



Home to Rome Alone!

On Saturday 29th May 2010 Physiotherapist Chris Lansdowne will be setting off on his cycling journey to Rome which he is doing to help raise funds for Help For Heroes.

Chris was born in Bedford and moved to our area seven years ago, living for the last three years with his girlfriend in Birchanger Lane. He has been practising Physiotherapy for the last ten years having qualified at University. He now works at the Rivers private hospital.

Chris has planned a punishing sixty miles a day target to enable him to reach Rome by June 18th. His route will take him 1200 miles through France, Switzerland and over the Alps into Italy. He is funding the trip himself Although his primary aim is to raise much needed funds for our servicemen's charity.

He says. " Last summer a friend of mine Sam Jack, aged 22, of Bishop's Stortford was flown home from Afghanistan on a life support machine. Sam had shrapnel in his brain and lost an eye after being shot in the head. He has endured many operations and almost a year on, continues with rehab."

"I would very much appreciate your support to help me raise as much money as possible for Help For Heroes it is an incredible charity, and to show our gratitude to our armed forces and their families who have given up so much to protect us and our country."

I am printing the full text of Chris's letter elsewhere in this issue



2010 Annual Parish Meeting Wednesday March 31st 8.00 pm

This is another opportunity to have your say and to comment on what happens in the village, and again your input is valuable. It will also be an opportunity to meet and to hear from Mrs Warbrick who took up her appointment at Birchanger School at the beginning of January. There will be input from the police, an opportunity to comment on the updating to the Parish Plan, and to raise queries about the Local Development Framework Consultation. There will be time for you to bring your own questions to the meeting as well.

At the conclusion of the meeting will be an opportunity to enjoy a cup of coffee and to talk with Mrs Warbrick, and the other speakers and members of the Parish Council informally as well as perhaps to get to know some fellow residents. Those who have just moved in to the village are particularly welcome.



PARISH COUNCIL NEWS

Elizabeth Godwin

Every year more and more children are ending up in council care. Since the Baby P tragedy, local authorities have been extra vigilant and this has meant a sharp rise of the children currently in Local authority Care. The vast majority of these actually would benefit from life even for a short while in a stable, caring family than in a large impersonal children's home.

Care may be long or short term. For some families the period in care may be short term while a parent is ill or in hospital. Others may be in for a far longer haul and some will need a good family background for the rest of their lives. Above all these children need a wise and caring friend who is wholly on their side. Sometimes the relationship will be life long, sometimes the child will return home but the foster parent becomes a family friend. Either way foster carers find that although the work is challenging there is a new and welcome enhancement to their lives.

Age need not be a barrier. Children are matched to families, and sometimes children do benefit from having an older more grandfather like influence in their lives. In most cases you do not replace the child's own parents, you are a vital refuge in a time of family trauma.

Foster carers are supported in their task. Children are matched as far as possible to their potential carers and allowances are paid. All the usual CRB checks are made in every case, and training is given, with specialist training where the child has special needs. If you are interested, please call 0800 801 530 or go on line to www.essex.gov.uk/fostering

Help in times of trouble

My recent illness led me to wonder just how it would have been to have coped with it had you lived on your own. I was fortunate that my husband worked his socks off for me, but

what would it have been like if I had been forced to cope with this on my own?

For a start I probably would not have eaten, and when the food ran out would not have had the inclination or the energy to go out and buy more. I might or might not have kept my medical appointments, and even if I had known where I might have turned for help, I probably would not have done so, although had anyone chanced to call on me I might have asked for a little help then.

This made me think about all those in Birchanger who are far less fortunate than I. How did they cope through all the bad weather had they been very elderly, handicapped or unwell? Did anyone really care about them or actually bother to check if they were alright? How many really needed help but never asked for it?

If you do not see anyone whom you know lives alone for a while how about popping round? We all read about the tragedies this winter of the vulnerable dying cold, ill and alone. Just how would we feel if this happened in Birchanger? If you suspect someone is in difficulties why not pop round, or give a member of the Parish Council a call. It might be just the help needed to prevent a tragedy. There are many prepared to help in the village, they just do not know where the need lies.

Water in the Gas pipes

The winter dragged on and on. Well used to cold day after day central heating became a necessity, no matter what the cost would be. It was a nasty shock for the residents from the entrance to High View to the end of Birchanger Lane to discover that their gas supplies were cut off for nearly 24 hours. The cause was apparently water in the pipes.

This is a cause for concern, as although the rain and sleet was heavy at the time, we have certainly experienced worse. Let's hope the gas men get it fixed properly, we don't want this again.

