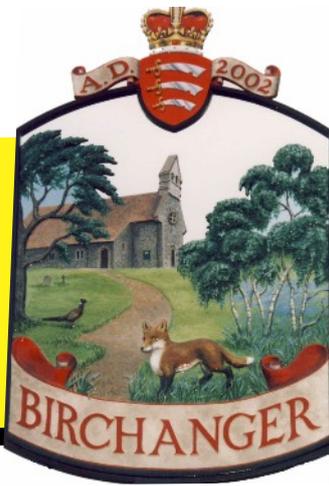


Birchanger

July 2015



Magazine

Issue 151

THE THREE WILLOWS IS OPEN AGAIN PUB REOPENS AT LAST

After a three month absence, the Three Willows is open again at last. As you will recall the pub was damaged by a fire on April 5th and finally emerged from the smoke and ashes on July 18th.

The pub has been completely revamped with the old public bar incorporated into the restaurant and many other changes to the decor.

DO WE HAVE JUNKIES IN THE REC?

Drug abuse in the recreation ground

A great deal of money has been spent trying to make our Recreation Ground a good place for everyone to go and relax. It is very sad that some substance abusers have taken it upon themselves to spoil this, by leaving their drug taking paraphernalia lying around in the children's play area. Needles and other items have been found beside the play equipment.

This stuff is dangerous and in the hands of a small child, could cause injury. Children have a natural curiosity and these needles are sharp and highly likely to be infected by their users. Such equipment has been found in private gardens and this causes offence enough. It is even worse when the abusers expose young children to injury.

Our very alert lady who looks after the Recreation Ground found the needles and took them straight to the police. There are known pushers and abusers in the village, who were responsible for the last incident. A big thank you to her and to anyone who has actually taken away the syringes. A nasty job, but you are helping to keep other people safe.

On a happier note, we are hoping to install some picnic tables before the end of the summer.



PARISH COUNCIL NEWS

Elizabeth Godwin

A real local hero

Birchanger suffers from overgrown footpaths and bridle ways which are impossible to use without being stung to pieces. It seems we are the last to have our footpaths trimmed, situated as it were on the outpost of the county.

Every year the Parish Council along with many others complain to Robin Wallbank at Essex County Council Footpaths, to no avail.

One man has had enough of this and not for the first time, has taken matters into his own hands and trimmed the bridleway which goes to the bridge over the M11.

It is hard work and the chances of getting stung by the nettles 100%, but without even being asked, he has trimmed the bridleway. This means that walkers can now use this path again.

Everyone who uses the path regularly appreciates all that **Chris Emery** has done to make the path usable again. A job much appreciated but one that should never have been needed to be done by a member of the public. No doubt spending cuts mean staff reductions, but why is it always this village who comes last? A big thank you Chris from us all.

Could you benefit from this charity?

You may be totally unaware that there is a small charity which aims to provide some small help to those suffering from a long term condition, who might just need something which would help to make their lives a little easier, but which is beyond their own budget.

The Charity is known as the Stansted and Birchanger Relief in Sickness Charity and some people in Birchanger have benefited from this in years gone by.

The problem is that the trustees often do not know who would benefit from this, or where the special needs are. They rely on people to tell them, as those in need rarely ask.

If you do know someone who does need help in some way, please call me on 812793.

Might these helicopters make us fat?

A recent study published by the Lancet indicates that noise at 58 decibels and above could actually be causing us stress. This means that those who live near motorways and airports are particularly at risk. In Birchanger we have both these situations so are doubly at risk it seems.

The science behind all this is that exposure to noises 58 decibels and above for long term periods can, unbeknown to us be causing us stress. When exposed to stress for prolonged periods, the body goes into fight or flight mode. In preparing itself for a perceived disaster the system which controls our appetites goes into overdrive in expectation of some kind of cataclysmic event. It actually releases hormones which make us eat more.

The phenomenon is observed on certain roads in London, Buckingham Palace is one area where noise levels of 75 decibels are recorded as it is also in Tottenham Court Road. Gatwick is another place where recorded decibels hit the 75 level. Waist measurements in these places, are noticeably higher proportionately and they do not think it is because of the large number of fast food shops in these areas either!

