	No 112	James Pettinelli

The next draw is on **26<sup>th</sup> September** after the 9.30am service. Numbers at £2 per month are available for anyone who would like a chance of winning one of the 38 prizes totalling £2,500. The Club raises vital money for the Church.

Jean Newson  
Tel: 819062



## FRIENDS OF ST MARY'S CHURCH

We have been very busy with lots of campers staying in church for their staycations; couples, families and people staying alone. One young lady who stayed for two nights all by herself was very sad when it was time to leave and hopes to come again. The Strummers came up to our August Open Sunday and what an amazing audience we had; our feet were tapping as we sang along. At one point we had more than half of the audience dancing up and down the aisles! A huge thank you to all the musicians for your time and for entertaining us so beautifully. You are welcome back whenever you can come again. A special mention to Kay for the delicious cakes and my lovely ladies for managing the refreshments. It was a team effort and everyone played their part in making it a most enjoyable afternoon. I would like to give a special shout out to Peter and Sue for all your help and commitment recently; you are my superstars. Our next Open Sunday is **Sunday 5<sup>th</sup> September** 2.00pm-5.00pm and I do hope that you will join me for a cuppa and a chat.



Lynda Dale  
Tel: 07716 099474



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**Secretary** Betty Francis  
Tel: 813977  
Email: [betty@stanstedfreechurch.org.uk](mailto:betty@stanstedfreechurch.org.uk)

**Lettings** Marion and Mike Dyer  
Tel: 814059  
Email: [lettings@stanstedfreechurch.org.uk](mailto:lettings@stanstedfreechurch.org.uk)

### Preachers for September

5 <sup>th</sup>	10.30am	Karen Quelch - New Directions
12 <sup>th</sup>	10.30am	Rev'd Gill Hulme - Communion
19 <sup>th</sup>	10.30am	Rev'd Stuart Veitch
26 <sup>th</sup>	10.30am	Rev'd Jenny Martin



As we are currently seeking a new minister, please contact the secretary as above with any general church enquiries. The church hall is available for regular and one-off bookings. **The Place on the Hill** is now open on Wednesdays 10.00am-noon for adults only. See page 5 of this issue of The Link for further details.



Mike and Marion Dyer  
Tel: 814059



[www.stanstedfamilychurch.co.uk](http://www.stanstedfamilychurch.co.uk)

**Contact** Howard and Ros Page  
Tel: 810813  
Email: [stanstedfamily@gmail.com](mailto:stanstedfamily@gmail.com)

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

We are pleased to be able to meet in person again, but our regular venue is still unavailable as The Link goes to print and venues may change closer to the time; if you wish to join us for a friendly, informal meeting on a Tuesday evening or a Sunday, please get in touch. All meetings offer a combination of modern worship music, Bible-based talk/discussion and prayer. We hope to resume running the Alpha Course in person later in the autumn. In addition, Investigators will re-start for children aged 7-11 on **Friday 10<sup>th</sup> September**, with lots of games, fun challenges, stories, discussions, craft and drama (see separate article on page 9). For more information on any of the above, please contact us. We are also happy to receive prayer-requests from anyone, and regularly see answered prayers. 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?



Ros and Howard Page

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It was a case of "here we are again, happy as can be, all good friends enjoying a cup of tea!" We also enjoyed delicious home-made scones and coffee cup cakes and an afternoon of celebration that we could all meet up again after months of restrictions. We also celebrated members' birthdays. Birthday posies were presented to those with August birthdays, and those who had big '0' birthdays during lockdown received a gift of a Calla Lily and a birthday cupcake complete with candle. Everyone, including some very welcome visitors, enjoyed a very sociable afternoon. Our meetings will be held as usual on the third Wednesday of the month in Ugley Village Hall at 2.00pm, with the next one scheduled for **Wednesday 15<sup>th</sup> September**. Why not come along one afternoon? We look forward to seeing you.

Andrea Fitt  
Tel: 815922



[www.stortvalleyrotary.com](http://www.stortvalleyrotary.com)

The Helping Herts Campaign, which as reported previously, has been established to raise much needed funds for Hertfordshire charities, is now gaining momentum. We started with empty social media pages and no awareness but we are now at a point where we have built up a warm audience of followers encouraging them to donate and take part in our fundraising events. So far, we have reached almost 35,000 accounts on Facebook and 5,000 accounts on Instagram with good engagement on both platforms. We have also established a strong email campaign to push our summer events and activities as well as increase donor activity. If you would like to learn more or become involved go to [www.helpingherts.com](http://www.helpingherts.com).

