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The Link





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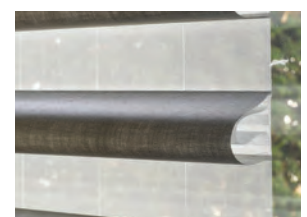
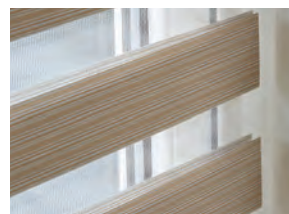
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Front cover

Stansted Windmill Good Friday 1975
by Tony Wellings
Enhanced by Paul Burt Photography

Stansted Mountfitchet Village Magazine

The Link

www.stanstedlink.org.uk

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CONTRIBUTIONS FOR THE MAY ISSUE

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

DISCLAIMER Opinions in The Link reflect those of the authors and contributors. Publication (on paper or electronically) of articles, advertisements or product/services information does not constitute endorsement by The Link nor is any culpability accepted for work undertaken by advertisers.

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EDITORIAL



Many thanks to Tony Wellings for allowing us to use the wonderful photograph of the Windmill which he took on Good Friday 1975, showing the sails in the form of a cross and snow on the ground; this has not happened since according to the Met Office. I did not know this, but the sails are always set in the shape of a cross on Good Friday. Photo quality has changed hugely over the past 50 years, but this is a lovely gentle picture of the village and its iconic mill. Special thanks to Paul Burt for enhancing the quality of the picture. Another even older photograph is the one of Stansted Station in the 1920s on p13.

We have a busy *Fun and Games* section this month, with a brainy quiz on p3 set by our 11-year-old contributor, Funky Chicken, as well as a ridiculous looking giraffe from Sarah Ludlow Elston for this month's *Caption Competition* on p6. Daphne Gale is nine years old, and a wonderful artist; the submission of her amusing and beautiful drawing of bees was perfectly timed with the arrival of Kevin Hancock's *Bugs and Bees* article on p4. Another lovely drawing is the one by Julia Cook of swallows on wires looking like musical notes, which accompanies the u3a article on p28. Pictures this month seem to be focusing largely on flowers and other plants, such as the glorious fungus below from Gunyah Vineyard. A very happy Easter to all our readers, advertisers and contributors.

Ed



THE GUNYAH VINEYARD

www.thegunyahvineyard.com

The Gunyah Vineyard wines pair well with local wild food. We are lucky to live in such a beautiful nourishing world. We have a passion for all things local and that includes wild food. It goes without saying that foraging can be dangerous if you are not experienced; you should never eat anything growing wild unless you can identify it with confidence. Always be careful, safe, and legal as to where you go foraging and what you collect. Knowledge is power and the more you know about wild food, the more you can appreciate the wonderful things that grow around us. You might think that wild food is a bit (to pardon a pun) *thin on the ground*, but there are some truly wonderful edibles to be found if you know where to look.



These amazing mushrooms are either Ruby or Scarlet Elf Cups; without a microscope you cannot tell which. They are a fairly safe mushroom to forage, as both species are edible and so distinctive looking; there is really not much else like these little red wonders! We like to pair these with a nice steak, and our Mountfitchet Red, to create a dinner full of local flavour. We will share more of our favourites as they bloom into life over the coming months.

The Gunyah Vineyard Team
Email: sales@thegunyahvineyard.com



STANSTED MOUNTFITCHET WINDMILL

www.stanstedwindmill.co.uk

It is good to see the old photo of the mill on the front cover. The mill has been part of the village skyline since 1787. The current generation of Millers are carrying on the conservation work which dates back to the formation of a Restoration Committee in 1943.

A reminder of our fundraising Quiz Night on **Saturday 5th April** 7.30pm for 8.00pm in the Bowls Club. Tickets £5, available from me; tables of up to eight. There will be a raffle and a bar. Bring your own food and nibbles.

As I write, the repointing work at the mill has just resumed so the finish date is now likely to be towards the end of March. The Millers AGM is on **Wednesday 9th April** at 7.30pm in the mill. We hope that the scaffolding will be down by then and that we will have had an opportunity to do a deep clean; please check on our website and Facebook pages to see if we have had to relocate the meeting. We always enjoy meeting up with our old friends at the AGM but it would be nice to see a few new faces; please feel free to join us and learn about what the Millers have done in the last year and what our plans are for the future.

Our first open day of the year is on **Easter Sunday 20th April** 1.30pm-5.30pm, with last entry at 5.00pm. We will also be open at the same times on Easter Monday. An Easter Egg hunt will be held on both days. Entry into the Egg hunt is £1.00 but you will also need to pay the mill entry fees: adults £3.00, children £1.00. If you are visiting as a family you might want to consider signing up to be Millers. We ask for a minimum donation of £10 per household for which you get free entry to the mill for the year, a copy of our guidebook and a *We Love Stansted Windmill* window sticker.



Trevor Lloyd
Tel: 813871 Mob: 07739 428352



ST MARY'S PRIMARY SCHOOL

www.stmarysstansted.co.uk

We have had a lovely half term here at school. We had a lunch with parents which was enjoyed by all (huge thanks, as always, to Claire and her team in the kitchen). We also held a music sharing assembly, again open to parents, to showcase some of our talented musicians. For *World Book Day* this year we asked the children to bring in a character from a book made from a toilet roll. A small selection from the clever children in Hazel class are pictured. How many can you recognise?



Acorn class have been learning about *Animal Safari*; their book has been *The Leopard's Drum* and the children have enjoyed exploring Ghanaian drums. Alfresco Fridays continue to flourish with seedlings to tend, water and nourish. *Splendid Skies* is the topic for Key Stage 1. This has involved looking at seasonal changes, writing weather reports and finding out about Sir Francis Beaufort. Years 3 and 4 have been busy exploring the urban environment in *Urban Pioneers*; they have designed leaflets, studied maps and looked at graffiti art. Our oldest children have been studying Charles Darwin, looking at evolution, observational drawing, diary entries, labelling and looking at journals. Lastly, massive congratulations and good luck to Eddie Godley who won his recent heat for Uttlesford in cross country and has qualified for the Essex finals! Have a wonderful Easter.

Matthew Curzon
Head teacher
Tel: 812212



THE PLACE ON THE HILL

www.stanstedfreechurch.org.uk

If you would like to get out and meet people, *The Place on the Hill* offers a warm, safe and friendly environment for adults. We are open every **Wednesday 10.00am-noon** and everyone is welcome. Join us for free coffee, cakes and biscuits and save on your heating bills. We also have a jigsaw you can work on. There is no need to book, just come along to the Free Church at the bottom of Chapel Hill. There is limited parking behind the church. If you have children, please come along to *Fun Place on the Hill* which opens on Fridays; see separate article for more information.



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

HOMOPHONES QUIZ

As I expect you know, homophones are a pair of similar-sounding words that are defined and spelt differently: for example, knight and night, or hair and hare. The questions in this quiz are semi-cryptic, and to answer them, you must use your knowledge of homophones. You will soon see how it works. Also, because I am nice (on the whole), I have put the number of letters in the answer in brackets. Here we go:

Example: Are you certain that it is this beach? (5) – Shore

1. Sorry, which light bulb? (4)
2. Shorts that can open motor vehicles (5)
3. Vegetable used to assess the purity of gold (6)
4. The rotating bird (4)
5. An unnerving, watery sound (5)
6. An encounter with mutton (4)
7. Trigonometrical notice (4)
8. Alone yet victorious (3)
9. Work hard for a ceramic pot (4)
10. In debt of a poem (4)

Funky Chicken
Aged 11

Answers on page 17



UGLEY WOMEN'S INSTITUTE

Our February meeting saw the very welcome return of Tim Turner, formerly of Sworders. The theme for his talk was Audley End House and its development over the centuries. In the space of just 45 minutes he introduced us to the original owner Sir Thomas Audley, the Howards of Norfolk and the Braybrooke family. Richard Neville, the 3rd Baron Braybrooke was a scholar and antiquarian who, fortunately for posterity, published Dr Johnson's Diary. He also researched the history of Audley End House, making him realise its importance in the history of English architecture. His research led to the publication of *The History of Audley End and Saffron Walden* in 1836. Tim illustrated his fascinating talk with a number of publications including articles from magazines and a copy of Addison's *Audley End* published in 1953. He also brought along images of the former owners, allowing us to put faces to names.

Tim kindly judged our competition for a cup and saucer. There were a number for him to choose from and he selected two examples that he felt worthy of mention: a cup and saucer from the Limoges factory and a Crown Derby tea cup and saucer. Although damaged, this attracted his interest as it had been repaired by a china riveter and was a good example of the art of china mending!

Member Brigitta Clarke will be the speaker at our next meeting on **Wednesday 16th April** at 2.00pm in Ugley Village Hall. Her subject will be *My life experiences*. Why not come along and join us for the afternoon? You would be most welcome.

Andrea Fitt
Tel: 815922

BEES AND BUGS

Hello again bee and bug fans. Sorry for the gap in my bee-keeping updates, but not much happens over winter. Most bugs die and leave eggs to hatch out in spring or they hibernate, but honeybees are wide awake all winter. That is why they are one of the very first insects you will see in spring. It is also why they make honey which is their winter food; they need quite a lot, because even though they are cold blooded, they vibrate and make heat that way to prevent the hive and its bees from freezing.

So just a little personal information about my bees, before talking about the broader beekeeping environment. I do not have an apiary, as this is a situation you never find in nature anywhere in Europe, where estimated colony density is at least 1 per km². Out of interest, I was in Adelaide last year and they have densities of over 220 per km². But this is a very unnatural environment as honeybees are not endemic.