Clearly more work needs to be done, but this is the first hint that noise can actually be physically as well as mentally damaging.

I do not yet feel, that there is enough known for me to complain to, the airport that they have made my trousers too tight, but I do think that this is something to watch for in the future.

Our health depends on where we live in Uttlesford

It is perhaps not surprising that good health is directly related to levels of deprivation. Birchanger is situated in the second best of the areas in Uttlesford. Our health rating and life expectancy is therefore, according to the statistics, better than most in the district. Men can expect to live until 85, women have one more year. Early deaths are classified as those before 75, and for both sexes, deaths from cancer, heart disease and stroke are fewer in the least deprived areas.

The issues of concern in Uttlesford are the high number of hip fractures and road deaths. We do have the M11 through our district, which contributes to the road death

total. We also have too many smokers, too many obese residents, too many cases of malignant melanomas, too many deaths in winter and our infant mortality rate could be improved. In short, we have to take more care on the roads, stay out of the sun, and look after our older people in winter time.

The good news is that we have fewer over weight children, fewer children in poverty and are quite good at being physically active.

Uttlesford transport needs volunteers

Uttlesford Transport is a success story, but it does depend on the help of volunteers. Based in Dunmow's Flitch industrial estate, and with parking available, the charity is looking for more volunteers to drive hospital cars, minibus drivers, office volunteers and trustees. The work is enjoyable and rewarding. You are helping people who have no other form of transport to have mobility at a price which they can afford.

If you could spare a few hours a week and would like to know more about the volunteering opportunities available, please call 01371 875787. You will meet a great variety of interesting people and as well as the hospital run, visit some interesting places in your work.

GP Surgeries open 7 days per week?

There are plans to open surgeries 7 days a week in some areas of West Essex. It will not be across the board, it could be your surgery but there is no guarantee yet. Things are set to get better overall, so if not now, it could be soon.

In another initiative more weekend staff have been recruited to work in hospitals at weekends This is primarily to speed up discharge, so that those who find they are in hospital on a Friday, need not face the prospect of a weekend in hospital. This new team can send you home, hopefully with care arranged and the right medicine.

This should in turn, free up beds for those who have to be admitted at the weekend.

Things may well be getting better in the health services?

The integrated health care plan on trial

It sounds like a dream, but integrated health care is being trialled in the North of Uttlesford. The trial will last for 100 days and will try to co-ordinate all the medical and social care needs of elderly patients only at this stage. It is a big ask, but it would be great not to have to keep repeating the details of our medication and illnesses to every different doctor whom we come across on our hospital stays and visits.

To discover that Social Services actually do know about us, and what our needs are, without us having to explain them over and over again, would be a bonus.

To have our prescriptions renewed regularly, to meet nursing staff who understand our condition and know what our care plan is, without us giving endless explanations, must cut down the time needed for our treatment.

Five lucky areas are trialing the new integrated care for different specialities of the NHS. For North Uttlesford it will be integrated care for older patients. If it works, the rest of us may get it next summer for all areas of treatment.

Vineyards in Birchanger?

Some years ago Birchanger residents tried to grow their own grapes. Mostly they succeeded, but the grapes were often very small although they tasted very good. Perhaps they were better suited to wine?

There are many successful wine growers in the south of the country and their wines are getting better all the time. The most delicious one I have tasted recently has been the one from New Hall at Purleigh in Essex, sold under the label New Hall. There are sparkling varieties also on offer.

These wines all benefit from keeping a little while. They are mainly white with some well balanced reds from Sussex. Has anyone tried English wine recently? What was your opinion? Would you repeat the experience?

Bonfire nuisance

Bonfires can be fun, sometimes necessary, but can also be a menace for your neighbours. There seem to have been a great many bonfires in Birchanger in the last few weeks, in daylight hours, which have given their unwelcome smell to homes and washing alike.

Birchanger is not a smokeless zone, but if a bonfire blows smoke over other people's houses and causes a nuisance, you can quite legitimately be asked to put it out.

A call to public health can mean a visit from an official who can actually make you put it out.

Funnily enough, nobody complains about winter bonfires after dark, so leave your bonfire until November and there should not be a problem.