Members welcomed the opportunity to meet face-to-face as a group for the first time since last summer. Steve Mustill, local historian and Club member, guided us round Bishop's Stortford to sites of fascinating historical interest. He told us, for example, that St Michael's Church is mainly of Norman origin and was built on the site of an original Saxon church. In addition, from the 18<sup>th</sup> century the town worked hard to satisfy London's seemingly insatiable demand for our beer. Steve however dispelled any idea of idyllic lifestyles for the townsfolk with graphic descriptions of sights and smells emanating from the breweries, slaughterhouses and tanneries. He added colour with accounts of royal excess when Charles II frequently stopped over at the George and Dragon on his way to Newmarket racecourse. It is even claimed that the king, along with his mate Samuel Pepys, set up what is claimed to be the country's first Madame in premises we know today as the Tourist Information Office. You can find us on Facebook and Instagram - @helpingherts.



Peter Latham  
Tel: 507294  
Email: [peterlathamz@outlook.com](mailto:peterlathamz@outlook.com)

We met again on the recreation ground for our July meeting and were mostly lucky with the weather, the rain only appearing towards the end. Chris Hope provided a good assortment of umbrellas for those in need. It was good to welcome seven visitors and we hope that they will come again. Our posters around the village had obviously been read, which was lovely. We had tea and homemade cakes and time to chat and catch up on friends we had not seen for a long time.



We are still receiving our Essex County magazine and WI Life, which is the national magazine and must mean that the WI movement is alive and kicking. This seems apparent from the walking that appears to be happening all over the country. Last month there was an article written by Petra Wenham, our first transgender member, saying how overwhelmed she has been by the WI's welcome. She is also a keen speaker and very pleased to answer any questions and to bust myths about transgender people. Many of our members have spent the last months knitting and some beautiful jumpers have been sent to Associated Country Women of the World (ACWW), which will go to children in need overseas. Others are still knitting squares which I make up into blankets. I have another five blankets completed, having previously taken seven to Christian Hope International in Romford, who send them to Eastern Europe at the moment. We hope soon to be able to meet indoors and welcome a speaker to our meetings. New members are always welcome wherever we are.



Judy Colliver  
Tel: 812470

## STANSTED IS WELL READ

Our last meeting was very special as it was the first time we had met face to face for over a year; it was good to be back at the Dog and Duck and to see everyone again. As not many of us had managed to read our last book, *The Dutch House* by Ann Patchett, we decided to carry it forward so we will be discussing this at our next meeting, which will be at the Dog and Duck in Lower Street on **Tuesday 7<sup>th</sup> September** at 8.00pm. Please do get in touch if you would like to join us, a warm welcome will await.



Anne Watson  
Tel: 898693  
Email: [stanstediswellread@gmail.com](mailto:stanstediswellread@gmail.com)

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The Covid pandemic has had an impact on our local businesses; they have adapted services to meet customers' needs. Here are some updates from three of them: Following the pandemic staff at Lino Thomas hairdressers worked long hours six days a week for the first couple of months after reopening. They now arrange longer appointment times to ensure the safety of clients and staff. Appointments are confirmed two days before, via text message. Having a large salon has its advantages as there is now more space for clients to socially distance, with fewer hair-dressing chairs, which has helped staff and clients. Clients can access digital magazines. Alcohol spray and anti-bacterial gel are used in abundance.



The Chocolate Favour Box supplies a wide range of chocolates online and has a new range of individual chocolate hampers. There are now no minimum orders as there were before Covid. The company is maintaining extra precautions, and processes orders two days ahead of the dispatch date to minimise any potential contamination. They are also using a courier service. Peter James at Murdoch's Estate Agents said that Covid has pushed businesses into a corner through isolation. They had to rely heavily on other forms of contact with customers, such as using the internet. Peter questions whether people are losing skills to interact with others on a one-to-one basis. He also says that it has taken a lot of effort to keep businesses going.



Iris Evans  
Treasurer



[www.mountfitchetgardenclub.co.uk](http://www.mountfitchetgardenclub.co.uk)

Even with the weird weather being experienced at the moment, from extremely high temperatures to tropical monsoon rain, golf ball sized hail stones and the subsequent flooding, it is amazing how our gardens are standing up to this unusual mixture and still continue to look beautiful and provide a place to relax and chill out in. There are still some jobs such as pruning that can be done as you potter around the garden. Now is the time to take softwood cuttings, especially from plants that are half-hardy and may not survive a bad winter: salvias, penstemons, osteospermums and fuchsias for example. In the herb garden it is an ideal time to take cuttings from rosemary, sage and lavender. Another idea is to propagate rose cuttings in potatoes, which generally have a high water content; this helps keep the cutting

moist and increases the chance of the plant taking root and flourishing in your garden.