Picture by Daphne Gale aged nine

Back to my bees; around Stansted I have about eight hives. I have been to check on three of the eight and I am glad to report we have a three out of three survival rate so far. Only seven of the eight had bees in at the beginning of winter, and the one I had built had no bees in. We will have to see how the others fared. I do a slightly more natural way of beekeeping and normally have a 100% survivability over winter. The way I do winter checks is just to see if I have any bees flying in and out on sunny warm winter days. I will let you know next month.

Kevin Hancock
The Bug Guy
Email: thebigflyin@gmail.com



HUW JOHNSON CLUB

We all very much enjoyed our meal at Little Easton Manor where they looked after us very well. The Club's next evening will be a bingo and pizza night in Saffron Walden when we will be celebrating a few members' birthdays. As always, anyone interested in joining as a member or volunteering, please do get in touch.

Ellen Brooks
Tel: 07800 896516
Email: ellenbrooks@hotmail.co.uk



FUN PLACE ON THE HILL

We are open on **Friday mornings, including school holidays**, from 9.15am-11.30am in the Free Church Hall. **Please note we will be closed on Good Friday 18th April.** All ages are welcome, although particularly suitable for children. Please come and join us. The children enjoy playing with the toys, have plenty of space to run around, and join in a Sing-Along around 10.30am. Adults chat over coffee in a relaxed atmosphere. Free squash and healthy snacks are available for children, and hot drinks and biscuits for the adults. There is limited free parking in the church car park. Looking forward to welcoming you on Friday mornings.



Sue Parker and Fran Richards
Tel: 657116
Email: funplace@stanstedfreechurch.org.uk

BIRCHANGER PRIMARY SCHOOL

www.birchanger.essex.sch.uk



Book Week

During March, our school was buzzing with excitement as we celebrated Book Week and our love of reading. The children enjoyed a variety of activities, from older students reading to younger ones, to sharing books in the sunshine at lunchtime. A highlight of the week was the visit from author Jamie Crawford, who captivated the younger children with his enchanting tale of a magical box and taught them how to craft a spooky ghost story. Octopus Class was enthralled by a story about a hunter and a sparrow, accompanied by the mystical sound of a singing bowl.



The older children were drawn into the legend of the Selkies, sparking a thoughtful discussion about the art of storytelling and the importance of making a story their own. Jamie ended his visit with a thrilling ghost story that had everyone on the edge of their seats! Jack in Year 6 said he loved the ghost story and hopes Jamie can visit his secondary school one day to share more. The week ended with our *Wonderful Words Day* where the children came dressed up in amazing costumes representing a particular word, well and truly celebrating the power of words!

Sharon Vessey
Headteacher
Tel: 812362
Email: admin@birchanger.essex.sch.uk



Fun Place on the Hill

9.15 - 11.30 am every Friday
including school holidays
except Good Friday
Stansted Free Church Hall

FREE entry and refreshments
All ages welcome but particularly suitable for children
Plenty of toys and space to run around

STANSTED IS WELL READ

8 pm Tue 1st Apr
Dog and Duck, Lower Street

Black Cake
by Charmaine Wilkerson

This novel explores the legacy of Eleanor Bennett who does not allow her own death to get in the way of the truth

All Welcome Tel 813056



Windmill
Fund-Raising
Quiz Night

7.30 for 8 pm Sat 5th Apr
Stansted Bowls Club

Tables of up to eight
Raffle & Bar
Bring your own food and nibbles
Tickets £5
from Trevor Lloyd tel 813871

WHAT'S ON IN APRIL

1 Tue	Stansted is Well Read	Dog and Duck 8 pm
3 Thu	History Society	Touchpoint 7.30 pm
5 Sat	Windmill Quiz	Bowls Club 7.30 for 8 pm
8 Tue	The Arts Society B S RSPB	South Mill Arts, B S 10.40 am Bishop's Pk Comm Centre 7.30 pm
9 Wed	Link copy due in today Millers' AGM	before noon Windmill 7.30 pm
10 Thu	W I	Touchpoint 7.30 pm
13 Sun	Easter Open Day	Easton Lodge 11 am - 5 pm
13 & 27 Sun	Green Waste Skips	Lower St Car Park 12.30 - 4.30 pm
16 Wed	Ugley W I	Ugley Village Hall 2 pm
17 Thu	U3A Monthly Meeting	St Theresa's Parish Centre 2 pm
19 Sat	Ugley Farmers' Market	Ugley Village Hall 10 am - noon
20/21 Sun/Mon	Windmill Open and Egg Hunt	Windmill 1.30 - 5.30 pm
26 Sat	Elsenham Farmers' Market Stansted Sings Together	Village Hall 12.30 - 2.30 pm Touchpoint 3 - 5.15 pm

THE ARTS SOCIETY BISHOP'S STORTFORD

10.40 am Tue 8th Apr
South Mill Arts

The Art of Mesopotamia: aesthetics and achievements long before the Graeco-Roman world
by Irving Finkel

Guests welcome £7. Coffee at 10 am
Tel 656065 for more information



Monthly Meeting

7.30 pm Tue 8th Apr
Bishop's Park Community Centre

*We welcome Nick Moran,
Training Manager for the
British Trust for Ornithology*

Visitors welcome, entry £5
Tel: Peter 07876 295456
www.group.rspb.org.uk/stortvalley



Stansted Millers

Windmill Open **1.30 - 5.30 pm**
Last entry 5 pm

Come and have a look round

Easter Sunday 20th Apr
Bank Holiday Mon 21st Apr

£1 Easter Egg Hunt for Children
Refreshments

Entry: adults £3, child £1

STANSTED SINGS TOGETHER

*Come and join Stansted's
Community Choir*

Rehearsals 3 - 5.15 pm Saturdays
26th Apr, 3rd, 10th, 17th May
Touchpoint

All abilities welcome
To book your place please email
Jane on janievox@mac.com



Green Waste Skip Dates

Lower Street Car Park
Sundays 12.30 - 4.30 pm

13th & 27th Apr
11th & 25th May



www.ugleyvillage.org.uk

10 am - noon
Sat 19th Apr
Ugley Village Hall

Fruit and Veg ~ Eggs
Fish ~ Beef ~ Pork ~ Lamb
Bread ~ Home Baking ~ Jam
Chutney ~ Honey ~ Skincare ~ Plants
Refillable Laundry and Edible Products
Knitting and Needlework

Refreshments and Free Parking
For info and future dates tel 814052



Ugley W I

2 pm Wed 16th Apr
Ugley Village Hall

My Life Experiences
by Brigitta Clarke

Visitors Welcome
Plenty of free parking



OPEN DAY

11 am - 5 pm Sun 13th Apr
Last entry 4 pm

Children's Easter Egg Hunt
Face Painting and Fun Crafts
Craft and Produce Stalls

Entry £7 on gate, £6 advance
Refreshments available all day
All Welcome Tel: 01371 876979

CAPTION COMPETITION

Back in June last year I had a wonderful safari holiday to Botswana where we saw a huge range of animals including this splendid giraffe. What do you think he is saying to himself? We have been really pleased and amused with your submissions to our Caption Competitions over the past few months and we look forward to hearing from you. The deadline for entries is noon on **Wednesday 9th April** and they should be sent to editor@stanstedlink.org.uk. As before, the ideas will be judged, completely impartially, by the Link Chairman, Mike Dyer, and these will be printed in the May issue of The Link.



If any of our readers would like to take an appropriate photo which lends itself to a caption for future editions, we would love to hear from you, using the editor email address shown in the first paragraph. The photo should ideally be landscape and at least 250 KB in size. We look forward to reading your ideas for a caption for the picture above, as well as suitable pictures for future months.



Sarah Ludlow-Elston

GUESS THE OBJECT 2 ANSWER

Well done to Kathy Chatto who correctly identified these small glass dishes as *Penny Licks*.



When ice cream became popular in the late 19th century, people did not have refrigerators with freezer compartments at home, so the only way to enjoy this special treat was in these glasses bought from a vendor. The large glass would cost a penny and the smaller one a ha'penny. The refractive qualities of the glasses made them appear full, even when they only contained a small amount of ice cream. The customer would lick the ice cream and return the dish to the vendor. Unfortunately the dishes were not very well washed and led to the spread of diseases such as typhoid and cholera. Consequently, the City of London banned the use of penny licks in 1898.

Tony Wellings
Tel: 813614



THE HUNDRED PARISHES SOCIETY

www.hundredparishes.org.uk

Ordnance Survey maps from the late 19th century record the location of numerous ponds in farmland across lowland England, but since then farming practices have changed and many have disappeared.

Well-maintained ponds are hot spots for biodiversity, supporting special plants and animals. Responding to concerns about the loss of such habitats, researchers at the *Pond Restoration Research Group* at University College London joined forces with others to investigate the potential for restoring such lost ponds and advised about the best ways to create new ones.

Following on from this, Essex Wildlife Trust identified 17,200 Essex farmland ponds on these old maps but noted that 10,400 had since disappeared. A few have been restored, and the team is working with the *Farming and Wildlife Advisory Group* to secure funding to help more farmers reinstate their lost ponds; for further information please see www.fwageast.org.uk/ponds.



However, pond restoration can be challenging, as evidenced by the difficulties faced resolving problems with the Doctor's Pond in Great Dunmow, pictured above. In recent years it has been polluted by toxic blue green algal growth. Ambitious and costly plans were drawn up to desilt the pond which necessitated the safe removal of fish so they could be returned eventually. Work commenced last October; safety fencing was installed and water drained so that a digger could be used to help remove over 1,900 tons of contaminated silt. Heavy rains made the silt very slippery, and the digger became stranded in January. By the end of February all the silt had been removed.

