

Birchanger Village Magazine

September 2020

Issue 212



Your Club Needs YOU! News from BSSC

The club has been reopened now for almost a month. During this time, we have learnt a lot about operating in a COVID secure way, we have tried new ideas to make the club a safe and open environment. This included the launch of an app for ordering food and drinks. We quickly realised this wasn't working for everyone so moved to allow ordering at the bar alongside table service and the app. We amended our opening hours following feedback that the 10.00 pm close was too early and we have re-opened on Thursdays to allow the bingo to take place. This week we are running a trial to see how we might be able to host darts competitions to support re-opening on Mondays.

We know a number of you have raised concerns about the days that the club remains closed. However, the current schedule makes the most financial sense as we continue to utilise the government furlough scheme on a part time basis to keep our staff costs as low as possible whilst opening on the most popular days. As the furlough scheme begins to taper off, our staff costs will increase accordingly and it will be a period of significant financial challenge for the club. Current staffing costs are being managed as tightly as possible but having table service and COVID restrictions in place means more hands are needed on deck now than in the past.

The outbreak of COVID-19 has changed the way most people think and behave. This has become very apparent in the level of visitors coming to the club since we re-opened. Sales are currently down by more than 50% compared to this time last year, even when only comparing Fridays and Saturdays. Whilst the committee has focused on managing down costs to the minimum possible, the current level of sales will lead to the club becoming unsustainable, maybe not now or next month but certainly once we get beyond the end of the year.

As a member, we need your support more than ever. This isn't a begging letter for donations, it's a plea for you to visit us even just for one drink every now and again. The club belongs to you all and the committee is doing its best in impossible conditions to provide the service you have been used to in the past. Unfortunately it is beginning to feel like there is little appetite for the facility in the village at the minute. If the club is to still be here in 12 months' time, we need that appetite to increase in the coming weeks and months.

We know that the COVID secure environment isn't ideal and we would all prefer to go back to how things were before March of this year. Unfortunately we can't make that happen right now, to do so would be irresponsible and place the club at risk of being closed down by the local authority. So, we will continue to do the best we can in the situation and ask that you all support us while we do this. We will continue to adjust things and remain open to reasonable suggestions from you the members. None of us have all the answers. See top right for our current opening times.

Club Current Opening Times

Thursday	6.00 pm	to 11.00 pm
Friday	3.00 pm	to 11.00 pm
Saturday	12.00 md	to 11.00 pm
Sunday	12.00 md	to 3.00 pm

Times are subject to change as and when we are able to extend them

Thank you for your understanding and continued support in these difficult times. *Steve Hopkins*

Tree house reaches new heights in Birchanger!



Jay Leavers, who lives near the barn at the end of Harrisons found himself with little to do during the pandemic and decided that he needed a project to reduce the boredom. Together with a friend he built this wonderful example of a tree house using mostly recycled play equipment. No doubt his grandchildren are delighted with the result, and quite rightly so. *Nice Job Jay!*



Editors Letter Box

A letter was received by this magazine from Kemi Badenoch MP, thanking those who had volunteered their help with 'The Council for Voluntary Service Uttlesford' (CVSU) and for their support during the corona virus pandemic.

The CVSU is a charitable company with 31 years' experience of supporting the voluntary sector. CVSU's primary purpose is to support, advise, develop and strengthen the voluntary sector and community groups in Uttlesford as well as providing representation at strategic level on behalf of the sector.

Return to Service of Uttlesford Community Travel

The charity that provides transport solutions for the elderly, disabled and rurally isolated residenst of Uttlesford.

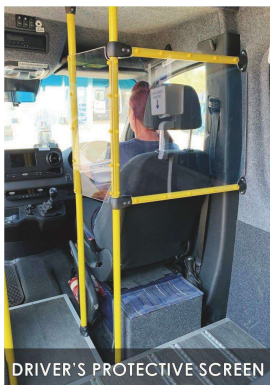
After a difficult few months, Uttlesford Community Travel (UCT) resumed the operation of a restricted service for its members earlier this month.