Whilst relaxing, make rough sketches of your flower borders and vegetable plot to help plan for next year. Mobile phones are ideal for taking lots of photos of your garden and it will help if you want to rearrange things over the winter. Many nurseries and specialist plant breeders have started taking orders for bulbs and perennial plants for autumn delivery. Ensure that your plants and vegetables are watered regularly, especially if they are growing in the greenhouse. The Royal Horticultural Society have advised that now the Covid restrictions have been lifted, you no longer have to book a timed slot to visit their gardens. The exception is the new RHS Bridgewater Garden near Salford.

Maralyn Harris  
Chairman  
Tel: 07919 478144



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[www.hundredparishes.org.uk](http://www.hundredparishes.org.uk)

Hedges have long been a significant feature of our landscapes. They reduce erosion and offer shelter and forage for livestock and wildlife. Over the centuries, nuts, berries and herbs from the hedgerows have provided food and natural remedies too. Woody material cut from pollarded hedgerow ash, elm and oak trees was once used as fuel or turned into useful objects. Hedges go back a long way: Roman farmers favoured a living hedge to mark out boundaries. Their value was recognised in 1567 guidance from the court at Felsted: *"Any persons breaking any hedge or stealing wood be put next Sunday or holiday in the stocks for two hours at the least"*. Since the late 1940s, 50% of hedges have been lost as farmers enlarged fields so bigger machines could operate, with the occasional forlorn oak tree as a faint reminder of a lost hedge. The former layout of hedges in any parish can be seen in 19<sup>th</sup> century tithe maps; comparison with current aerial maps will demonstrate what has been lost. The consequent loss of habitat is often blamed for reduction in biodiversity.



Today, hedges are again valued as wildlife corridors and as a way to lock up carbon. There are encouraging signs of new hedgerow planting, for example in Saffron Walden and beside the B1051 between Broxted and Thaxted. This summer, blackberry blossom has been much in evidence in the hedgerows so autumn walkers may be in for a treat. Look out for sloes like those shown here that can be turned into delicious sloe gin. Many of our footpaths follow

field edges beside hedgerows. If you are not yet familiar with the Society's walk routes, please download one from our website; there are many to choose from and they range from one mile upwards.

Tricia Moxey  
Trustee  
Tel: 01277 364522

# Stansted Network

NEWS FROM YOUR LOCAL COUNCILS



*RUBBISH TIPPED IN  
LIMEKILN LANE IN JULY  
WAS FOUND TO COME  
FROM HARLOW*

## TRASH TALK

**T**racing the origin of fly-tipped rubbish is often a fruitless task. The culprit typically dumps refuse at night when chances of being seen are small. Few clues are ever left behind. That proved the case recently when a pile of gardening waste was found blocking Pennington Lane. The culprit left no trace and Uttlesford District Council's Environmental Health team cleared the waste. But fly-tippers can mess up — excuse the pun — leaving a trail of incriminating evidence behind them.

### CAUTIONARY TALE

Only weeks before the Pennington Lane incident, fly-tippers thought they had picked a perfect, secluded spot on Limekiln Lane to dump a pile of worn carpets, splintered wood, and cardboard packaging. Investigative digging by a parish councillor, who had come across the rubbish while on a walk, revealed a piece of paper. This scrap of evidence proved enough to not only track where the waste had come from, but from whose house.

The rubbish was traced to a house in Harlow undergoing renovation work. The apologetic owners had hired a private waste operator. But he had turned out to be little more than a man with a van, with bogus contact details to boot. The couple arranged a clear up of the pile of waste that had been left strewn across the entrance to a field. They can count themselves fortunate matters ended there.

Fly-tipping is the illegal deposit or disposal of waste or unwanted items onto land, and is a criminal offence. Under section 33 of the Environmental Protection Act 1990 (EPA 1990) you can get a £400 fixed penalty notice for small scale fly-tipping. More serious cases can result in a 12-month jail term and a £50,000 fine. Crucially, the law targets not just the fly-tipper, but also those who do the hiring.

### IT IS A CRIME NOT TO CARE

The couple in Harlow had failed to meet the Duty of Care for their waste, as defined under the EPA 1990. At its most basic, this means they needed to have checked their remover had a waste carrier licence from the Environment Agency. They also should have asked to see the waste transfer notice, detailing who had agreed to accept the rubbish.

In this instance the District Council decided not to issue a fine, as the couple had cleared the waste in Lime Kiln Lane. But the message is clear. Check the company or individual is licensed. Check they have the correct paperwork, and only hire if they do. Otherwise it is you who could be punished.

### HOW TO REPORT FLY-TIPPING

Contact the Essex Police if you see fly-tipping in progress. They will treat the incident as criminal activity and prioritise according to standard procedures.

