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The Link





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Front Cover
Local Fireworks
by Paul Burt Photography

Stansted Mountfitchet Village Magazine

The Link

www.stanstedlink.org.uk

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CONTRIBUTIONS FOR THE DECEMBER/JANUARY ISSUE

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

Articles may subject to editing

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EDITORIAL



The month of Remembrance is upon us, celebrated in three ways: Guy Fawkes night, Remembrance Sunday and Armistice Day. As regards the former, you will note from the Parish pages in the October Link that there is no suitable space for holding the Fireworks Extravaganza this year. We often forget how dreadful the Gunpowder Plot of 1605 was, as it tried to murder the King by blowing up the House of Lords during the State Opening of Parliament. The many participants in the plot came to a horrendous end. I am decidedly unclear as to why these nasty goings on are celebrated still; my dog and her loathing of fireworks certainly agrees with me. See pages 9 and 20 for information regarding Remembrance Sunday and Armistice Day, which are also about death and destruction, but with a very different slant, commemorating the cessation of hostilities at the end of WWI. They are thought-provoking and sombre annual events which take place in many of the Allied countries, such as France and the US.

On a happier theme, you will see that there are many fundraisers this month: several quizzes and a coffee morning, as well as Grove Cottage putting on wonderful events, see page 25 for details. How marvellous that their new building is so nearly complete. In last month's Link, on page 20, a short article appeared, saying that new Almshouses would be available on High Lane in January. Audrey Rodgers has responded by writing a fascinating article about the original Stansted Almshouses, together with a very old photograph; see page 11. Many thanks to Paul Burt for his beautiful cover photo. A very happy November to all our readers.

Ed



www.saffronsymphony.org

The final concert for this year is on **Sunday 30th November** at 3.00pm in Saffron Hall, when esteemed trumpeter, educator and conductor Craig Patterson joins the orchestra for the first time in a rare performance of Alexandra Pakhmutova's lyrical *Trumpet Concerto*. He will also play in Aulis Sallinen's beautiful *Sunrise Serenade*. The concert opens with Wagner's majestic *Mastersingers Overture*, possibly his best known and often-performed work, and closes to the sound of Respighi's tone poem *Pines of Rome*.



Completed in 1924, this most colourful of works is in four movements, concluding with Respighi's most well-known composition *Pines of the Via Appia* which depicts the return home of a victorious Roman army. Tickets: adults £18 and £21, 18-25 years £11, under 18s £6, available from www.saffronhall.com or tel 0845 548 7650.



Marion Dyer



STANSTED MOUNTFITCHET u3a

<https://stansted.u3aite.uk>

Plenty to look forward to

There is a great deal happening at Stansted u3a this November, with something to interest everyone. Our brand-new Understanding IT group continues with a particularly timely session: *Scams - Spotting the Digital Con Artists* on **Tuesday 18th November**. Together we will examine phishing emails, fake websites and those too-good-to-be-true online offers. With real examples to review, members will learn how to spot the red flags and share personal experiences. It promises to be a lively, practical session that could save us all from costly mistakes. Meanwhile, the Poetry Group meets in its usual slot on **Thursday 6th November**, turning its attention to the life and work of poet and comedian Henry Normal. On **Monday 10th November**, the Garden Group will take time out over tea and cake to reflect on the past season and plan a fresh programme of visits and activities for the year ahead.

A highlight of the month will undoubtedly be our Saturday Seminar on **15th November** 9.30am at St Theresa's Parish Centre. We are delighted to welcome back Jo Brooks, one of our own members and a much-appreciated art historian. Jo is well known for her beautifully illustrated talks and her deep knowledge of art. This time she will focus on her favourite painter, Titian, bringing alive his genius, influence, and dramatic style. This seminar is one not to miss. Finally, our monthly meeting on **Thursday 20th November** 1.30pm for 2.00pm at St Theresa's Parish Centre, features speaker Pamela Holmes, who will uncover the fascinating life of the *Huntingfield Heroine*, a Suffolk woman of extraordinary vision, now largely forgotten. This is just a glimpse of all that is happening. With groups ranging from art to walking and new activities always starting up, Stansted u3a offers something for everyone. Visitors are always welcome; come along and see for yourself!

Susan Sedgebeer

LANGUAGE DEVELOPMENT

Sharing books with children is a wonderful way to promote language development. As a speech and language therapist, I love using books within therapy sessions to engage in interactive story-telling using props and actions to bring books to life. Children love it, and we can target so many different aspects of communication in this way. While working with children over the last 20 years, I often reach for picture books to explore different concepts including *WH* questions such as who, what, where? I decided to write a series of books for parents to read which support language development at home. *Who? Hide and Seek* is the first in a series of books that explore key question words. It is designed to be read aloud with children from preschool and through primary school.



St Mary's Primary School hosted my first author visit, and reading to the children was an absolute delight. I was thrilled to be invited for an interview on TouchPoint Radio to talk about my work and writing. I am available for free author visits to schools, nurseries or playgroups.

Marissa Pajot Webb
Email: marissa@mysltday.com



THE PLACE ON THE HILL

www.stanstedfreechurch.org.uk

Now the clocks have changed, Autumn is well established and November days can be chilly, but *The Place on the Hill* is always lovely and warm. Come and join us for free coffee, cakes and biscuits. If you would like to get out and meet people, we offer a safe and friendly environment for adults. There is no need to book, just come along to the Free Church at the bottom of Chapel Hill. We are open every **Wednesday 10.00am-noon** and everyone is welcome. We also have a jigsaw you can work on. There is limited parking behind the church. If you have children, please come along to *Fun Place on the Hill* which opens on Fridays; see separate article for more information.



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

STANSTED IS WELL READ

The next meeting of our book club will be on **Tuesday 4th November** at 8.00pm in the Dog and Duck, where we will be discussing *Emma* by Jane Austen. The novel is a comedy of manners about a young woman who meddles in love matches resulting in several romantic misadventures. Jane Austen famously joked *Emma is a heroine whom no-one but myself will much like*; so it will be interesting to see whether we agree. Please do get in touch if you would like to join us, a warm welcome awaits.



Anne Watson
Tel: 898693
Email: stanstediswellread@gmail.com

HATFIELD FOREST

www.nationaltrust.org.uk/hatfield-forest



Warmth for the Winter

With the nights drawing in rapidly and a dip in the temperature, the forest is showing autumnal hues of oranges, yellows and browns. This is a quieter time to visit us. As it gets colder, there is nothing like a roaring log fire on a chilly evening to keep you warm. The logs which we sell are from hardwood trees harvested as a by-product of coppicing. The cost is £120 a bag; please contact the Estate Office, email: hatfieldforest@nationaltrust.org.uk or call 870678 to place an order. We also have fresh venison for sale from the Estate Office. Why not try some diced venison in a casserole? It is delicious and healthy.



We are now only open Wednesday to Sunday 9.00am-2.30pm. We close the forest and car parks because over the wetter months, the ground conditions are very poor and can be badly impacted by large footfall. Our reduced opening hours reflect both the use of the forest in those months and our ongoing work to protect this special site. This change in season is also causing erosion of the historic woodland rides, so if you come across a diversion, please follow it and discover a new route. You cannot book a car parking space, so please check our website for further information.

Hannah Underwood
Tel: 870678
Email: hannah.underwood@nationaltrust.org

IN MEMORIAM

PETER RONALD TRUNDLE

15th January 1938 - 23rd July 2025



Dad was born on Chapel Hill in 1938, the only child of Rose and Barney Trundle. They lived opposite what is now Stansted Free Church (formerly Stansted United Reformed Church), which Dad attended from the age of five. Aged 15 after finishing secondary education, Dad began a career in print that would continue for the next 50 years. He became a qualified Typographical Compositor and eventually joined the board of the Anchor Press as Director.

My parents met in Billericay at the wedding of a mutual friend. Dad was the unofficial photographer and Mum (Valerie) had been asked to sing. They knew each other for just three months before becoming engaged. Dad had a lovely voice, and they both enjoyed singing in a local music group called *Summer Wine*. Mum still lives in Bentfield Gardens in the house they shared for over 60 years of marriage. My brother Paul was born in 1966 and I followed not long after in 1968.

Dad had been a keen Scout, making many lifelong friends. He developed a love of cricket and football, both as a supporter and player. He was a competent artist, avid reader and film buff, and had a strong interest in languages, especially Italian. Dad was also a good cook, offering delicious dinners over the years at family get-togethers. He had a wonderful sense of humour, entertaining us for hours with stories and his famous funny walks. He was fortunate enough to see his grandchildren grow into adulthood and to welcome great grandchildren into the family.

Church life was very important to both my parents and Dad, along with Mum, received an award for children's work which spanned 40 years.

Dad suffered a stroke in March 2023. After numerous hospital visits and a few months return to home, he eventually needed specialist care and was moved to Elm View Care Home in Bishop's Stortford where he was well cared for. There was nothing more important to Dad than his family and we were with him when he passed peacefully on 23rd July. He is greatly missed by us all.

Michelle King
on behalf of the family

FLU AND COVID VACCINATIONS

www.peacockpharmacy.net

NHS flu and Covid vaccinations at Peacock Pharmacy

Appointments are now available at the pharmacy for free NHS Flu and Covid vaccinations for those who are eligible.

Please note that the rules for Covid vaccinations have changed this year to ensure that vaccinations are only given to those who need them most. The minimum age for adults has moved to **75 and over**, unless you are resident in a care home for older adults or are aged 6 months and over and immunosuppressed.

Some confusion has arisen over this as the NHS website will allow under 75s to book an appointment for a Covid booster if they self-declare that they are eligible, and they are then turned away when they arrive for their appointment. If you are not sure if you are eligible, you can check by going to www.nhs.uk/vaccinations where you can also book your appointment. Alternatively you can call us on 816323; we have lots of time slots available. The pharmacy is next to the Peacock surgery in Castle Maltings and is open Monday, Wednesday, Thursday and Friday 8.00am-6.30pm, Tuesday 7.00am-6.30pm and Saturday 9.00am-1.00pm.

