

FELSTED

# FOCUS

COMMUNITY MAGAZINE

ISSUE 28

AUTUMN 2025

A FREE complimentary magazine or £1 where purchased

QUARTERLY



## INCLUDED IN THIS ISSUE

- COUNCILS
- SCHOOLS
- CLUBS
- RECIPE
- EVENTS





# The Fuzzy Mutt

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 The Fuzzy Mutt

Unit 1B, Concord Farm, School Road, Rayne,  
Essex, CM77 0SP



## Note from the Editor

Autumn is upon us, with crisp mornings, golden leaves and the promise of cosy evenings ahead. After the busyness of summer and the school holidays, it's good to pause and look forward to all that the next few months will bring in Felsted parish.

In this issue, you'll find the usual news and event information from October through to the New Year, including preparations for Christmas!

It's always inspiring to see the range of activities and gatherings that bring our community together at this time of year.

This is only my second issue as editor, but I am very grateful to those who have already offered contributions and encouragement along the way. The Focus is very much for everyone in the parish, and I would welcome your thoughts on how we can continue to grow and improve it for the future.

Wishing you a joyful autumn and a peaceful season ahead.

*Hope Alexander*

[felstedmagazine@gmail.com](mailto:felstedmagazine@gmail.com)

### Editorial Team:

Hope Alexander  
[felstedmagazine@gmail.com](mailto:felstedmagazine@gmail.com)  
Sarah Gale  
Janet Johnston  
Richard Freeman  
Roy Ramm

### Graphic design and layout:

David Hardy  
Astragraphic Design  
[info@astragraphic.co.uk](mailto:info@astragraphic.co.uk)

### Print:

M&B Print • Dunmow

### Parish Council:

07719 552174  
[www.felsted-pc.gov.uk](http://www.felsted-pc.gov.uk)





## Felsted Friendship Club



Retired policeman, Mike Benning, who frequently worked at Stansted Airport, came to give us a talk in June. He told us of incidents at the airport and that it was disguised as other airports, to fool hijackers. His talk was very well received.

Tom Way gave us a talk on Wildlife Photography in July. He showed us some wonderful photos, many from Africa. From the Far East, he showed us an orangutan mother with a baby, who will stay with her for 8 years. A photo of a Jensen penguin landing on shore from a turbulent sea took him 23 days to capture. Other photos included a silver backed Mountain Gorilla, in a family he has visited for years now in Uganda; a male elephant, with one longer tusk than another, which showed whether he was right or left-handed; a white rhino, who has a wide flat lip and a black rhino who has a smaller triangular lip for browsing on vegetation. There used to be 80,000 of them but now there are 4,500 due to poaching; a mother zebra and baby who are very hard to photograph as they are shy and run away

In August Nick Dobson talked on 'Around the world in 100 flowers'. Beginning in the British Isles with narcissus, he showed some wonderful slides of all different types of flowers, travelling to the Americas, over the Pacific to Hawaii, Papua New Guinea, N.Z. and China.

### Future meetings

- 17 October – 'Days of Dolly Blue and Izal' – Brian Carling
- 1 November – Christmas Coffee Morning
- 21 November – Home Fire Safety – Roy Evans
- 5 December – Christmas Party

## Christmas Coffee Morning

**Saturday 1 November**

From 10.30 am at the Memorial Hall, Felsted

### Stalls include:

Raffle, cakes, puzzles/books, tombola & Bottle tombola  
Guess how many sweets in a jar

Entrance - £1 to include coffee and mince pie



If you are interested in coming along to one of our meetings, please do contact Diane Denny on **01376 583994**. The Club usually meets every third Friday of each month in the Memorial Hall at 2.15 pm, unless stated otherwise.

Charity No 270264



## Felsted Royal British Legion



### The Felsted British Legion club

The Annual Poppy Appeal begins on 23 October and runs till just after Remembrance Day. Poppy boxes will be prepared in the next few weeks, ready for distribution around Felsted village from the week commencing 20 October. Please give generously in memory of those who made the ultimate sacrifice.

### Remembrance 2025

The annual parade and service will take place on Sunday 9 November. Assembly is at 10.00am and the service commences at 10.15am around the village war memorial followed by a service at Holy Cross Church at 10.50am. All are welcome. We hope to be joined at the memorial by Felsted School Combined Cadet Force and are planning a Spitfire flypast (this is yet to be confirmed).

If you have any medals, please come along and wear them with pride. Please remember to pin presented / awarded medals on the left side of your clothing and family medals such as parents or other relations on the right.