If an incident constitutes a van-load or less, and does not contain hazardous material, contact the District Council's Environmental Health team. Email them at [environmentalhealth@uttlesford.gov.uk](mailto:environmentalhealth@uttlesford.gov.uk) or fill out their online fly-tipping form on their website.

Incidents of large scale fly-tipping (ie more than a lorry-load), or any contaminated waste, should be reported to the Environment

Agency (0800 807060) or CRIMESTOPPERS (0800 555111). Be wary of investigating such incidents yourself. Organised crime gangs from central London have been known to run fly-tipping operations in north Essex.



*Pennington Lane: another spot of  
Stansted hit by fly-tipping*

### BULKY ITEMS

Items that are inappropriate for disposal via the regular bin service, such as furniture, carpets or doors, should be processed by the District Council's bulky waste collection service.

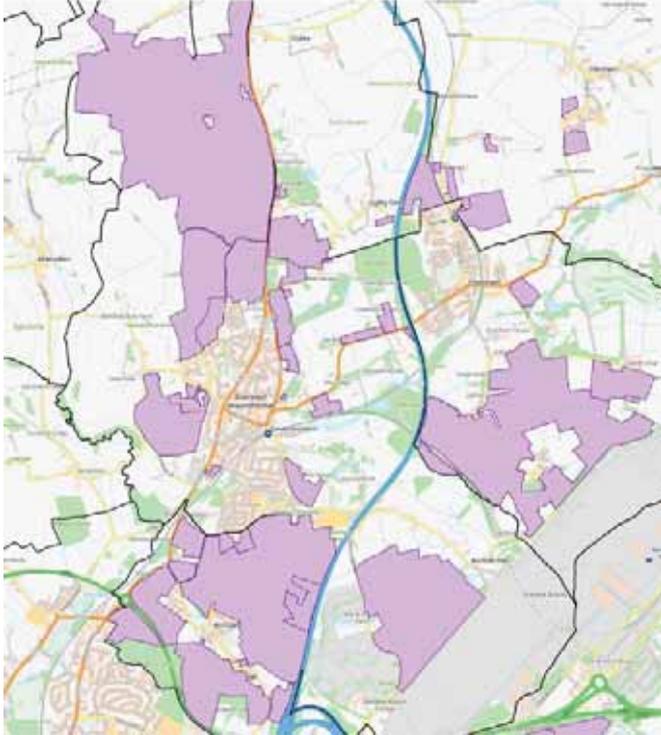
The cost for non electrical items is £17.50 for up to 2 items and £8.75 per item booked at the same time.

For electrical goods (washing machines, computers and TVs) fees are £17.50 per item. Details of the services can be found at [www.uttlesford.gov.uk](http://www.uttlesford.gov.uk).

## DESIGNS FOR LIFE

Residents could be forgiven if beads of sweat formed on sight of the map released by Uttlesford District Council at the end of July. Blotches of pink ink on it suggested a tsunami of building could swamp the village in the future.

But there is an upside to the map's publication, signalling as it does the District Council is now taking steps to deliver a Local Plan.



*Purple areas indicate potential sites for housing and business development. See Cllr Sell's column on P22 for details about the district council's Local Plan.*

Over the coming weeks and months, you may be surveyed by the District Council on matters such as biodiversity, how best to boost business growth and where housing should go. Posts will appear across the Parish Council's own social media channels. We would encourage residents to not ignore these posts, but engage with them instead.

The District Council aims to get its Local Plan in place by 2024. It is in Stansted's interest to help them do so. An approved Local Plan, along with the adoption of our Neighbourhood Development Plan, will detail where housing in Uttlesford preferably should be built. As such it will serve as a bulwark against opportunistic housing development.

Now the consultation for our own Neighbourhood Development Plan is nearly complete, the Parish Council will begin to draft a plan to be submitted to the local planning authority for review. If it gets the nod from an independent examiner, you will then get to approve the plan in a referendum.

## OPERATION DEADWOOD

The broad variety and sheer number of trees that line our streets, roads, parks and fields supply much of Stansted's rustic charm. The Parish Council undertakes regular accounting of the health of the more than 200 trees under its authority to ensure that this remains the case.

Assessments by tree experts are typically performed every two to three years. Timely intervention by a tree surgeon limits the potential for damage to property and the risk to people's safety, while ensuring trees stay healthy for us all to enjoy.

The latest tree safety inspection commissioned by the Parish Council took place just this spring. It was performed across 19 sites by a senior arboricultural consultant from Maydencroft Ltd. The detailed survey took two days and recorded data for each tree's height, age, stem diameter, and overall health. A handheld GPS device, meanwhile, meant the location of each and every tree was accurately recorded.