DON'T FORGET THE PARISH PLAN QUESTIONNAIRE ON PAGE 5. PLEASE COMPLETE AND DROP IT IN TO ONE OF THE ADDRESSES GIVEN. THANK YOU.

HAVE YOU HEARD ABOUT THE WILLIAM DAY UNIT?

My good friend, Barbara Kelcer, is currently recovering from bowel and liver cancer with good results.

The William Day Unit at Princess Alexander Hospital, Harlow is a small friendly unit so the staff and doctors get to know you which makes a great deal of difference when we are so poorly.

Barbara and I are organising a fundraising with all proceeds going to the Chemotherapy Unit:

Afternoon Tea (£5 per head) with cake stall, raffle and tombola
Saturday, 8 August : 2.00 - 4.00 pm
In the Village Hall

If you'd like to donate a cake or raffle prize, towards this worthy cause, please call me on 816122

Olivia Wright

Going to school at the Airport?

Stansted Airport has just opened a new learning centre for school children of all ages who live close to the airport. Called the Aerozone the centre has been set up to teach children important STEM subjects, which mean Science, Technology, Engineering and Maths to the likes of you and me.

There is going to be an increasing demand for staff with this type of knowledge at the airport in the next decade, as more airlines have their aircraft serviced here and technology knowledge grows

This development means that children will be able to become interested in aeronautical subjects early on and to receive first hand training from an early age.

Hopefully all local schools will take advantage of this opportunity. There is a lot more to working in the airport other than catering and baggage handling. To be a pilot, aeronautical engineer, air traffic controller, to name a few airport jobs, requires a vast amount of technical knowledge and training.

A classroom with a difference with a truly practical focus it would seem.

Birchanger All Girls Society

Come along and join us on the last Wednesday of every Month
Meeting Room in Village Hall
Doors open at 7.30. for 8 – 10 p.m.

'A Warm Welcome to all Newcomers'

£5.00 for annual membership and £2.00 subs. each month

Come and give us a try £2.00 for the first two meetings before becoming a member

Wed. 29th July, 7.30 for 8.00 Forthcoming Events

A return visit by 'The Wildlife Man' talking about his role as a Police Wildlife Crime Officer. 7.30 for 8.00 All welcome to this one, including the menfolk - Non-members £5.00

Wed. 26th August, 7.30 for 8.00

A talk by Terry Taber, an experienced speaker who promises a very amusing and entertaining talk entitled 'My Life in Ladies Underwear' about his work in the rag trade

BIRCHANGER PARISH PLAN QUESTIONNAIRE

We need your help!

The Birchanger Parish Plan produced in 2006 set out the views of the residents of Birchanger, and has been used by Uttlesford District Council to inform Planning. The Plan does require updating, and we need your feedback it is important to inform any changes we may need to make. Please complete the questionnaire below (also available on the website www.Birchanger.com). The form can be submitted online or delivered to any of the following addresses:

211 Birchanger Lane

281 Birchanger Lane

Moorswood

32 Harrisons

1. Housing

Do you believe that more housing is required in Birchanger? **YES / NO**

If YES, what form should this take?

(eg starter homes, family homes, bungalows, flats, sheltered accommodation, etc)

Do you consider that there is a need for affordable housing within Birchanger? **YES / NO**

2. Public Transport Facilities

Do you consider the current public transport facilities adequate? **YES / NO**

3. Road Traffic in the Village

Are you happy with the level and speed of traffic through the village? **YES / NO**

Do you have any issues with regard to Heavy Goods Vehicles in Birchanger? **YES / NO**

4. Pollution

Do you consider that there is pollution in the village? If so, what are your concerns? **YES / NO**

5. Information

Do you feel that you are sufficiently informed by the various organisations about what is going on in the village? **YES / NO**

6. Crime and Policing

Do you believe that crime is an issue in Birchanger? **YES / NO**

Is the current level of policing adequate? **YES / NO**

What improvements would you like to see?

7. Safety Issues

Are there safety hazards in the village which concern you? What are they? **YES / NO**

8. Facilities for the Disabled

Do you consider the facilities for the disabled in the village to be satisfactory? **YES / NO**

9. Young People

Do you feel that young people are adequately provided for within Birchanger? **YES / NO**

What other facilities would you like to see?