Terry Nunn  
Branch Secretary



## Felsted WI

As we are now on our way towards Autumn, you can't say we haven't had a warm summer - apparently, with three heat waves this year! And we all agree the beautiful flower tubs that decorate the village, have once again been a bright and colourful addition to the streets. They are looked after by the wonderful WI volunteers and very kind villagers who kept them watered.

Felsted WI has had a very busy summer, with a visit to the gardens of Easton Lodge, also a recent visit to Windsor Castle. This was shared with the ladies of Rayne WI, proving to be an interesting trip and a very happy day as you can see by the pictures.

We have had various plant growing challenges through the year, plus the annual Rayne WI Challenge for the coveted Frying Pan award! Rayne won last year and sadly this year too, (by a small margin), as they hosted a great evening of themed quiz questions and games on the subject of playing cards. We have welcomed new members this year and, with larger numbers now, we hope to win back the frying pan next year, so fingers crossed.

Please do come and join us; we offer a friendly welcome, interesting guests to listen to followed by tea/coffee and a great selection of biscuits and friendly chat.

For more information please contact Penny Lewison 07825 312829



## Felsted Memorial Hall

Hello everyone!

Here we are with Autumn upon us. Haven't we had a glorious summer! The Memorial Hall has had a busy few months.

Taylor, our electrician, serviced the emergency lighting in the hall, replacing some lights and wiring to make everything safe. In July, we won the Village Hall and Community Building award! Shirley and Nikki went to the Rural Community Council of Essex meeting and were presented with the framed certificate which has pride of place in the hall. The judging panel were particularly impressed by how many regular hirers we have and mainly that we have an annual pantomime to raise funds. We are very proud. Also in July, for one night only, we produced a Variety Show; lots of silly sketches and song and dance. Those that came, thoroughly enjoyed it and it was more money for our pot.

August saw major work on the ceiling. The paint was peeling and falling off, so Alex and his crew worked hard all week scraping it off and repainting, It looks lovely and you won't get paint flakes falling in your cup of tea! VJ day was marked by a small ceremony at the Memorial cross; it was a lovely day, an opportunity for folks to pay their respect.

The chair saga continues. Andy ordered 50 new chairs with a trolley, delivered in August. They are light, easy to move and very sturdy. Added to that, refurbishment of the Hauxwell room has begun, making more storage for chairs and tables and much more room in the bar area. It's work in progress!

Oh, I nearly forgot to tell you, we were gifted a beautiful piano from someone in Saffron Walden who was delighted it has come to a community resource. My daughter (who knows about these things) organised the move and has assured us that we have a very good piano.

Hazel Fox





## Felsted Holy Cross Church



[WWW.FELSTEDCHURCH.ORG.UK](http://WWW.FELSTEDCHURCH.ORG.UK)

AUTUMN 2025

# HOLY CROSS *Services*

9AM: 2ND, 4TH & 5TH SUNDAYS

11AM *apart from* 4TH SUNDAY

ALWAYS YOUNG PEOPLE GROUPS

FOURAT4 | 4PM ON 4TH SUNDAY

IN FLITCH GREEN COMMUNITY HALL

## United Reformed Church

Dear Friends,

We are in a time of change at the URC. Unfortunately, our Rev. Ray Sams has retired and we wish him all the best for the future. Rev. Ray, was our leader, supporter and friend and I know that we will all miss him.

Over the next few months, we will be taking part in Mission Partnership talks, with the possibility of forming a group with other local URC churches which could prove very helpful in enabling us to continue with our weekly services and other aspects of Church life.

Future events to be held later on this year are:- Friday 10 October, we will be holding a Social Afternoon where everyone will be welcome this commences at 2pm. Next, we will be holding our Crix Comes to Felsted afternoon, where we will be having Christmas songs, carols and readings, followed by tea and mince pies. This will start at 2pm and again all are welcome. Finally on the 14 December at 10.30am, we will holding our Gift Service, when our congregation can bring items suitable for Coffee Mornings, and parties held by Braintree Mencap – a charity we have supported for over 50 years. At this service we will also be presenting our donations for our chosen charities for the year, being MIND and Haven's Hospice.

Looking forward to seeing some of you at the above and/or our Sunday Services held at 10.30am every Sunday. (Please note there will be no service on the 9th November as we will be joining our friends at Holy Cross for the Remembrance Sunday Service.)

Any queries please contact Diane 01376 583994





### Defibrillators

Defibrillators work cleverly to 'shock' a person's heart into restarting after suffering a cardiac arrest. Although the chances of ever having to use a defibrillator are low, having one nearby if it were needed is invaluable.