The stock of trees in the village is made up oak, ash, Scots pines, field maple, silver birch and sycamore, among others. Each come with their own issues. Luke Allwright, who performed the survey, was on the look out for signs of the fungus *Ganoderma spp.*, troublesome ivy growth on trunks, and Ash dieback.

He also was wanted to rule out the presence of oak processionary moth, found in nearby home counties. Not only do they harm the bark of a tree, but contact with their hairs as caterpillars can cause skin rashes and breathing difficulties in people. We are pleased to report no evidence was found of the pesky insect.

After a further site visit to St Mary's Churchyard, a report was submitted by Maydencroft to the Parish Council. It identified only four trees in the village requiring prompt attention. Three of these need cutting down as they are unbalanced. The fourth needs deadwood and a branch removing.

Another 14 trees should be tackled in the next six months. A further seven trees require attention within a year.



*Luke Allwright, of Maydencroft Ltd, seen completing a Tree Inspection Survey for the Parish Council this spring. We are now prioritising the removal of three trees in light of the arboricultural consultant's advice.*

The Open Spaces committee invited bids from several tree surgeons and has now contracted Mercer Tree Services to tackle the highest priority trees.

You can read more about the Parish Council's Tree Policy on our website.

## OPEN YOUR HEART SURGERY

We are pleased to announce that Parish councillors will soon be holding indoor Saturday surgeries for residents. Sessions will offer a chance for you to raise any issue about community life you may have. Councillors will be on hand to provide support and (fingers crossed!) speedy access to a remedy.

The meetings will be held on a quarterly basis in our offices at the Mountfitchet Exchange on Chapel Hill on Saturdays, with the public entering our offices via the library entrance. To attend a surgery, email [parishcouncil@stansted.net](mailto:parishcouncil@stansted.net) by the Wednesday before a surgery, detailing the issue you wish the councillor to address.

Note that councillors reserve the right to cancel a session if there is insufficient demand for the service. Councillors will be making themselves available on a rota basis. The first surgery will be held on October 2.



Geoffrey Sell  
District Councillor  
reports



Look for further details on our facebook page and website.

## DISTRICT COUNCIL NEWS

### LOCAL PLAN

I have always considered myself fortunate to live in Stansted. We enjoy the benefit of having good communication links and on our doorstep access to wonderful countryside. Uttlesford is consistently voted to be one of the best districts to live in. It is essential therefore that the character of the district is preserved. This doesn't mean it won't change. Population pressures and movement out of London inevitably brings with it developer interests.

Uttlesford is required by Central Government to have a local plan. Residents may know that Uttlesford District Council currently does not have one. This is our third attempt at a local plan. Stansted councillors wanted to see the last draft plan amended rather than rejected. However, the District Council decided to start again. This has meant a 10% increase in housing numbers, a new Call for Sites, an opportunity for developers to fill the vacuum and a lot of expense.

A local plan is important because it shapes where new homes and businesses can be built and what infrastructure is needed to support development. The draft plan covering the period 2020-2040 is currently in its early stages. One of the first steps is to establish land availability.

Location	Proposed Dwellings
Land west of Cambridge Road, Stansted	250
Land west of Pennington Lane, Stansted	334
Land east of High Lane	66
Land at Elms Farm, Church Road	135
Land adjacent B1051 Elsenham Road, Stansted	105
Eastfields Stables, May Walk, Elsenham Road, Stansted	99
Land at Tye Green, Elsenham	135
Land btwn Stansted Mountfitchet, Birchanger & M11 J8	3500
Bollington Hall, Ugley	4800

The call for sites has recently been published by UDC. Nearly 300 submissions were received from landowners across the district. Officers will evaluate all the sites. Just because a landowner has responded there is no guarantee it will get into the local plan. We will however need to be our guard. I have listed below the submissions most relevant to Stansted.

This is the link to the details of the submissions:

- *Call for Sites April 2021 (arcgis.com)*
- *70,000 Total number of houses submitted under the call for sites*
- *14,100 Total number of houses required up until 2040.*

This is still a considerable number but it helps to put things into perspective. The majority of the housing submitted will not be required to fulfil Uttlesford's requirements. The total number of housing also includes those houses granted planning permission in 2020 and 2021. I will oppose any large scale developments for Stansted as I don't think our infrastructure can cope. Officers assure me that this local plan will be evidence led and not developer led. I take some comfort from this.

### TIMETABLE FOR LOCAL PLAN

Public Consultation (Regulation 18)	March 2022
Public Consultation (Regulation 19)	March 2023
Submission of the local plan to central government for inspection	Summer 2023
Adoption of the local plan by UDC	Summer 2024

### NEW HOMES BONUS

Each district councillor has a sum of £2000 per annum which they can allocate to good causes in their area. Last year I supported Let's Talk the Stansted Mental Health Initiative and Uttlesford Community Transport. We invite applications from organisations.