What, in your view, is the best thing about life in Birchanger?

ADDITIONAL COMMENTS

If you wish to provide more details regarding any of your responses, or would like to raise any other issues, please state them below. *(Please continue on a separate sheet if necessary)*

Thank you for taking the time to complete this questionnaire

PLEASE RETURN NO LATER THAN 5 SEPTEMBER 2015

BIRCHANGER SPORTS AND SOCIAL CLUB JUNE 2015

BIG WIN AT TREASURE CHEST:



Always a favourite on a Friday night the treasure has been growing with popularity as the cash prize inside increases to an ever larger sum. Last month the prize had grown to a whopping £1200, a sum not to be scoffed at indeed. The stakes were high with only 4 keys remaining!

Each Treasure Chest night, club stalwarts, Sue Woods, Pauline Mascall, Sally Stone, Linda Bonney, Elaine Brown and their partners club together to buy their tickets and this week was to prove to be their lucky night! Malcolm Bonney was elected as the one brave/foolish enough to step up to the plate and draw the key, but luckily for him with 9 other sets of eyes burning a hole in his back he managed to pick out the right one! Even after divvying up the proceedings at over £200/couple it was certainly not a sum to be sniffed at.

Remember, the club runs a number of competitions for its members from the ever popular meat raffle every Saturday, to Wheel of Fortune on some Fridays, Bingo night on Thursdays, The Quiz on Mondays as well as Poker Nights, Charity Race Nights. The list goes on, but make sure to keep an eye on our notice boards and web site to make sure you are ahead of the game.

NEW MEMBERS ALWAYS WELCOME:



As summer comes what better way to spend your time than enjoying great value food drinks and entertainment. If you live in Birchanger or nearby, why not come along and check us out. For only £20/year membership you'll have access to the best club in East Anglia (as rated by CAMRA)

SUMMER FETE:



Don't forget to get Saturday September 5th penned into your diaries for the Summer Fete. As usual there will be something for everyone from games for children and young at heart; fresh tea, coffee and handmade cakes to stalls with all your favourite local crafts. The whole day will see the club open to members and non-members alike and will culminate in the evening with entertainment on our new stage and dance floor. Francisco Summers will be returning to beguile us with his unique and entertaining act that evening, which blurs the lines of entertainment and artistry!



Live Entertainment - Great Food - Excellent Bar - Snooker - Darts - Pool – Football - Cricket - Bowls

TOP FLIGHT TEAM:



You'd be forgiven for thinking the above is a promo for Birchanger's Next Top Model, but it is in fact the club's very own successful darts team. Captained by Cliff Fox, the team can be seen here sporting some brand new shirts kindly sponsored by Hills Prospect Ltd. Last year, some tense matches, a few bullseyes and a rare 180 saw them top the Herts and Essex Summer League. This year they are in a solid third place, with every prospect of moving up the ranks as only a few points separate them from victory. If you are interested in joining this or any other team then enquire next time you are in the club.

ENTERTAINMENT

The 2 FBS- Saturday 25th July



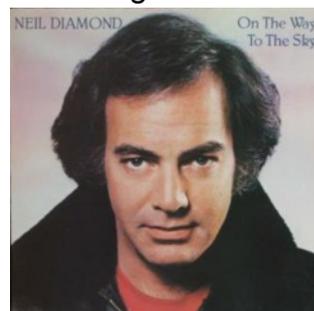
This classic rock duo are back by popular demand. Bringing all the power you might expect from a full band they are going to bring down the house with some rock classics.

ASH- Saturday 8th August



Back after a 3 year absence in the club, Ash will make sure the evening goes with a bang, bringing the very best in live entertainment!.

Gee Martin is Rough Diamond-22nd August



Gee Martin as Rough Diamond is one of the country's foremost Neil Diamond tribute acts. So after a few Red Red Wines you'll be shouting Play Me as he belts out Sweet Caroline!