Residents may like to be aware that there are four defibrillators located within the parish. They are in the following locations: inside Linsell's Shop/Post Office on Station Road; outside of the Doctors Surgery on Braintree Road; outside of Felsted Primary School at Watch House Green and inside the old telephone box / book box on the corner of Evelyn Road, Willows Green.

The defibrillators are kept inside locked cabinets that require a special access code. All of Felsted's defibrillators are registered on a national database available to the emergency services. Should they receive a 999 call where they believe a defibrillator may be needed they will direct the caller to the nearest defibrillator and supply them with the access code. Should it be used the defibrillator "talks" to the user explaining each step and what they need to do. Although this may seem very scary defibrillators are surprisingly easy to use and training is not required.

All of Felsted's defibrillators are checked every month. Additionally should an emergency call handler direct someone to one of Felsted's defibrillators the PC is notified. An additional inspection is then carried out to make sure that the defibrillator is still in full working order and emergency ready.

Early defibrillation can increase survival rates from a low of a approximately 6% to as high as 74%.

### Parish Paths Partnership (P3 Group)

Every Monday morning at 10am a group of local Uttlesford Ramblers meet in Woodley's Car Park for a walk of about 2 to 2 and a half hours. As well as enjoying the physical benefits of walking in the countryside they use this opportunity to check the local footpaths, note any remedial action that needs to be taken and to report any major issues to Essex Highways.

Consequently most of Felsted's paths are in much better condition now and the group has had notable success in getting Essex Highways to replace broken bridges and take action against those few farmers



who are failing to reinstate footpaths after harvesting. The group have a few local volunteers who help clear overgrown vegetation and new walkers are always welcome. You do not have to join the Ramblers to participate in the walks or work parties, although it is hoped that you will if you become a regular walker. It is the best value activity!!

If you would like more information on what the group does, please do not hesitate to get in touch with the Assistant Clerk to find out more. Please remember to let the Assistant Clerk know if you find a problem on any particular footpath in Felsted. If you can also send a photograph of the problem that is always most useful too.

### Winter Roads

As we approach winter Essex Highways has this useful webpage: <https://www.essexhighways.org/roads-and-pavements/winter-travel> with information about travel in winter. During the season, they treat over 2000 miles of roads in Essex, which is about 40% of the Essex road network. The progress of local gritters can be followed on the website plus helpful winter driving tips can be obtained.

### Website

Residents are encouraged to sign up to receive up to date Parish Council news by registering for updates on the PC website [www.felsted-pc.gov.uk](http://www.felsted-pc.gov.uk).

Enter your email address to receive automatic notifications by email of all news articles as they are posted on the website.

### Facebook

The PC now have a Facebook page. Please follow them at [www.facebook.com/felstedpc](http://www.facebook.com/felstedpc) to see up to date local information.

### Clare Schorah

Assistant Clerk to the Parish Council

Phone: 07751 565512 Email: [asstclerk@felsted-pc.gov.uk](mailto:asstclerk@felsted-pc.gov.uk)

### Heather Read

Clerk to the Parish Council

Phone: 07719 552174 Email: [clerk@felsted-pc.gov.uk](mailto:clerk@felsted-pc.gov.uk)



## Recipe: Courgette Fritters

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This is a simple and tasty recipe, and a great way to enjoy courgettes – especially for those of you with a good harvest.

### Ingredients (Serves 4)

3 courgettes  
Handful fresh mint leaves, finely chopped  
1 tablespoon fresh dill, finely chopped  
1 egg  
100g feta cheese  
1 tsp paprika  
25g plain flour

### Method:

1. Grate the courgettes and squeeze out excess moisture.
2. Mix with flour, egg, mint, dill and paprika.
3. Fold in the crumbled feta.
4. Mould the mixture a tablespoon at a time into multiple fritters.
5. Heat oil and fry ~2–3 min each side until golden. Alternatively, over cook at 180°C/350°F/Gas mark 4 for 15 minutes.
6. Serve hot.



Largely through a generous contribution from the parish council and by selling advertising space we have just about been able to deliver our magazine to over 1100 homes in the parish four times a year free of charge. We've asked before for a small contribution but only a handful - a baby-sized handful - make regular donations. So far this year, we've received just £35!

You often tell us how much you enjoy the FOCUS and we have some wonderful volunteers who give their time to write, photograph, layout, proof and even deliver for us but, unless we can generate more income, we may not be able to continue.

So, please help us to continue your magazine and contribute what you can, even just £5 per year per household would help to keep us going. Every penny will be spent on printing and delivery.

Please send your contribution to the Parish Clerk, URC Hall, Stebbing Road, Felsted, CM6 3JD or you can make a direct contribution to the Parish's bank account at the address below.

