

# Birchanger

May 2015



# Magazine

Issue 149

## BURGLARS TARGET BIRCHANGER

### Thieves are Back in Birchanger!

These delightful individuals masquerading as human beings have been back in the village raiding five or six properties at the southern end of the village in the early hours of April 24th sauntering through the village at 3.40 am they were caught on camera at three properties but this did not deter them at all.

Targeting out buildings they casually managed to pick up three bicycles and power tools of various types on their way through the village.

The police response has been decidedly underwhelming, but with this type, and the fact that they seemed to be coming from the village itself, their days of liberty could well be numbered. Many thanks to those villagers who forwarded their CCTV images.



## Litter Pick Heroes



It is very annoying to have to pick up other people's mess, but that is what most of the Parish Council and a few friends managed to do all the way down the lane, and some of the other roads on a Sunday Morning last month. Picking up other people's dirty and dangerous cast aways is not exactly a fun way to start the day, especially when the haul includes needles, discarded pregnancy test kits and other totally unpleasant items. Yet they did they did it, several bags full as well. Congratulations and thank you





# PARISH COUNCIL NEWS

*Elizabeth Godwin*

## The Big Birchanger Fling!

To discover just what this is, and to join in the fun, you will need to buy tickets from myself or Liz MacArthur, but I can tell you that it is the first Ceilidh be held in Birchanger in living memory. Not sure what a ceilidh is? You will have your chance to find out on August 1st between 7 and 11 pm. All you need to do is get your ticket and come and enjoy an evening of music, dancing, entertainment and of course excellent food, with a Celtic twist and a licensed bar.

Tickets price £20 each which include a buffet supper, are already selling fast, and the numbers are strictly limited, so please don't miss out by leaving it too late. Any money raised from the Ceilidh will be donated to the school to improve the difficult and dangerous entrance to the school from behind the village hall. It might not be a good idea to leave the purchase of your ticket to the last moment, as they are already going fast. To buy your tickets, contact one of the two Elizabeths on 812793 or 813796 or Dee Goodwin [deegoodwin@outlook.com](mailto:deegoodwin@outlook.com)

## How do you know the carer is kind?

Almost one third of the population in Birchanger is a carer of some kind to a family member. The bulk of these people just do the caring themselves, but when things get more difficult, carers come in regularly or occasionally to relieve the carer, or care when the person either lives alone or with a frail partner.

All carers are to be congratulated on the very difficult role they fulfil, but for some the stress becomes too much and they end up hurting their charge. It is rare, but it happens.

Would you know about this. Would the person being cared for ever say? Mostly they don't for fear of future reprisals. So how do you get to find out about this? There are signs. There may be reluctance to let you go when you go out, prolonged questions about when you will be home, and a general withdrawal, all apart from the obvious bruising. You may ask questions, but you may not get the right answer.

There is little you can do. You can return home unexpectedly, you can install hidden cameras, but that can either be inconvenient or impracticable to. CRB checks may not give you the full story either. The carer may be overloaded with other charges and be very short of time so feeling overworked and frustrated.

Agencies need to be very carefully checked out. We have to trust our carers, we also need to get to know them and recognise their own needs and stresses,. Never be afraid to blow the whistle! You will be supported in this.

## Health walks are back.

Don't be put off by the name, Health Walks may not be over arduous, and they can be a lot of fun. They can also take you to places of great interest in your own area, which you did not know were even there. There are several walks at places in Uttlesford, although none actually starts in Birchanger itself. Our nearest walks are in Stansted at 10.30 on Fridays. This walk meets outside the library and lasts for 1 hour. There is another which meets on Thursdays at 9.45 am in Hatfield Forest main entrance car park, lasts for 90 mins and explores possibly unknown routes through the Forest itself.

For both walks you will need appropriate footwear, particularly for Hatfield Forest where there are many marshy and boggy areas. New walkers will have to complete a short medical questionnaire. It is a little challenging, but the company is good. To find out more, contact Paul Goddard on 01799 510585, or email [p.goddard@uttlesford.gov.uk](mailto:p.goddard@uttlesford.gov.uk).

## District plan continues on.

Well it is back to the beginning for most of it, after the Inspector, along with most of the District, did not exactly like the plan he was first presented with, so it has been back to the drawing board with a call for sites for 5 or more homes and gypsy sites for 1 or more pitches.

