



Birchanger Village Magazine

February 2017

Issue 169



Everyone's a winner

Well done everyone who lit up their homes this Christmas. No matter if it was just a tree in the window it was just part of making Christmas very special for everyone who came into Birchanger. Our fame is spreading. Many cars were seen driving slowly through the village with passengers who had apparently come just to see our lights. Some might argue that it was shooting ourselves in the foot, especially if you were trying to get home behind one of them, but it does mean that everything you did made it a better Christmas experience for just about everyone.

And the winner is.....

The appreciation was reflected by the record number of votes cast for your own personal favourite light show. The overall winner was Charlie Grange at 234 Birchanger Lane, whose novel wigwam delighted everyone. It was actually Charlie Grange that encouraged everyone to "up their game" for the Christmas lights this year so it is rather fitting that he should be voted "top gun" by so many people. In reality, everyone that made the effort to put up lights outside deserves to be a winner. *(Ed's note! Sorry for the poor quality photo)*



Best carol service for years!

That was the general verdict of over a hundred adults and children who attended the service, several of whom took part in building the nativity scene whilst listening to the lessons and singing favourite carols. The benefice choir were in full voice with at least 20 in attendance and the candlelit atmosphere added to the special occasion. The evening was complete with mulled wine and mince pies. A big thank you to everyone who attended and to those that helped organise such a wonderful carol service.

Salute to the neighbours

A great many people worked very hard in a myriad of different ways to make sure that the festive season was the best it could possibly be in Birchanger. From the decorations in the Church, the hard work for the nativity play, the extra goodies from the club, to the neighbours who invited others in to celebrate the season of good will with a generous supply of Christmas treats. Hopefully a little bit of that Christmas spirit will help us all through the rest of what could be a tough, yet memorable, year.

Healthier Fast Food on the way

Takeaway food can often be cheap, convenient and satisfying but, unfortunately, it's not always very healthy. Some takeaway meals can push you over your recommended daily maximum amount of salt, sugar and fat, which can lead to a variety of health problems such as heart disease and diabetes. A new scheme, called "TuckIN"

has been launched by Uttlesford District Council which has teamed up with some of your local takeaways



and food-to-go restaurants to offer a healthier food option. TuckIN is a pledge by a food business to make positive changes in the way it selects, prepares and serves food in relation to fat, salt, sugar and portion size.

Health officials have already started in Saffron Walden and persuaded a number of owners to follow the new guidelines. The restaurants and takeaways that take part in the scheme will be able to display a special "TuckIN" logo in their windows. Participation in the scheme is expected to increase as health advisors visit more food establishments in the Uttlesford area which could mean that we will all feel a little less guilty about our takeaways in future!



A letter from the Editor

Dear Readers,

This month's magazine reminds me of the weather in January, 'grey and dull'! Well hopefully you don't find the magazine too dull but we have regrettably reverted back to the normal black and white pages without any colour! This is due to the higher costs of colour printing and therefore we can only print in colour now and again when funds are available.

We have to thank local Ken Devine and his company Keeley & Lowe for printing our magazine on time every month at what I am sure is a heavily subsidised and favourable cost to the Birchanger magazine. Keeley & Lowe is a London based printing company formed in 1980 by the merger of T. Keeley & Co. and W. I. Lowe, both of whom were formed over 100 years ago. They use the latest lithographic and digital equipment and take their environmental responsibilities very seriously whereby they actively support the use of recycled paper, sourced from managed, renewable forests worldwide. If you need something printed, and would like to make an enquiry you can call them on 020 7729 3350 or email info@keeleylowe.com.



I would like to thank Trevor Stone and all the other volunteers who deliver the magazine to our doors each month through thick and thin, wind, rain, fog and occasionally snow, without which the magazine could not be circulated. I would also thank Elizabeth Godwin for her monthly village news column, Helen Coop for the School news, Pam Lee, Elaine Wright and Sarah Brown for the church information, Evan Hill for the club

entertainment, Brian Ross for Stop Stansted Expansion updates, not forgetting Ken Wheatley for keeping the books and all the other volunteers that regularly contribute news and content for the Magazine. This really is in keeping with the true British village spirit!



The Uxbridge English Dictionary is the silliest Dictionary in the world. Here is this month's alternative meaning for an everyday word.

TAFFETA: A cannibal with a preference for Welsh people.

Letters to the Editor

Hi Ed, thank you for setting up the advert for my Physiotherapy clinic in the magazine, it looks great. I have to say I think you and your team have done a great job with the magazine. My good lady suggested getting it out on Twitter, Facebook or whichever, in a digital version to increase awareness and readership. Either way, top work in my humble opinion. *Chris Lansdowne, Birchanger.*
Editor's response – Thank you Chris, we are working on the various digital media for the magazine and hope to have our own website up and running sometime in the near future.