Understanding the potential nervousness about travelling, conversions to the minibuses have been made and additional features have been added to ensure that passengers feel safe and comfortable during their journey with UCT. Key measures that have been taken are:

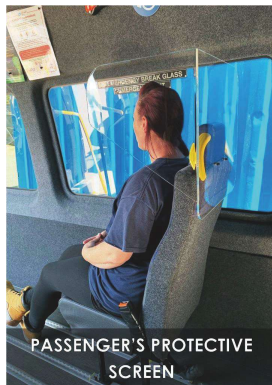
- All minibuses have been fitted with PPE stations, with both the driver and passenger being shielded by Perspex screens for everybody's safety;
- The driver will take the passenger's temperature on boarding the vehicle, and any evidence of it reading high will mean that entry to the vehicle will be declined;
- Facemasks are required to be worn at all times when on the minibus.

Members wishing to take advantage of the Hospital Car Service, which is also restricted at present, should contact the office on one of the numbers below.

Guidelines from the Government are changing all the time, so the charity will keep them under constant review so that it can respond quickly to any alterations.



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Don't forget, your 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, preferably sooner and may be edited depending on space and content. Please contact me by E-mail, phone, or letter as shown below. Thank you and Kind Regards,

Join us on Facebook: www.facebook.com/birchanger/

Peter Sampson



magazine@birchanger.com



07817 904333



2 Harrisons, Birchanger

VILLAGE NEWS

By Elizabeth Godwin

Coffee Morning Set to Return

That is if covid keeps a low profile! It is planned to hold the first post covid coffee morning at Moorswood on Tuesday October 6th between 10.30 am and noon. Everyone as always is very welcome.

Coffee Morning



Starting School?

Every September sees the start of the new school year and as everyone moves up, some will be moving on to secondary school and some will start school for the first time. Both momentous occasions in a child's life.

Essex County Council has produced booklets and advice to help parents and children find their way through what may seem a puzzling time. For older children there is the opportunity to access Essex Youth Service to access a useful booklet full of tips and advice about the move to senior school. For the youngest children a visit to the 'Talk, Listen, Cuddle,' website <https://www.tlc-essex.info/> could prove to be helpful. Best wishes to everyone who is going through this time of change.

Last Spring, We Lived with Less Pollution

Lock down saw pollution tumble to the lowest levels for years. One of the possible benefits of this was that there was a dramatic fall in premature births by some three quarters of the normal rates. There have been other benefits as well particularly for those with heart and lung conditions.



As normal life returns the levels are rising again. In lockdown we said we were going to change our lives, work from home more where we could, buy an eco-friendly car, change our heating system, install ground source heat pumps and much more.

As reality returns it seems we haven't got very far with any of this. We remember the quiet skies and the silent motorways and vowed that this was life as it should be, but now the pressures are back and all the good resolutions we once made, are forgotten. Where do we go from here? Back into the abyss or do we make conscious efforts to change things.

Birchanger All Girls Society

The 'BAGS' regret that due to the effect of corona virus, all future meetings are cancelled until further notice.

For further details telephone:

Olivia: 07568 574703

Rosemary: 01279 814678

Look After Your Pension

The bad news that yet another elderly person had lost their pension to a scammer was not softened by the news that on this occasion the fraudster was caught but the money could not be found. Remember first of all that no bank will ever ask you for your PIN number and they will never ask you to hand over your bank cards to a courier. To protect yourself from the scammer, either on the doorstep or over the phone, remember the following golden rules.



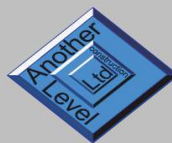
Stop and think for a moment before giving anyone your money, cards, or personal information. Is the caller a fake? It is ok to refuse, reject and ignore any such requests. It is only the

fraudsters who will try to rush and alarm you into doing something you are unsure about. If you think that you have fallen for a scam tell your bank immediately, even if you are worried that it may be too late. Use a different phone line if you can. When in doubt about any request to do with finance online, over the phone or at your front door, the simple answer is don't.