It is very unlikely that anything in the Green Belt would even be considered after several inspector's rulings at appeal, so it is unlikely that anything in Birchanger would even be considered on a Green Belt site. That however may not stop greedy developers from trying, as they fail to learn their lessons as far as we are concerned it seems. Watch this space.

## What do you know about your medicine?

Medicines can do more harm than good if they are not taken as prescribed, at the right time and with the right dose.

Most patients do not take their medicine as prescribed

for a variety of reasons, but do not tell their doctor. They have their own views on their medicine and may take a lesser and possibly harmful dose. Sometimes patients receive medicines which they have not requested and do not need when they place a repeat order at their pharmacy.

Many patients do not understand the purpose of their medicine. The side effects are not explained and there is no mention of the duration of the medicine prescribed. When people are discharged from hospital, it is often without the drugs which they need.

Often when people die, large bags of medicines are found. Nobody was aware that the patient had not taken them, or even what they were for. Beginning to wonder why any of us actually gets better having read this!

## You have 11 months left to microchip your dog.

From April 2016 all dogs in the UK will have to be microchipped. What is more once microchipped, the record and details of the dog and the owner will have to be kept up to date, so if you move house, change your phone number or the ownership of the dog changes, the records must be updated and amended accordingly. Failure to do any of this, and you could face a £500 fine.

In Uttlesford, the service is free. The dog warden arranges special micro chipping sessions, but closer to home, Mercer and Hughes work with the District Council, and if you live anywhere in Uttlesford, the service is free to the owner as the council picks up the tab. It is said that the process is painless for the dog. This way it is hoped that there will be far fewer abandoned dogs, searching for new homes which they may never find.

## Integrated healthcare for all?

That is the hope which the Health Professionals, both in the Community and at Princess Alexandra Hospital, are aiming to provide for everyone in the next few years. This will mean that patients will have their own Health Care Plans for whatever stage they are at in their lives. This means that a younger persons plan would centre around staying healthy and healthy lifestyles in the absence of any known conditions, while the elderly might have a plan centred around frailty and trying to prevent hospital admissions.

The aim is that all the health professionals from specialists, GPs, to District Nurses and carers would follow the plan which, where possible would be managed by the patient themselves. It is hoped to provide everyone with an integrated approach to their own healthcare.

The scheme is still very much at the planning stage, but the Clinical Commissioning Group is working hard to make it a reality for everyone. It is expected that you will be asked to give your views on this and how you think the scheme should be, if all goes well in the next few months. Watch this space!

## Show to return for another year.

The Birchanger Art Show has become a regular feature in the Birchanger Calendar, as well as with the artists themselves. The most popular artists return to the exhibition year after year, to the delight of their visitors and purchasers. Last year's exhibition raised over £1100 for Birchanger, of which the principal beneficiaries were the school, nursery, Village Hall and this magazine.

On behalf of the magazine team, this is very much appreciated and helps us to keep going. I would like to say a very big thank you.

The good news is that the exhibition will be back, again on a slightly later date this year. dates for the Dairy are Sat October 3rd and Sunday October 4th.

There will be something to interest everyone, with homemade cakes to enjoy in the hall extension. Updates in this magazine will follow in the months to come, but meanwhile, save the date.

## Dog snatch: rumour or fact?

There have been several scares about regarding a gang who snatch dogs from their owners and demand a ransom for their return. They park in a white van near Digby or Birchanger Wood apparently.

The problem I have with this is that it is very difficult for the public to park near both of these woods. The access to Digby Wood is very narrow and no public vehicular access is permitted on our side of Digby Wood. There is access from the Bishops Stortford side by the Water Tower.

These rumours may or may not be true, but in the age of mobile phones, it does make sense to carry one with you, in case of accident if nothing else. If you do see any suspicious vehicles of any kind, take the registration number and report it to the police.

## New project to help the elderly, chronically sick and those with a disability

There are many people who are house bound for various reasons, are very lonely and find it difficult to attend medical appointments or to simply go out for their shopping.

A new project, successfully trialled in Newquay, involved training volunteers to go into people's homes to help them to go out and to accompany them on transport to their appointments as required. All the volunteers were especially trained and supported in their work.