Sherjeet Thiara
Superintendent Pharmacist

POT LUCK QUIZ 1

- 1 What is the capital of Tasmania?
- 2 Which side of a ship is on the right as you face forward?
- 3 In which sport are stones and a broom used?
- 4 Which fountain in Rome features in the film *La Dolce Vita*?
- 5 The Sugar Plum Fairy appears in which ballet?
- 6 After Sicily, which is the largest Mediterranean island?
- 7 Who was the next actor to play James Bond after Sean Connery?
- 8 What year did the Premier League start?
- 9 Who is the only Spaniard to become Formula 1 Champion?
- 10 In the 1970s which Blue Peter presenter climbed Nelson's Column?
- 11 Which English county is famous for Stand Pie?
- 12 Which European country has 443 named Islands?
- 13 Caws Pobi is the Welsh name for which dish?
- 14 What was George Michael's first solo single?
- 15 Robert Baden Powell became Scout leader after which war?
- 16 Which US state is nicknamed *The Blue Grass State*?
- 17 In which leisure pursuit might you do a *turkey trot* or *bunny hop*?
- 18 Which Beatle sang *My Sweet Lord*?
- 19 Which English king was known as *The Sailor King*?
- 20 Who was the first US president to preside over all 50 states?

Dave Morson

Answers on page 30



SHOE BOX QUIZ

7 for 7.30 pm Sat 1st Nov

St Theresa's Parish Centre

*Raising money for the
transportation of the shoe boxes*

Tickets £7 from Catherine 813579

Helen 814865, Eileen 812109 or

Verity 07854 930829

Bring your own food, drink & glass

STANSTED IS WELL READ

8 pm Tue 4th Nov

Dog and Duck, Lower Street

Emma

by Jane Austen

The novel is a comedy of manners
about a young woman who meddles in
love matches resulting in several
romantic misadventures

All Welcome Tel 813056



Green Waste Skip Dates

Sundays 12.30 - 4.30 pm

9th & 23rd Nov

Lower Street Car Park

Last dates for this year

WHAT'S ON IN NOVEMBER

1 Sat	Shoobox Quiz
4 Tue	Stansted is Well Read
5 Wed	Shoobox Packing
6 Thu	Local History Society
9 Sun	Link copy due in today
9 & 23 Sun	Skips
11 Tue	The Arts Society BS RSPB
13 Thu	Coffee with Cops W I
15 Sat	Ugley Farmers' Market
16 Sun	Music@stansted
16 Sun	Grove Cottage Afternoon Tea
19 Wed	Ugley W I
20 Thu	U3A Monthly Meeting
22 Sat	Autumn Quiz
25 Tue	Coffee Morning
28 Fri	Christmas Fayre
29 Sat	Elsenham Farmers' Market
30 Sun	Grove Cottage Festive Fun Run S Walden Symphony Orchestra

St Theresa's Parish Centre 7.30 pm
Dog and Duck 8 pm
St Theresa's Parish Centre 3 pm
Touchpoint 7.30 pm before noon
Lower St Car Park 12.30 - 4.30 pm
Southmill Arts 10.40 am
Bishop's Park Comm Cntr 7.30 pm
St Mary's Church 11 am - 12.30 pm
Touchpoint 7.30 pm
Ugley Village Hall 10 am - noon
St John's Church 2 pm
Down Hall 2 - 5 pm
Ugley Village Hall 2 pm
St Theresa's Parish Centre 2 pm
St John's Hall 7.30 pm
Ugley Village Hall 10 am - noon
St Mary's School 5.30 pm
Village Hall 12.30 - 2.30 pm
Sworders Field, B S 11 am
Saffron Hall 3 pm



Stansted Evening W I

7.30 pm Thu 13th Nov

Touchpoint

Burlesque

by Lyndsey Barrell

Visitors Welcome Entry £3



10 am - noon

Sat 15th Nov

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

To advertise your December and January events in the next issue
Email: editor@stanstedlink.org.uk by 9th November



English Concert

3 pm Sun 30th Nov

Saffron Hall, Saffron Walden

*Wagner Mastersingers Overture
Pakhmutova Trumpet Concerto
Sallinen Sunrise Serenade
Respighi Pines of Rome*

Adults £18 and £21, 18-25s £11 U 18s £6
Saffron Hall Box Office 0845 548 7650
www.saffronhall.com or on the door



FESTIVE FAMILY FUN RUN

11 am Sun 30th Nov

Start and finish at Sworders
Field, Bishop's Stortford

5K or 10 K routes

Adults £14, Age 12 and under £7

incl Santa Suit or Reindeer Antlers

Call 651908 or visit

www.mencapgrovecottage.org



Sun 16th Nov

St John's Church

Gary Ryan Guitar

Masterclass 2 pm Concert 3.30 pm

*Bach Cello Suite No 1 plus music from
England, South America and Spain*

Tickets: adults £18, conc £15
under 21s free. Pay on the door

Ugley Village Hall

www.ugleyvillage.org.uk

COFFEE MORNING

10 am - noon Tue 25th Nov

Coffee • Tea • Cakes

Bring and Buy • Raffle

*Come and have a relaxing morning
before the Christmas Rush*

Free Parking ~ All Welcome



Autumn Quiz

7 for 7.30 pm Sat 22nd Nov

St John's Hall

Tickets £15 incl ploughman's and
your first drink

From Katy Tel: 07834 235011

Bring your own additional drink and glasses

*Come as a team or
on your own and join others*



AFTERNOON TEA

2 pm Sun 16th Nov

Down Hall Hotel

With live musical performances

Adult £45 or £53 with glass of fizz

Child aged 12 and under £22.50

Call 651908 or email:

fundraising@mencapgrovecottage.org



RECYCLING



I thought it would be useful to give a reminder of items we currently **recycle**: foreign coins, old UK coins, original brand ink cartridges, used and unused British and foreign stamps, mobile phones, ipads, tablets and USB leads. It would be helpful if donations could be placed in a paper or plastic bag or envelope; please use a separate one for each category. Items can be put in the boxes outside the main blue door of the Free Church at the bottom of Chapel Hill. There is also a collecting box inside St John's church porch; alternatively please leave items in the porch of 7 Blythwood Gardens. Thank you.

We **do not recycle** toners, laptops, remanufactured ink cartridges, foreign or English bank notes, blister packs, spectacles, toothbrushes/heads and toothpaste tubes. Spectacles can be taken to *Specsavers* in Bishop's Stortford, who have a box for them just behind the till. They do not want the cases. There are two organisations which refurbish laptops or printers and donate to schools and charities; both will collect from you free of charge. Contact Cambridge Recycling Centre on 01223 473875 email: sales@cambridge-computer-recycling.co.uk or Townstech in Harlow tel 898240 www.townstech.co.uk. If you have Dell equipment, including monitors, you can recycle directly with them; go to www.dell.com and search for recycling.



Marion and Mike Dyer
Tel: 814059

Email: recycle@stanstedfreechurch.org.uk

SUSTAINABLE STANSTED



We welcome the news that Peacock Community Energy (PCE) Limited was launched in a well-attended and enthusiastic meeting of founder members on 16th September. With strong roots in Stansted, its purpose includes installing solar panels and batteries at public buildings such as schools, NHS buildings, churches and others in and around the village. We supply the occupants with electricity at lower prices than the grid, and any surplus funds generated are used for local community projects.

This is part of local efforts to combat the climate crisis, by reducing the CO₂ we create in using our public buildings. At the meeting, members elected officers and a Board and approved its application for it to be registered as a *Community Benefit Society*. This is a very exciting development; we look forward to reducing costs for schools and other public bodies, cutting CO₂ to combat the climate crisis, and undertaking projects that benefit the Stansted community. We invite local residents to show their support for this and will be issuing more exciting news in the weeks ahead. For further information, including about how you can support PCE and projects in Stansted, please get in touch with me.

Bob Burlton
PCE Chair

Tel: 07764 182921

Email: stansted-climate-group@googlegroups.com



www.letstalkstansted.org

Stansted Men's Shed

As part of the *Stansted Mental Health Initiative*, the Veg Shed allotment group offers more than just gardening. It is a lifeline for men seeking purpose, connection, and improved wellbeing. Located in the Elms Farm Allotments, this community-based group welcomes men and trans men of all ages to join in growing fruit and vegetables, sharing skills, and building friendships in a safe, supportive environment. The shed is a proud member of the Essex Shed Network and UK Men's Shed Association, who champion men's mental health through practical activities and companionship. With men among the most at-risk groups for depression and suicide, initiatives like this are vital, providing a space where men can talk, work together and support one another, combatting isolation and fostering a renewed sense of purpose.



A month-long Men's Wellbeing campaign is held in November, highlighting the importance of male mental health and the power of community, culminating in International Men's Day on **Wednesday 19th November**. The Veg Shed is a shining example of how grassroots projects can make a real difference, improving lives through soil, sweat and solidarity. Whether you are a seasoned gardener or just curious, membership is free, and no experience is necessary. Come along, get your hands dirty, and grow something good for yourself and your community. We are also seeking an indoor space to set up a crafting workshop. For more information or to get involved, please see our website or get in touch with me.

Richard Haywood
Tel: 07794 268208

UGLEY VILLAGE HALL COFFEE MORNING

Come and have a relaxing morning before the Christmas rush at our coffee morning on **Tuesday 25th November** 10.00am-noon. There will be our usual tea, coffee and homemade cakes, bumper bring and buy stall and an amazing raffle. Proceeds go towards the upkeep of the hall. We hope to see you there.



Susan Bone
Tel: 814052

Cat lovers - meet our cat rescue!

Toe Beans is a local cat rescue run solely by volunteers which helps cats find their forever home. We operate across the Uttlesford district and our focus is responding to felines in need, when the ability to care for a cat is no longer available, or a cat has been found as a stray. The cats and kittens are placed with foster carers until we find them a suitable home. We neuter, vaccinate and microchip our cats so that all of them will be in good health when rehomed. We also include a *Lost and Found* section on our social platforms, hoping to reunite them with their home. Toe Beans is run by cat-loving volunteers, and we get updates and adorable photos from our foster carers.



A recent success story is of a kitten called Peach, pictured above, who had a bad start and came into our care just over a month ago. She was admitted to the vets several times due to various infections, but our efforts to care for her helped; she also benefited from support through a Toe Beans GoFundMe page. She is now well and ready for her forever home. Such situations are not rare, as many rescue cats need critical veterinary care which is expensive.