Beware of these scams

Three more scams have caught people in the past few weeks. Firstly, the buy a puppy scam with fraudsters offering appealing puppies for sale and demanding a deposit to secure one. You may pay the deposit, but you will never see a puppy as that puppy did not exist. If you want a puppy pay nothing until you have personally visited mum and pup at home.

Beware the spoof messages on your phone telling you that you have been incorrectly billed and to click on a number to get your money back. All you will get is a hacked phone. If in doubt about any bill for your mobile phone provider call your provider before doing anything. Beware any unusual emails from your bank. Scam emails requesting account information are being received by many people, do not click on any of these. Tell your phone provider and check with your bank. When in doubt about an email, delete it at once and contact the organisation to which the email referred.



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Trying to Use Less Plastic?

Like me, most people are trying to use less plastic, but it is all happening slowly. Our green bins for recyclable waste remain quite full for most of us. Yet more small changes can make large differences, we just need to remember to do it. There are a few suggestions you might like to try. Remember bars of soap? At one time everybody used soap,

now we generally use something out of a plastic container. Most soaps come wrapped in paper and do the job just as well.

Instead of using plastic food bags, get out that ancient Tupperware. It probably still has the seal, but if not, there are a great many containers like Tupperware around now. Yes, they are plastic, but you use them over and over again. You could also try using wax wraps and reusable silicone bowls instead. We are getting quite good at remembering our water bottles and coffee mugs when we go out now, and we do compost 88% of our grass cuttings and 86% of leaves and small cuttings. There is still a lot of single use plastic being thrown about, so if you do see someone littering, tell UDC just where you saw the incident and when.

Have You Heard of Supported Lodgings?

This is one of the schemes run by Essex County Council for older children about to end foster care. Many of these children who are still bruised from their years in care, are starting their first job or are in further education. They want a safe stable home base as they start out into the rest of their lives. From the foster carers' point of view these young people want to live with a family and come and go as any normal youngster. They are self-sufficient but benefit from the support of normal family life with someone to talk to at the end of the day. Families who are already participating in this scheme say that while many would have liked to have engaged in fostering normally but have not been able to make that commitment, have reported that this scheme works very well for them. Those who benefit from the scheme tend to keep in touch as they get on with their lives. To find out more about this scheme visit;

<https://www.essexadoptionandfostering.co.uk/housing-a-young-person/>

Essex Well Being Service

For most of us this is a little-known service run by Essex County which provides free help and advice on a wide range of issues, many of which individuals find hard to discuss with their friends. Their help service provides advice on housing, debt and unemployment, parenting, family matters and caring responsibilities including dementia care, loneliness and isolation, mental health, autism, learning difficulties, sensory impairment, quitting smoking and keeping physically active. A wide range there. The team can be contacted on 0300 303 9988 weekdays between 8.00 am and 7.00 pm and on Saturday or Sunday between 10.00 am and 2.00 pm. For Domestic Abuse Help or Advice call 0330 333 7444.

Spending too Much on Food

With holidays being a bit of a mess for many of us and cancellation money still owed to us by holiday companies, many of us are feeling fed up, broke and a bit uncertain about the future. We may also be spending too much money without enough coming in. We must still feed the family, possibly fully equip the children with completely new school uniform and the bills just won't go away. With these problems, it is very easy to skimp on food. If possible, try leaving the children at home when you go to buy food as they are bound to pester you for extras that you can ill afford. Alternatively, make a strict list and shop online. Either way a list is vital. Make a list at home and stick to it and don't food shop when you are hungry, you will buy too much. Eat any fresh food you buy first, or freeze it as frozen foods have been proven to be just as nutritious as fresh food. Don't throw out the overripe bananas they make delicious smoothies. Don't buy bottled water, it is fine straight from the tap with no plastic bottles to worry about either.