Last chance to respond to the consultation on the local development framework

The leaflet was delivered to your homes last month. It is possible that some people may have missed out, it often seems to happen despite the fact that a large amount of money has been paid to the GPO to deliver this, so if it has passed you by, or simply been thrown out, I can arrange for you to have another one.

This consultation is important as whatever finally goes into the final document will be the framework for development in the area for the next ten years.

The consultation is not what we would have wanted for our district, as the housing numbers have been forced upon us by the government and it seems that though we may have ideas as to where these houses will have to go, we are still stuck with the numbers. There are very few districts who welcome these high numbers across the country and most of us are wondering how on earth the government arrived at these figures.

However the local plan is not just about housing numbers. There is a lot more to it than that, by way of employment in the district, the Green belt village development and much more. The new settlement in Elsenham is included, although the prospect of having an "eco town" has receded. There are questions regarding the airport and transport on which the council would value your opinion.

If you do have any queries about this consultation which runs until April 9th or would like a consultation booklet, please call me on 812793.

Litter Pick

Once again the lane is in urgent need of a clean up. Your help is needed. We shall be looking for volunteers on March 31st.

Herts and Essex energy project update

I promised that I would keep an update on my application and for me it is not particularly good news. It took over two months for the surveyor to contact me to arrange an appointment but eventually a nice young surveyor arrived, who had children of his own and did not mind the half term chaos generated by grandchildren one bit. He spent over two hours going over my somewhat complex house from top to bottom and came up with various proposals, some of which I had never even heard of. Some of these may well prove to be worth pursuing. In my case the whole project which I had originally thought would be best for the house would involve outside wall non cavity insulation, which could be prohibitively expensive. Had I been in receipt of any invalidity or disability benefit other than a state pension, the whole package would have been free.

However there appear to be other alternatives including an inside wall liner which is a very new product. I now await the full reports with possible costings and additional grants available. There will also be details of other schemes with grants additional to the HEEP which I might consider. Homeowners will also be able to claim an interest free loan up to £6000 which is only repayable when the house is sold.

On less expensive projects such as loft or cavity wall insulation in modern homes the project is straight forward. You could get at least have a large portion of the cost back if not the entire amount. Cavity wall and loft insulation is free for the over 70's and those on certain benefits. For younger houses than mine it is still a project worth investigating, even if you do have to wait. You will also be given new ideas such as the installation of the new air pumps with the grants that go with them. Watch this space. I have a lot more to discover.

To find out more for your own home call on freephone 0800 980 6026 quoting HEEP3 or log on to www.heepgrant.org.

School News

Children's Menu Choices

The children have been actively involved in choosing a new school menu which was launched after half term. They worked on this alongside school chef Mrs Tilley. The menu includes, Wholemeal Salmon, Roast Gammon and Roast turkey, Oriental Chicken, Home Made Shepherd's Pie Pasta and Meatballs and much more. Jacket Potatoes with a range of fillings are always on offer, as are baguettes and salads. Desserts include favourites such as Jelly and Fruit Salads, but there is a wide range of desserts which at this time of year include warming puddings as well as Fruit Smoothies. All this for just £1.90! It is hoped that the menu range, chosen by the children will encourage more people to abandon packed lunches. Meanwhile a new cook has been appointed to assist Mrs Tilley until our cook returns from sick leave. She is Mrs Amna Qadri, and she is already a familiar face at lunch times.

Making Birthdays Special Occasions.

From now on all those children who celebrate their birthdays in term time can mark the occasion with a very special birthday table for lunch at the school with just two or three special friends as well as the Birthday Hat as the optional extra.

It won't matter whether the Birthday Boy or girl or any of their friends have sandwiches. The table will be there for them but it must be booked first.

Bird Watch

Every child in the school had the opportunity to participate in this year's Big Bird Watch run by the RSPB. For the schools the event ran throughout the week with every class participating including the youngest children. They did all go out into the garden to spot and identify a wide range of birds in the wildlife garden and around but for Class 1 it was a visit to six chickens which really caught their imagination. Throughout the school what they saw

was a stimulus for art and writing as well as hopefully the start of a lifelong interest in birds of all kinds.

We Need Your Help

1. Calling all Cooks.
Every Friday Class 4 make cakes to sell after the Sharing Assembly in order to raise funds for their trip to London in May. They would very much love to expand their range. Do you have a favourite recipe to share with them? If so the school would love to hear from you. The sale has proved to be very popular, and if you want cakes for the weekend, you know where to go at 3pm.
2. Sainsbury's and Tesco's Vouchers Bring Benefits to the School.
Sainsbury started to issue vouchers with shopping on February 17th. In past years the school has profited from these as well as from the Tesco voucher scheme as valuable equipment has been purchased for the school. Your help in collecting these vouchers would be very much appreciated, particularly in these days of cuts and shortages. The vouchers can be dropped off at any time in school hours or posted through the letterbox.