We are looking for help. You can support us in several ways: becoming a foster carer, financial support or food and litter gifts. As a rescue charity, donations are vital to help all the cats in need of care. To donate, adopt, or foster, please see our website. You can also follow us on Instagram and Facebook (toebeanscr). Please help us to find the animals their permanent home. Thank you.

Georgia Flack
Email: ggflack@live.co.uk



DAISY MAY'S FARM

www.daisymaysfarm.org

What a fantastic year this has been for us and the best bit has been having all our lovely visitors come and see us on the farm. We are starting to get very excited about Christmas and really hope you will be joining us for the festivities this year; there will be so much to do.

Make sure you keep an eye on our Facebook page so you are up to date with all our plans and activities and are part of all the fun. Our animals are always so happy to see you and we still have a variety of babies that are so cute, but very cheeky. At the moment there are sheep, goats, ponies, all sorts of chickens, ducks, turkeys and pheasants, and they all love to see our visitors. These events are a vital lifeline for us to raise enough funds to feed and look after our animals throughout the winter and we can only do this with your help and support. Entry is £6, under 1s are free and we are open 9.00am-5.00pm on weekdays, 10.00am-5.00pm during the weekend. You can find us at Hall Road, Elsenham CM22 6DN. See you soon!

Elaine Terry
Tel: 07747 787973

STANSTED EVENING WI



The speaker at our September meeting was Sally Tilstone. Her talk, entitled *My travels as a guide to a VIP*, kept us all guessing. Needless to say, I should not tell you who it was because it would give the game away and I would not want to spoil it for any group who would like to invite this delightful and informative speaker to their meeting.

We next meet on **Thursday 13th November** at 7.30pm in Touchpoint when we shall be entertained by Lyndsey Barrell explaining and hopefully showing us all about *Burlesque*. The competition is a hair ornament. We welcome visitors and new members, so please come and join us.

Linda Gurr
Tel: 07743 549241

STANSTED 2026 CALENDAR

A big thank you to everyone who submitted their photos for this year's calendar competition; it has been wonderful to see the character of the village captured in so many beautiful and creative ways. The winning entries will be announced in next month's issue, so stay tuned. The Stansted 2026 Calendar will be on sale from **Wednesday 5th November**, price: £10, available from the following outlets:

- Peacock Pharmacy
- Paris Legore Flowers and Gifts
- Folies of Stansted

If you are a local business interested in purchasing multiple copies as Christmas gifts, please email me. All profits from the calendar will go towards local initiatives, including Touchpoint and Stansted in Bloom; thank you for your support.

Julie Dawson-Wills
Email: julie@mixedupmedia.tv



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ARMISTICE DAY

Just a reminder that people are invited to gather at the War Memorial in Chapel Hill on Armistice Day before 11.00am. It is on **Tuesday 11th November**, just after Remembrance Sunday which is on 9th November.

Janet Hollis
Tel: 812073 Mob: 07713 874 838
Email: janhollis@btinternet.com

WAR MEMORIAL FLOWERS

Many people take part in the monthly Dog and Duck Quiz nights. At the time of the 80th anniversary of VE day, they made an extremely generous donation which went towards the flowers which are placed on the War Memorial from Easter Sunday until Armistice Day. We are extremely grateful for your kindness.



Also, my sincere thanks to the wonderful volunteers who arrange the flowers so faithfully each week. So many people see and appreciate them as they walk through the beautiful Memorial Gardens which are kept so well by the Parish Council. I have an amazing group of many people who arrange the flowers, but am always pleased to hear from anybody who would like to take a turn. Thank you.

Janet Hollis
Tel: 812073 Mob: 07713 874 838
Email: janhollis@btinternet.com



LOCAL BUS TIMES

www.stephensonsofsex.com

The **301** leaves Clarence Road at 9 minutes past each hour from 7.09am until 10.09pm.

Return journey leaves Riverside at 30 minutes past each hour from 6.30am until 9.30pm.

The **7/7A** leaves the top of Chapel Hill at 7.42am, 9.24am(A), 9.55am, 10.55am(A), 12.10pm, 1.20pm(A), 2.25pm, 3.15pm(A), 4.40pm, 5.40pm(A) and 6.55pm.

Return journey leaves Riverside at 6.02am, 6.33am, 8.18am, 9.03am(A), 10.32am, 11.32am(A), 12.47pm, 1.32pm(A), 3.03pm, 3.53pm(A), 5.18pm, 6.17pm(A) and 7.32pm.

Both services are operated by Stephenson's.



UGLEY WOMEN'S INSTITUTE

Our September meeting saw the return of musician Quintus Benziger. He kicked off the meeting by accompanying us in our rendition of *Jerusalem* before taking us on a musical trip down memory lane. We heard songs and music ranging from *Yesterday* to the *Skye Boat Song*. Our musical interlude at an end, we bade a fond farewell to Judy Colliver, a much-loved long serving member of our WI and Committee who is leaving the area to live near her daughter in Exmouth. She will be greatly missed!

Our next meeting is on **Wednesday 19th November** at 2.00pm in Ugley Village Hall. The speaker will be Jackie Lamberty who will be entertaining us with memories of her travels to exotic foreign parts. We will also be celebrating our 105th birthday. Why not come along and join us for the afternoon? You would be most welcome!

Andrea Fitt
Tel: 815922

NEWPORT AND DISTRICT FLOWER CLUB

Our members and visitors were treated to a wonderful evening in September with a demonstration by Violeta Veikniene, a floral demonstrator new to the National Association of Flower Arrangement Societies (NAFAS). Violeta is no stranger to the world of flowers and holds the title of Master Florist having worked in the industry for several years. We particularly thank her for travelling all the way from north of Norwich to be with us.



Looking forward, our last meeting of the year will be on **Wednesday 19th November** when the much loved and talented Barbara Collins will be setting the Christmas scene with her festive displays. This really is an evening not to be missed with light refreshments included. Visitors will be warmly welcomed, entry £15. If you would like to find out more about these events or our Club, please contact Shirley Wilcock email: shirley.wilcock@hotmail.co.uk or myself. We meet on the third Wednesday of each month, 7.00pm for 7.30pm in Ugley Village Hall.

Sandra Honour
Email: sandra@thewesleys.net



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FULLER'S ALMSHOUSES

The original Stansted almshouses were opened in 1882 to accommodate poor elderly women. My great-grandmothers were two of the first to be granted a single room; both had families with several children. What a relief when elderly Granny got her own home! Accommodation was a single room, no running water, no lavatory or wash basin. You drew water from the communal taps. Heating and cooking were by the kitchen range, an open fire. Lighting was oil lamps and candles, a Fire Officer's nightmare! Was there a communal privy? There were washhouses with coal fired boilers and mangles, with drying racks from the ceiling. Hopefully, their families helped out, especially with the ironing! Both died in 1910, Granny Blake aged 86 and Granny Cannon aged 96.

In the 1930s, one of my great aunts, Lottie Cannon, moved into her mother's old room. By then, electric light had been installed, but no other changes to the plumbing or heating had been made. There was still a curtained corner with a bucket and chamber pot; I know, I got in trouble for peeking! The photo below was taken in August 1949 on the occasion of Lottie's 100th birthday; it shows members of the Parish Council with Lottie. Lighting 100 candles caused the cake decoration to melt!



L to R: Luther Norman (Norman Court was named after him), Walter Mayhew of Mayhew's Garage, Lottie Cannon, Ernie Wenn (the village barber) and Jack Pearson (the village baker, who made Lottie's cake)

Aunt Lottie was not the last Fuller's Houses family member. During the war, cousin Kate French lost her home in the bombing raids, and her last surviving son and his wife died in a V2 rocket attack in 1944 in London. With no other family, cousin Kate was a third-generation resident of Fuller's Houses, before the Housing Associations converted them into single-occupancy flats.

Are there more families who can share these memories, from the days before care homes and sheltered accommodation? I can remember only one other resident in Fuller's Houses from the 1930s and 40s, but there are still four or five generations of our Cannon family in the village, and we have been here since 1800! I am too old to apply for a new almshouse; perhaps another family can begin a long line?

Audrey Rodgers
Norman Court

Our next meeting is on **Tuesday 11th November** at South Mill Arts; our AGM is at 10.00am followed at 10.40am by our lecture by Sarah Pearson on *The Art of Celebrating Christmas*.



The celebration of Christmas brings together a broad range of traditions which are now regarded by many as integral to the season as a whole. Using a wide range of artworks and covering the output of many well-known and lesser-known artists including Giotto, Caspar David Friedrich and Norman Rockwell, this talk examines the elements of Christmas in their artistic set-

tings. From the feast to cards, holly and ivy, trees, crackers, gift giving and, of course, lots and lots of snow, this lecture is guaranteed to put you in celebratory spirit. Come and be entertained, enthralled and amazed. Visitors are very welcome; suggested donation £7. Please see our website for details. Our membership Secretary, Sue Chapman, can be contacted on 508542 or email: info@tasbs.org.uk.

Michael Fitch

STANSTED ART AND CRAFT MARKET

Tribute to Arthur Law

I was sad to read of the death of Arthur Law; whilst I noted his interest in painting, it really went much further than that. When Martin Cowan was endeavouring to get the Stansted Art and Craft Market off the ground in the 70s, Arthur became his right-hand man; he had the job of recruiting artists. His brief was to encourage artists to bring their works to display, and hopefully to sell them, at the two-day market to be held at the then Youth Centre in Lower Street.

Such were his efforts that, at the first event, over 200 paintings were put on display and a number were sold. Added to this were a number of craft stalls. Over the years the number of items for display and sale rose to over 800 paintings, plus a wide variety of crafts at over 30 stalls. The Art and Craft Market continued until it was a feature of the year, but ultimately it had to leave the premises. Towards the end, over 900 people visited during the two days when it was open. It kept going in St John's Church for a few years before it had to finish. Over the years, more than £25,000 was raised for local charities and good causes. Arthur's part in this was invaluable.