Beware all bogofs. They are not saving the money you think they are. Take your own packed lunch to the office, readymade sandwiches are very expensive for what they contain. Remember the cheaper foods that are just as good for you, including beans, eggs, porridge, bread, baked potatoes, tinned rice pudding, yoghurts, fruit juice custard and bananas. They are all relatively cheap, and they can all contribute to making several really good meals. There is plenty of free fruit with the bumper blackberry crop but remember to wash them well as soon as you get them home. Hopefully, and with care there will be money to spare for Christmas.



The Rivermill

A restaurant we revisited recently was the Rivermill Chinese restaurant overlooking the river at Southmill Road in Bishops Stortford.

In warm weather the tables close to the

water's edge offer an opportunity to enjoy a very special dining experience as ducks, coots and other water birds swim gently past. The wine list was good which added to the occasion. The food consisted of most of the old Chinese favourites with a few additions including Phoenix Tailed Prawns, Fish Fragrant Prawns, and Fried Crab with ginger and Spring Onions. For a summer dining experience this must rate highly. The restaurant is open for lunches on Wednesday to Saturday as well. The future for all these slightly off the beaten track restaurants in these times is bleak. If we can feel confident to visit them, we should. The food is good, the setting unusual and there may not be other chances if the corona virus persists.

BSSC Club Stewards Resign

Unfortunately, Lynne and Charlie have decided that the club is not for them and have tendered their resignation. They will be leaving at the end of August. The Committee thanks them for their contribution and wishes them well for their future wherever it may take them.



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Irresponsible, unnecessary, and wasteful

As expected, Manchester Airports Group (MAG) has now formally appealed against Uttlesford's refusal of its 2018 Planning Application which sought approval for an increase in Stansted's permitted annual throughput from 35 million to 43 million passengers per annum. As matters stand this means that a Public Inquiry will need to be convened to review the Application.

SSE has branded MAG's decision to appeal as "irresponsible, unnecessary and wasteful". Stansted handled 29 million passengers last year but, as a result of Covid-19, will handle only about half of that number of passengers this year. Most commentators agree that it will take between three and five years before air travel returns to the levels seen in 2019.

Why then is MAG stubbornly pressing ahead with this appeal? There is clearly no urgency for any increase in the 35 million passengers per annum that Stansted is already allowed to handle. Moreover, it would be entirely open for MAG to reconsider its position when – and if – the need for an increase in the 35 million limit were to arise in the future. Unless it can be prevented (see below) the Public Inquiry would probably begin in the early part of next year and it would last between two and three months. It would be very costly for MAG, UDC and SSE because each side would need to appoint its own barristers, consultants, and expert witnesses.

There are also practical difficulties in holding a Public Inquiry during the current pandemic. Finding a suitable local venue would be a problem in itself because airport inquiries can attract a large number of members of the public. It is nothing short of irresponsible for MAG to create this unnecessary public health risk at this time. SSE continues to seek to prevent this unnecessary and wasteful Public Inquiry with a legal challenge aimed at forcing the Secretary of State to deal with MAG's planning application at national level. The High Court considered the matter last November and ruled (in February 2020) that the Secretary of State was not obliged to intervene. SSE's legal challenge is now 'in the queue' at the Court of Appeal but we currently have no indication as to when it will be heard. Importantly, if SSE's appeal succeeds, there will be no need for a Public Inquiry. That is the outcome we should all hope for, particularly in the current Covid-19 circumstances. Keep up to date via SSE's new website at www.stopstanstedexpansion.com.

Brian Ross



The calm of Birchanger Wood was a haven for many residents during the strange circumstances of the pandemic lockdown. As an open access woodland, it was one of the few places people could walk, get some fresh air, and remain healthy at a time of stringent and, for some, isolating social distancing.