### SAFFRON WALDEN MUSEUM

Although the museum is located in Saffron Walden it is a museum for the whole district. It is a treasure trove and is well worth a visit. The curator, Carolyn Wingfield, has asked me to inform readers that they are looking for volunteers to join the Welcome Desk. The main duties would be greeting visitors, selling admission tickets and taking phone calls. If interested please contact the museum at [Museum@uttlesford.gov.uk](mailto:Museum@uttlesford.gov.uk) tel 01799 51033. Their website is [www.saffronwaldenmuseum.org](http://www.saffronwaldenmuseum.org)

## STANSTED PARISH COUNCIL

### STAFF

*Clerk* Ruth Clifford  
*Trainee Deputy Clerk* Emma Philbrick  
*Committee & Projects Officer* Laila Azure-Marxen  
*Communications Officer* Dan Schlanker  
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*Phone/fax:* 01279 813214  
Mon-Fri 9am-4pm, Wed 9am-1pm  
*Website:* [stansted.net](http://stansted.net) *Facebook:* [stanstedparishcouncil](https://www.facebook.com/stanstedparishcouncil)  
*Instagram:* [stanstedparishcouncil](https://www.instagram.com/stanstedparishcouncil) *Twitter:* @StanstedSMPC

## PARISH COUNCIL MEETINGS

Meetings are held mid-week in the Mountfitchet Exchange conference room. The public attendance is welcome too, though virtually via a zoom invite. Request these from the clerk by 5pm the day prior to a meeting. Questions from the public are invited at the start of Full Council meetings only. Permission must be sought to film or record proceedings.

- Sep 1 Open Spaces
- Sep 8 Full Council
- Sep 15 Finance & General Purposes
- Sep 22 Full Council

## PARISH COUNCIL MEMBERS

Alan BARNES

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Daphne WALLACE-JARVIS

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## ESSEX COUNTY COUNCILLOR

Ray GOODING

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## MEMBER OF PARLIAMENT

Kemi Badenoch MP, House of Commons, London SW1A 0AA

tel: 0207 219 1943 (House of Commons)

email: kemi.badenoch.mp@parliament.uk

## POLICE

PCSO Nikki Morris

tel: 101(non-emergency) email: nikki.morris@essex.police.uk

Community Policing Team:

braintreeanduttlesfordcpt@essex.pnn.police.uk

## LIBRARIES

The library at Mountfitchet Exchange opens:

Tuesday 9am - 1pm

Wednesday 2pm - 5.30pm

Thursday 2pm - 7pm

Saturday 9am-5pm

## GARDEN WASTE RECYCLING



Residents without access to the Recycling Centre for Household Waste at Saffron Walden can use a skip to dispose of garden waste, alternate Sundays, Lower Street Car Park, 12.30-4.30pm. Dates coming up:

- September 5, September 19

Alternatively sign up for Uttlesford District Council's garden waste bin collection service - [uttlesford.gov.uk/gardenwaste](http://uttlesford.gov.uk/gardenwaste)

## DEFIBRILLATORS

There are seven public access defibrillators spread around Stansted and close-by.

Call 999 to get a key-code to access a defibrillator. Instructions to use the device are easy to follow. DO NOT WAIT FOR AN AMBULANCE. Rapid use of a defibrillator saves lives. The quicker one is used after a coronary arrest, the greater the chance of survival.

- The Day Centre, Crafton Green, CM24 8AX
- The Bowls Club, The Recreation Ground, CM24 8BD
- Lower Street Telephone Box, CM24 8LP
- The Surgery, Castle Maltings, CM24 8XG
- Romeera Leisure Centre, Forest Hall Road CM24 8TZ
- Rose & Crown Public House, Bentfield Green, CM24 8HX
- Three Horseshoes Public House, Hazel End, CM23 1HB



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# STANSTED IN BLOOM

There were a record number of entries this year and the judges visited nearly 50 entrants in the six categories. A big effort was made to promote this year's competition and it was gratifying that we had entries from across the whole village including the new estates. Two new categories were added this year: the garden category was divided into small and large gardens, and a fruit and vegetable category was introduced. We are very grateful to Sworders Auction House who sponsored the whole event and to InterCounty Estate Agents who sponsored the new fruit and vegetable category. We would also like to thank Sally Lewis from Follies Garden Centre and Paris Legore, florist, who were part of the judging panel and donated prizes. The rest of the judging panel was made up of Tin-Tin Azure-Marxen from Liz Lake Associates along with William Hampton and Penny Reeves.