Greg Snow

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www.musicatstansted.co.uk

Do be sure to keep the afternoon of **Sunday 16th November** free, because that is when we shall be welcoming our favourite classical guitarist Gary Ryan back to Stansted. He has played for us several times, and will once again be giving a masterclass for local young musicians before the concert. Both events will take place *in the round* in St John's Church Hall, the masterclass at 2.00pm and the recital at 3.30pm. Gary's programme will include an arrangement of Bach's monumental *Cello Suite No 1*, along with music from England, South America and Spain by John Dowland, Villa Lobos, Piazzolla and Albeniz. He will also be playing some of his own arrangements of well-known folk tunes from the British Isles and around the world, and a few of his own original compositions.



Entry to the masterclass is free, with a cash collection for those wishing to contribute towards costs. Tickets for the concert are: adults £18, over 65s and students £15, under-21s and season-ticket holders free, and are available on the door. Those who have been to previous concerts and masterclasses given by Gary will know to expect fascinating insights into the art of the guitar as well as some stunning virtuosity, all with a warm smile!

Richard Allaway

Tel: 814118

Email: contactus@musicatstansted.co.uk

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CHRISTMAS, WINTER AND MUSIC QUIZ

The Catholic Church Social Committee will be holding a Winter, Christmas and Music quiz on **Saturday 6th December** 7.00pm for 7.30pm in St Theresa's Parish Centre. Participating teams should comprise four people. Proceeds will go towards the maintenance of the Parish Centre, which is now being used by several local clubs and organisations, including the u3a. Tickets: £5, or £15 with a fish and chips order from Churchills. Please contact me to let me know whether you would like a fish dinner or not; then I will give you information about paying for tickets.

David Morson

Email: davidmorson20@gmail.com



FUN PLACE ON THE HILL

www.stanstedfreechurch.org.uk

The Fun Place is open every **Friday including school holidays**, from 9.15am-11.30am in the Free Church Hall, which is warm and comfortable, and continues to be a popular meeting place. Now colder weather is returning, why not come along for a couple of hours and help save on home energy costs? All ages are welcome, although particularly suitable for children. Parents, children and all ages drop in and adults relax with a hot drink and chat, while the children enjoy plenty of space to run around and play with the toys, and join in a Sing-Along at around 10.30am. Always popular are push-along walkers, story books, puzzles, the pop-up tent and a variety of toys and vehicles. Free squash and healthy snacks are available for children, and tea, coffee and biscuits for the adults. There is limited free parking in the church car park. We look forward to welcoming you on Friday mornings.



Sue Parker and Fran Richards

Tel: 657116

Email: funplace@stanstedfreechurch.org.uk

ST MARY'S PRIMARY SCHOOL

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October has been a busy month at St Mary's. It is always lovely to see our new Acorns in reception growing in confidence as they move around the school and playground. We had a week of focussing on Harvest Festival during our Collective Worship, which culminated in a whole school donation of items for the Uttlesford Foodbank. St Mary's has been supporting this for a number of years and your kind donations do make a real difference. Our PTFA also held a *Spooky Bake Off* which is always very popular.

We have a date for our Christmas Fayre, **Friday 28th November** at 5.30pm; please come and support us and start your festive season. If you are a prospective parent and would like to visit our happy school, please use the contact details below to arrange an appointment.

Matthew Curzon

Headteacher

Tel: 812212

Email: office@stmarys-stansted.essex.sch.uk

THOUGHT FOR THE MONTH

The story goes that a Chinese warrior dies, and an angel asks him if he would like to see Heaven and Hell. The warrior says he would. So the angel takes him to Hell first. He enters a beautiful dining room with a giant round table filled with all sorts of delicious foods in the centre. Sitting around the table, some distance from it armed with giant chopsticks are the residents. In their self-centred attempts to put the lovely food into their own mouths, they are getting frustrated and angry. Food is dropping everywhere. There is shouting and screaming because the chopsticks can pick up the food, but it is too far away for them to put in their mouths.

Then the angel takes the warrior to Heaven. The dining room and table with food and chopsticks are exactly the same as the room in Hell. However, the people are eating and enjoying the food, because they are feeding each other across the table with the chopsticks. As it is on earth, so it is in heaven and hell!

David Morson
St Theresa's Catholic Church



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Wednesday 12.30pm Mass

Baptisms: by appointment



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

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

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

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



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Minister Rev'd Gill Hulme
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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 November

2nd 10.30am The Worship Team - New Directions
9th 10.50am Remembrance Service at St John's
16th 10.30am Rev'd Gill Hulme - Communion
23rd 10.30am Rev'd Stuart Veitch
30th 10.30am Babs Ward

Farewell to Judy

We were all very sad to say goodbye to Judy Colliver at the end of September. Judy has been a member of Stansted Free Church, and previously Stansted United Reformed Church, for many years. She has moved into an assisted living flat on the seafront in Exmouth, near to where Alison, one of her four daughters, lives.



At the end of the service, Judy was presented with a house plant and some chocolates, after which we all enjoyed some special cakes with our after-church coffee. We hope to keep in touch with Judy via video calls from time to time.

From St John's Registers

September

Baptisms

21st Otilie Buckmaster
28th Pierson Sunshine Barnes

Funeral

29th Peter Lewis Jones, age 80. Service at St John's, burial at Stansted Cemetery

All enquiries The Church Office, St John's Hall,
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Pastoral Kathryn West Tel: 816293
Assistant Mobile: 07880 602717
Email: kewest@btinternet.com

Director of Anne Brooks
Music: 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.

Calligrapher required

We are looking for someone with calligraphic skills to write in St John's Book of Remembrance. If you or someone you know would like to help, please contact me for more details. Thank you.

Kathy West
Secretary, St John's Parochial Church Council
Tel: 07880 602717
Email: kewest@btinternet.com

ST JOHN'S 300 CLUB

Many congratulations to the winners of the September draw:

£100	No 193	Darren Salisbury
£ 50	No 75	Margaret Hill
£ 25	No 104	June Winter

The draw for November will be held on **30th November** 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 each year. The Club raises vital money to help cover the heavy maintenance costs and work of St John's Church.

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AUTUMN QUIZ

We will be holding a quiz on **Saturday 22nd November** 7.00pm for 7.30pm in St John's Hall. Entry is £15 to include a ploughman's supper and your first drink. This event is in aid of funds for St John's Church and the Quizmaster will be Rev'd Colin Fairweather. Please contact me for further details.



Katy Dockerill
Tel: 07834 235011
Email: grandmakatyd@gmail.com

FRIENDS OF ST MARY'S CHURCH



As always, there has been a great deal going on in St Mary's, including two weekends of concerts that had the church rocking. First, we were treated to a return visit from The Post Floyd Dream. All the well-loved Pink Floyd classics were included, and the lighting and laser show was spectacular. I loved seeing the lights bouncing off the ancient walls. Many thanks to all who came and to the band and tech people too. The following weekend we had Brentwood Mac, a Fleetwood Mac tribute band. That brought back so many memories for me. This was another fantastic night that had the audience dancing in the aisles. Plus, they drank a lot of beer, wine and cider! Huge thanks to you all for supporting us, especially to all of you who came both weekends. All money raised is towards our boiler fund.



Next in the calendar is the special service on **Saturday 1st November** at 3.00pm to mark the 35th anniversary of the church not being used for regular worship. I chose my words carefully, since this church is still used, just in a different way from when it was built. It is still magnificent and a very special building to so many. I am looking forward to seeing as many of you as possible. Extra parking is available at Forest Hall School.

The Christmas tree festival will go ahead this year during the weekend of **6th and 7th December**. If you would like to include a tree, please give me a call. It would be wonderful to have your tree in church. There will also be a concert including carols on **Saturday 6th December** at 3.00pm. Please dress warmly.

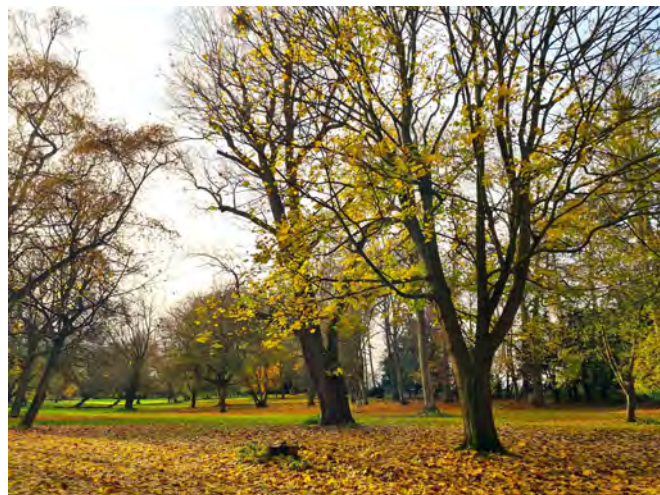


Lynda Dale
Tel: 07716 099474
Email: lynnydale@hotmail.com

THE FORGOTTEN GARDENS OF EASTON LODGE

www.eastonlodge.co.uk

In November, with the gate shut to visitors, our volunteers enjoy the last autumn colours and the low rays of sunshine, which make the trees and structures shine out and bring some warmth to the Italian and walled kitchen gardens. There are still a few flowers and fungi, and we keep an eye out for the many signs of the birds, hares, badgers and deer who consider the gardens as their home. We start working through the planned list of autumn and winter jobs and take joy from imagining how they will secure the gardens' splendour and improve them for next season.



Our archivists have their own winter jobs, including scanning more of our historic photos, with a view to producing albums which visitors can browse. They also plan to do further research on the last Viscount Maynard's management of his estate; you can spot many of the houses he had built for local people, because of their M or stag badges. We are keen to find out to what extent his approach provided a model for his granddaughter, when she took responsibility for the management of the estate as the Countess of Warwick. We trustees will be working on plans for future conservation projects. Gary, one of our volunteers, will deliver talks about the Countess of Warwick and her gardens to local groups. If you would like to arrange a talk, please contact us.

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

MACMILLAN COFFEE MORNING

This is to say a huge *thank you* to everyone who supported the coffee morning on 26th September at our house. People came from all over Stansted; the cake stall was a sell-out and the raffle did really well. Fortunately, the weather was kind to us all so people were able to spread out into the garden. A great total of £835 was raised which will be further increased when all the gift aid is calculated. Thank you for supporting this village event.