People took the opportunity to maintain physical and mental wellbeing, while also reconnecting with nature and learning about our local natural history. Walking in the woodlands is not only good for physical exercise, but also has psychological benefits. It reduces levels of cortisol, a hormone associated with stress, and the immune system can be boosted by breathing in phytoncides, which trees emit to protect themselves from germs and insects.

Increased use of the wood also meant greater wear and tear on our pathways, as well as damage to trees and plants. Bluebells were pulled up, ivy was ripped off trees, fires were started, and at one point there were people camping in the wood. The damage was caused by a small minority of visitors but has had significant impact on our woodland. It means that next spring bluebells could be less abundant. The destruction of ivy reduces habitats for insects, although contrary to popular myth its removal does nothing to help the trees.

We now look forward to restarting activity. With autumn approaching, we are gearing up to resume coppicing, cutting back trees to bring light to the woodland floor – the trees themselves benefit from this radical pruning, which extends their lives. We also have to repair paths that have had increased footfall and have been affected by severe weather, as well as trees that have fallen near the paths. Additionally, we have a number of exciting woodland projects we want to pursue to boost our local wildlife.

Although the work is carried out by volunteers, we still have costs of machinery, equipment, training, and maintenance. We are appealing to residents who have enjoyed our woodland during the lockdown to give a regular small donation – a bit of pocket money to help support our charitable objects. Please go to our website and give what you can to support our local woodland.

www.birchangerwoodtrust.org/support



The Hundred Parishes Society

We continue to add circular walk routes to the Society's website so I would like to repeat last month's encouragement for people to go and try them. There is no need to travel far. The walks range in distance from 1 mile to 10 miles. The routes have been chosen for the quality of scenery or heritage, or both, and the route descriptions seek to add to your knowledge of the places you pass.

Each route description can easily be downloaded from the Other Walks section of www.hundredparishes.org.uk – and then printed. We try to make the route description as easy as possible to follow and we have a small team of volunteers who check them. We welcome feedback and comment.



Some routes range over two or more parishes, for example 7 miles between Pleshey and Great Waltham or 8 miles between Albury, Braughing and Furneux Pelham. Two different routes run between Finchingfield and Great Bardfield. An 8-miler starting from Chrishall passes through four parishes and offers extensive views from upland paths in the Essex / Cambridgeshire border area.

These are just some examples to give you a flavour and to whet your appetite. If your favourite place isn't mentioned yet we are regularly adding new walks. Even if you think you know your local area, I assure you that, not far away, there is more to be found and enjoyed!



Ken McDonald, Secretary. www.hundredparishes.org.uk

THE FORGOTTEN GARDENS OF EASTON LODGE

It was so lovely to welcome visitors back to the Gardens in July. The open Thursdays for walkers and cyclists have been really appreciated by those who came – mostly locals but also a few from further afield, seeking a different day out. Our ticketing, catering, payment, and queue management arrangements worked beautifully for the July open day, so we are allowing more visitors to our August open day. We will review the arrangements and allowed numbers again for the 13th September open day (apples and bees day) and make sure we have suitable distancing and safety measures in place to allow as many activities as possible.

In August we have been doing summer pruning of the smaller trees in the Gardens, which should help keep them healthy. This included Neil of the East of England Apples and Orchards Project who gave our volunteers a masterclass on fan pruning of the peach and nectarine trees against the walls of the kitchen garden. We have labelled our Champion trees – our unique apple and nine regional champions, because of their girth or height or both.



We have also been harvesting fruit and vegetables for jams and chutneys (for the Tombola stall) and lavender.

So, please do come and see what we have been up to. Tickets for Open Days are being sold through Eventbrite – there are links from our website and facebook pages. If you decide to visit on the day, there will be some limited availability without tickets. There is no need to book for our Open Thursdays.