In Newquay the project really made a difference. There were 30% fewer non-elective hospital admissions and admissions for those with long term conditions fell by 40%.

A new trial of the project in our own West Essex PCT has been launched to see if we can make the same difference here. To start with, four surgeries will be involved. To find out more visit [volunteer.manager@ageukessexorg.uk](mailto:volunteer.manager@ageukessexorg.uk) or call 01245 201 011. You need to be 16 or over with between 5 and 10 hours per week to give to the project.

## What's on at the Church Hall?

### REGULAR WEEKLY AS FOLLOWS:

#### MONDAY

9:30 – 11:30 Birchanger Buddies  
Mothers & Toddlers  
7:30 – 10:00 Ballroom Dancing

#### TUESDAY

9:30 -10:30 Adult Ballet  
3:45 – 7:45 Junior Ballet

#### WEDNESDAY

9:30 -11:30 Tai Chi  
2:00 – 4:00 Tea Room  
7:00 – 8:00 Beginners Belly Dance

### THURSDAY

1:00 – 4:00 Line Dancing  
8:30 – 9:30 Improvers Belly Dance

In addition there are monthly meetings to be slotted in as follows

PARISH COUNCIL MEETING 1<sup>st</sup> Tuesday of every month

BAGS (Birchanger All Girls Society) 3<sup>rd</sup> Wednesday of every month.

## Heather Brown's Art Classes

Spring is here. Time to think about trying something different again, or improving your skills as an artist perhaps?

Here is a list of the popular art classes which one of our local artists Heather Brown is running this Spring.

Thurs May 21st, 10am to 12.30, Sepia ink and Watercolour step by step.

Wed June 3rd 10 to 4 pm, bring your own subject.

Thurs June 11th 10 to 12.30 Gouache on mount card, wildlife step by step

Mon June 29th 10-4pm, Oil or Acrylic on canvas step by step,

Wed July 8th 10-4pm, Bring your own subject

Thurs July 16th 10 to 4 pm, Different effects with watercolour step by step.

To find out more with prices and availability, please contact Heather Brown on 01279 815453, or email her at [heather.highview@googlemail.com](mailto:heather.highview@googlemail.com).





## BIRCHANGER SPORTS AND SOCIAL CLUB MAY 2015

### FEEDBACK ALWAYS WELCOME:



The committee would like to thank our members for taking the time to respond to the questionnaire with feedback on the club's recent refurbishment. Over 80% of respondents were 'very happy' with the changes that have been made over the last year. This has been reflected with a 25% increase in footfall in the club since works have completed. Overall, we are pleased that members share in the opinion that the club is a brighter more welcoming space to enjoy great value food, drinks and entertainment. We are continuing to work to improve the facilities and make the club the best it can possibly be for our diverse membership. Whilst it was great to hear positive feedback from the members we were also interested to hear your thoughts, recommendations and grievances so that we can address them. We take everything that is raised very seriously and so below have highlighted some key areas and resolutions the committee is taking to address them:

- 1) Seating: It was raised that there is not enough seating/tables for the club when it gets busy. Our action: More seats and tables are currently on order due for delivery before the end of May
- 2) Children's area: There was concern that children were not being supervised whilst using the new improved family area. Our action: Clearer signage including the rules for using the area and stronger committee enforcement of the rules

- 3) Lighting: Too bright/harsh. Our action: The lighting is fully dimmable, so please advise and we can turn it down for different events
- 4) Notice boards: People do not like the new notice board outside the toilets. Our action: to add an additional notice board in a central location, not blocked by seating

A draw will take place later this month to award £100 to one of the people who took the time to feedback on the works.

### SLASHING PRICES AT THE PUMP:



One of the fringe benefits of increased footfall is our ability as a club to drive even harder deals with our suppliers. Behind the scenes the committee and stewards have been working hard to look at prices to get the best deal for our members. Starting with our beer prices we have now managed to knock up to 20p off a pint of beer and 45p off keg cider to ensure we remain one of the best value places in the area to enjoy a drink with friends. So whilst our premises are moving forward in time, our prices are moving backwards!