Christine and Bill Stiles



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STANSTED MOUNTFITCHET
LOCAL HISTORY SOCIETY

www.stanstedhistorysociety.org.uk

In October, we welcomed Mike Howgate who gave a talk with slides on the Knights Templar. These were a mysterious powerful, influential, military and religious order which first came to prominence at the time of the first crusade in about 1096, and were known by their distinctive white mantles with red crosses and their superior martial prowess. They were formed into a distinct group by Hugues de-Payens in about 1119 with the specific task of protecting Christian pilgrims travelling to the Holy Land after the First Crusade. They were officially endorsed by the Catholic Church and were answerable to the Pope who granted them exemption from certain laws and local taxes.

The Templars became extremely wealthy by an accumulation of land holdings and international banking across Europe and the Middle East. This made them both financially powerful and politically significant. By the end of the 13th century their power began to decline, as the superior Muslim forces had seized much of the Holy Land, and the Templars' original purpose faded. On Friday 13th October 1307 Philip the Fair had all the Templars arrested on charges of heresy and blasphemy, for example. Most were executed although some confessed and were spared. After a further 20 years in prison the last head of the Templars, Grand Master Jacques de Molay, was burned at the stake. In the City of London, there is a Templars church which was founded in 1180 by the Knight Templars and is now owned by the Inner and Middle Temple Inns of Court, the Association of Barristers, and visitors can look round it at certain times. This church is unusual as it is of a round construction.



Many thanks to Mike for such an interesting talk. Our next meeting is on **Thursday 6th November** at 7.30pm in Touchpoint when Dr Chris Connell will be talking about the *Good Schools Guide in 19th century Bishop's Stortford*.

Edward Taub
Email: taub8jr@icloud.com



Introducing our new recruit

The volunteer team is growing larger; meet Julie who is the latest to join us. The year started with difficulty for Julie as her dad passed away and she found herself wanting to do something positive and therapeutic. With an interest in gardening, Human Roots seemed the perfect fit.



Working as a media consultant and producer, Julie can plan around work commitments to get to our allotment. In her words: *It is a great excuse to step away from the desk; working from home can feel isolating, so being outdoors with others is a real boost.*

Julie does not quite believe how we have grown, and how much produce we have shared with Touchpoint since she joined us four months ago. She is happy to prune or weed, and when the weather got super-hot in July, Julie watered our plants regularly, which is so important in sustaining the allotment.

She says that she was made welcome from day one, and enjoys learning how everything grows; she also loves the sense of collective effort and being part of such a fun team. Once the planning for next year gets underway, we will enjoy hearing Julie's input into what we could grow, as we are always looking for new ideas.

At this time of year the allotment tasks tend to change, but we still have squash to harvest and we are enjoying those late juicy tomatoes. Clearing away and composting are next on the autumn agenda.

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 us, please email: cathymizzard@gmail.com. Thank you.



Ashley Huggonson
Volunteer

Stansted Network

NEWS FROM YOUR LOCAL COUNCILS



Stansted Mountfitchet Parish Council (SMPC)

With news of this month's Remembrance Service, our stance on flags, planning for play equipment, new faces on the police beat, two spaces on the Council, hare coursing and the Local Plan moves closer to adoption

Remembrance Service — 9th November

Road closure on Chapel Hill



This year's Remembrance Service will take place on Sunday, 9th November. Parishioners are invited to gather from 10.30am either at the Memorial Gardens or at Cra on Green car park.

The parade, led by service personnel from Carver Barracks, will make its way from the car park down Chapel Hill to the war memorial. Please note, this year to ensure the parade and service can take place safely and without disruption, Chapel Hill will be closed from 10.30–11.05am.

The service at the Memorial Gardens will be conducted by Rev Helen Flack from St John's Church. Following the service, refreshments will be served in St John's Church Hall, and all are warmly invited to join.

If you or your organisation would like to take part in laying a wreath, please contact SMPC in advance. We hope that many parishioners will come together for this important occasion, as we gather to remember and honour those who gave their lives from, and for, our community.

November Roadworks

Mercifully there are not many this month, but Network Rail will use traffic signals along Stansted Road (near the junction with Forest Hall Road) from Nov 6-7. Also, Essex County Council will be fixing street-lights along Cambridge Road on Nov 24, expect temporary lights to control the traffic north of the junction with Croasdaile Road.

Street-lights & flags

Stance on flags under review

In September, the Stansted Mountfitchet Parish Council updated its statement clarifying its position on flags displayed on village lamp posts:

The Parish Council has recently reviewed its position regarding the St George's flags that have been erected on some of our street-lights.

This Parish Council is committed to serving an inclusive community for all its residents, regardless of nationality, background, or belief.

We, as a council, did not give permission for the placement of the flags and do not agree with any political statement they may portray.

Our community is built on the values of respect, unity, and mutual understanding, and we are proud to be part of, and promote, a welcoming and harmonious place to live.

Although we recognise the concerns raised, it is not technically possible for the Council to remove the flags at this time, as we have

been unable to find contractors to undertake this task.

It must be stressed that we will not sanction their unlawful removal by members of the public for safety and insurance reasons.



“

We, as a council, did not give permission for the placement of the flags and do not agree with any political statement they may portray

”

Play equipment review

Budgeting for investment in play areas underway



Each autumn, the Parish Council reviews the budget for the year ahead, and one of the topics under consideration this year will be investment in the village play areas. The loss of the tree house and delays to repairs on the zip wire at the Recreation Ground caused real frustration over the summer.

Balancing the need for good play facilities with the pressures of the cost of living is not easy. Last year, £10,750 was set aside for maintenance, but we have no funds for capital costs. Quotes for a replacement tree house are around £50,000. Our Projects Officer is working hard to identify potential grants, and the Open Spaces Committee has already met with equipment providers to explore options. It may be that replacement will be phased over a couple of financial years.

Once the 2026/27 budget is agreed, the Council will draw up a short-list of new equipment and consult with residents on their preferred choices.

Changes to local Police team line up

PC Sharma departs for new beat in Braintree

A reshuffle in personnel means Stansted has said goodbye to Police Constable Steve Sharma.

Part of the Uttlesford South Neighbourhood Policing Team, PC Sharma has been a familiar and friendly presence in the village for several years. His regular attendance at Street Beats outside the Co-op and at TouchPoint events will be greatly missed. We are sure residents will join us in wishing him well as he moves to his new post in Braintree.

Taking over locally is Acting Sergeant Trower. Residents will have the chance to meet him at this month's community engagement sessions at TouchPoint on 13th and 20th November.

At a recent meeting with Sergeant Claire Bailey and Police Community Support Officer (PCSO) Alex Stewart, the Parish Council was updated on several policing issues. These included:

- Ongoing investigations into shoplifting in the village, particularly at the Co-op, where delays in incident reporting by regional managers have hindered progress. Officers urged residents to report all criminal behaviour directly via the 101 system.
- An appeal for volunteers to join the village SpeedWatch team.

District and Parish Councillors have also been invited to join PCSO Stewart on a patrol of the village on 20 November. Essex Police see such patrols as a way to share information and strengthen links between officers, councillors, and residents.



Applications Welcome

Join the Parish Council!

Community-minded Individuals Wanted

As we go to print, we expect the Uttlesford District Council to confirm that SMPC after 20th October can advertise two vacancies on the Parish Council left by the resignation of Cllr Tom Van de Bilt and the death of Cllr Peter Jones.

What does it take to be a Parish Councillor?

Parish Councillors are volunteers — no special qualifications are required. What matters most is being a good communicator, a team player, open-minded and having time to devote to the role — it's not all about attending meetings! You don't need to belong to a political party either. Our councillors come from all walks of life, but they all share the same goal: making decisions to benefit Stansted's residents.

What do Parish Councillors do?

As a councillor, you help shape the village's future by

- Contributing to meetings and working groups
- Deciding how funds are spent
- Responding to planning applications
- Supporting activities to improve community life

Why get involved?

Councillors play a key role in organising and supporting some of Stansted's biggest community events — such as the Remembrance Service and this summer's highly successful 80th VE Day Tea Party. Of course, it isn't always easy. Budgets are tight, and councillors sometimes face tough choices. But if you want to make a positive impact on Stansted, download a Co-option Pack from the Parish Council website. We'd love to hear from you.

Help tackle hare coursing

Parish Cllr George Braeckman reports on Operation Galileo

At this time of year, hare coursing is increasingly common. It is important that anyone who sees suspected hare coursing should contact the police on 999, citing Operation Galileo and attempt to note any details about the activity.

What is hare coursing?

Hare coursing is an illegal activity where people use dogs, usually greyhounds, to chase, catch, and kill hares on farmer's land by trespassing. It's frequently done for online gambling. It is an offence to chase a hare with dogs and to trespass with a motor vehicle.

Why is it such a problem?

Hare coursers have strong links with organised crime. Those involved are frequently violent and should not be approached. Episodes can be over before there's a chance to respond. Criminals tear into a field, release their dogs, race after the chase to film it, and speed off leaving lots of costly damage behind them.

Operation Galileo will see police forces co-ordinate resources — including the use of police helicopters — to clamp down on the problem. Find out more at:



www.essex.police.uk

Green energy at Crafter Green House?

Council explores solar option at 72 Chapel Hill

The Parish Council continues to invest in green energy projects to help tackle climate change and reduce costs in the village. Past initiatives have included installing a heat pump at the Mountfitchet Exchange and rolling out part-night LED street lighting. The next step could be solar panels at Crafter Green House (CGH).

In October, Cllr John O'Brien met with solar panel installers to survey the roof of CGH. The project is still at an early stage, but it could provide major benefits for both the SMPC and TouchPoint.

TouchPoint leases the premises at 72 Chapel Hill from the Parish Council. So, as TouchPoint's landlord, one of the most significant ways we support the charity is by helping cover costs tied to the former day centre and Crafter Green House. Last year these included £6,270 for window cleaning; £6,213 on refurbishments; and over £5,200 for fire inspections, water checks, plumbing and boiler repairs.

The largest recurring expense, however, is energy—£7,234 in 2024/25. Securing a grant for solar power installation would help reduce the utility bill and free up more cash either to help TouchPoint deliver its excellent services or to invest elsewhere in the village.