Home Help Wanted

Dear Ed, Is there anyone out there looking for a village job? My mum needs some help with getting up, showering and dressing each morning and also possibly keeping her company when I go out from time to time. A good rate of pay is on offer. Please contact Sue Gilbey at, sue.gilbey@btinternet.com or Tel: 01279 816171. *Sue Gilbey, Birchanger*

Don't forget, our magazine is only as good as the content it receives so please keep sending me your news, views, notices, concerns and complaints. Advertisers are also welcome. All copy should be submitted by the 16th of the month (the sooner the better) and may be edited depending on space. Please contact me by E-mail, phone, or letter as shown below. Thank you.

Kind Regards,

Peter Sampson



magazine@birchanger.com



01279 813193



2 Harrisons, Birchanger

VILLAGE NEWS

By Elizabeth Godwin

Vandals continue their dirty work

Didn't they know it was Christmas time? Did they give it a rest? No, they were out nicking car number plates, Christmas lights, making a mess again on the recreation ground and other idiotic nasties. They did not forget to chuck their take away wrappers, unfinished drinks and worse all over the village as well. What is their problem? Do they hate everyone in Birchanger so much that they have to make life so uncomfortable for everyone? Perhaps they are so addled with booze and worse that their brains have silted up altogether? Or are they just passing through and couldn't give a damn?

Feeling the winter strain

At this time of the year we have just gone through, what for some is the worst month of the year and warmer weather seems a long way away. What can we do with all the bills which just seem to keep rolling in and our homes which used to seem warm, now appear to be cold, damp, mouldy and draughty? Hopefully not too many of these conditions apply to your house, but not every home in Birchanger is free from at best one or two of these complaints. If you do feel any of the above could apply to you, or you simply need help with those seemingly astronomically high bills, don't worry alone. Uttlesford Citizens Advice Bureau offers help and advice to help you negotiate your way around these problems. Call them on 01799 618858, It could make a difference!

Is stroke care improving?

Broadly speaking stroke services are improving for us locally but as ever the plan has hit a snag. We are still mainly going to be transported to Queens in Romford when we have a stroke but as there is a nationwide shortage of stroke consultants, we could possibly find ourselves in Addenbrookes, Broomfield or the Lister Hospital instead.

Stroke patients are having to stay longer in Queens stroke unit as they now cannot be transferred to Princess Alexandra Hospital due to the failure to recruit a stroke consultant there. After a longer stay at the receiving unit, patients

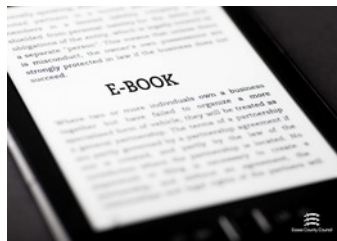


could either be discharged home, or sent to St Margaret's in Epping to complete their rehabilitation. Treatment for stroke mostly involves a thrombectomy to dispose of the clot. Speedy

treatment means a better recovery and the encouraging news is that there are higher expectations for a fuller recovery these days. It does need prompt action on everyone's part, so if you suspect someone has had or is having a stroke, dial 999 immediately.

E-books from Essex Libraries

The mobile library still visits the village on every other Tuesday but this is not always convenient for borrowers. There is now a new scheme whereby subscribers can access the ever growing range of e-book titles available to read on line. All you need is your library card. To find out more, visit;



<http://libraries.essex.gov.uk/e-books-e-audio-e-magazines-and-book-groups/e-books-and-e-audio/>

The next visit by the library is on 7th February at 3pm at the club or 3.40pm at High View

Birchanger All Girls Society

Come along and join us on the last Wednesday of every month in the meeting room at the village church hall

Forthcoming Meeting:

Wednesday 22nd February 7.30 for 8.00 pm

An entertaining and informative talk about Bee Keeping

A warm welcome to all newcomers
Telephone for details Michelle-814481
Barbara-813007 Rosemary-814678



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Health Matters

Drinking water at night helps prevent heart attacks!

This is news to me, and encouraging more trips to the loo in the early hours is not my preferred occupation, especially when it is cold. However a great many people do have heart attacks in the early hours or before midday, so a glass of water before bed is not such a bad idea. A study in the American Journal of Medical Epidemiology found that



participants who drink five or more glasses of plain water per day have a much lower risk of fatal coronary heart disease, compared to those who drink less than two glasses per day. It's even more important to drink before bed because it helps improve circulation during the hours you're at greatest risk for a heart attack.