### NEW MEMBERS ALWAYS WELCOME:

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)



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

## SUNNY BANK HOLIDAY?



Fingers crossed for sun and fun in the second May bank holiday weekend. Should the weather be on our side, we're planning a special day including a bouncy castle and barbecue in the children's garden area on Monday 25th May!

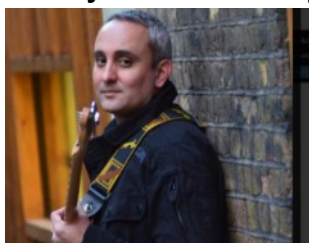
## SUMMER FETE CONFIRMED:



Saturday September 5th will see the return of the popular fete and club open day. On this day we will have entertainment in the evening to follow a day full of stalls, games and family fun. If you are interested in running a stall on the day then please get in touch via the club for more information!

## ENTERTAINMENT

23<sup>rd</sup> May - Steve Connolly



Through the years, Steve developed a taste for sixties music and has ever since attempted to re-create the original authentic sounds by using and building only the highest quality backing tracks.

## Bank Holiday Monday 25th May



Bouncy Castle and Barbecue – weather dependent

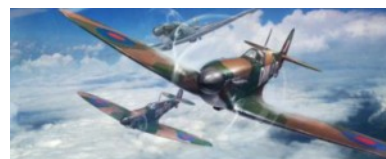
## Treasure Chest –

5<sup>th</sup> + 19<sup>th</sup> May

## Wheel of Fortune –

22<sup>nd</sup> May

## VE DAY CELEBRATIONS



To commemorate V.E. Day, we'll be selling two very special products – Lancaster Bomber and Spitfire Ale – both at the completely nostalgic price of £2.00 for a 500ml bottle. As you might expect, there will only be a limited quantity available, so when it's gone, it's gone.

## 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](mailto:club@birchanger.com) Follow us at: [www.birchangerclub.com](http://www.birchangerclub.com)

# 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

## Forthcoming Events

Wed 27<sup>th</sup> May "A Fun Quiz" With prizes for the winners

Please bring your own drink!

Future events planned include an evening ramble, plus various speakers  
including the return of 'The Wildlife Man'

Tel. Angie – 817376, Michelle - 814481, Barbara - 813007 Rosemary - 814678

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their fitness goals!

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## Tea Room At the Church Hall



Every Wednesday

2.00 till 4.00



Everyone welcome

In aid of Hall maintenance funds

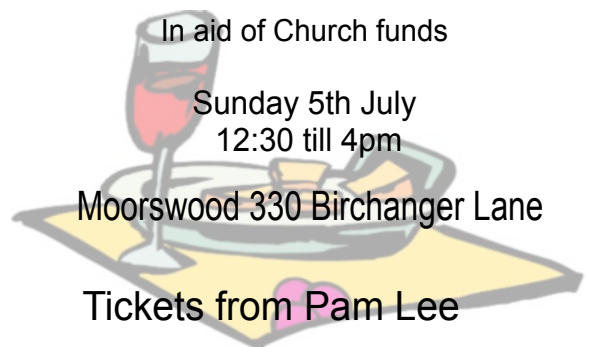
## SUMMER LUNCH

In aid of Church funds

Sunday 5th July  
12:30 till 4pm

Moorswood 330 Birchanger Lane

Tickets from Pam Lee





# NADIA'S LONG AND WINDING ROAD – UP-DATE

Hello Birchanger. Well, here we are at the end of WEEK FIVE of my walk from Lands End to John O'Groats and 522 miles behind me! There are lots of stories to tell already of course but the overriding message is that we are doing well.

Kevin's job in planning the walking route and trying to find somewhere to park the Motorhome each evening is, I sometimes think, as difficult as the actual walk, that is my contribution. Devon and Cornwall roads were particularly challenging and a good bit of difficult reversing and shunting back and forth went on! Now his bigger challenge is me and my inability to make up my mind on my route! I'll explain.

We have now reached the Pennines and I really wanted to walk at least some of the Pennine Way. The problem is that there are areas where it would not be possible for Kevin to reach me so do I want to sleep in my cosy bed or do I want to carry a tent or stay in Hostels? Sensible me says 'bed', adventurous me says 'go for it'. Anyway, just as the final decision on mountains or valleys had to be made, the weather, which up to that time had largely been kind, turned. Hail, wind and threats of snow! Needless to say, we are heading north in the valleys but walking some of the Pennine Way at the north end as they lead into the Cheviots and then to Scotland – that's the plan at the moment!