Your help in these projects would be very much appreciated by all at the school.

Ukuleles Galore.

Just before half term thirty three ukuleles arrived in Birchanger School. They will be used by the younger children to foster an interest in making their own music. The problem is brand new ukuleles are unable to stay in tune. They will need to be user tested for a little while and then the problem will disappear. Mrs Warbrick was going to spend a large part of half term tuning them and encouraging them to start staying in tune.

Local Farmers/Craft markets

Local Farmers and Craft markets are held monthly on Saturdays at the following times and locations

1st Saturday of month - Takeley, held at the jubilee hall - 9am-11.30am

2nd Saturday of month - Newport, held in Newport village hall - 10am-12 noon

3rd Saturday of month - Ugley, held in Ugley village hall - 10am-12 noon

last Saturday of the month - Little Hadham, held in Little Hadham village hall - 8.30am-11.30am

Police Update

Parking problems;

Could we please remind residents that it is unacceptable to park on and completely block the pavement. This is particularly a problem in Birchanger Lane as it is the main road through the village and where pedestrians are put in dangerous situation when forced to walk in the road. Tickets will be issued by Police for permanent obstruction and tickets are also being issued by Uttlesford District Council for parking on the double yellow lines.

Neighbourhood Watch Update; Most people will know that unfortunately we have recently lost our NHW coordinator Ann Kent who has moved away. Luckily we have a kind volunteer who is willing to take her position as the coordinator, this will now be Liz Sloan from Harrisons, who can be contacted on 812781. If anybody would like any information on NHW you can also contact our Essex Watch coordinator, based at Saffron Walden, Lindsey Baillie on: 01376 556 232

We also have a new Neighbourhood Action Panel (6 weekly Police meeting deciding on local priorities) member representing Birchanger Village, this is now Alex Stewart who also filled Ann Kent's place.

Please see the Village notice board or visit our website for information and updates on our regular meetings / events.

www.essex.police.uk then click "your neighbourhood" to find your area.

Stansted Neighbourhood Policing Team.

Home to Rome alone

On Saturday 29th May 2010 I shall be setting off on my journey to Rome, which equates to 1,200 miles. I shall be cycling and camping on route through England, France, Switzerland, crossing over the Alps at the Simplon Pass and finally into Italy. I need to average 60 miles a day and plan on arriving in Rome on the 18th June 2010. I shall be self funding this trip apart from hopefully getting some of my cycling equipment donated and hope to raise maximum funds for the amazing charity Help for Heroes.

From a young age and some bizarre reason I have always wanted to take on such an adventure but like most things it has sat on my bucket list as a dream. Then last summer a friend of mine Sam Jack, aged 22, of Bishop's Stortford was flown home from Afghanistan on a life support machine. Sam had shrapnel in his brain and lost an eye after being shot in the head. He has endured many operations and almost a year on, continues with rehab.

For Sam and the other servicemen & women their battle continues on their long road to recovery both physically and mentally. Despite many of them losing limbs and learning to live with disabilities they continue with their own war efforts by fundraising to support their comrades who are returned every day with similar injuries. They really are an inspiration to us all.

Help for Heroes are hoping to raise 20 million to build new rehab centres such as Hedley Court to cope with all those returning from the war in Afghanistan. Because of these brave men and women we have our freedom, our safety, going about our everyday lives and can sleep at night knowing we and our loved ones are safe.

I would very much appreciate your support to help me raise as much money as possible for this incredible charity, and to show our gratitude to our armed forces and their families who have given up so much to protect us and our country.

You can sponsor me by sending a cheque to the above address made payable to Chris Lansdowne or go direct to my Just Giving page <http://www.justgiving.com/ChrisLansdowne-Home-to-Rome-Alone>.

From Sam and his comrades we thank you for your efforts by sponsorship of my Home to Rome Alone trip.

Yours sincerely

Chris Lansdowne
Physiotherapist at Rivers Hospital

Meet Nick

Nick Yeoman, loving husband of Carol Yeoman, adoring father to Jason, Clare and Vanessa Yeoman, he was also a grandfather too Cain, Megan, Molly, Aiden and Mason all of who loved him dearly. All Nick family relied on his guidance, calming words and always available ear. Unhappily none of Nick's family can ask or get his help and assistance anymore. Nick lost his fight against bowel cancer on Nov 3rd 2005 at the age of 52, just one year after being diagnosed.