Barclays Bank

Sort code: 20-97-40 • Acc No: 00393274

Please mark your contribution '**FOCUS**'

Cheques made payable to "Felsted Parish Council"



## FELSTED ACCOUNTANT



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## Felsted United Charities

Felsted United Charities is a charitable organisation set up many years ago. The charitable objects of the Trust are for 'the benefit of persons resident in the Parish of Felsted and who are over sixty years of age,  
OR who are suffering from any illness, disability, disablement or otherwise in special need'.

**Should you wish to apply for support from the charity, application forms will be available at Felsted Post Office from Monday 1 December 2025.**

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📞 01371 532451 / 07821 361161



## Flower Tubs

### Felsted is blooming lovely!

While much of the surrounding countryside faded into shades of ochre and gold beneath the relentless sun, through the hottest summer on record, when Felsted's lawns shrivelled and our trees struggled to keep their leaves, a small and dedicated group of locals again ensured that the parish was its usual riot of colour.

Bryan and Jean Grimshaw organise the ordering of the plants and lead the planting team of seven locals. Keeping Felsted looking this good takes hard work, dedication, 18 bags of fresh compost and around 600 hundreds tender young plants to refresh the tubs each year!

It's not just the village centre that enjoys the colour, Crix, Crick and Bannister Greens are also treated to displays and one or two other tubs are planted and cared for by locals, like the lovely tub at the end of Garnetts Lane and the planting around the tree at Abbeyfield's.

The beautifully planted tubs of drought resistant begonias by the roadside were regularly fed, watered and dead headed by a small but dedicated group of residents, ensuring that the delicate blooms were at their best throughout the sweltering heat. Passers-by often paused to admire the cheerful display. It is a testament to the power of community and the quiet pride that comes from nurturing beauty, even when the elements conspire against it.

And when the summer blooms fade, the cycle begins again in October with winter colour. Dead organic material is always recycled. The Parish Council extends sincere thanks Bryan, Jean, the planting team and to the volunteer waterers for braving the heat and keeping our community in bloom.

After several years coordinating the planting of the parish flower displays Jean will be stepping down from the role after the Autumn planting. A new volunteer is therefore needed

If anyone is interested in taking on this role please contact the Clerk to the Parish Council at [clerk@felsted-pc.gov.uk](mailto:clerk@felsted-pc.gov.uk) or call 07719 552174 for an informal chat.



## Citizens Advice

citizens  
advice

### Cost of living help is here

With prices rising faster than many incomes, households across Uttlesford are feeling the pressure. Nearly 1 in 4 UK households are cutting back on essentials like food and heating. Energy bills remain over £1,600 a year, and food prices are still up to 25% higher than two years ago.

If you're struggling to keep up, Uttlesford Citizens Advice is here to help, offering free, confidential advice. We can help with:

- Managing energy bills & applying for energy grants
- Benefits & Universal Credit check
- Debt and budgeting advice
- Housing, rent, and landlord issues
- Employment rights

No judgment. No pressure. Just someone on your side.

You can find more information online at [www.uttlesfordca.org.uk](http://www.uttlesfordca.org.uk).

If you need extra help or can't easily get online, just give us a call, send an email, or visit us at Dunmow, Stansted, Thaxted Libraries or the Old Schoolhouse in Takeley. If an adviser isn't there in person, you can still speak to someone face-to-face using our easy one-touch video link. All advice is free and confidential.

#### Uttlesford Citizens Advice

Barnards Yard, Saffron Walden  
CB11 4EB  
01799 618840

[help@uttlesfordca.org.uk](mailto:help@uttlesfordca.org.uk)

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

citizens  
advice

## DISTRICT COUNCILLORS' CORNER

### REFUSE AND ITS RECYCLING – LET'S THINK ABOUT THE THREE Rs AND DO IT!

This is a subject that will, I think, be of interest to residents of all generations. In July, together with my Uttlesford District Councillor colleagues, I was given a recycling refresher by members of the UDC and Essex County Council environmental services teams responsible for implementing refuse and recycling policies and related services across the district and county.

The obligation of householders to manage their 'rubbish' by keeping the frontage of their households free of it was first introduced in 1297(!) but detailed arrangements for the management of waste remained largely unregulated until the 19th Century. The collection and management of refuse today is a statutory duty imposed upon UDC as our District Council. Recycling standards are set to become higher in future under the 'Simpler Recycling' legislation introduced in 2024.