Communal Areas  
Mountfitchet House Care Home



Large Garden  
Gloria and John Overy



Fruit and Vegetables  
Mike Prince

The standard of the entries overall was impressive, and the outcomes were very close. The winners in each category shown here received a £20 gardening voucher and a shield to display for the year; and all the prizewinners received a framed certificate. Full details of all the awards can be found on the Stansted in Bloom Facebook page.

Trevor Lloyd  
Tel: 07739 428352  
Email: [stanstedinbloom@gmail.com](mailto:stanstedinbloom@gmail.com)



Small Garden  
Jillian Park



Tubs and Hanging Baskets  
Terry and Beryl Potter



Front Garden  
Burcu Munyas Ghadially

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## STANSTED FOOTBALL CLUB

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The new season has kicked off for the first team and everyone is hopeful that we will see plenty of football over the next eight months, which is what the players and supporters all want after the disruption of the past two seasons. It has been an encouraging start for the first team, and some great performances in the league have put the team right up there in the league standings. However, the unfortunate exit from the FA Cup at the extra preliminary round was very disappointing indeed, not only for the players but also the Club finances, as the prize money is always welcome to have. Having played away from Hargrave Park we now have a long run of games at home, which will also include a round of the FA Vase.

Our over 45s veterans team face a new challenge as their league decided that, due to their excellent consistency over the past two seasons, they have been promoted to the Premier Division. They are on the lookout for strengthening the squad so new player enquiries are always welcome. Our new Youth Section is coming together with Stansted teams soon competing at Under 12,13,14 and 16 in various leagues; updates on their progress will be reported in the coming months. September Home Fixtures are below; any changes will be announced on our social media websites.

18 <sup>th</sup> v Enfield	KO	3.00pm ESL Premier Division
21 <sup>st</sup> v Ilford	KO	7.45pm ESL Premier Division
25 <sup>th</sup> v West Essex	KO	3.00pm FA Vase
28 <sup>th</sup> v Hoddesdon	KO	7.45pm ESL Premier Division



Tom Williams  
Secretary  
Tel: 07921 403842



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### Rusty Rackets! Sundays 9.00am-10.00am

These adult beginner sessions continue until the end of September. Members free, visitors only £2, so please come along if you are new to the game or are coming back after a long absence. Unfortunately we cannot offer coaching at these sessions but someone from the Committee will be there to help out and balls will be provided.

### Coaching

LTA qualified Ollie Toms continues his popular programme, including junior tournaments and tennis camps and group or individual coaching for juniors and adults. Call 07917 652014 or visit [www.olliestennis.co.uk](http://www.olliestennis.co.uk) for more information.

### New Ladies' and Men's Club Sessions!

A new evening Club session for senior men will be held on the first Monday of every month from 7.00pm, open to members and non-members (£2 visitor fee). There will also be an additional ladies' Club evening, so they are now on the second and fourth Monday of every month from 7.00pm.

Fiona Kelly  
Publicity Officer  
Email: [contact@stanstedtennisclub.co.uk](mailto:contact@stanstedtennisclub.co.uk)



## STANSTED BOWLS CLUB

We held our first near-normal match of the season on 1<sup>st</sup> August, followed by a drink from the newly opened bar and a meal, with everyone sitting down together. New normal means spreading the tables out more, ordering drinks in advance so they are ready on the table, opening all the windows and doors and the now permanent addition of hand sanitisers everywhere. I will gloss over the result of this match, against a team from the North West Essex Bowls Association, as we appear to have come second again, though on some rinks I put this down to the opposing team's tactics; they kept making us laugh too much! There is still time to see if bowls is for you - just contact me!



I cannot quite believe that we will soon be putting the green to bed and getting ready for our out of season activities; ten-pin and indoor bowling outings, carpet bowls in the Club-house, or just socialising with like-minded people.

Jeanette Mansell  
Secretary

Tel: 07967 033924

Email: [jeanette.mansell2016@gmail.com](mailto:jeanette.mansell2016@gmail.com)



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After 15 rounds of HEBL league cricket, the 1<sup>st</sup> XI have had four wins, seven defeats and four matches lost to rain; they are sixth in Division 1. The 2<sup>nd</sup> XI have had two wins and seven defeats and are eighth in Division 3. Unfortunately, the Juniors' end of season social event on 30<sup>th</sup> July was cancelled due to bad weather, but will now be combined with the Seniors' end of season event on **Sunday 29<sup>th</sup> August** (not Saturday 28<sup>th</sup> as per last month's Link). The day will start with the junior awards and games at 10.30am with bacon sandwiches on sale. There will be a 20/20 softball game for years 4, 5 and 6 to round off the juniors' season. The BBQ will be running throughout and the bar will be open from lunchtime. Following the 20/20 game, the seniors will take to the field in a club match; either a 6-aside inter club tournament or a new hundred-style game. The club day will finish with a quiz night at the pavilion and in the marquee. On the afternoon of **Monday 30<sup>th</sup> August**, we are staging the annual charity pub challenge match between the Dog and Duck and the Rose and Crown. The bar and BBQ will be open all afternoon and spectators are most welcome. For more information on the Club please see our website.