Future plans include landscaping of the surrounding area and replanting with suitable vegetation once the pond is re-filled. It is anticipated that in the coming months this attractive pond will once again provide a great habitat for ducks, fish and dragonflies.

Tricia Moxey
Trustee

Email: hundredparishes@btinternet.com



www.letstalkstansted.org

As spring approaches, this means longer and hopefully warmer days, which gives us time to get outside to clear our heads and meet new people. Muddy Walkers, our Thursday walking group, is starting up again after a break over the winter months. It will be meeting on **27th March** at 7.00pm outside the Co-Op; from **3rd April** we move to the later time of 7.30pm. All are welcome including furry friends. This is a gentle way to connect with nature as well as meeting like-minded people.

Now is the perfect time to get into the garden. Whether you consider yourself green fingered or not, we would welcome a few more local residents to join us to look after our Veg Shed allotment. Please contact us if you are interested in growing and enjoying lovely fresh produce. This year, we again celebrated Valentines Day by giving out red roses at and around the station. This was received very positively and put a smile on many faces.



We hope to be able to announce some talks to take place at our social evenings which are on the last Tuesday of the month. The next one will be on **Tuesday 29th April** at 7.30pm in the Social Club. Feel free to join us to have a drink and meet the group. We are currently looking for new volunteers to boost our team and bring in fresh ideas. If you would like to help make a positive impact in the community we would love to hear from you. As always we are here for you if you need to talk so please contact us.

Vanessa Morgan

Email: info@letstalkstansted.org

DON'T FORGET!

The clocks go forward at **1.00am**
on **Sunday 30th March**



MAGNA CARTA PRIMARY SCHOOL

www.magnacartaacademy.org

We believe that reading is the key to unlocking a world of imagination, curiosity, and learning. Whether diving into a thrilling adventure, discovering fascinating facts or exploring faraway lands, books have the power to inspire and educate our children in incredible ways. That is why we enjoyed celebrating World Book Day on Thursday 6th March. This special day was a fantastic opportunity to foster a love of reading.

Reading is one of the most valuable skills your child will develop. It not only enhances vocabulary and comprehension but also strengthens creativity, problem-solving and empathy. Studies show that children who read regularly for enjoyment perform better in school across all subjects. This is why we prioritise learning to read in the earlier years and then follow a reading-rich curriculum as the children progress through the school.

This year we celebrated the day by:


- Reading to residents at Stansted Mountfitchet Care Home
- Book Swap: Bring a book, take a book! We launched our new community book swap on the day. Please do come and visit if you have the chance
- Storytelling and activities: teachers, parents and special guest author, Andy Seed, brought books to life with exciting readings and activities.
- World Book Day £1 Book Tokens: every child received a token to put towards a book of their choice.



Photo of our book swap day

Across the school, children have also participated in various hands-on activities which have enthused and inspired them. We are looking forward to another fun-filled half term before the Easter break.

Jennifer Pearce
Headteacher
Tel: 703484



Stansted Pilates & Osteopathy

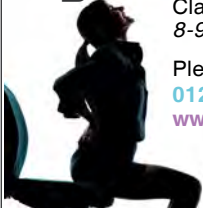

the osteopath

Hazel Williams is one of the few osteopathic practitioners who specialises in both structural and cranial osteopathy to treat a wide range of patients from babies to the elderly, from the immobile to athletes. Her treatment can help with: back, neck, joint, arthritic, muscle and sciatic pain, trapped nerves, sports injuries, headaches and migraine.

She also incorporates acupuncture to aid pain relief and provides specially formulated pilates classes to help improve and maintain fitness.

Classes held at: *The Quaker Hall, Chapel Hill.*
8-9pm Mon / 9-10am Sat.

Please call to book an appointment or a class
01279 813371 or **07973 409675**
www.hazel-williams.co.uk





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Mon 9.15 am
Tue 1.30 pm
Thu 6.45 pm



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RSPB

<https://group.rspb.org.uk/stortvalley/>

As we enter spring, the world becomes more alive with birdsong and many of us will enjoy the pleasure of listening. In addition, a good number of us will wonder what bird is singing. Identifying birds by their song is a great way to improve your birding skills and increase your enjoyment. The month starts with a walk from Carver Barracks on **Tuesday 1st April** at 10.00am.

The British Trust for Ornithology (BTO) offers a range of excellent training courses. Nick Moran, the Training Manager for BTO will introduce us to the world of bird ID by ear. He is an outstanding trainer with great delivery and outstanding resources so this is a great opportunity to benefit from his experience and develop our birding skills. This talk will be on **Tuesday 8th April** at 7.30pm in Bishop's Park Community Centre, Lancaster Way Bishop's Stortford, CM23 4DA.



On **Sunday 27th April** at 10.00am we plan to visit the Essex Wildlife Trust, Naze Nature Discovery Centre, Old Hall Lane, Walton on the Naze CO14 8LE. The Naze is the most easterly peninsula in Essex and boasts several different habitats both terrestrial and marine. It is a special and important place for many reasons and wildlife thrives there,

including the kestrel pictured. With a visitor centre including a café and two other cafés close by it is a great venue to conclude a visit with a leisurely picnic. For full details of all our activities please contact me or please see our website.

Peter Allen
Tel: 07800 896516
Email: peter2349@sky.com

STANSTED IS WELL READ

The next meeting of our book club will be on **Tuesday 1st April** at 8.00pm in The Dog and Duck, where we will be discussing last month's book choice *Black Cake* by Charmaine Wilkerson. The novel explores the legacy of Eleanor Bennett who does not allow her own death to get in the way of the truth. So when her estranged children, Byron and Benny, reunite for her funeral in California, they discover a puzzling inheritance. Readers praise the writing quality as brilliant and easy to read. The family dynamics feel realistic and relatable, with a powerful storyline about family, friendships, and overcoming adversity. Have you read any good books you can recommend? Please do get in touch if you would like to join us. A warm welcome awaits.



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



DAISY MAY'S FARM

www.daisymaysfarm.org

How lovely it is to be able to show off our lovely farm to our visitors. Thank you so much for coming to see us. We have so many cute babies around the farm. Do come and see our small animal area in the woods; cuddle the orphaned lambs or goats, feed our animals, enjoy our themed arts and crafts, play in the woodland trail or have a ride on our train; you can also enjoy a cuppa and a cake. You can also feed a lamb and hold a chick or duckling and there will be a golden egg hunt too. 🐣🥚🐓

We are open daily until 4.00pm, so you can come and see us any day, especially in the Easter holidays, but always wear your wellies. Please check our Facebook page for updates. There is no need to pre-book and entry is only £6, but please be aware we have no credit card facilities. If you have a child's birthday coming up, why not have your party with us at the farm? Perhaps you arrange school trips? Come and have a chat with us; we love having the school children here and they enjoy coming here for an informative and fun day out. You can find us in Hall Road, Elsenham CM22 6DN.

Elaine Terry
Tel: 07747 787973



www.tasbs.org.uk

Our next meeting is on **Tuesday 8th April** at 10.40am in South Mill Arts; coffee will be available from 10.00am. Our speaker will be Irving Finkel on *The Art of Mesopotamia: aesthetics and achievements long before the Graeco-Roman world*.



Topics will include: Sumerian, Assyrian and Babylonian sculpture, painting, glyptic art, a survey of Mesopotamia's contribution to the aesthetic inheritance of the world, assessed with the help of materials large and small from the British Museum collections. Come and see art before the word *art* existed and be entertained, enthralled and amazed. Visitors are very welcome; suggested donation of £7. Membership secretary is Jenny Savage, tel 656065 email: info@tasbs.org.uk. Assistant membership secretary is Sue Chapman tel 508542. Please see our website for more details.

Michael Fitch



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The great Human Roots Allotment Swap Shop

We have been quite the entrepreneurs at Human Roots, as I am sure even Sir Alan Sugar would agree. Alex, a regular volunteer, swapped some of our successful squash seeds with her friend, who runs the school garden at St Matthews Primary School in Surbiton. In return we are going to plant some of their seeds and hope to contribute to this year's St Matthews Harvest Festival.



Our list of allotment jobs for the coming season is written, now all we need is sunshine. We have been keeping the beds warm with cardboard ready for planting. We operate a no dig policy so layering with cardboard, bark and then composting the bed works well for us. Jon at Uppercut Trees kindly donated another delivery of bark; we are so grateful to him and to all the other local businesses who help us out. We are busy planting seeds at home, ready for planting in the spring and dreaming of long warm summer days. The volunteer watering rota is sorted; there is not a nicer view than watching the sunrise at Human Roots, whilst filling those watering cans. Our aim is to put a bit back into the local community and we are always happy to welcome new volunteers. If you are interested in joining the team, please email Cathy at cathymizzard@gmail.com.

Ashley Huggonson
Volunteer

STANSTED MOUNTFITCHET EVENING WI



Tim Moorey was the speaker at our February meeting; he told us about his life as a crossword setter which began with his love of words and their uses. He ended up working for the Evening News. He said most people struggled with the cryptic clues and gave some examples and their answers, for example *Eggs on toast* with *cheers* as the answer. I cannot remember how! He took us through some fascinating anagrams and discussed the impact Artificial Intelligence (AI) will have on crossword setters; these days cryptic clues can, sadly, be solved on Google. Tim gave a very informative and enjoyable talk.

Our April meeting which is our Annual General Meeting is on **Thursday 10th April** at 7.30pm in Touchpoint. Our speaker is Kate Lynn whose subject is *Fused Art Glass and Decorating*. The competition is Anything Glass. We welcome visitors and new members so please come and join us.