DISTRICT COUNCIL NEWS

Community Achievements Awards 2025

Four put forward for recognition for service to Stansted

We are delighted to share that four Stansted residents have been nominated by the Parish Council for Uttlesford District Council's Community Achievement Awards. These bi-annual awards celebrate the unsung heroes whose dedication and volunteering make a real difference to the lives of people young and old in our communities.

The Parish Council is proud to have put forward the following nominees:

Christine Hope – recognised for more than three decades of volunteer service in the village, including her long-standing involvement with the W.I.

Christine Morris – for her active role in the W.I., along with her tireless support to local residents, helping with hospital transport, gardening, shopping, and even dog walking.

Elizabeth Oakley – as editor of The Link, the free monthly magazine you are currently reading that keeps you informed and the community connected.

Tracy Mutch – a driving force behind Music in the Park, an annual event that raises thousands of pounds for Bentfield Primary School.

We are sure you will join us in wishing all four every success. The award recipients will be announced at a celebration ceremony on November 26.

Local Plan Consultation

Significance of Main Modifications for Stansted

At the end of October, Uttlesford District Council completed the latest consultation on its Local Plan. Residents, businesses, and local stakeholders were invited to comment on proposed Main Modifications (MM) suggested by Planning Inspectors. These included:

- Reducing housing targets from 6,076 homes to 4,638
- Revising housing allocations
- Greater emphasis on social rented housing
- More protection for heritage assets and ancient woodland
- Expanded open spaces in new developments.

The Local Plan guides development in Uttlesford until 2041, shaping decisions on planning applications in Stansted and elsewhere.

Modifications and questions for the village

Flexibility for housing targets (MM2) raises the district-wide supply by 470 homes to 15,211. Could this mean more homes for Stansted if other areas fall short?

MM55 promises better pedestrian and cycle routes, including a safe and attractive path along Hornbeam Way and High Lane — but how will this be delivered?

MM21 restricts airport parking to the boundary, but will it prevent fly parking and temporary car parks around the village?

Stansted & the Local Plan

Key Settlement: Stansted remains one of Uttlesford's three largest and most sustainable settlements. The Plan aims to protect its historic character while supporting housing and infrastructure.

Transport: New active travel routes are planned for High Lane and Lower Street, with cycling and walking links to the airport and Bishop's Stortford.

Housing & Development: Two sites are proposed — 270 homes at Walpole Meadows North and 55 homes east of High Lane. New schemes must deliver walking/cycling links, green infrastructure, open space, and biodiversity improvements. No new schooling is planned for, unlike at nearby Takeley.

Economy: Despite being the third largest centre, Stansted has limited growth potential due to its lack of a commercial core.

Stansted Airport: Seen as a major economic asset, employing 12,000 and contributing £1 billion annually. The Plan supports airport-related growth while keeping new parking within the boundary.

Next Steps

The Plan now moves to Independent Examination. Following the Inspector's report, the District Council will take the final steps toward adoption, possibly as early as Spring 2026.

Find out more

The Regulation 19 version is available on the Uttlesford District Council website, with a hard copy at the Mountfitchet Exchange.

The SMPC's own planning document, the Neighbourhood Development Plan, is currently being prepared for submission to the Planning Inspectorate, having undergone significant revision as the Local Plan has taken shape over the last 18 months

Stansted Mountfitchet Parish Council

Clerk Ruth Clifford

Deputy Clerk Emma Philbrick

Committee & Projects Officer Laila Azure-Marxen

Communications Officer Dan Schlanker

Email: info@stanstedmountfitchet-pc.gov.uk

Tel: 01279 813214

An answer phone service takes messages after 2pm Monday to Friday and during the weekends

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

Reception: Mon-Fri 10am-2pm

Website: www.stanstedmountfitchet-pc.gov.uk

Facebook: www.facebook.com/stanstedcouncil

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

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Geoffrey SELL | ☎ 815925

cllrSELL@uttlesford.gov.uk

Parish Council Meetings

Meetings are on Wednesdays from 7.30pm at the Mountfitchet Exchange. A link to join virtually using Zoom (log on details are published with the agendas on our website):

5th November Finance & General Purposes

12th November Full Council

19th November Open Spaces

Uttlesford District Councillors

Alan DEAN

☎ 813579 email: cllrdean@uttlesford.gov.uk

Geoffrey SELL

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Ray GOODING

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Member Of Parliament

Kemi BADENOCH MP

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kemi.badenoch.mp@parliament.uk

Police

PCSO 81764 Alex STEWART

email: alexander.stewart@essex.police.uk

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Thursday, 13th November, 10am-noon

— TouchPoint (72 Chapel Hill)

Thursday, 20th November, 10am-noon

— TouchPoint (72 Chapel Hill)

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 9.30am-3pm, 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, November 13th** 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; Cra on Green

Thursdays 10am-5pm, **Fridays** 1-2pm and **Saturdays** 10-11am

Community Cafe Thursdays 10am-5pm, **Fridays** 8.30am-noon

Free hot meals on Thursdays 12.30-2.30pm

Breakfast Club every Friday 9am-10am

Contact info@thetouchpoint.org ☎ 07572 114882

Garden Waste Skip Service

The parish-council funded garden waste service operates on alternate Sundays in the Lower Street Car Park from 12.30-4.30pm. **Skip dates: 9th November & 23rd November.**

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I am delighted to report that we have officially reached our fundraising target for the redevelopment of our site at 151 London Road. Thank you to all of you who donated to the cost of the bricks for the new building. Your gift laid the foundations for our new building and enabled us to transform the place which our charity has called home for the past 60 years. Your support has played a vital part in making our dream of a modern, fit-for-purpose building a reality, a space in which we will offer our high-quality support in a safe, stimulating environment, where our members can thrive and reach their full potential.

For many decades, Grove Cottage has been proud to support people with learning disabilities and special additional needs in the community, and we are excited to welcome our members, volunteers and staff into our new building and start our next chapter.



From all of us, thank you once again for your generous donation and valued support, you have helped us to create a better building for a brighter future.

Amy Atkinson
Trusts and Major Gifts Fundraiser
Tel: 651908
Email: amy@mencapgrovecottage.org

Musical afternoon tea at Down Hall

Join us for a traditional afternoon tea on **Sunday 16th November** 2.00pm-5.00pm, expertly prepared and served in the stylish setting of Down Hall, Matching Road, Hatfield Heath CM22 7AS. With live musical performances, it is the perfect way to treat yourself and enjoy time with friends and family, while supporting Grove Cottage. Tickets: adults £45 or £53 including a glass of fizz; children aged 12 and under £22.50, available from me. Spaces are limited, so book early to avoid disappointment.

Festive family fun run

Join us for this annual event on **Sunday 30th November** at 11.00am starting and finishing from the Bandstand in Sworders Field, Bishop's Stortford. Get ready to dash,

prance, and spread holiday cheer. Whether you are a seasoned runner, casual jogger, walker or little dasher, everyone is welcome to join us.



You have the choice of a 5K or 1K route; pick the one that suits your stride. All proceeds will benefit Grove Cottage members and your participation will really make a difference. Entry: adults (13 years +) £14, children (12 years and under) £7. Reindeer antler or Santa suit are included in the price. For further details of the run, including how to register, please see the events section of our website.

Alison Cameron
Tel: 07940 543281
Email: fundraising@mencapgrovecottage.org



STANSTED MOUNTFITCHET WINDMILL

www.stanstedwindmill.co.uk

The last open day of the year was on Sunday 5th October. There were thirteen open days throughout the year which were only possible because a small team of volunteers are prepared to give up their time to ensure our visitors have a safe and interesting experience. We are always keen to recruit more volunteers and to get more people signed up as members. We ask for a minimum donation of just £10 for everyone in a household to become Millers; in return you can visit free of charge on any open day and you get a free guide book and a *We Love Stansted Windmill* window sticker. Please contact our membership secretary, Neil Russell email: neilrussell1758@hotmail.com if you are interested in supporting our work.

There are no more scheduled open days until next year. However, we are happy to show small groups around by arrangement at other times so please get in touch if you would like to get something organised. We are pleased to report that Santa has confirmed his availability for *Santa at the Mill* on **Saturday 6th December** 1.00pm-4.30pm.

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

THE HUNDRED PARISHES SOCIETY STATION WALKS

www.hundredparishes.org.uk

On a fine September day, I caught an early train to Ware before tackling the longest walk on the society's website. Station Walk No 18 covers 17 miles (28 kilometres) between Ware Station and Stansted Mountfitchet Station. Although I walk regularly, it was some years since I last covered that distance in a day, so I carried a mobile phone just in case. An advantage of this route is that it heads north for several miles and then turns east, so for much of the way the sun is behind to give the best views.



Hole Farm, Stansted

After leaving Ware, the route is in lovely countryside, passing through eight of our hundred parishes: Wareside, Standon, Thundridge, Braughing and Albury in Hertfordshire and then Farnham, Manuden and Stansted Mountfitchet in Essex.



Chatter End, Farnham

Through these parishes, only Standon and Stansted contributed much more than the occasional farmhouse. They, along with Gravesend in Albury, also offered opportunities for refreshment.

I completed the walk, accompanied for the last six miles by my wife Janice, after having lunch in Gravesend. Altogether, a most enjoyable day, and the legs only ached a bit for the next few days! Having completed this challenge, I can return to the many shorter routes on our website.

The route follows good paths and tracks, rising and falling between river valleys. It passes over the River Lea just after the start, spends several miles along the Rib valley, and crosses the Ash and the Stort.



Harcamlow Way, Standon

The journey crosses the Greenwich Meridian, the original route of the Roman Stane Street and the former Buntingford railway line. It passes beside Barwick Ford, Standon Lordship (see photo), Patmore Heath and Stansted Windmill, and there are sightings of distant churches, water towers and more. However the best views are of unspoilt, rolling countryside and occasional wildlife.



Patmore Heath, Albury

Ken McDonald, Secretary

Tel: 813226

Email: hundredparishes@btinternet.com



RSPB

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

One of the wonders of birds is their migration in huge numbers over incredible distances with pinpoint accuracy - every year!