If a heart attack is suspected, sit and support the person upright and call an ambulance immediately. Most heart attacks do not occur in the middle of the night, and if they do, sleep apnoea is quite often the cause. They are more likely to occur during the morning, but the symptoms may not be quite as you might expect. In addition to the pain in the left arm, there may be intense pain on the chin and vomiting. Sometimes a heart attack is virtually symptomless, these are the ones which can occur in the middle of the night and mostly we are totally unaware that they have ever happened. Aspirin taken at night with a glass of water is sometimes recommended but should only be taken on advice from your doctor.

As for the going to the loo bit, this is apparently due in part to gravity and the older you are, the more likely you are to need to pee more at night. As you age, your body makes less of the hormone that tells your kidneys to work less while you sleep. Also, your bladder isn't as stretchy, so you can't hold as much as you used to. Happy days!

Elizabeth Godwin

New look for health services in Herts and West Essex

We have been hearing about new health initiatives for a very long time now. Most of them have been unsuccessful and have sunk without trace or any perceptible effect on the local community. This latest initiative which involves health services in Herts and West Essex is finally recognising that there will be no major change in health funding and we have all got to concentrate on keeping people out of hospital and upping community care, but at a slightly higher level. Hospital services are to be spread between Princess Alexandra Hospital, the Lister in Stevenage and Watford General. This could mean yet again further to travel for a great many of us. However, there will be more care provided by local teams working out of Herts and Essex Hospital, a plan which is supposed to facilitate earlier discharge from hospital. This has been a scary process in the past and most times there has been very little in place. Under the new initiative all this is supposed to change. Tired hospital buildings are to be renovated or replaced and there will be more out of hours support at weekends. At present only one in five GP surgeries are open out of hours. People will be encouraged to use the 111 service more, but there will also be more "Rapid

Response" teams.

All this is supposed to keep us away from hospitals, which should only be used to see specialists, have surgery or urgent care needing



emergency treatment in hospital. The rapid response emergency teams will be further developed and will include a GP.

We are going to cope with all this by being better educated to manage our own long term health conditions, with better community support and more mobile services. We shall see. Somehow I feel I have heard all this before!

Elizabeth Godwin



Emma Marks
Men and Boy's Haircuts

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Mob: 07527227943

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What's on in the village...

		February 2017				
Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 Church hall: 09.30 Tai Chi 13.45 Lab Tots for Science 14.00 Tea Room 18.30 Dance for children & adults	2 Church hall: 10.00 Alzheimers Group 12.45 Line dance for beginners 13.45 Line dance for advanced	3 Non re-cycle bin BSSC Treasure chest Bottle draw	4 BSSC Meat draw 13.00	5 St Mary's Church Matins
6 Church hall: 10.00 to 15.00 Living with Dementia 19.30 Ballroom and Latin for adults BSSC: Quiz Nt	7 Church hall: 9.30 Ballet for adults 15.45 Ballet for Juniors	8 Church hall: 09.30 Tai Chi 13.45 Lab Tots for Science 14.00 Tea Room 18.30 Dance for children & adults	9 Garden bin Church hall: 10.00 Alzheimers Group 12.45 Line dance for beginners 13.45 Line dance for advanced	10 Re-cycle bin BSSC Bottle draw	11 BSSC Meat draw 13.00 Noble Ox - rock duo	12 St Mary's Church Parish Communion
13 Church hall: 10.00 to 15.00 Living with Dementia 19.30 Ballroom and Latin for adults BSSC: Quiz Nt	14 Church hall: 9.30 Ballet for adults 15.45 Ballet for Juniors Moorswood coffee morning 10.30am	15 Church hall: 09.30 Tai Chi 13.45 Lab Tots for Science 14.00 Tea Room 18.30 Dance for children & adults	16 Church hall: 10.00 Alzheimers Group 12.45 Line dance for beginners 13.45 Line dance for advanced	17 Non re-cycle BSSC Treasure chest Bottle draw	18 BSSC Meat draw 13.00	19 St Mary's Church Family Service
20 Church hall: 10.00 to 15.00 Living with Dementia 19.30 Ballroom and Latin for adults BSSC: Quiz Nt	21 Church hall: 9.30 Ballet for adults 15.45 Ballet for Juniors	22 Church hall: 09.30 Tai Chi 13.45 Lab Tots for Science 14.00 Tea Room 18.30 Dance for children & adults 19.30 BAGS	23 Garden bin Church hall: 10.00 Alzheimers Group 12.45 Line dance for beginners 13.45 Line dance for advanced	24 Re-cycle bin BSSC Wheel of fortune Bottle draw	25 BSSC Meat draw 13.00 Winnie - covers vocal soloist	26 St Mary's Church Parish Communion
27 Church hall: 10.00 to 15.00 Living with Dementia 19.30 Ballroom and Latin for adults BSSC: Quiz Nt	28 Church hall: 9.30 Ballet for adults 15.45 Ballet for Juniors		Dance Class Maxine Williams is holding weekly dance classes on Wednesdays and Fridays.	Zumba Gold Is on holiday during February and starts again at 11.15 on March 7th	BSSC Valentines Day Special evening with 3 course meal and vocalist John David	BSSC Steak night every Wednesday Bingo Night every Thursday