WEEKLY EVENTS



Weekly	Event	When
Saturdays	Meat Draw	1.00pm
Saturdays	Bingo Lottery	Ask bar staff
Mondays	Quiz night	9.00pm
Wednesdays	Steak night	Evenings
Thursdays	Bingo night	08.30pm
Fridays	Tote Draw	Evenings

Birchanger Sports & Social Club, 229 Birchanger Lane, Birchanger CM23 5QJ Tel: 01279 813441 email: club@birchanger.com Follow us at: www.birchangerclub.com

School News

57 Dads come to lunch!

Birchanger Father's Day is just as important as Mother's Day for Birchanger School children. So important that 57 of them managed to take time off work to come to a special Father's Day Lunch.

Despite the fact that there were 140 lunches to be served within the hour allocated, everything went very smoothly albeit running to two sessions. First the younger classes entertained their fathers while the older children waited their turn.

While the children all enjoyed the traditional Friday Fish and Chip Lunch, their Fathers enjoyed a choice of a chilli or curry served with rice with a jacket potato and salads also on offer. Just to make sure the Fathers remembered their order, the children wore stickers with their choices written on them.

It was a very big effort by School Chef Mrs MacArthur and her team, but thanks to her organization everything ran well and all enjoyed the occasion.

Learning to be safe

SATS are over for all Year 6 children. It is time to put some additional variety into the curriculum for the last 6 weeks of the children's time in primary school.

For many it was rehearsing and making preparations for the school play this month: it was also an opportunity to visit the wild life garden and plan how it could be redesigned as a whole school facility. There were also trips to the wood with Laura from the Essex Wildlife Trust. There were days spent getting to know the schools which the children will attend in September and to meet with the members of staff who will be their teachers in September.

One item on this rather different curriculum is Crucial Crew. This involves a morning of training with the police, firemen and road safety officers, where the children learn how to look after their own safety as well as that of others. Through workshops and related activities the children learnt about risks, how to avoid them, what precautions to take and how to promote the safety and well being of others as well as themselves.

Summer Sports

With June comes the opportunity to play different sports and to brush up on athletics skills.

Birchanger children clearly enjoy these very much and are very successful as was apparent at the District Sports last month.

Five children came first in their races, with a large number of placings overall. The competition included things not usually associated with school sports, such as

javelin and howler throwing, long jump and conventional track events.

This all extended to the next day, when the school held their own Sports Day, followed by the School Fete. For once the day was fine, and a large number of parents and local residents attended, despite there being compelling competition from events elsewhere. After the sports events were over, including a highly competitive Father's Race, the School Fete began.

There was plenty on offer, including some innovative new stalls as well as the traditional cup cakes.

PTA throw a very successful party

There is no stopping the PTA this term. In the week before the Sports Day they arranged a well attended and enjoyable party in the Village Hall, without any children in sight.

It was a chance for all the parents to relax and enjoy a relaxing evening with their friends. The evening was less than relaxing for the parents who arranged and staffed the event, but they were justly rewarded by the £1700 which the event raised.

Congratulations to everyone who helped to make the event the huge success which it undoubtedly was.



Birchanger C of E (VC) Primary School

General Kitchen Assistant

Required Immediately 7 ½ hours per week 12 – 1.30pm
Monday to Friday - Term time only Band 1 Mid Point

We would like to appoint a reliable, enthusiastic person to assist our school cook in providing tasty and nutritious meals for our children. Duties will include assisting with food preparation, serving food, loading and unloading the dishwasher and clearing the kitchen and dining area. Level 2 Food Safety would be an advantage but training will be given.

For more details please contact
Mrs Carolyn Field in the school office.
Tel: 01279 812362

The school is committed to safeguarding and promoting the welfare of all pupils and expects all staff and volunteers to share this commitment. As such, the post is subject to an enhanced Disclosure and Barring Service (DBS) check.

ANY MAKE, YEAR, CONDITION

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THE THREE WILLOWS



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Village Diary

July/August

July

26th 11.00 am St Mary's
Holy Communion

August

2nd 11.00 am St Mary's
Matins

9th 11.00 am St Mary's
Holy Communion

16th 11.00 am St Mary's
Family Service

23rd 11.00 am St Mary's
Holy Communion

30th 11.00 am St Mary's
Matins

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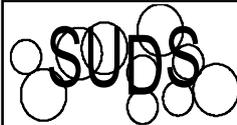
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