Linda Gurr
Tel: 07743 549241

STANSTED LIBRARY

www.libraries.essex.gov.uk › stansted-library

Our team offer library members, both old and new, a very warm welcome. We would especially like to give those of you who have not yet joined us an idea of the services that we provide to our community:

- Books galore and access to our library catalogue where you can order titles free of charge from Essex Libraries and our partners in The London Consortium. The books will be delivered here
- Access to the *My Library App*, where you can search the catalogue, order and renew books
- For those of you who wish to research your Family Tree in the library, we offer access to both *Ancestry* and *Find my past* (including some census material)
- Access to the *Borrow Box App* (offering eBooks, Audio books and magazines)
- For newspapers and magazines, we have the *Press Reader App*
- Film lovers, we have access to *BFI Replay* and the *Kanopy App*
- We have some dementia resources including pictorial books of the decades, a memory box, 100 years of music - a playlist for life, and *Dementia Together* magazine
- Local leaflets and noticeboard
- Printing, photocopying, free WiFi and access to public network computers.

EVENTS

- Baby Rhyme time Tuesdays 10.15am-10.45am; no need to book, just turn up
- Knit and Natter Tuesdays 11.30am-1.00pm
- Warm welcomes: free tea, coffee and biscuits, Saturdays 9.00am-10.30am

Opening Hours

Tuesday 9.00am-1.00pm, Wednesday 2.00pm-5.30pm,
Thursday 2.00pm-7.00pm, Saturday 9.00am-5.00pm
See also page 29 of the March issue of The Link.

We actively encourage school class and nursery visits which we can facilitate. Finally, on **Thursday 22nd May** 5.30pm-7.00pm we have local author AJ Campbell giving a talk, with questions and answers, on *Self-Publishing*. Stansted is more than just a library. We are in the Mountfitchet Exchange. We look forward to seeing you all.



Email: stansted.library@essex.gov.uk

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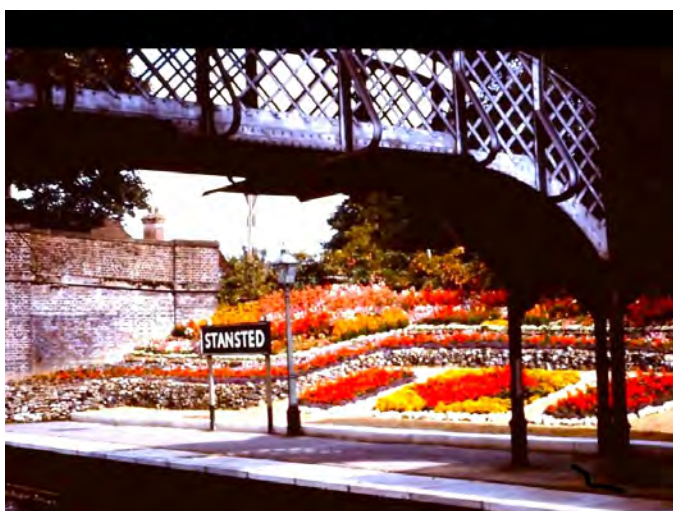
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STANSTED IN BLOOM

An action group has been formed to build on our success in the Anglia in Bloom competition over the last couple of years. Representatives from Human Roots, St Mary's Church, Stansted Social Club, the Aubrey Buxton Nature Reserve and St Mary's School have joined Parish Councillor Alan Barnes and group secretary Trevor Lloyd in planning our entry for the 2025 competition. As well as entering the overall category we hope to have projects nominated in the following subcategories: Public House, Churchyards, Nature Conservation Area or Nature Reserve, Nursing Home or Care Home and Best Young People's project. In addition, we hope to enter the Special Feature category which this year celebrates 200 years of Rail Travel. In the 1920s Stansted station had very impressive gardens. Station Master Tommy Gawthorpe is credited with the layout of the gardens.



In the early post war years Doug Hudgell joined the station staff, and he was largely responsible for creating some very impressive flower beds, most notably his creation for the coronation of Queen Elizabeth II which consisted of a crown in tagetes, blue lobelia and salvias, with an E and R on either side. The garden measured 120ft by 25ft with hanging baskets, flower tubs and pot plants in the booking hall. Stansted regularly entered the British Rail's Eastern Division Gardens Competition and Doug's efforts were rewarded with six Special Class awards and eight First Class awards. The garden featured in a two-page feature about station gardens in a 1983 edition of Popular Gardening Magazine. We have a few pictures of Stansted Station in its heyday but we would love to have more, so please get in touch if you have any which we could add to our display.

Trevor Lloyd

STANSTED SINGS TOGETHER

A reminder that under the new name of *Festival of Voices*, Stansted will sing together again on the following Saturdays at TouchPoint, who are sponsoring the event: **26th April, 3rd May, 10th May and 17th May** 3.00pm-5.15pm including a break for refreshments. On **Saturday 17th May** 6.00pm-6.45pm there will be a sharing event for friends and family

and anyone else who would like to come and listen and maybe even join in!

We will have a new set of beautiful songs on the theme of *Sharing the Love*, including *Sing Your Own Kind Of Music*, *Thimblela* from South Africa and *Celebration*. We especially welcome new singers; you do not need to be able to read music. Please email me to reserve your place. I look forward to hearing from you.

Jane Wheeler

Email: janievox@mac.com



HATFIELD FOREST

www.nationaltrust.org.uk/hatfield-forest

Four legged Conservators

Our flock of rare-breed sheep, which are all Hebridean, are helping to transform the overgrown bramble scrub into open wood pasture within several fenced-in enclosures at the forest. They can also be found grazing on the marshland habitats. The first flush of lambs has arrived; several were born in February. It is a very exciting and significant moment as their mothers were born two years ago in the forest and it is amazing to be breeding from our own herd of Hebridean sheep.



Sheep have grazed the forest for centuries and so this keeps a strong historical link alive. Last year we celebrated the 100th year of being owned and managed by the National Trust and we took some of the lambs down to the lake area for a *Meet and Bleat* with visitors. It was a great chance for people to see the lambs and for us to talk about the importance of having sheep on site, whilst also raising awareness of the importance of keeping dogs under control. We hope to do the same this year, so keep an eye on our website for more information.

Our opening hours have now changed for entry by car. We are open seven days a week 9.00am-4.00pm. The café is open until 4.30pm to allow last minute visitors by car, the opportunity to grab a hot beverage or food to eat. More information can be found on our website

Hannah Underwood

Assistant Business Services Co-ordinator

Tel: 870678

Email: hannah.underwood@nationaltrust.org.uk

THOUGHT FOR THE MONTH

Lent is the old English word for lengthen; the days are indeed thankfully lengthening, we are looking forward to lighter evenings, and of course Easter. In churches, Lent is a time of preparation, a time to reflect as we move towards Holy Week, Good Friday and the joy of Easter Day. It used to be that you gave something up for Lent, often chocolate or alcohol, and in some traditions, meat or rich food. I can remember being told off whilst shopping in my dog collar and putting some chocolate into my basket; you should not be doing that during Lent said a complete stranger! However it has been my practice to try to take something positive up for Lent: additional daily reflections, or every time I treat myself to something to put the same money aside to give to the Foodbank. If you are thinking of giving something up, Pope Francis had some wise words about this a few years ago:

*Fast from hurting words and say kind words; fast from sadness and be filled with gratitude.
Fast from anger and be filled with patience; fast from pessimism and be filled with hope.
Fast from being worried and have trust in God; fast from complaints and contemplate simplicity.
Fast from pressures and be prayerful; fast from bitterness and fill your hearts with joy.
Fast from selfishness and be compassionate; fast from grudges and be reconciled.
Fast from words; be silent and listen.*

In whatever way you prepare for the joy of the resurrection on Easter Day, may this season of Lent be a blessing to you and yours.



Rev'd Gill Hulme
Stansted Free Church



STANSTED FREE CHURCH

Palm Sunday 13th April

10.30am Rev'd Gill Hulme - New Directions

Good Friday 18th April

10.30am Rev'd Stuart Veitch - Reflective Service

Easter Sunday 20th April

10.30am Rev'd Stuart Veitch - Easter Communion

STANSTED QUAKERS

Palm Sunday 13th April

10.30am Meeting

Easter Sunday 20th April

10.30am Meeting

ST JOHN'S

Palm Sunday 13th April

9.30am Holy Communion

Maundy Thursday 17th April

6.00pm Holy Communion followed by bring and share meal

Good Friday 18th April

10.00am *The Way of the Cross*. A choral service of words and music

3.30pm *Together on Good Friday*. A simple service with crafts for children

Easter Sunday 20th April

9.30am Easter Day Holy Communion

ST THERESE OF LISIEUX

Palm Saturday 12th April

5.15pm Confessions 6.00pm Mass

Palm Sunday 13th April

8.30am and 10.00am Mass

Maundy Thursday 17th April

7.30pm Mass

Good Friday 18th April

10.30am Stations of the Cross for Children and Families

3.00 pm Liturgy of the Lord's Passion

Holy Saturday 19th April

7.00pm Easter Vigil

Easter Sunday 20th April

8.30am and 10.00am Mass of Easter Day





STANSTED FREE CHURCH

Methodist / URC
Chapel Hill
www.stanstedfreechurch.org.uk

Minister Rev'd Gill Hulme
Tel: 504157
Email: gillian.hulme@methodist.org.uk

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

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

Preachers for April

6th 10.30am Elizabeth Stockdale
13th 10.30am Rev'd Gill Hulme - New Directions
18th 10.30am Rev'd Stuart Veitch - Good Friday
20th 10.30am Rev'd Stuart Veitch - Easter Communion
27th 10.30am Karen Quelch



ST THERESA OF LISIEUX CATHOLIC CHURCH

High Lane, Stansted CM24 8LQ
www.sttheresasstansted.org

Parish Priest Fr Clement Orango
Tel: 814349
Email: frclémentorango@brcdt.org

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

Masses
Saturday 5.15pm-5.45pm Confessions
6.00pm Mass
Sunday 8.30am Mass
10.00am Mass
Wednesday 12.30pm

Baptisms By appointment

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



STANSTED QUAKERS

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

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

Lettings Yvonne Estop Tel: 07595 087207
Email: yvonne-wood@outlook.com

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

Light Group This is a guided Quaker meditation. There is more information on the noticeboard outside the Meeting House or do contact Sue on 07759 532115. We generally meet on the 2nd Saturday of each month.