BIRCHANGER
Sports & Social Club

Sports & Social Club News



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

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Saturday 11th February

DAVE AND DAVE WILL ROCK YOUR SOCKS OFF

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Live covers duo 'Nobleox', will get you up and dancing to their special brand of rock music all night long. A blend of guitars and vocal harmony you don't want to miss, so come and join us for a rocking great evening!

Happy Valentines

Valentines Day Special
Why not celebrate Valentines Day evening at the Club

with John David and a three course meal for £18.50 per head. **14th February**



John David



New years Eve fireworks at the club



www.repertoiredogs.com

repertoire dogs



COMING SOON

In January we had a late addition to the Saturday night entertainments schedule. 'repertoire dogs' made their debut in the club to a near record turn-out for a Saturday night in January. Headliners at last years LinkFest this

Essex premier covers band really know how to put on a lively dynamic show. The kitchen also served up in excess of 100 meals on the day. I would like to say thank you to the staff both in the kitchen and behind the bar who all worked extremely hard for an amazing day and evening. Look out for 'repertoire dogs' who will be returning soon!

CAMRA'S GOOD BEER GUIDE 2017

We are in it

UK's Best Selling Beer & Pub Guide

EDITED BY NIGEL FAUST

Treasure Chest

Try your luck and pick the right key, you could win some serious cash!


3rd and 17th February



Wheel of Fortune

Don't forget to come along and spin the wheel

24th February




Winnie

After filling in for us on Christmas eve at short notice, this effervescent solo artist is back by popular demand. Join her for a memorable nights entertainment.

Saturday 25th February

Club Calendar at a Glance

Friday 3 rd February	Treasure Chest
Friday 10 th February	Bottle Draw
Saturday 11 th February	Nobleox Rock duo
Friday 17 th February	Treasure Chest
Friday 24 th February	Wheel of Fortune
Saturday 25 th February	Winnie Solo singing artist

Weekly Events

Day	Event	When
Saturdays	Meat Draw	1.00 pm
Saturdays	Bingo Lottery	Ask bar staff
Mondays	Quiz Night	9.00 pm
Wednesdays	Steak Night	Evening
Thursdays	Bingo Night	08.30 pm
Fridays	Bottle Draw	Evening

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

Birchanger Primary School



As the New Year started we decided to spend two days on a whole school art project. 'Take One Picture' involves choosing a work of art and basing work across the curriculum around the content of the picture. The picture we chose was 'One of the Family' by Frederick Cotman. This is a Victorian picture showing a



traditional farmhouse scene – quite different from the kind of art children may often be drawn to. The picture offered a wealth of opportunities in English, maths, personal and social education, science and technology as well as art.

Looking at the food on the table, children baked bread and made pastry to cook mini-apple pies. This involved lots of maths skills in



weighing and measuring as well as cooking skills. Measuring capacity can be quite a challenging concept and we took the opportunity to compare all the different vessels and containers in the picture.

Younger children comparing and developing language of more/less, full/empty and using non-standard units – 'How many cups of water to fill the jug?' Older children practised reading scales on measuring jugs and cylinders to estimate and then measure the capacity of different containers in millilitres and litres.

In English children looked carefully at the picture and used inference and deduction skills to understand what was happening and predict the next few minutes. This visual literacy can be just as challenging as working from a written story. Children then wrote descriptions, stories and playscripts using the characters in the family.



Art work provided many opportunities to use different materials and skills. Across the

school children made clay pots, models of knitting, 'through the window' silk painting, willow pattern plates, sketch studies and models of the 'Bleeding Heart' plant.



One activity involved every child in the school - creating a still life picture observing a collection of pots, vases etc. It was amazing to see the development from our youngest children's careful drawing of shapes to the accomplished shaded sketches made by our oldest children.



All in all it was a very successful and exciting project – and all this happened in our first two days of term!