The challenge for managing and recycling refuse in Essex is substantial. Annually, some 660,000 tonnes of material is generated, costing about £130m to collect, process and recycle. It represents about 440kg and £84 per person. In Uttlesford about 35,000 tonnes of refuse is generated, costing around £3.2m to manage and recycle, equivalent to £77 per household - recovered and included in council tax. We recycle about 15,500 tonnes yearly, made up of some 9,100 tonnes of dry material (including paper, glass and steel) and 6,400 tonnes of 'green' material (including food and compostables) achieving an overall recycling rate of 49%.

How do we stand in the recycling efficiency rankings? So-so, which may surprise many of us who think that we already do pretty well in this regard. Statistics show that greater or lesser efficiency is not reflective of residents' relative affluence or different socio-economic conditions. The 'best' council is St Albans with a recycling rate of 64%. The 'worst' councils' recycling rates lie in the mid 20% range, - and include both the London Boroughs of Tower Hamlets and Kensington & Chelsea. Even within Essex there is rate disparity with the best being Rochford, Maldon and Colchester (58/57%) while Thurrock's rate is only 28%. Out of the nearly 340 English authorities, Uttlesford comes in 82nd.

There is plenty of scope to improve our recycling rates particularly of 'green' items such as food waste. This is important since this

## DISTRICT COUNCILLORS' CORNER

class of material is very efficiently recycled into bio-gas and then used to generate electricity and heat as well as create fertiliser. We learned from the Environmental Services Teams that there is a great deal of food waste placed in black bins while still wrapped in its packaging. This means that the material overall is contaminated, while if it was placed in the scraps/vegetable caddy free of packaging, it could and would be recycled easily. Food caddies provided by UDC for recycling waste are emptied weekly and their greater use is very much encouraged.

Uttlesford was the first District to adopt Essex's Waste Strategy. It contains ambitious plans on how to Reduce waste and Reuse and Recycle more (the three Rs) over the period 2024-2054. It is part of a vision towards a circular economy designed, in accordance with the Carbon Budgets, to go towards a reduction of our greenhouse gas emissions and contribute to achieving net zero by 2050. There may be nay-sayers who do not subscribe to the theory and practice involved in this policy but, while respecting their views, I think they might be challenged to explain away the increases in global temperatures which we have experienced in recent years as being mere natural phenomena, wholly unrelated to greenhouse gas emissions.

Implementation of the Waste Strategy would mean that 65% of our waste would be reused, recycled or composted by 2035 and that landfill would not be used post 2030. To achieve these aims will require greater awareness by us all in the ways that we can individually contribute to 'better' i.e. more efficient recycling. Programmes of engagement with the community will be established, including working further with schools and young people to inspire life-long waste reduction behaviours. [www.loveessex.org](http://www.loveessex.org) contains information prepared by Essex councils describing the different processes involved in waste management and recycling which many readers will find informative. It also contains a link to the full Waste Strategy, a copy of which may be opened at this QR Code:

If any resident has any questions or issues to raise on this (or of course any other unrelated subject) I will be very pleased to hear from them.

*John Evans*

District Councillor

E: [cllrevans@uttlesford.gov.uk](mailto:cllrevans@uttlesford.gov.uk)





Another year at Felsted Primary School has started, and what an exciting time it is! As I write this, the children have embarked on their first week in their new classes, filled with the anticipation of new friendships and learning adventures. After a well-earned break, both the staff and children are ready to roll up their sleeves and collaborate in creating new experiences and achievements.

While we are thrilled to kick off the new academic year, our thoughts are with our leavers. They are off to their new schools, embracing the next chapter in their educational journey. We have no doubt that they will carry with them the core values we instil at Felsted: Be Respectful, Be Kind, and Be Safe. A heartfelt farewell to these young stars – we're sure they will shine brightly in their new environments!

As we reflect on the transition of our leavers, we are equally enthusiastic about welcoming our new Reception pupils, who are about to take their first steps into the exciting world of school. I can't wait to meet them, to see their wide-eyed curiosity and the sense of wonder that characterises the beginning of their school journey. It's always such a pleasure to witness these little ones embrace their new surroundings and engage in the joy of learning.

We are also looking forward to meeting any parents considering us for reception next year – open days are as follows:

- 8/10/25 at 9.15am
- 24/10/25 at 9.30am
- 12/11/25 at 9.00am

Please email the office on [admin@felsted-pri.essex.sch.uk](mailto:admin@felsted-pri.essex.sch.uk) if you would like to come and see our school.

This year, we are particularly excited about continuing our OPAL (Outdoor Play and Learning) journey. We are due to be reaccredited



this year, and this milestone has really infused us with energy and creativity. The OPAL initiative has transformed the way our children engage with play, allowing them to learn through exploration and creativity in the great outdoors. We are currently brainstorming additional improvements to help our children make the most of our school grounds. One of the plans involves developing an outdoor classroom. This space will not only enhance our teaching but will also be a fantastic resource for promoting the wellbeing of both our children and staff. After all, there's nothing quite like the fresh air and natural environment to inspire healthy minds!