This is an incredible experience – to see our beautiful Country on foot is pure joy. Naturally there are some areas that are not as fulfilling but generally on my by-ways and public footpaths and rivers and canal routes, the scenery is stunning and makes my job a real pleasure. I have seen Spring explode with its vibrant colours and new life, day after day – trees, flowers, lambs, calves, ducklings – I walk with a smile! I seem to be walking at the same speed as Spring as it moves North – daffodils are still flowering in Lancashire.

The other major positive is the support I'm receiving – messages of love help so much. I've had a series of people arriving and walking with me for a day or two that is also incredibly helpful. Keith and Loraine, our neighbours from Harrisons, did just that and it was wonderful. Even my little 8 and 6-year-old Granddaughters managed to walk 8 miles with me along the banks of the River Severn – vey special!

I have walked through 11 Counties so far, climbed and descended the height of Everest and as I say, managed 522 miles. We have a clever electronic map system that I follow that also enables Kevin (the technical one of us!) to extract all sorts of amazing information.

So, please keep thinking of me and I can feel a major get-together coming on when we're home can't you?!

As you know, I'm raising money for Cancer Research UK and the total currently (end April) stands at almost £5,000 so looking good.

You can donate on my JustGiving page at <https://www.justgiving.com/Nadia-Walters/> or Text OIAM 60 to 70070 to donate £5 and help bring forward the day we beat cancer.





# School News

## Spring Visit to Boydells Farm.

The day was fine and dry and there were plenty of farm animals to see when the youngest children in the school paid a visit to Boydell's Farm near Weathersfield last month.

There were plenty of new born lambs to see, touch, hold and even to bottle feed. The children tried their hand at milking a cow, fed her calf half of the milk and met the farm's huge Aberdeen Angus bull. They handled a two week old kid, met her mother and father, and watched while the kid neatly ducked under the bar in her pen to wander around the farmyard. They were introduced to the pigs and learnt that with their separate latrines and clean sleeping quarters they were not quite the dirty animals they had imagined.

They visited a donkey and his companion Shetland miniature ponies, learning how to tell the difference between a horse and a donkey in the process. They met a llama, and a host of chickens, ducks geese and turkeys.

They learnt the different sizes and colours of each bird types eggs, and handled a goose who seemed to like their attention. There were explanations at every stage and the children answered questions and were confident enough to ask their own.

Before they left, they watched a sheep being sheared and touched her wool. One of the things they will probably remember the best was handling two day old chicks. A memorable and highly instructive day out for the children and accompanying adults alike. Nothing seemed to be too much trouble for the Boydells Farm staff. The

best thing is that the farm, near Wethersfield, is open to everyone in the afternoons.

One thing that struck me straight away was why the lambs were not with their mothers. Apparently this farm is a top farm for the supply of sheep's milk to the cheese industry, a commodity which is greatly in demand these days. Sadly though, just about the only thing we did not see was the sheep actually being milked. Another time perhaps?

## Magna Carta Focus.

It cannot now have escaped anyone that there is a very important big Magna Carta Anniversary this year, as it is now 800 years since the Magna Carta was signed. It was to be the cornerstone on which all our legal system was based, even if it did get off to a somewhat slow start. It is yet another instance to show how good eventually came from the evil wrought by King John and some previous monarchs.

The children have been acknowledging this in their work this term, debating the concepts of Justice and Fairness for all people. They created art work to go with the stories they wrote and learned all about the troubled history of the time. It was a project for the whole school, an experience which it is unlikely they will have again in their life-times.

**THE BIG BIRCHANGER FLING.**

**AUGUST 1ST 2015  
7 TILL 11pm**

**In the Church Hall**

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## Village Diary

May/June

May	
24th	11.00 am St Mary's Holy Communion
31st	11.00 am St Mary's Matins
June	
7th	11.00 am St Mary's Matins
14th	11.00 am St Mary's Holy Communion
21st	11.00 am St Mary's Family Service
28th	11.00 am St Mary's Holy Communion

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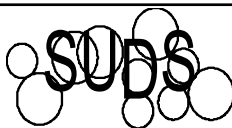
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