Helen Coop, Headteacher

New plans for Stortford Park

National Lottery grant for Bishops Stortford Park

Plans to combine two adjacent green spaces in Bishop's Stortford into one beautiful park have taken a huge step forward, now that a bid to the Heritage Lottery Fund (HLF) and BIG Lottery Fund's Parks for People programme has been successful. An initial £250,000 from the HLF and BIG will enable East Herts Council and its partners, including Bishop's Stortford Town Council and Hertfordshire County Council's Countryside Management Service to flesh out its initial plans. Within 18 months, a further £2m will be applied for once these more detailed plans have been developed. Castle Gardens, owned by East Herts Council, and Sworder's Field, owned by Bishop's Stortford Town Council, are located either side of the River Stort. The project will bring these two greenspaces together under the banner of 'Castle Park', becoming an exciting, vibrant place where people can discover their town's past.

Heritage

The new Castle Park will symbolise the renewal of Bishop's Stortford, a town in the midst of transformation, as well as breathe new life into the historical remains. Waytemore Castle, a Grade 1 listed monument, and the war memorial will become prime focal points and the remnants of the castle on top of the mound will be safeguarded for the future. A new crossing will be constructed



along the River Stort, providing greater access to the river. Attractive planting and restoration of the river corridor will both improve visibility and draw rare wildlife into the

area. Castle Park will obtain Green Flag status, setting a high standard for the maintenance of the park going forward. The children's play area will be better integrated to the park with some facilities, such as the splashpool, more accessible than it is currently. This will improve security and enable carers to keep an eye on their children more easily. Teens will have a space designed especially for them, with exciting features such as a new skate park. Considerable changes will be made to the existing buildings to create a new community space with a café and toilets.

Community involvement

A new network of paths will enable the park to be accessed by all the community, including older and disabled people. Local engagement with organisations and individuals will enable people to feel involved, with training available to help people develop the skills they need. A Friends Group, supported by a new community engagement officer, will be established. The project has already been supported by the History Society, the Civic Federation and local residents' associations.



Coffee Morning

Valentine's Day
At Moorswood
Tuesday February 14th.
10.30 to noon.
Everyone Welcome

St Mary's Church News



Church services:

5th February	11am Matins
12th February	11am Parish Communion
19th February	11am Family Service
26th February	11am Parish Communion
5th March	11am Matins

Birchanger Village Church Hall

The Parochial Church Council can now confirm that Mrs Pam Lee will be taking on the role as church hall manager and can be contacted between the hours of 9am -4pm daily on 07398536717 (or out of hours in the case of an emergency)

Tea Room

The Village Tea Room reopened on 4th January to a small number of valued customers who were delighted with the array of goodies on offer. It is open every Wednesday 2-4pm, so why not come along and have a cuppa and enjoy the atmosphere. And if you would like to volunteer to help in the Village tea room please have a chat with one of our helpers.

Coffee Morning

Tuesday 14 February between 10:30- 12 noon will be the first Coffee Morning of the year at Moorswood with Elizabeth and Pim. It is Valentine's Day so heart shaped cakes, or cakes of any other shape or form will be gratefully received along with any raffle prizes (or unwanted Christmas pressies) you may have. Please come and enjoy a friendly and welcoming atmosphere. Bring a friend and if you need help getting there or want to know more please contact E. Wright or E. Godwin.

Birchanger Lane closure

Birchanger Lane was planned to close 270 metres south of its junction with Birchwood for a distance of approximately 50 metres south. The closure was scheduled to commence on 22nd January 2017 for six days or where appropriate signs are showing and weather permitting. The closure was required for the safety of the public and workforce while a new electrical connection was undertaken. The alternative route was via Birchanger Lane, A120, B1383, Birchanger Lane and vice versa. Access for emergency service vehicles and pedestrians were maintained at all times during the closure. The Order came into effect on 22nd January 2017 and may continue in force for 18 months or until the works have been completed, whichever is the earlier.



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The Village People

Do you know who this is?

The profile of a Birchanger resident obtained through a series of probing questions:

Where were you born?

Maidstone in Kent.

The upper branches of your family tree?

Dad was a paper-maker, producing newsprint from pulp. Mum worked at Sharps, making Toffees. Then she too went to work at the paper-mill. They both worked very hard ten hour days to make a good life for their family.

The lower branches of your family tree?

I have two sons, one daughter and one granddaughter.

Where and when did you meet your significant other?

I had taken a friend, on my Lambretta Scooter, to Butlins, Bognor Regis. On a sunny day in July we met by the swimming pool..... and the rest, as they say, is history.