At our meeting on **Tuesday 11th November** at 7.30pm in Bishop's Park Community Centre, Lancaster Way, Bishop's Stortford CM23 4DA, bird migration is our focus and Denis Bohm will be presenting *Spring Migration along the Adriatic Flyway in Herzegovina*. In this beautifully scenic area, some of the many endangered European species still thrive, and twice a year millions of migratory birds stop over between their wintering and breeding grounds.

On **Sunday 23rd November** we plan to visit RSPB Fen Drayton Lakes, Fen Drayton Road, Cambridge CB24 4RB. We meet there at 10.00am. A truly outstanding reserve, the Lakes began life as a flooded quarry which stands at one end of a string of wetlands and fens. It comprises a variety of habitats and many different types of wildlife are drawn to the area, so there is something to see all year round.



At the beginning of the month, we have our midweek Birding Walk at Matching Tye. We are meeting at The Fox Inn, The Green, Matching Tye CM17 0QS on **Thursday 6th November** at 10.00am. This 4½ mile walk takes in The Chequers and the cricket ground before skirting Brick House Farm and Matching Hall, returning to the start along The Forest Way and Stort Valley Way. For further details, please see our website.

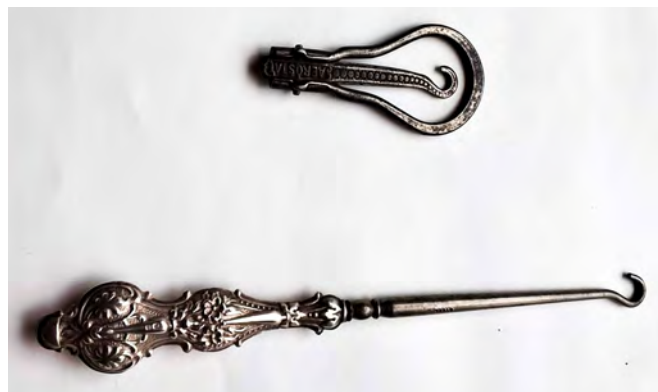
Peter Allen
Tel: 07876 295456
Email: peter2349@sky.com

DON'T FORGET!

The next issue of The Link will
cover December 2025 and January 2026

GUESS THE OBJECT 4

Do any readers know what these objects are called and what they were used for?



We would be pleased to hear your suggestions. Please email: photos@stanstedlink.org.uk. All will be revealed in a future edition of the Link!

MICE WEDDING

Many thanks indeed to our young artist, Duck Doodles, who drew this lovely picture of a Mice Wedding. She has gone to so much trouble with the details of the picture; it is delightful to just browse around the picture to see what each individual mouse is wearing, or doing.



It must have taken Duck Doodles a very long time to create this and we are most grateful to her for sending it to us.

Ed

November entertainment

Vincent Simone - Tango Passions

Sat 1st 7.30pm £39.50 and £35.50 14+

Argentine Tango King and Strictly Come Dancing legend, Vincent Simone, returns to the stage.

Cinema Screening Downton Abbey: The Grand Finale,

Parent and Baby Tue 4th 10.00am £10 PG

A relaxed screening where the sound will play lower and the lights will be turned up slightly higher to create an easy environment for viewing.

Storytime - Simon Sock

Tue 4th 10.30am free Ages 2½ - 5 Are you sitting comfortably? Then we will begin.

Cinema Screening - A Big Bold Beautiful Journey

Wed 5th 2.00pm and Thu 6th 7.00pm £10 15

Two strangers who meet at a mutual friend's wedding have the chance to relive important moments from their pasts.

Cinema Screening Downton Abbey: The Grand Finale

Wed 5th 7.00pm and Thu 6th 2.00pm £10 PG

The cinematic return of the global phenomenon follows the Crawley family and their staff as they enter the 1930s.



Ledley King and Michael Dawson, hosted by Paul Coyte

Fri 7th 7.30pm £31.50 Meet and Greet 6.00pm £66.50

Spurs icons Ledley King and Michael Dawson share their incredible journeys at Spurs.

The George Harrison Project

Sat 8th 7.30pm £27 The perfect tribute to a Beatles legend.

The Arts Society of BS, The Art of Celebrating Christmas

Tue 11th 10.40am Walk-ins welcome. A lecture by Sarah Pearson.

BS Musical Theatre Company presents Anything Goes

Tues 11th-Sat 15th 7.30pm plus Saturday 2.30pm

Adults £22, over 60 and under 16 £19 Suitable for 8+ Music, dance, laughs, and the age-old tale of Boy Meets Girl ... Delightful, Delicious and De-Lovely! *Note: mild language, innuendo, and gunshot sound effects.*

Museum Talk - The Evolution of Public Cemeteries

Tue 18th 12.30pm £5 Speaker: David Clare.

Anglia Comedy Co presents The Best in Comedy

Fri 21st 7.30pm £22.50 18+

Features the fantastic Ivo Graham, Jack Skipper, Travis Jay and Peter Flanagan.

Panto 2025: Snow White

Fri 28th- Fri 2nd Jan from £18.50

Quiz Night

If you are reading this during the last week of October, there is just time to get tickets for the Shoe Box Quiz on **Saturday 1st November** 7.00pm for 7.30pm in St Theresa's Parish Centre; bring your own food, drink and glass. The money raised will pay for shipping the shoe boxes. The price of a ticket is £7, which is the cost of transporting two boxes. Contact one of us for tickets.

Shoe Box Packing

Packing the boxes will take place on **Wednesday 5th November** 2.00pm-5.00pm in St Theresa's Parish Centre. All are welcome to join us. If you choose to make up your own box or boxes, the deadline for receiving these is **Monday 10th November**. See the October Link or posters on the village noticeboards for ideas of what to put in the boxes, or you can contact one of us for a leaflet, or visit the Teams4U website. Thank you.

Helen Baker Tel: 814865

Eileen Quinn Tel: 812109

Catherine Dean Tel: 813579

Verity Beynon 07854 930829



STANSTED FOOTBALL CLUB

www.essexseniorleague.co.uk

With a third of the season now completed, it is amazing what a string of good results can do to the atmosphere within the Club. Last season's struggles have been replaced with some terrific first team performances, laying the foundation for promotion back to Step Five football. We are aware there is still a lot of work to do. Our last two games were played on an artificial surface. One was against Canons Wood on a wild, wet and windy night; the other was an evening game in north west London. These games showed how well the whole squad are working together to enable promotion from this league. The Over 45s also made progression in the County FA Veterans Trophy with a win over Great Baddow Veterans. However they will face a tough opponent in the next round away at Chelmer Veterans. Not to be outdone by the current run of good results, our U-18s are also enjoying some great performances including a 6-1 away victory against St Neots Town; they currently sit second in their respective league table.

We would like to thank both Murdochs Estate Agents and Café Yeomans for their pitch side advertising; their sponsorship is appreciated by all at the Club. Finally we will once again be honoured to be participating at this month's Remembrance Sunday Parade and Service in honour of those who made sacrifices on our behalf.

Thurlow Nunn South Fixtures at Hargrave Park in November are as follows; all are 3.00pm kick offs:

1 st	v Burnham Ramblers
8 th	v Hutton
22 nd	v NW London
29 th	v Lymore Gardens



Tom Williams
Tel: 07921 403842



HUW JOHNSON CLUB

For those who might be new to The Link or the village, we are a social club for adults with a learning disability, and we have been running since 1974. We meet monthly on the third Thursday of the month, normally in St John's Hall, for a range of fun activities to bring people together. New members are always welcome to come along and try the Club out; please get in touch to check the details of the next session. The Club is entirely volunteer-run; new volunteers to help us put on the activities and transport members to and from the sessions are always very welcome too.

The Bishop's Stortford Ukulele Society joined us for our last gathering and had everybody singing and dancing along. For our next outing we will be heading to Mountfitchet House for a cinema evening; thank you in advance to them for hosting us. Thank you also to The Maynard Warwick Lodge No 81 for their recent donation; we really appreciate all the financial support we have received recently from our ongoing supporters. This helps greatly to keep the Club going.

Ellen Brooks
Tel: 07800 896516

Email: ellenbrooks@hotmail.co.uk



STANSTED HALL AND ELSENHAM CRICKET CLUB

www.stanstedhallelsenhamcricket.club

What a year it has been for our national women's sports teams; both the Lionesses (football) and the Red Roses (rugby) have had tremendous success in 2025. Individually our girls performed very well in the World Athletics Championships in Tokyo. The England Women's cricket team are now competing for the World Cup in India; hopefully they too will be successful. So where are all of you young female cricketers? Everyone here at Stansted Hall and Elsenham would welcome you. We just have one or two very capable young female cricketers so please come and join them.

Congratulations to William Zobel for his wicketkeeping performance last season as he has just won the Herts and Essex Border League (HEBL) Division 3 *wicketkeeper of 2025-most victims* prize. William has come through the junior section from a very young age, scores a lot of runs and performs well behind the stumps. To add to that he has recently qualified as a doctor. He is a prime example of what our Club is all about. Youngsters continue to be educated whilst enjoying themselves. Being a team member teaches them collective responsibility, thinking, consideration and mixing with other team members.

Our General Knowledge Quiz will be held in January, and indoor nets start in February. If you are interested in joining our Club please contact me.



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



Stansted Tennis Club

Founded 1889

www.stanstedtennisclub.co.uk

The culmination of the Club's summer tournament, finals day, was held on Saturday 13th September and there were some thrilling matches to keep the spectators entertained. Both the ladies' and men's singles were three setters. In a repeat of last year's final, Daphne Lunnon (defending champion) was up against Sandra Ayres, who eventually won 7-5, 5-7, 6-4. In the men's singles, John Stone won the first set 6-4, then Tom Baker won the second 7-6, but after a nasty fall at 4-3 up, John unfortunately had to concede the match. The men's doubles was a repeat of last year, with the same result: Andy Constantinou and son Sam beat James Thorpe and Dan Warwick 6-0, 6-1. In the ladies' doubles, new pairing Carol Cook and Marta Hensall played last year's runners up, Diane Brown and Daphne Lunnon. Despite some long rallies, Carol and Marta won 6-2, 6-2.