ST JOHN'S STANSTED MOUNTFITCHET

THE CHURCH OF ENGLAND

All enquiries: The Church Office, St John's Hall,
including Church St John's Road, Stansted CM24 8JP
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Office hours: Monday, Wednesday, Friday
10.00am-12 noon
Email: stansted.church.office@gmail.com
Website: www.thefivechurches.org.uk

Priest in Charge Rev'd Dr Colin Fairweather
Tel: 816721
Email: revdrcolinfairweather@gmail.com

Associate Priest Rev'd Helen Flack
Email: revhelenstn@gmail.com

Pastoral Assistant: Kathryn West
Tel: 816293
Mobile: 07880 602717
Email: kewest@btinternet.com

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

Services Together on Sunday (1st Sunday) 9.30am
Holy Communion (2nd-4th Sundays) 9.30am

St John's is open most days during daylight hours. There is a special section in the Lady Chapel for private prayer.

From St John's Registers - February

Baptisms

2nd Rubah Rose Johnson
16th Jack Anthony Crowley

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FRIENDS OF ST MARY'S CHURCH

On 1st March we resumed our work in the churchyard after a winter break; huge drifts of beautiful snowdrops all over the grounds are looking magnificent this year. The maintenance men have been to trim back hedges and cut the grass, so all is looking quite beautiful here. Some foreign visitors asked me about the yellow flowers on graves. They meant the daffodils and they kept repeating the name. I am guessing that they are unfamiliar with them! I smiled! There is plenty of work to do in the churchyard which is an ongoing project; but with better weather, it brings us joy to see it looking so smart. There is always room for more helpers if you ever want to join in.



Champing season starts again this month as we enter our seventh season. The church opens daily and everyone is very welcome to visit. But please try to remember to sign the visitor book, which is very important as it shows the Churches Conservation Trust that people are interested in the church. I look forward to talking with you.



Lynda Dale
Tel: 07716 099474



www.mencapgrovecottage.org

Sky Dive for Charity

We have spaces available for adventurous individuals to do a Sky Dive on **Friday 6th June** in conjunction with Helping Herts. The event takes place all day and will be held at the North London Skydiving Centre near March, Cambs PE15 0FB. By taking part, your sponsorship will help ensure we continue providing vital services for our members, in turn helping them to live enriched lives. All monies raised will be match funded by Helping Herts.

A £50 booking fee is required and you agree to raise a minimum of £300. To sign up and for more information, please contact me.

Alison Cameron
Tel: 651908
Email: fundraising@mencapgrovecottage.org

HOMOPHONES QUIZ ANSWERS

- 1 Watt/what 2 Khaki/car key 3 Carrot/carat
4 Turn/tern 5 Creek/creak 6 Meat/meet
7 Sign/sine 8 One/won 9 Earn/urn 10 Owed/ode

BRAIN TRAINING

The best Way to Strengthen your Core

Much effort can be spent strengthening our core muscles for pain reduction, performance or vanity reasons. Unfortunately, unless for vanity, research shows those efforts are at best ineffective. In order for the core muscles to engage properly, they need a stable pelvis. Without this, it is like firing a cannon from a canoe; things will not go well.



Let us test this out. Sit down, put your hands on your tummy and rock back and forth. Now rock backwards, press your toes down onto the floor and squeeze your bottom and then rock forwards, keeping your hands on your tummy. Feel the difference? Also practice picking something light up off the floor, maybe a sock, bend over for it normally, then press down the big toes and squeeze the buttocks just before standing up. The core works dynamically, adjusting according to what we are doing. Clearly, picking a bit of paper off the floor is very different from lugging a heavy plant pot about. Get used to engaging the big toes and buttocks and the core will be there for you when needed.

When the pelvis is not stable, various muscles tighten up to protect the spine. It is a survival mechanism and certainly not optimal. These muscles may be the abs themselves, locking up. Another emergency muscle is the diaphragm; be aware of breath holding or audible breathing, a sure sign the diaphragm is desperately holding on. It is the most useful technique when strengthening yourself in any way, including in all the lifts in the gym. When squeezing the glutes, make sure you do not slide the hips forwards. Instead focus on bringing the cheeks together.

Clare Harding
Z-Health Master Practitioner
Tel: 07802 872919



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STANSTED FAUNA

We are lucky to have several lovely walks around Stansted. Most of the creatures shown here were photographed by me, with the exception of the lovely peacock butterfly, spotted in amongst the leaf litter in Aubrey Buxton by Rosina Kirkwood. The swans are recent arrivals. There is one adult and two cygnets from last year; distinguished by their patches of brown feathers. They are such elegant creatures, except when they go bottoms up to collect submerged plant food!



If you have any photos which follow a particular theme, please email them to editor@stanstedlink.org.uk. It would be good to have a page of pictures each month, subject to space. Thank you.

Elizabeth Oakley
Editor

Stansted Network

NEWS FROM YOUR LOCAL COUNCILS



Stansted Mountfitchet Parish Council

...with news of preparations for VE Day celebrations, this year's annual litter pick, the opening of new village allotments, and this year's precept

VE Day Celebrations

Date for the diary: Thursday, May 8th

The country will celebrate the 80th anniversary of VE Day in May. SMPC events working group is making preparations to mark the occasion

At a Full Council meeting in February, Parish Councillors voted to set aside £3,000 towards village celebrations to mark the 80th anniversary of the end of World War II. Nationally there will be street and garden parties, branches of the W.I. will be invited to join in the Big Bake, and peels of bells are set to ring out at 6.30pm from church steeples on May 8th. Our Events working group is settling on two ideas for celebrations. The first is to join in the lighting of beacons up and down the country, in a similar manner to how one was lit at the Rec for the Platinum Jubilee in 2022. The other is an afternoon tea at St John's Church Hall for residents of local care homes including Norman Court and any villagers born in the 1940s or before. At the tea there will potentially be a 1940s band and school children could be invited to serve the afternoon tea. A hurdle to be overcome at this stage is sourcing a suitable band. If you know one that would fit the bill, please contact SMPC (see page 23). Look out for an update on VE celebrations in the May edition of the Link



Beacon lighting at the Recreation Ground for HM the Queen's Platinum Jubilee Celebrations in 2022

Annual Litter Pick

Saturday, April 5th

If you would like to do a bit for the environment, why not join us for a spot of litter-picking?

The last time a round our Annual Litter Pick relieved the village's hedgerows, woods and pavements of over 20 bags of rubbish. Items sent for recycling included everything from bollards and drainage pipes to a shocking number of clothing-collection packs from the Little Treasures Children's Trust. The question is, will Stansted be any cleaner on Saturday, April 5th, the date set for this year's Annual Litter Pick?

You can join us for a two-hour litter-picking tour of duty by heading up to the Mountfitchet Exchange on the day in question at 10am. There you will be met by participating councillors who will be dishing out refuse bags and pickers and putting you into teams to spread out across Stansted. The pick will end at noon back at the Exchange. You are welcome to join us there afterwards for a warm cuppa and some biscuits.



Roadworks in April

Temporary lights along Pines Hill

The stranglehold that roadworks have held over Stansted for the last year appears to be easing. But look out for extended works on Pines Hill and Forest Hall Road this April

Pines Hill and the junction of Forest Hall Road (where it meets the B1383) will both see traffic lights in operation to allow the Electricity Network Company Ltd to carry out utility assessment work this month. The lights at Pines Hill will last from 1-25 April and will be in use at Forest Hall Road from 14-30 April. Meanwhile, drainage improvements by Essex County Council will see Church Road closed from 31 March until 11 April. Once again, Stansted Mountfitchet Parish Council has no responsibility for the planning of roadworks, the timings of which are typically subject to change. For more information

► essexhighways.org/live-traffic-map

Allotments Walpole Meadows

On March 1st, the Parish Council welcomed 14 tenants on to the village's first new allotment site since 60 plots opened at Elms Farm 2019.

Bloor Homes promised to deliver allotments as part of its development at Walpole Meadows (WM). This has taken over 6 years. Why so long, you may ask?

Ever since the last brick was laid at Walpole Meadows, SMPC has been in negotiations with Bloor to ensure land meant for community is fit for purpose. The land set aside for the allotments has been plagued by poor drainage, weeds, and the soil being peppered with stones.

"We have had to work with the Section 106 Office at Littleford District Council to persuade the developer to get these problems sorted out," says Jo Kavanagh, Chair of the Council's Open Spaces committee. "Taking on responsibility earlier would have meant the Parish Council paying to put this right."

The allotments are finally in a better shape. Prior to the plots' recent hand-over, Bloor rotavated the land and added more topsoil. In the weeks leading up to the opening of the WM plots, councillors were also busy: tenancy agreements needed to be drafted, suitable chains and padlocks sourced, and the plots themselves marked out.