Can you name one person throughout history you would most like to meet?

Either Lord Baden Powell or his wife Lady Baden Powell, because they did so much for young people in forming the Boy Scout & Girl Guide movements.

Your favourite book, film or game (so that we all might enjoy it)?

Anything by Agatha Christie, P.D. James or Val Mc Dermid as I am a crime fiction addict.

If you had not done the job you do, (or did), what would be your fantasy profession?

I would have loved to have been involved in Police work: crime detection or forensic science.

Breakfast, lunch, dinner. Where would you have them?

I would have fresh fruit & pancakes at the Ariadne Hotel, Malia on Crete. Then I would come right back home for lunch at The Lemon Tree in Bishops Stortford, before flying out to enjoy true Italian fare in one of the lovely Piazzas of Florence.

How do you think people see you, or how would you like to be seen?

Some people jokingly refer to me as the Village encyclopaedia, they think I know everything, but actually I'd like to be seen as a reliable friend, willing to help where I can, and, I hope, as someone who has always tried to practise what they preach.

How long have you lived here and can you see yourself ever leaving Birchanger?

50 years ago, together with friends, we built my house as well as 3 others, so, no, I couldn't ever leave.

Did you guess who it was? If not the answer can be found on the back page

Village church hall information & activity contact details

Some of you will notice from the village diary that there are some new groups using the hall; The Alzheimers Group, CST Today Dementia Group and Lab Tots. All of this is good news for us and if you need further information please see the 'Activity contact details' opposite. In particular, I would encourage you to come along on Wednesday afternoons to the tearoom. You will find a warm welcome and some lovely homemade cakes for you to enjoy. **Lab Tots** seeks to introduce pre-school children from age 2 ½ years onwards to science through interactive experiments. If you are interested then please contact Sophie for further information and bookings. *Pam Lee, Hall Manager*

Contacts:

Dementia	Debbie Baker	07927 011345
Ballroom	Fred Winters	01763 271942
Ballet	Wendy Mitchell	01992 812781
Zumba	Tam Coxall	07783 421311
Tai Chi	Mary Dann	01376 342416
Dance	Maxine Williams	07854 251528
Line Dance	Shelley	01279 864781
Alzheimers	Marian	07803 115826
Lab Tots	Sophie Mitchell	01763 274405



Social and activity group for people living with dementia opening in Birchanger

CST Today will be opening a new activity and social group in Birchanger on Mondays in addition to the successful Wednesday group in The Apton Road Day Centre, Bishops's Stortford to support those living with mild to moderate dementia. Run by Dementia Friends Champion Debbie Baker and volunteers, the group was launched in October last year after Debbie spotted the need for more activity groups, while working for a Dementia Charity. The group uses cognitive stimulation to help maintain independence, improve memory, socialising and more among the members.

During the session the members enjoy a fun filled day with a variety of activities and workshops including physical exercise, such as dance, exercise to music, indoor golf, volley ball, musical workshops, plus cognitive activities such as, discussions on current affairs, arts and crafts, crosswords, quizzes, board games and entertainment.



Pam, whose husband attended the group for the first time, wrote: "Just to let you know my husband enjoyed this morning, in fact he said he wouldn't mind going every day". She went on to say that it was great to have some time to herself for a few hours, and she felt that services like this have prevented them both from sinking into deep depression.

The group will be open from 10am - 3pm on Mondays starting 6th February at Birchanger village church hall with members either attending all day (including lunch) or just for the morning or afternoon session, refreshments are available throughout the day. To book your free taster session or for more information contact: 07904198309, debbie.baker@cst.today, www.cst.today



MAKE YOUR VOICE HEARD

Following the publication on 12th January of Government

proposals for the regulation of night flights at Stansted over the next five years, Stop Stansted Expansion (SSE) is urging local councils and individual local residents to make their voice heard and help reduce the noise impacts of night-time flights in and out of Stansted. Stansted currently has permission for 12,000 night flights a year, more than twice as many as are permitted at Heathrow. SSE has long argued to the Government that night flights have a far greater impact on local residents around Stansted because of its rural location where background noise levels at night are generally very low. Furthermore, the 12,000

annual limit applies only to the 6½ hours from 11.30pm to 6.00am whereas the normal definition of 'night' is the 8 hours from 11.00pm to 7.00am. SSE is calling for:

- An unequivocal Government commitment to phase out all night flights at Stansted by 2030, except in the case of genuine emergencies;
- In the meantime, for the annual limit on Stansted night flights to apply, not just from 11.30pm to 6.00am, but from 11.00pm to 7.00am, so that 'night' truly means 'night', as defined by the World Health Organisation's *Guidelines on Community Noise*;
- A radical overhaul of the current 'averaging' method for measuring aircraft noise so that the official Government noise statistics start to represent what people actually have to endure;
- An immediate ban on all night time aircraft landings at Stansted from using reverse thrust, except in the case of genuine emergencies.