Jill Goldsmith <https://www.eastonlodge.co.uk/>



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Art Studio & Gallery	Heather Brown	01279 815453
Art Studio & Gallery	Brian Gough	01279 815012
Ballroom Dance	Fred Winters	01763 271942
Ballet for kids	Philippa McMeechan	01763 271010
BAGS	Rosemary Wheatley	01279 814678
Beauty Therapist	Sarah Whiting	07887 638359
Birchanger Magazine	Peter Sampson	07817 904333
Birchanger Voices	Tony Wilson	01279 813007
Birchanger Nursery	Karen Reilly	01279 810800
Bird Food	Lesley Robins	01279 812248
Builders - Another Level	Matt Marks	01279 814273
BSSC Club	Charlie Moore	01279 813441
Car Service	D. Bonney	01279 813315
Chiropodist	Julie Golden	01279 873492
Dance	Maxine Williams	07854 251528
Dementia	Debbie Baker	07927 011345
Garden Services	GWB Horticulture	01799 543483
Hairdresser Men/Boys	Emma Marks	01279 814273
Holistic Therapist	Shelley Williams	07476 279262
Landscaping Services	Mark Taylor	07941 357934
Laundrette	Ian Kennedy	01279 866183
Line Dancing	Shelley	01279 864781
Neighbourhood Watch	Peter Sampson	07817 904333
Over 60's club	Jean Camp	07843 707249
Painting & Décor	David Debnam	07973 861268
Parish Clerk	Keith Williams	01279 814773
Petals Children's Play	Hana Hainsby	07730 619522
Police Special	Martin Halls	Martin.Halls@essex.police.uk
Public Safety	Peter Sampson	07817 904333
Speed Watch	Peter Sampson	07817 904333
St. Mary's Church	Elaine Wright	01279 813474
Tai Chi	Cait Goddard	07415 628935
The Three Horseshoes	Paul & Paula	01279 813429
The Three Willows	Mark Boden	01279 815913
Village Church Hall	Barbora Dragoskova	01279 815243

Village Church Hall



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Administrator - Barbora Dragoskova Tel. 01279 815243
 Email st.johns.church@btinternet.com
Key Holder - Elaine Wright Tel. 01279 813474 Email:
stmaryschurch.birchanger@gmail.com

St. Mary's Church News



Sunday Church services

The church is now open for regular Sunday Services

6 th September	11:15 am	Family service
13 th September	11:15 am	Holy Communion
20 th September	11:15 am	Matins service
27 th September	11:15 am	Holy Communion

Church News

It has been a month of Covid 19 ups and downs as the government decide what is best to do. The government and the Church of England have also been working together providing guidance on how best to manage our churches and open them safely.

The Parochial Church Council met on the 3rd August and agreed to open the church on a more formal basis and undertake a Communion Service with Covid restrictions in place on the 9th August.

The weekly communion service at St Johns at 4pm and the 9:30am Zoom Communion service online will still be going ahead, along with some services taking place at Farnham church too.

The Church hall is being Covid prepared for the usual hirers to start using the hall in September.

The tearoom will re open at 2.00 pm on Wednesday 2nd September when we look forward to welcoming visitors to the church hall.

Our fund-raising event in October "the Fashion Show" has been cancelled by the company and will be rescheduled for next year.

A Prayer for September

Let us pray for our own community, our church, St Mary's, our school, our rector, and those who make this day special, our friends and families.

Guide us o lord to make the right decisions about our lives so as to not upset or cause anger but to remain calm and peaceful reassuringly knowing that you are with us all the way.
 Amen.

Elaine Wright (Church Warden)
stmaryschurch.birchanger@gmail.com

Village Church Hall



For information and bookings contact;
Barbora Dragoskova 01279 815243
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BIRCHANGER CLUB

Current opening times

Thursday	6.00 pm	to 11.00 pm
Friday	3.00 pm	to 11.00 pm
Saturday	12.00 md	to 11.00 pm
Sunday	12.00 md	to 3.00 pm

Times are subject to change as and when
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