"It has taken a lot of effort, but it has been worth it. We know how much demand there is for allotment plots," says Cllr Kavanagh. "We would like to thank the new tenants for their patience while waiting to get on to their allotments."

Increasing the supply of allotments in Stansted is dependent on land being reserved for this purpose as part of any new housing development. Currently, the two planning proposals for homes near High Lane come without space for allotments. The best hope for people interested in getting a plot is to register their interest with SMPC. Each year tenancy contracts are renewed and roughly six allotments at Elms Farm become free. It will be 12 months before it will become clear if tenancies are available Walpole Meadows. To get on the waiting list, please email info@stanstedmountfitchet-pc.gov.uk



“

I am looking to get down to my allotment two or three times a week and plan to grow some carrots, parsnips, and runner beans. I'm also thinking about putting a storage box on the plot.

”

Heidi Lee, one of the 14 new allotments holders at Walpole Meadows

14

Allotments
Walpole
Meadows

12

Number of people on
Walpole Meadows
Waiting List

60

Allotments
Elms
Farm

18

Number of people
on Elms Farm
Waiting List

6

Available
Plots in an
average year

£50

per year
for a plot
(12.5x10m)



Parish Cllr Alan Barnes checking the coded padlocks ahead of the allotments being opened for tenants last month.

SMPC is now working to take on management for the wider open spaces at Walpole Meadows, beyond just the allotments.

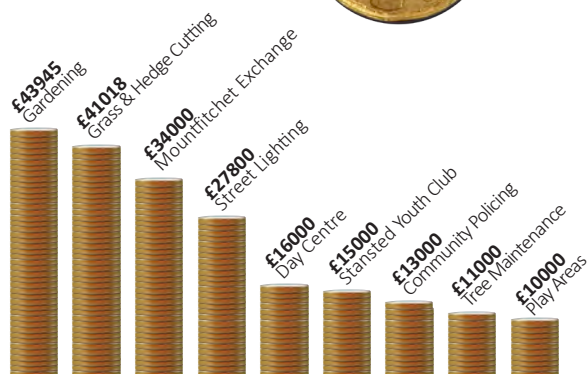
Precept & Council Tax 2025/26

How much of the SMPC precept makes up your council tax bill? What does your precept pay for? And where can you find help if you are struggling to cover your council tax?

£2,237.45
per year

Bill for a Band-D* council tax band payer in 2025/26. Your council tax pays for the delivery of services by Essex County Council (70%), Uttlesford District Council (8.3%), Essex Police (15%) and Essex Fire Service (3.39%)

£145 per year
The SMPC precept amounts to 6.4% of your council tax bill*



Community Services covered by the SMPC Precept

The Parish Council will raise £499,000 from its precept in 2025/26. For a full break down of the SMPC budget for the current financial year head to:

► <https://stanstedmountfitchet-pc.gov.uk/documents/budget-approved-budget-2025-26/>

Uttlesford District Council provide some assistance for residents struggling with their council tax. These include their Cost of Living Support Fund, Local Council Tax Support, and Exceptional Hardship Fund. For further information

- <https://www.uttlesford.gov.uk/counciltax-arrears>
- **01799 510510**

GARDEN WASTE SERVICE

The SMPC-funded garden waste recycling services will see a waste truck in the Lower Street Car Park from 12.30-4.30pm on the following Sundays: 13th April and 27th April.



DISTRICT COUNCIL NEWS



Liberal Democrats

Alan Dean

District Councillor for Stansted North
tel 813579 email: cllrdean@uttlesford.gov.uk

Whither Uttlesford!

It now seems likely that Uttlesford District Council (UDC) will be scrapped within the next three years.

Uttlesford will be merged together with other district councils and the corresponding parts of Essex County Council into a much larger authority. The Government announced its plans just before Christmas and demanded responses from county and district councils by early January.

At the time of writing in early March, little detail has been shared with most councillors in Uttlesford. The Leader of Uttlesford District Council, Cllr Petrina Lees of Elsenham, has been attending Essex-wide meetings about the plans, but has so far refused to share minutes of the meetings with all members of UDC, so keeping many of us in a drip-feed world of semi-ignorance.

From what I have gleaned from the press, it seems that His Majesty's Government does not like the present system of two-tier local government comprising both county councils and district councils. Instead, it wants to see unitary (one tier only) authorities everywhere. These do already exist in parts of England. Parish Councils, including our own Stansted Mountfitchet Parish Council, are unlikely to be much affected.

I foresee problems over the next three years. There will almost certainly be widespread staff redundancies.

We may see Uttlesford joined together with Harlow, Epping Forest and other district councils, to create a new council area of some 500,000 residents that deals with all district and county services such as adult social care, refuse disposal, housing and education. Apparently, the Government considers populations of around 500,000 as more suitable for local authorities of the future. Uttlesford DC's population currently is just short of 100,000.

I foresee problems over the next three years. There will almost certainly be widespread staff redundancies. County councillors, who should be up for election in May this year, will have their terms of office extended automatically without elections by 2 or 3 years. District councillors are likely to have their 4-year term extended by a year, but without the election normally due in May 2027.

I also foresee the job of a councillor becoming much more onerous. There will be far fewer councillors, and their wards will become much larger. I hope a councillor's job does not become more like that of a Member of Parliament; full-time and salaried. The risk is that councillors will become out-of-touch with what is going on behind the scenes in the council offices – whatever that may be.

STANSTED MOUNTFITCHET PARISH COUNCIL

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Deputy Clerk Emma Philbrick

Committee & Projects Officer Laila Azure-Marxen

Communications Officer Dan Schlanker

Email: info@stanstedmountfitchet-pc.gov.uk

Tel: 01279 813214

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

Reception: Mon-Fri 10am-2pm

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Facebook: www.facebook.com/stanstedcouncil

Instagram: [stanstedparishcouncil](https://www.instagram.com/stanstedparishcouncil)

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cllrSELL@uttlesford.gov.uk

Tom van de BILT | ☎ 07710426850

tomvandebilt@stanstedmountfitchet-pc.gov.uk

PARISH COUNCIL MEETINGS

Meetings begin at 7.30pm at the Mountfitchet Exchange.

If you wish to attend virtually, look for Zoom details in the agenda documents on our website:

2nd April Finance & General Purposes committee

9th April Full Council

16th April Open Spaces committee

23rd April Highways sub-committee

30th April Full Council

UTTLESFORD DISTRICT COUNCILLORS

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Geoffrey SELL

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Ray GOODING

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Nick CHURCH

email: cllrchurch@uttlesford.gov.uk

ESSEX COUNTY COUNCILLOR

Ray GOODING

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MEMBER OF PARLIAMENT

Kemi BADENOCH MP

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

email: kemi.badenoch.mp@parliament.uk

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Meet-up Events:

Let's Talk Fraud Prevention

Norman's Court from 8am **8th April**

LIBRARY

The library at Mountfitchet Exchange opens:

Tuesday 9am-1pm **Wednesday** 2-5.30pm

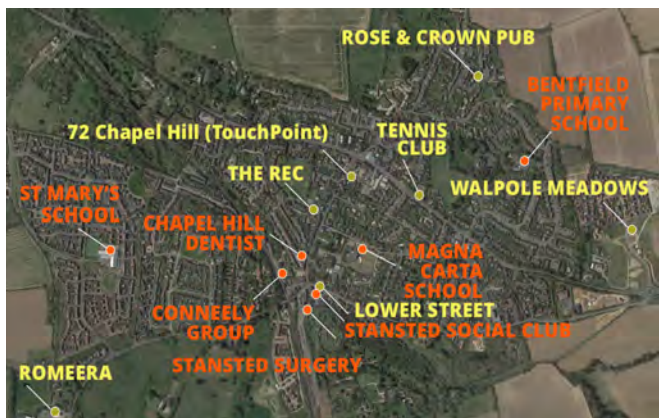
Thursday 2-7pm **Saturday** 9am-5pm

ADVICE SESSIONS

Uttlesford Citizens Advice run a FREE drop-in service every Thursday from 10am-2pm, except when Peabody operate advice sessions. You can also ask to speak to an advisor during SMPC reception hours via computer hook-up on Monday, Wednesday & Friday. Ask at our reception for details. **Peabody Trust** run a drop-in service on **Thursday, April 3rd** from 11am-3pm. Advisors can help with benefits problems, housing, job training and support to overcome addiction

TOUCHPOINT, STANSTED

The community wellbeing project runs a variety of clubs, groups and activities from 72 Chapel Hill where you can socialise, get help, access training, and fill up your larder for free! **Food shares** Stansted Social Club Wed 2.30-3.15pm, Thursdays Crafton Green 10am-5pm, Fridays 1-2pm Saturdays 10-11am; **Community Cafe** Thursdays 10am-5pm, Fridays 8.30am-12pm; **Free hot meals** on Thursdays 12.30-2.30pm; **Breakfast Club** every Friday 9am-10am. Contact info@thetouchpoint.org ☎ 07572 114882



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We are currently promoting the importance of showing consideration towards others. Whilst we are enormously proud of the behaviour of our pupils, we will always do everything we can to ensure that this can be even better. Our children have an excellent understanding of our school rules *Ready, Respectful, Safe* and this half term we are looking at what



being respectful actually means. As part of this work, we have put in place consideration stickers, which will be used in our KS1 and KS2 classes at least once a week, giving pupils and staff the opportunity to nominate others for showing a high level of consideration. This may be due to good manners or it might be respecting school resources, such as

putting playground equipment away after use, or simply showing general kindness and support for each other. Teachers have already fed back on the amazingly thoughtful nominations that some pupils have been making, and I have been very impressed with their kind and conscientious choices.