The Government's proposals for night flights at Stansted over the next five years can be downloaded at

<https://www.gov.uk/government/consultations/night-flight-restrictions-at-gatwick-heathrow-and-stansted>. Responses can be sent by e-mail and need to be submitted by 28 February.

Please use this opportunity to make your voice heard!

A New Year's Resolution?

Would you like to exercise, improve your health and not have to get hot and sticky to achieve your goals? Why not think about joining the Tai Chi class that meets every Wednesday morning in the village church hall from 9.30am until 11.30am. Tai Chi is suitable for all ages, children to 90 year olds and is equally beneficial to men and women.



Tai Chi Classes

Tai Chi makes the muscles and tendons in the body stretch and relax alternately. As a result they become more flexible, joints become looser and blood flow is improved. Better blood circulation helps the lymphatic, nervous and digestion systems to work more efficiently. It is a continuing learning process. Tai Chi originated as a martial art but has evolved into a series of gentle movements that creates a feeling of relaxation and well-being. I have lung problems and my breathing has improved considerably since I started Tai Chi nearly 3 years ago. My doctors and physios all advocate Tai Chi as an ideal form of exercise for everyone. Members of the Birchanger class report improved balance, flexibility and suppleness and greater feelings of stamina and energy. The class at Birchanger welcomes new members. Why not come one day and just watch. We are serious about our Tai Chi but don't take ourselves too seriously. You will find a very warm welcome, a lot of laughter and a cup of coffee or tea. *By Susan Warr.* For more information please go to or contact: www.essextaichiacademy.org or call Mary Dann Tel: 07914513263

Parents save £30 on cloth nappies!

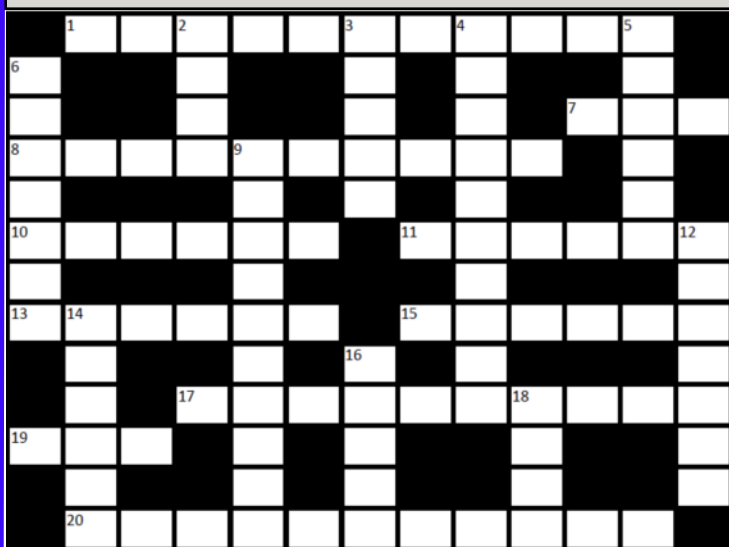
Parents living in Essex can claim £30 cash back on the purchase of cloth nappies for each baby. Cloth nappies come in many different styles, provide a great alternative to disposable nappies and can offer cost, health and environmental benefits. To claim your refund all you need to do is; be a resident in Essex, have a receipt for cloth nappies or laundering service dated within the last 12 months and have a total purchase amount exceeding £30 (one claim per baby).

Upload a scan or photo of the receipt for your purchase together with the baby's birth certificate or maternity exemption certificate and fill in the online form at: www.recycleforessex.com/news-and-ideas/cloth-nappies/

Free cloth nappy sample pack

You can also apply for a free cloth nappy sample pack containing: one cloth nappy, two insert pads, five disposable liners and a £30 refund leaflet. To apply, please provide your name and address, your baby's date of birth or due date and send an email to the following address: waste.management@essex.gov.uk.