Daphne Lunnon and John Stone were scheduled to play Caroline White and Adrian Olver in the mixed doubles plate, but due to John's fall earlier, they had to concede to Caroline and Adrian. The men's singles plate was won by Andy Constantinou in a walkover, due to his opponent pulling out before the match. Thunder, lightning and rain put paid to the completion of the mixed doubles final between Chris Bailey and Rik Lim and Diane Brown and Phil Dillon, so the event was completed later in the month and the winners were Diane and Phil. The Ollie Toms trophy for the most improved player was presented to Andrew Arnold.

Coaching

Junior and Adult group coaching sessions are underway. For details, please contact Dan email: danw.tennis@gmail.com or Phil email: phil_tennis@outlook.com. Please see our website for information on tournaments, league matches, social events and lots more. New members are always welcome.

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

BRAIN TRAINING

Executive function and navigating the unknown

Learning something new, be it a movement, driving somewhere new or moving house, takes concentration. We have to fully engage our executive function which is the most demanding part of our entire system. Being tired, stressed, dehydrated or hungry makes this much harder, along with getting older. Navigating into the unknown is extremely good for us. As we all know, use it or lose it. Trying to find Boople Lane in Middlechester is difficult and thus an extremely good reason to do it. Also the long-distance drive there is demanding, even if it is, hopefully, boring.



When we have to do something new and challenging, feeding the brain will really help. Do not be hungry. If need be, suck on sweets or munch on oatcakes to maintain blood sugar levels. Be well-hydrated at all times. Keep calm: music of any sort is stimulating; it is the way the brain processes it. Speech is calming, so listen to a story or a podcast. As you approach the difficult bit, focus on longer relaxed exhales.

If you decide to take up a new sport, bear these things in mind. Try to stay calm and do not arrive hungry or thirsty! Moving house is a well-known source of stress. After the potential horrors of selling, buying and removals you are in your new abode and absolutely nothing is the same. For a little while, we are constantly navigating the new within the house and the surrounding area. This is placing huge demands on our executive function, and this can be when dementia is first realised. The brain has been slowly declining, but because of the low demands on executive function, this has not been noticed. In the new home, this is suddenly very pronounced. The move did not bring on dementia, it uncovered it.

Clare Harding
Z-Health Master Practitioner
Tel: 07802 872919

POT LUCK QUIZ 1 ANSWERS

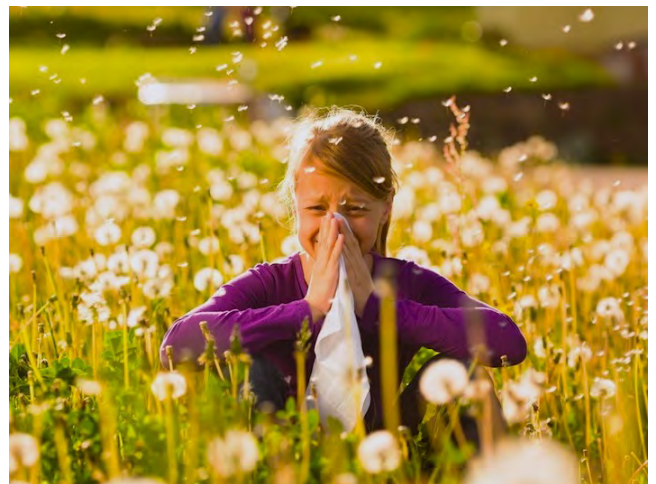
- 1 Hobart 2 Starboard 3 Curling 4 Trevi
- 5 The Nutcracker 6 Sardinia 7 George Lazenby (one film only)
- 8 1992 9 Ferdinand Alonso 10 John Noakes
- 11 Yorkshire 12 Denmark 13 Welsh Rarebit
- 14 Careless Whisper 15 The Boer War 16 Kentucky
- 17 Ballroom Dancing 18 George Harrison
- 19 William IV 20 Eisenhower

IN THE GARDEN

Allergy friendly gardening

Gardens are all about enjoyment; part of this pleasure is watching the birds, bees, butterflies and other insects that are attracted by what we plant. However, over 15% of Britain's population have asthma, over 50% of the population experience hayfever, and respiratory allergies are rising among children, young people and the elderly. Pets also experience plant allergies. Fortunately, we can easily avoid planting the worst culprits while continuing to nurture the wildlife.

Most pollen allergies are caused by wind-pollinated trees and plants; even rainy days can wash pollen closer to the ground, causing unexpected difficulties for some. Tree pollen allergies occur between mid-March and early June; the most common and severe symptoms are caused by birch. Conifers, alder, yew, lime, plane, oak and hazel can also be problematic. Hayfever sufferers are allergic to grass pollen, at its peak from mid-May to end-July. Consider planting sterile or low-pollen varieties of ornamental grasses. Mow the lawn regularly before it sets seed; artificial grass will collect pollen if not regularly cleaned. Avoid strimming during hayfever season. Many ferns, weeds and plants in the aster family (such as chrysanthemums, dandelions and marigolds) are wind pollinated and can cause allergies.



Toxins in many plants and seeds, including day lilies, euphorbias, hellebores, peonies, foxgloves, chrysanthemum and oleander, can irritate skin and cause respiratory issues; always wear gloves whenever gardening or flower arranging. Minimise mould sensitivity by covering compost heaps and using low-allergen mulch. Wash hands well and launder gardening clothes separately. The 80-90% of trees and plants pollinated by insects or birds tend to have brightly coloured, nectar rich flowers which are often scented; some have very little pollen. The Royal Horticultural Society (RHS), Allergy UK and The Royal College of Pathologists publish their recommendations for low allergen garden plants to help create a healthier garden for everyone to enjoy.

Sian Lloyd
u3a Garden Group

DIRECTORY OF LOCAL CLUBS

Beaver Scouts Age 6-8	Angela Madigan Tel: 01371 513028	RSPB	Peter Allen Tel: 07876 295456 Email: peter2349@sky.com
BS Beekeepers	Kate Walker Tel: 07399 197756 Email: secretary@stortfordbees.org.uk	St Clare Hospice	Rebecca Day Email: info@stclarehospice.org.uk
Bowls Club	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	Sparks Netball	Gemma Snelling Tel: 07368 809138 Email: gemmasnelling@me.com
CAB	Tel: 01799 618840	Stansted and District Past Rotarians Club	Geoff Lay Email: geofflay.22@gmail.com
Corkers Netball	Lizzie Read Tel: 07770 594848	Stansted Badminton	Vince Tel: 07793 000107
Cub Scouts (Tue) Age 8-10½	Huskies Charlotte Graham char.huskies1ststansted@yahoo.com (Thu) Bulldogs Hazel Crundwell 1ststanstedcubsbulldogs@gmail.com	Stansted Business Forum	Iris Evans Email: iris.evans9@gmail.com
Explorer Scouts	Roger Pettett Tel: 07715 740715	Stansted Cricket Club (Adults) (Juniors)	Ben Sammons Tel: 07852 510330 Email: bensammons3178@gmail.com Keith Ayres Tel: 814471
Friends of St Mary's Church	Lynda Dale Tel: 07716 099474 Email: lynnydale@hotmail.com	Stansted Football Club	Tom Williams Tel: 07921 403842
Fun Place on the Hill	Sue Parker Tel: 657116 Email: funplace@stanstedfreechurch.org.uk	Stansted Hall and Elsenham Cricket Club	David Brown Tel: 831011/07788 999663 Email: david1.r.brown@gmail.com
Garden Club	Maralyn Harris Tel: 07919 478144	Stansted is Well Read	Diana Griffin Tel: 813056 Email: stanstediswell read@gmail.com
Grove Cottage	Sarah Smith Email: comms@mencapgrovecottage.org	Stansted Social Club	Andrew Sharpe Tel: 812992 Email: stanstedclub@gmail.com
Guides	Jennifer Jarvis Tel: 814434	Stansted Speed Watch	Warren Vickers Tel: 813996 Email: vickersw@aol.com
Helpline	Tel: 07704 553727	Stansted Tennis Club	Fiona Kelly Tel: 07949 623484 Email: contact@stanstedtennisclub.co.uk
History Society	Roger Barrett Tel: 814216 Email: rmbarrrett54@gmail.com	Talking Newspaper (BS and District)	Richard Barnett Tel: 651270 Email: familybarnett24@hotmail.com
Human Roots	Keiran Oliver Tel: 07946 783039 Email: keiran@humanrootscommunity.org.uk	The Hundred Parishes Society	Ken McDonald Tel: 813226 Email: hundredparishes@btinternet.com
Huw Johnson Club	Ellen Brooks Tel: 07800 896516 Email: ellenbrooks@hotmail.co.uk	TouchPoint	Shirley Johnson Tel: 07572 114882 Email: info@thetouchpoint.org
Let's Talk, Stansted Mental Health Support	Richard Haywood Tel: 07794 268208 Email: contact@stanstedmentalhealth.org	Town Twinning	Chairman: Geraldine Allars Tel: 07833 089298 Email: twinning@stanstedmountfitchetpc.gov.uk
Little Scrummers	Andrew Poyser Tel: 07738 591232	u3a	Susan Sedgbeer Email: stanstedu3a@gmail.com
Millers (Windmill)	Tudor Owen Tel: 810805 Email: info@stanstedwindmill.co.uk	WI (Stansted)	Linda Gurr Tel: 07743 549241
music@stansted	Sonia Levy Tel: 815282	WI (Ugley)	Andrea Fitt Tel: 815922
Classical concerts	Email: contactus@musicatstansted.co.uk	Youth Centre	Essex Youth Services Tel: 07584 140507
Neighbourhood Watch	Linzi Shelford Tel: 07427 377118 Email: linzishelford@hotmail.com	Note: This list will be updated as and when we learn of any changes. If you would like your organisation to be added please let us know by emailing editor@stanstedlink.org.uk.	
Parkinson's UK	Simon Russell		
Uttlesford Support Group	Tel: 01799 524638 Email: simonrussell2@tiscali.co.uk		
Rainbow Pre-School	Lorraine Hayes Tel: 814242 Email: admin@rainbowpreschool.net		
Rainbows (Wed)	Abbie Scott Tel: 07754 768764 Email: abbierose12a@icloud.com		
Rotary Club	Peter Latham Tel: 881607 Email: stortvalleyrotary@gmail.com		

BIRTHDAYS, ANNIVERSARIES or SPECIAL OCCASIONS

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

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the osteopath



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