In other news, Year 5 had a very exciting evening Forest Schools session, where they built a campfire and explored the forest area in the dark using torches. Year 4 and Year 6 were visited by a chocolate-making workshop as part of their respective learning themes on the Maya Civilisation, Rainforests, and Charlie and the Chocolate Factory. We have also had a thoroughly enjoyable World Book Day, with lots of super book character costumes being worn by our pupils. Finally, at the time of writing, we are preparing for our fortnight of Mother's Day lunches, where mums will be able to come to school and have lunch with their offspring and the opportunity to spend some time joining in with activities on the playground.

David Rogers
Headteacher
Tel: 813626

ST JOHN'S 300 CLUB

Many congratulations to the winners of the February draw:

£100	No 184	Sandra Embleton
£ 50	No 218	Ray Smith
£ 25	No 100	Christopher Bone

The draw for April will be held on **27th April** in St John's Church, following the 9.30am service. Numbers at £2 per month for each number are still available to anyone who may wish to join the Club and be in with a chance of winning one of the 38 prizes totalling £2,500 given away this year. The Club raises vital money to help cover the heavy maintenance costs and work of St John's Church.

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

David Morson was our speaker for our March meeting and he gave a talk entitled *A Prelude to Dad's Army*. He told us about Henham's evacuation plan in WWI. David took us through England's history of invasion, either attempted or successful.

With the outbreak of the war in 1914 the home front was startled by initial Zeppelin raids, particularly in Essex. There was a *Defence of the Realm* act published in 1914. Subsequently an evacuation plan advising what to do in case of German invasion was ordered. If the people of Henham had been told to evacuate, they were to take only money, biscuits and cocoa, with at least three days' supply. Farmers were to destroy livestock and crops, and no alcohol was to be left behind. Signs such as that in the wall at Orford House shown below guided civilians westwards.



These and many similar arrows were painted to direct non-combatants across country, avoiding main roads, to facilitate the movement of troops in the event of a successful landing by the Germans on the East Coast 1914-1918.

The evacuation route from Henham was Orford House, Manuden, Stocking Pelham, Buntingford, Stotfold and onwards towards Oxford. There did not seem to be any plans as to what to do with the millions of civilians when they arrived. By 1916 the order was cancelled as the threat of invasion receded.

Whilst the opening slide of Dad's Army characters was still in our minds, the seriousness at that time cannot be underplayed. Our thanks to David for a thoroughly entertaining evening. Our next meeting is on **Thursday 3rd April** at 7.30pm in Touchpoint when Lynda Dale will be talking about *St Mary's Churchyard Project*.

Roger Barrett
Email: rmbartlett54@gmail.com

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SUSTAINABLE STANSTED

www.sustainablestansted.org

Join Sustainable Stansted for *No Mow May*

It is time to think about *No Mow May* once again. Instead of mowing your lawn, let the grass and flowers grow and see the benefits for wildlife. Garden meadows do not have to look untidy; mowing just a path or seating area will keep it looking intentional. UK gardens, covering an area larger than our national nature reserves combined, have the potential to make a significant contribution to supporting biodiversity.

Wildflower meadows provide an incredible 50 plants per square metre. However, since the 1930s, over 97% of these meadows have vanished, leaving gardens as a vital alternative source of nectar for pollinators like bees and butterflies. Plants like plantain, dandelion and clover provide food, and longer grasses offer shelter and foraging grounds.

Over the past three years of trying *No Mow May*, we have definitely seen an increase in insects, butterflies and flowers. One example is ragwort which is critical to cinnabar moths who lay their eggs on the plant.

The moth's numbers have declined by 83% in the last 35 years so it is great to see their stripy caterpillars in our home meadows.



Tips for Nature-Friendly Gardens:

- Plant bee-friendly plants like lavender, sunflowers, and heathers
- Create hedgehog highways - gaps in fences to allow the animals to enter
- Leave dead leaves and wood to decompose naturally to create food for fungi, small mammals and insects.

We would love to know how you get on; please message us at www.facebook.com/groups/sustainablestansted.

Vicky and Emma
Email: sustainablestansted@gmail.com

IN THE GARDEN

Fascinating Fuchsias

April is the time to start preparing fuchsias for their fast-growing, long-flowering summer season. Fuchsias are highly versatile: easy to grow and propagate, they flourish in containers and tight spaces, most prefer some shade and there are hundreds of varieties in single or double flowered combinations of pink, red, violet and white.



The first recorded fuchsia was named in honour of a 16th century herbalist and professor of medicine, Dr Leonard Fuchs. Most fuchsias originate from coastal South America. Garden hybrids bred from fuchsias native to tropical and subtropical areas require frost protection in our British winters, so it may be preferable to grow these in containers to overwinter under cover. Hybrids bred from fuchsias that originate from the colder areas of South America are frost hardy; these can be left in place to overwinter, so are ideal for either ground or container planting. Do keep the plant labels to remind you which fuchsias will need protection.

Although there are fewer hardy varieties, many more are available than previously due to increasing demand. Fuchsias may be bushy, trailing, upright or trained. The *F magellanica* and *F coccinea* hybrids are best for very cold winters; these have a slender, upright habit with delicate lady's earrings flowers and can make attractive hedging.

Fuchsias are best planted once the soil has warmed in spring. Wait until April to prune hardy fuchsias down to 8-10". Tender varieties can be planted outside and pruned after the last frosts. All need ample moisture, nutrients and good drainage. Either deadhead the flowers and seed pods throughout the summer or leave the seed pods to develop into edible berries. Caterpillars of the stunning, pink-banded elephant hawk moth may eat the leaves; if this becomes problematic, consider growing a sacrificial fuchsia to move them onto.

Sian Lloyd
u3a Garden Group

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www.u3asites.org.uk/stansted

A Winter's Tale

Drawn by the promise of snowdrops, cyclamen, aconites and hellebores, the gardening group determined to say goodbye to winter and enjoy spring at the gardens of Benington Lordship near Stevenage. They were not disappointed by the immaculately manicured borders, banks of snowdrops and a delightful parterre in front of the striking Georgian house. Alas, winter laid on cold sleety rain which bullied and buffeted the doughty party. The group withdrew to the café's warm and friendly wood burning stove to partake of some hot tea. Despite winter's caprices, they swore to return to do justice to a very beautiful place.



illustration by Julia Cook

It was such a pleasure for the poetry group to view the wilder landscape of Wales through the illuminating and insightful lines of Owen Sheers. Following some excellent preparation by one member, the group read and animatedly discussed the ways Sheers describes profound and thought-provoking elements of the human condition through the Welsh landscape. Here he uses a sight we have all seen many a time, but gives voice to the utter cheerfulness of birds in spring in his poem *Calendar*:

*Swallows crotchety and
minim the telephone wires,
sing volts down the line.*

Forthcoming poetry sessions include: The life and work of John Donne, poems related to new technology, the life and work of e. e. cummings and poems about water - all of which are sure to challenge and gratify!

Stansted u3a has a wide range of classes available; it is well worth checking out the website where you can find information about all of them. You will be warmly welcomed to sample any of the classes to find out what might suit you. Please contact us via our website or call 07847 385541.

Julia Cook



STANSTED BOWLING CLUB

www.stanstedbowlingclub.co.uk

I am happy to say that our green is looking very good. Colin, our greenkeeper, says that it is better than this time last year, which was particularly wet. So once again we shall have one of the best surfaces to play on in 2025. Our A Team has been promoted up to the top division so we shall be faced with some very stiff competition; bring it on! Many Club individuals have entered into County and District competitions this year; hopefully they will all do well.

None of this is possible without new members coming into the Club. Some may not want to play but would enjoy some of the support tasks necessary to help keep the Club going. Please contact me if you are interested in bowling or helping out in some way. If you fancy being part of a friendly club which offers a subsidised bar, lots of banter and other activities for you to get involved in, then drop me an email and I will help answer your questions and get you started. We also have a website so check us out.

Peter Beattie

Hon Secretary

Email: peterdavidbeattie@gmail.com

AUBREY BUXTON NATURE RESERVE

www.essexwt.org.uk

As I was working in the reserve in early March I came across a frog that was making its way from the wood to the pond. The frogs and toads are on the move, coming from their winter resting places under logs and deep in the leaf litter towards the ponds where they will breed and start the next generation. The arrival of frogspawn is one of spring's vital signs, recorded every year in a large citizen science project run by The Woodland Trust.



They also record the dates of flowering blackthorn and singing song thrush. They use the data to understand how wildlife is coping with shifting seasons, warmer temperatures and unpredictable weather patterns. Spring starts in the south west of Britain and works its way up the country arriving in Scotland several weeks later, but it is trending earlier. Last year the first frogspawn was recorded on the Isles of Scilly on 21st December followed by recordings in Cornwall in early January!

Now is an excellent time to get outside and do some bird watching. The birds are very active establishing territories and finding nest sites. Before the trees are in full leaf you have the best chance of good views and hopefully you can observe the birds while singing, which really helps to build your knowledge of bird song.

John Welham

Warden

Email: communications@essexwt.org.uk

The gardens open for visitors every Thursday from **3rd April**, in time for the bluebell and blossom season as well as the last daffodils. Bluebells thrive in the dappled shade at the bottom of the glade. The lush greens of the grass and fresh leaves on the trees and emerging perennials set off the glorious colours of blossom and flowers: pink and white of the blowsy apple and cherry trees, the vibrant reds, oranges and purples of the tulips, the first roses and the yellow canary birds in the Italian garden. Hopefully sunshine and early spring warmth will mean these flowers provide lots of nectar and pollen for the bumblebees and other insects. We hope these will thrive again after the terrible year they had from the cold, wet spring and early summer of 2024.