Around 16,000 people die of bowel cancer each year in the UK. It is the second most common cause of cancer death in the UK after lung cancer. Bowel cancer is the third most common cancer in the UK. Each year more than 37,500 people are diagnosed with bowel cancer in the UK, that's more than 100 people every day. Bowel cancer is the second most common cancer in women after breast cancer, with around 17,000 new cases diagnosed in 2006. Around 20,400 men are diagnosed with bowel cancer in the UK each year making it the third most common cancer in men after prostate and lung cancer. Approximately 1 in 17 families will be affected by bowel cancer at some time.

Clare, Nick's eldest daughter has decided to take on a major challenge to try and raise money in memory of her father and to help other families avoid the pain and heartache she and all her family suffered when they lost Nick.

In November this year Clare along with her best and lifelong friend Celena will undertake a ten day trek across the Sahara desert. To put this into perspective for you, Clare normally drives to the local shops less than half a mile away.

Please help Clare raise money to help improve research into Bowel Cancer and ultimately save lives. Please visit Clare's "Just Giving" page www.justgiving.com/clare-pearse and donate what you can afford, any amount will help others survive. Lastly on behalf of Nick, Clare wants to say a massive "thank you" to you all, and truly hopes you never have to experience the premature loss of a loved one.

April Entertainment At The Club

Saturday 3rd	Race Night
Sunday 4th	Easter Egg Draw*
Friday 9th	Acoustic Night
Saturday 17th	Charity Quiz Night
Saturday 24th	Cockney Night
	With Gordon Bennett
Friday 30th	Poker Night

All 8.00 pm except * 13.00 pm



Nick Yeoman

Celebrate St George's Day

Come and join BIRCHANGER PRIMARY SCHOOL as we celebrate St. Georges Day 23rd April 2010.

This year the school is opening its doors to the community for a St. Georges Day celebration with a Fish and Chip Supper. The evening will finish with an Auction of promises to help fund a residential trip to London for the years 4-6

You, the community are invited to join, children, parents and staff in enjoying a plethora of patriotic entertainment, provided by the school children, past and present. If you are a member of the Birchanger Over 60's club then we would like to invite you to the event with free admission!

Details of the event are as follows:-

St. Georges Day Celebration
5 till 7 pm (Doors and Bar open from 4.30pm)
£6.00 Fish and Chips (vegetarian option avail.)
£4.00 Sausage and chips
£2.00 Concert only
Bar/Light refreshments available
Pot of Gold
AUCTION OF PROMISES

As there is a limit to the number of people we can accommodate in the school and we will also be ordering food, it is important to **buy your ticket before the event**. Tickets may be purchased and orders given through the school office. Please call in during school opening hours (9.00-3.30pm). Tickets will be on sale from 3rd March to April 1st

For those members of the Birchanger Over 60's wishing to attend, please contact Lorna Moulton to place your order or to confirm you will be attending on 07799 622748.

We look forward to welcoming you to our school and joining with us to celebrate this patriotic

**Birchanger Over 60's and St Mary's
Present a**

Quiz Night

**Saturday 10th April
At 7.30 pm in the Church hall**

Tickets £5 per person, to include supper

Tickets available from either
June Foster (653128)
or Pam Lee (07702171744).

Bring your own drink.

BIRCHANGER CUB AND SCOUT GROUP
PRESENTS

SPRING BINGO

AT
BIRCHANGER CHURCH HALL
ON

Sunday 28th March, 2010

Doors open 4.15 pm Eyes down at 4.45 pm

Tickets available from Sally (812994)
and Elaine (815887)

Published on behalf of the people of Birchanger, and distributed free to each household in Birchanger. The views expressed herein do not automatically reflect those of the Editor or any of the organisations or institutions represented. Editorial team: Eddie Gilbey (816171), eddieb.gilbey@btinternet.com Elizabeth Godwin, Ken Wheatley, Michael Daw Submissions are welcome but may be edited depending on available space.

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Village Diary

March/
2010

March

28th 11.00 am St Mary's
Holy Communion
Palm Sunday

April

3rd 8.00 pm At the Club
Race Night

4th 11.00 am St Mary's
Holy Communion

4th 13.00 pm At the Club
Easter Egg Draw

9th 8.00 pm At the Club
Acoustic night

11th 11.00 am St Mary's
Holy Communion

17th 8.00 pm At the Club
Charity Quiz Night

18th 11.00 am St Mary's
Holy Communion

24th 8.00 pm At the Club
Cockney night with
Gordon Bennett

25th 11.00 am St Mary's
Holy Communion

30th 8.00 pm At the Club
Poker Night

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