Bryony Collins



## Air B&B

We had long suspected the hole in our old ash tree could attract nesting birds, and this year a pair of kestrels decided that our garden in Mill Road would provide a suitable pied-a-terre.

Kestrels typically breed in spring and early summer. Unlike many birds, they do not build traditional nests; instead, they lay eggs in cavities, old buildings, cliff ledges, or even abandoned nests of other birds. The hole in our ash tree fitted the bill(s) perfectly. (Sorry – it was irresistible!)

We watched the adult birds in the early spring and a few short weeks later eventually managed to spot three chicks peeping out and waiting for mum and dad to bring breakfast, lunch, dinner and snacks! Did somebody say, just eat? The chicks were voracious, grew rapidly and fledged within a month.

Initially we were able to get quite close to the fearless young birds as they developed their flying skills in and around the garden but, within little more than a month, the cute downy chicks we had seen in the nest were becoming efficient hunters in their own rights.

Because they eat other small birds - as well as small mammals, insects and lizards - kestrels are not everyone's favourite bird! However, in some cultures, kestrels are regarded as omens of good luck or as spirit animals representing agility, vision, and adaptability. Their presence in folklore and art underscoring the deep connection humans have felt towards these birds throughout history.

We watched our chicks develop their distinctive 'hovering' hunting method. With wings beating rapidly and tails fanned out, they remained stationary in mid-air, scanning the adjacent field for movement.

For us, watching our remarkable kestrel family thrive was a privilege and we hope for a return visit next spring.



# -CHRISTMAS IN FELSTED- TREE LIGHT UP + SPECIAL GUEST...

SUNDAY  
DEC 7<sup>TH</sup>  
FROM 5<sup>PM</sup>

The switching on of the Christmas tree lights will take place once again this year, with Father Christmas attending to assist with the festivities.

In addition, on the evenings of 16<sup>th</sup> & 17<sup>th</sup> December, the Felsted Sleigh will be out and about in the village and surrounding hamlets.

We will be asking for donations to support this, with proceeds split equally between the event running costs, and local charities.

Tuesday 16<sup>TH</sup> from 6<sup>PM</sup>  
Station Road, Chelmsford Road,  
Causeway End, Cock Green  
and parts of Bannister Green

Wednesday 17<sup>TH</sup> from 6<sup>PM</sup>  
Bannister Green, Watchhouse  
Green, Garnett's Lane, Felsted  
School & Village Centre

*We look forward to visiting  
you and thank you for  
your support!*

11AM-3PM  
ALL AGES  
WELCOME

**FELSTED URC**  
UNITED REFORMED CHURCH  
STEBBING ROAD  
CM63JD

SATURDAY 6<sup>TH</sup> DECEMBER

COME & MAKE YOUR  
MARK ON  
THE PARISH TREE!

★ DECORATION DAY ★



## Uttlesford Community Action Network



Did you know that there's a UCAN hub in Dunmow? Situated on the corner of Chequers Lane, it's a base for a range of community projects that are making a difference in the district.

Dedicated staff members and volunteers respond to help requests from Uttlesford residents, providing opportunities for social inclusion and participation, and overcoming disadvantage. In 2023/24 their services provided support for 1,248 people in the district, and demand is growing.

The Dunmow Hub houses the Community Fridge, stocked with surplus food from local retailers which is available free to residents in need. Also based here are the Community Response Team who provide practical support and guidance with homes such as garden rescue, key safe installation, digital device installation, and winter warmth.

Ticket Home is a free service to support safe and timely hospital discharge. This includes transport, delivery of hot meals, furniture moving, welfare telephone calls and more.

Every Monday, the Dementia Café is held at the Rowena Davey Centre for people living with dementia and their carers, offering advice from speakers and visiting experts as well as socials. A pilot study is also providing VR Wellbeing to carers, providing respite aimed at improving their quality of life.

The mobile Community Supermarket visits eight locations including Flitch Green, offering foodstuffs from 50p. Pop over to the Hallett Road car park between 9.30-11.30 on 7 October (and every second Tuesday) to see what's available. Walking Buddies help people get back outside into the fresh air also providing friendship and 1-1 social interaction. There's also the Essex Shed Network <https://essexshednetwork.co.uk/> focused on improving the health and wellbeing of men.

UCAN Home Solutions provides domestic support, allowing people to remain independently in their own homes. It's a paid-for service which offers cleaning, pet walking, laundry and collection of prescriptions among other things. You can sign up for as little as one hour a week, and as it's a not-for profit enterprise a percentage is invested back into UCAN services.