Leavers Cryptic Crossword



Across

1. Rob: Best luck. Develop into big success (11)
7. Bad part of spoof film (3)
8. Plot to dupe secret agent protecting political organisation before start of ceasefire (10)
10. Get up and become fatigued after a time (6)
11. Climbs ranges (6)
13. Burrow next to river found in London (6)
15. Parents to go round North America state (6)
17. Spring gets under way and helps to begin journey (10)
19. Important button (3)
20. A local person is after change for something different (11)

Down

2. Touch of class upon homecoming work of art (4)
3. Accommodate committee (5)
4. Capacity to exercise skill in making vehicle (10)
5. Charge again to make more precise (6)
6. Old fashioned bishop, potentially is on one in a church (7)
9. For each favourite you consumed to keep alive (10)
12. Bird next to body of water in Wales (7)
14. At the time, in rehab, was a Goddess (6)
16. Generate a foot in two directions (5)
18. Wine use in roasting (4)

(Answers on the back page. Crossword supplied by Ross Leavers)



The Hundred Parishes Society

If you like to roam the countryside, discover hidden villages or find interesting landmarks there is no better place than to walk or drive around our very own One Hundred Parishes. This is a large, attractive, gently-undulating area, around 450 square miles of northwest Essex, northeast Hertfordshire and southern Cambridgeshire that is largely unspoilt and is richly endowed with many fine examples of agricultural and built heritage. The area is largely unknown. Many folk who live here may take it for granted, forgetting how special it is or how far it extends. Beyond, few people know of this corner of eastern England, probably because it had no name until now. It is an area that is suitable for exploration, with an attractive landscape and a wealth of interesting places in close proximity to one another. It is well served by a network of quiet lanes, good footpaths offering fine views, welcoming pubs and tea rooms, and much more. To find out more about



this pearl in the east of England there is an abundance of information guides and help on the website at www.hundredparishes.org.uk.

Get to know your countryside

For those with an enquiring mind why not dip in from time to time and see what the society has to say about a particular parish or a local 'celebrity'. They like to challenge your local knowledge with the photo that appears at the top of each web page. The picture changes every couple of weeks and on the home page they explain where the last one was taken. Sometimes the image is seasonal. For example, in November they showed the war graves in Saffron Walden cemetery. In December there was a view of the Rib valley from Cold Christmas in the parish of Thundridge. Why not log on now to see the latest secret location and if you think you know where it is you can send them a feedback response.



Many of the photos on the website will appear in a guidebook to the area which the Society plans to publish later this year. You don't have to travel far to discover another parish, an untried lane or footpath, a new listed church, or somewhere new for lunch or tea. Check out the introduction on the website before you set off – it may help with ideas and phone numbers, etc..... Good Trekking!

Buffy Playbus Visits Birchanger Wednesday Afternoons

Near Harrison's CM23 5QT
From 1.30 - 3.0pm during term time and at half term breaks. We have lots of pre-school activities on-board Buffy, including regular cooking sessions. Cost £2.50 per child (voluntary donation) Come and join us!



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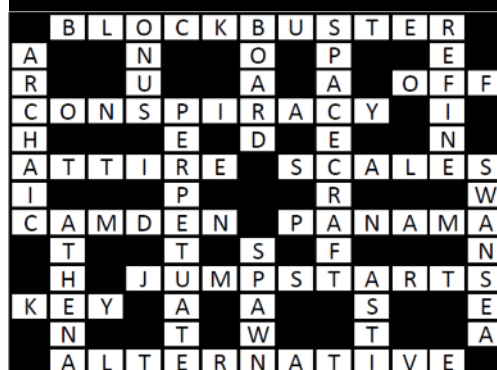
Yew Tree Corner, Manuden
Ring Malc or Niel on
01279 813315 or 01279 815946



The Birchanger Voices

The Birchanger Voices are a vocal singing group available for all types of venues & charitable events. Please call:
Tel: 01279813193 or 01279813007

Answers to Cryptic Crossword



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Gardens of Easton Lodge Snowdrop Open Day

Sunday 19th & 26th February 11.30am-4.00pm

A carpet of thousands of white flowers under the trees. Hot & cold drinks, homemade cakes, soup and bacon rolls. Dogs on a lead are welcome.

Adults £4 Children under 16 Free.

Little Easton, nr. Dunmow CM6 2BB just off the B184 Great Dunmow to Saffron Walden road. Once you are in Great Dunmow the gardens are well sign-posted by Brown Heritage signs. For more information go to: www.eastonlodge.co.uk



Providing a safe, caring and stimulating learning environment at Birchanger nursery for children aged from 2½ to 5 years old. Our nursery staff encourage creativity, independence and confidence to enable each individual child to realise their own potential. For further information contact our Nursery Manager:

Tel: 01279 810800
E-mail: admin@birchangenursery.org

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Birchanger Village Church Hall



If you are looking for a modern, well equipped venue for your next function please call Pam Lee on 07398536717 between 9am and 4pm

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