On Thursdays, the gate is open from 11.00am-3.00pm and hot and cold drinks as well as homemade cakes are available. Our first main season Sunday open day is on **13th April** 11.00am-5.00pm and will be an opportunity for families to enjoy Easter activities, with an egg hunt, fun crafts and face painting for children. There will be a plant stall and a range of other craft and produce stalls. Local duo, Karen and Tony, will entertain with folk and popular songs. Daisy's catering kiosk will be open, providing bacon, cheese or hummus rolls. Adult entry £6.00 advance, £7.00 on the gate. Children under 16 free. Dogs on leads welcome.



The Trust's volunteers will be working hard to ensure the gardens are looking at their best for the start of the season. Hopefully the bigger development projects will be completed in March: new beds and fruit cages in the walled kitchen garden and further extension of the Japanese garden. Spring planting will have started, both for flowers and, of course, vegetables too. Please see our website for further information.

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

Support for Families

Raising a family and seeing your child develop and grow can be immensely rewarding. Family life can also present many challenges and there may be times when you need some extra help or guidance. Friendly advisers at Uttlesford Citizens Advice are here to provide free, practical advice, tailored to your needs. Reaching out for support at the right time can help prevent challenges from becoming overwhelming for your family. We are here to help you focus on what matters most, empowering you with the knowledge and confidence to take control and make the most of these precious years. We can offer support with a range of issues:

- Checking entitlements to benefits
- Money and budgeting advice
- Help with school costs such as transport and school meals
- Help with childcare costs
- Support for children with special educational needs and/or a disability
- Relationship conflict or coping with the end of a relationship
- Child maintenance issues
- Maternity and paternity rights and requests for flexible working
- Housing issues such as tenancy rights or poor-quality housing.

Other local services that support young families can be found at <https://essexfrontline.org.uk>

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



QUENDON BOWLING CLUB

www.lovebowls.co.uk/club/quendonbc

The Club is starting to think about the summer season. Our green team are preparing the playing surface and surrounding area. They work Tuesday and Friday mornings and a very warm welcome is given to volunteers who wish to help. Free tea, coffee and biscuits are available plus plenty of banter.

Our Club house is open every 2nd and 4th Friday evening with pool, darts and games, plus we have a special event night every three months on a Saturday. This may be a quiz, race night or live entertainment. We have an open weekend on **24th and 25th May**. This is for potential players or just social; visitors can have a go at lawn bowls with the aid of a coach, and meet some of the members for a drink and a chat. The bar will be open with drinks being at very reasonable prices, so there is no excuse not to enjoy yourself.

During the season we will be hosting two gala days. The first one is **Sunday 27th April** from 10.00am till late afternoon, to kickstart the season and everyone is welcome. The second is in early July. Both days bring many players and guests to the Club from far and wide. For more information please come over on one of our social evenings and meet the members, or like and follow our Facebook page at Quendon Bowls Club.

Bill Hampton
Club Chairman

Email: quendonbc@yahoo.com



STANSTED HALL AND ELSENHAM CRICKET CLUB

After a long grey cold winter, the bright light of summer sun is upon us. The good news is that the cricket season is about to begin. If you live locally you are fortunate in that you have some very nice cricket clubs on your doorstep, many of which have a lot to offer. Down at the Hall we offer plenty for all of the family. Cricket begins at the age of five with our *All Stars* programme. This is aimed at the five-eight year age group, with Friday evening sessions starting in May. We will also be running teams at all age groups from U10 to U16. Our U14 team will be playing in the Sir Alistair Cook T20 competition and our U16 will be playing in the Trevor Bailey U16 Shield. The competitions are organised by Essex County Cricket Club.

Indoor nets for all age groups have already begun. The senior section runs two league teams on Saturdays and a friendly team on Sundays and we welcome any new members. England international cricketers; well the less said the better! Hopefully things will improve during the summer. We are a well organised community club catering for all. If you are interested in joining please contact me.



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



FOOTBALL CLUB

www.essexseniorleague.co.uk

As we reach the end of this current season our First Team still fight on to stave off relegation from the Essex Senior League for the first time ever. Our last remaining home games include a local derby against Saffron Walden, and Great Wakering Rovers on the final day. We could well be relying on those teams currently around us in the league standings to drop points, so a nervous month lies ahead.

The Club had an inspection of facilities from the Football Association. With some minor upgrading to our covered standing area we passed the Ground Grading criteria which was a welcome relief. Some teams in the Essex Senior League failed and had a deadline to complete the work by 31st March or face the possibility of automatic relegation, whatever position they may finish in the league. Who knows whether fate will deliver a reprieve if we cannot get the job done on the field of play. Whatever the outcome, the Club's future is still promising as our Youth section, guided by terrific coaches and helpers, will enable players aged 17 and 18 to be on the fringe of first team football next season. Our under-10s are currently looking forward to their first league cup final in May; it all still bodes well.

Finally, as this is our last article for the season, the Club committee, team management and players wish to thank all our volunteers and supporters for their unwavering support throughout what has been a difficult nine months. Enjoy the summer and keep a look out for any Club news on our social media accounts.

Fixtures at Hargrave Park in April:

8 th	Little Oakley	KO	7.45pm
12 th	Saffron Walden	KO	3.00pm
19 th	Ilford	KO	3.00pm
26 th	Gt Wakering Rovers	KO	3.00pm



Tom Williams
Secretary
Tel: 07921 403842



Stansted Tennis Club

Founded 1889

www.stanstedtennisclub.co.uk

Please see our website for details of tournaments, league matches and social events and for lots of other information about the Club. New members are always welcome.

Coaching

On Sundays coaching sessions for children aged four to seven years run from 8.00am-9.00am and adult group sessions, for beginner to intermediate players from 9.00am-10.00am. These sessions are perfect for anyone wishing to get back into tennis if they have not played in a while, or to brush up on some basic tennis skills. If you, or your child are interested, please email: danw.tennis@gmail.com. Junior after-school tennis sessions are held on Wednesdays and Thursdays 5.00pm-7.00pm. If your child wishes to join any of these sessions, please email: phil_tennis@outlook.com.

Fiona Kelly
Secretary
Email: contact@stanstedtennisclub.co.uk

DIRECTORY OF LOCAL CLUBS AND ORGANISATIONS

Beaver Scouts Age 6-8	Angela Madigan Tel: 01371 513028	RSPB	Peter Allen Tel: 07876 295456 Email: peter2349@sky.com
BS Beekeepers	Kate Walker Tel: 07399 197756 Email: secretary@stortfordbees.org.uk	St Clare Hospice	Rebecca Day Email: info@stclarehospice.org.uk
Bowls Club	Peter Beattie Tel: 07850 329192 Email: peterdavidbeattie@gmail.com	St John's Road and Area Association	Secretary: David Marchant Email: david@marchant.com
Brownies (Tue)	Kathy Shearman Tel: 07724 355533	Scouts (age 10½ -14)	Mike Byrne Tel: 812780
Brownies (Wed)	Susan Scott Tel: 810955	Stansted and District Past Rotarians Club	Geoff Lay Email: geoff.lay@ntlworld.com
CAB	Tel: 01799 618840	Stansted Badminton	Vince Tel: 07793 000107
Corkers Netball	Lizzie Read Tel: 07770 594848	Stansted Business Forum	Iris Evans Email: iris.evans9@gmail.com
Cub Scouts (Tue) Age 8-10½	Huskies Charlotte Graham char.huskies1ststansted@yahoo.com (Thu) Bulldogs Hazel Crundall 1ststanstedcubsbulldogs:@gmail.com	Stansted Cricket Club (Adults) (Juniors)	Ben Sammons Tel: 07852 510330 Email: bensammons3178@gmail.com Keith Ayres Tel: 814471
Explorer Scouts	Roger Pettett Tel: 07715 740715	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
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Let's Talk, Stansted Mental Health Support	Richard Haywood Tel: 07794 268208 Email: contact@stanstedmentalhealth.org	TouchPoint	Shirley Johnson Tel: 07572 114882 Email: info@thetouchpoint.org
Little Scrummers	Andrew Poyser Tel: 07738 591232	Town Twinning	Chairman: Geraldine Allars Tel: 07833 089298 Email: twinning@stanstedmountfitchetpc.gov.uk
Millers (Windmill)	Tudor Owen Tel: 810805 Email: info@stanstedwindmill.co.uk	u3a	Susan Sedgebeer Email: stanstedu3a@gmail.com
music@stansted	Sonia Levy Tel: 815282	WI (Stansted)	Linda Gurr Tel: 07743 549241
Classical concerts	Email: contactus@musicatstansted.co.uk	WI (Ugley)	Andrea Fitt Tel: 815922
Neighbourhood Watch	Linzi Shelford Tel: 07427 377118 Email: linzishelford@hotmail.com	Youth Centre	Essex Youth Services Tel: 07584 140507
Parkinson's UK	Simon Russell	Youth Club	Contact: Tim Atherton Email: fairycroftthousecic@gmail.com
Uttlesford Support Group	Tel: 01799 524638 Email: simonrussell2@tiscali.co.uk	Note: This list will be updated as and when we learn of any changes. If you would like your organisation to be added please let us know by emailing editor@stanstedlink.org.uk.	
Rainbow Pre-School	Gill Pursglove Tel: 814242 or 07966 506997 Email: admin@rainbowpreschool.net		
Rainbows (Wed)	Abbie Scott Tel: 07754 768764 Email: abbierose12a@icloud.com		
Rotary Club	Peter Latham Tel: 881607 Email: stortvalleyrotary@gmail.com		

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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 no later than the 8th of the month for publication the following month.

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