## Uttlesford Community Action Network



Can you spare an hour or more a week to volunteer and give something back to the local community? Take a look at the UCAN website for current openings <https://www.ucan.org.uk/volunteering-opportunities-2/>. This is just a handful of the opportunities. To find out more send an email to [volunteer@ucan.org.uk](mailto:volunteer@ucan.org.uk)

If you would like to earn a little money, why not consider signing up to work for the Home Solutions project, where you can pick your hours and work to suit your lifestyle? (DBS checks are required). For enquiries, please visit [www.UCAN.org](http://www.UCAN.org), telephone the Dunmow Hub Monday – Friday on 01371 404474 or drop in to the hub during office hours at 1 Forest Court, Stortford Road CM6 1DA.

### Adult Coaching

Mark Clark  
07713 626239

- Monday 9-10am: Cardio Tennis
- Wednesday 9-10am: Cardio Tennis
- Wednesday 7-9pm: Squad Training
- Thursday 9-11am: Ladies Tennis
- Friday 9-10am: Cardio Tennis
- Private Lessons



### Junior Coaching

Ashleigh Draper  
07966 502834

- Group Sessions for ages 4 to 16 on Tuesday, Wednesday, Friday 4-7pm
- Junior League Matches
- Sunday Tournaments
- Holiday Camps

## Join Us!

### Adult Tennis



Thursdays 5.30pm onwards: Club Mix-In  
Sundays 10.30am-1.00pm: Club Mix-In  
League Teams (Essex Small Clubs, Halstead & District & Essex County)  
Friendly Club Tournaments & Championships  
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**u3a**  
learn, laugh, live

Dunmow u3a is part of a UK-wide movement of local member-led interest groups that provide a wide range of opportunities to come together to learn for fun.

It is aimed at adults in Dunmow and the surrounding villages who are no longer in full time employment and have an interest in all things new: hobbies, challenges, sports or just making new friends.

Our member-led interest groups include:

- |                    |                        |
|--------------------|------------------------|
| ■ Art              | ■ Line Dancing         |
| ■ Book Clubs       | ■ Luncheon Clubs       |
| ■ Bridge           | ■ Mah Jong             |
| ■ Canasta          | ■ Music Appreciation   |
| ■ Cribbage         | ■ Nature Walks         |
| ■ Cycling          | ■ Pickleball           |
| ■ Family History   | ■ Quilting & Stitching |
| ■ Flower Arranging | ■ Science & Society    |
| ■ French           | ■ Scrabble             |
| ■ Garden Visits    | ■ Sequence (the game)  |
| ■ General Crafts   | ■ Table Tennis         |
| ■ Geology          | ■ Walking              |
| ■ Golf             | ■ Whist                |
| ■ Grow Your Own    | ■ Wine Appreciation    |
| ■ Italian          | ■ Wool & Waffle        |

To find out more, explore our website [www.dunmow.u3asite.uk](http://www.dunmow.u3asite.uk)  
email: [membership@dunmowu3a.org.uk](mailto:membership@dunmowu3a.org.uk) or visit our facebook page  
(search for "Dunmow u3a") • Registered charity number: 1168310



## Experiences of Frailty and Ageing Well in West Essex

**We're looking to speak to people in West Essex to hear your thoughts about:**

- Understandings of ageing and frailty
- Experiences of ageing and frailty
- Care preferences and planning
- Information and resources
- Anything else you would like to share

**Register your interest here:**



☎ 07742 072740

✉ [lily.boag@healthwatchesessex.org.uk](mailto:lily.boag@healthwatchesessex.org.uk)

**healthwatch**  
Essex

## The Hundred Parishes

Recently, I was privileged to watch two bats flying around my garden. They were so quick and acrobatic it was difficult to keep them in view. Bats and their roosts are legally protected so must not be disturbed. Bats are mammals, giving birth to live young. It reminded me of how lucky we are in The Hundred Parishes to have so many wild mammals in our mainly rural area.

There are several kinds of deer locally, mostly Fallow, Roe or Muntjac. Larger herds are usually Fallow deer which have “palmate” antlers, shaped like the palm of a hand. The smaller Roe deer may be seen in smaller groups – they have a white rump and no visible tail. Muntjac are smaller still and tend to be solitary; they have horns and “tusks” - downward-pointing canine teeth.

Out enjoying our latest walk, number 188, my wife and I surprised two hares who disappeared at great speed when they spotted us. They can run up to 45mph over short distances.