David Hedge  
Hon Secretary  
Tel: 812509



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BS Beekeepers	Kate Walker Tel: 07399 197756 Email: secretary@stortfordbees.org.uk	St John's Road and Area Association	Leila Riddell Tel: 07770 955830
Bowls Club	Jeanette Mansell, Hon Secretary Tel: 01371 821446	Scouts (age 10½ -14)	Mike Byrne Tel: 812780
Brownies (Tue)	Kathy Shearman Tel: 07724 355533	Spangles Family Hub	Tel: 03002 470122 Email: essexwest- hftcentraladminhub @nhs.net
Brownies (Wed)	Susan Scott Tel: 810955		
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: stanstedfamily@gmail.com
Day Centre	Tel: 815091		
Explorer Scouts	Paul Thorneycroft Tel: 01371 876784	Stansted Football Club	Tom Williams Tel: 07921 403842
Friends of St Mary's Church	Lynda Dale Tel: 07716 099474 Email: lynnydale@hotmail.com	Stansted Hall and Elsenham Cricket Club	David Brown Tel: 831011/07788 999663 Email: david1.r.brown@gmail.com
Garden Club	Maralyn Harris Tel: 07919 478144		
Grove Cottage	Jocelin Warren Tel: 07482 535020 Office Tel: 656085	Stansted Social Club	Andrew Sharpe Tel: 812992 Email: eatmorestillton@gmail.com
Guides	Jennifer Jarvis Tel: 814434	Stansted Sparks Netball	Gemma Snelling Tel: 07894 944242 Email: gemmasnelling@me.com
Helpline	Tel: 07704 553727	Stansted Speed Watch	Warren Vickers Tel: 813996 Email: vickersw@aol.com
History Society	Roger Barrett Tel: 814216 Email: rmbarrrett54@gmail.com	Stansted Supers Handball Club	Olly Pocknell Tel: 07875 391701
Human Roots	Keiran Oliver Tel: 07946 783039 Email: keiran@humanrootscommunity.org.uk	Talking Newspaper (BS and District)	Richard Barnett Tel: 651270 Email: familybarnett24@hotmail.com
Huw Johnson Club	Katharine Collis Tel: 07759 157620 Email: kat_collis@hotmail.com	Tennis Club	Fiona Kelly Tel: 07949 623484 Email: fiona1.kelly@btintetnet.com
Investigators Age 7-11	Ros Page Tel 810813 Email: stanstedfamily@gmail.com	The Hundred Parishes Society	Ken McDonald Tel: 813226 Email:hundredparishes@btinternet.com
Let's Talk, Stansted Mental Health Support	Richard Haywood Tel: 07794 268208 Email: help@letstalkstansted.org	The Stansted in Bloom Group	Secretary: Trevor Lloyd Tel: 07739 428352 Email: stanstedinbloom@gmail.com
Little Scrummers	Andrew Poyser Tel: 07738 591232		
Millers (Windmill) music@stansted (Classical concerts)	Molly Clark Tel: 816768 Sonia Levy Tel: 815282 Email: contactus@musicatstansted.co.uk	Town Twinning	Chairman: Geraldine Allars Tel: 07833 089298 Email: twinning@stansted.net
Neighbourhood Watch	Valerie Trundle Tel: 813433	U3A	Ray Smith Tel: 813270
Parkinson's UK Uttlesford Support Group	Simon Russell Tel: 01799 524638 Email: simonrussell2@tiscali.co.uk	WI (Stansted)	Anne Watson Tel: 898693
Rainbow Pre-School 506997	Gill Pursglove Tel: 814242/07966 Email: admin@rainbowpreschool.net	WI (Ugley)	Dorothy Wallace Tel: 850215
Rainbows (Wed)	Rachel Foster Tel: 07818 417971	Youth Centre	Linda Barnes Tel: 07947 548051
Rainbows (Fri)	Sue Pollard Tel: 813734		

### BIRTHDAYS, ANNIVERSARIES or SPECIAL OCCASIONS

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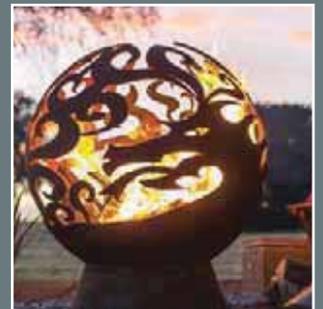
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