We regularly see foxes in our garden, usually courtesy of our inexpensive night vision camera. In the spring, we enjoyed watching the young cubs playing. Foxes seem to be a more common sight now, even during daylight, and regularly venture into built up areas. The camera occasionally spots a badger; he is usually looking for peanuts.

Anyone lucky enough to see hedgehogs in their garden should look after them as their numbers are in decline. They are nocturnal, so at dusk we should put out a shallow bowl of fresh water (not milk as it is bad for their digestion) and perhaps some dog or cat food. They may repay you by eating slugs and insects although our experience has been that they prefer commercial hedgehog food like Spike’s Dinner.

Enjoy them all.

Ken McDonald,  
Secretary  
[www.hundredparishes.org.uk](http://www.hundredparishes.org.uk)



Pipistrelle bat

## The Hundred Parishes



Fallow Deer



Muntjac deer



Hare



Fox



Badger



Hedgehog



## Freaky Science



**Book your  
space  
today!**

Join us as we bring science alive this October at Clacton and Harwich Library, with the joys of Halloween! Inflating hands, scary head pictures and goo in a potato. Scared? You will be! This event is suitable for children aged 6-11. Under 8s must be accompanied by an adult. Book early as places are limited! See you there!

(Link: [//library-events.essex.gov.uk/search?q=freaky%20science](https://library-events.essex.gov.uk/search?q=freaky%20science))

## Borrow a Blood Pressure Monitor from Your Local Library



**Find out what's  
available and  
how to register  
your interest**

Want to feel rewarded, contribute to your community and make someone's life better, meet people and learn new skills? Volunteer with Essex Library Service.

We can suit your needs and lifestyle, with our wide range of volunteering opportunities in libraries across the county.

Link: <https://libraries.essex.gov.uk/digital-content/volunteer-at-your-local-library>

## Borrow a Blood Pressure Monitor from Your Local Library



**Find out more  
about borrowing  
a blood pressure  
monitor from  
your local  
Library**

Stay on top of your health and check your blood pressure from home with Essex Library Service's new loan scheme! Borrow a blood pressure monitor from any Essex library or mobile library from 8 September.

When you borrow a blood pressure monitor, you'll also get:

- Instructions on how to take readings and what to do with the results

- A blood pressure diary to record your readings

- Links to online resources, including instructional videos and further guidance

- You don't need a GP referral, just a library card!

Link: <https://libraries.essex.gov.uk/news/blood-pressure-monitors-for-loan>

## Potion Commotion at South Woodham Ferrers Library



Come along to our event at South Woodham Ferrers Library, where children can invent their very own enchanted potions using delightfully strange ingredients, all tied together by the chaotic and colourful world of Winnie the Witch.

Link: <https://library-events.essex.gov.uk/event?id=239071>

**Tuesday 28 October 20, 10:30AM - 12:00PM  
No need to book just turn up just turn up**

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# Celebrating...

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**7pm, Holy Cross Church,**  
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## Haydn's Missa Sancti Nicolai

## Britten's Saint Nicolas

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**Venue: Holy Cross Church** [what3words.com/northward.legend.best](https://what3words.com/northward.legend.best)  
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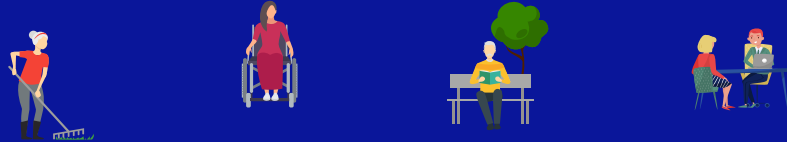
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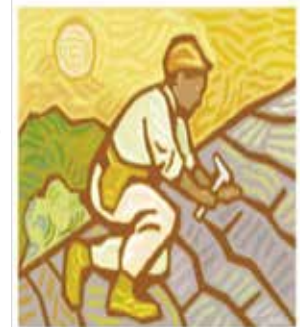
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## CITIZENS ADVICE BUREAU

Braintree: 01376 324129  
Great Dunmow: 01799 618840

## COUNCILS

Essex County Councillor:  
Martin Foley: 01799 510510  
[cllr.martin.foley@essex.gov.uk](mailto:cllr.martin.foley@essex.gov.uk)  
Uttlesford District Council: 01799 510510  
District Councillors: - Richard silcock  
[cllrilcock@uttlesford.gov.uk](mailto:cllrilcock@uttlesford.gov.uk)  
John Evans: [cllrevans@uttlesford.gov.uk](mailto:cllrevans@uttlesford.gov.uk)

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Felsted Primary School:  
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Ford End C of E Primary School:  
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Website: [www.fordendschool.com](http://www.fordendschool.com)  
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