

Elsenham News



*All you need to know about recycling in and around
Elsenham. Special centre page supplement.*



elsenhamnews@hotmail.co.uk

September 2023
75p where sold

Elsenham Village Regular Monthly or Quarterly Activities


Parish Council 1st **Monday** of month 8pm (excl. Bank Holidays) Memorial Hall
Natter Night 2nd **Monday** of month 7.30pm The Crown
Elsenham EAGLES 3rd **Monday** of month 7.30 - 9pm The Crown
Village Café Coffee 1st & 3rd **Tuesday** 9.30 - 11.30am Memorial Hall
2nd & 4th **Tuesday** 9.30 - 11.30am Bowls & Social Club
Henham & District Garden Society 1st **Tuesday** of month 2.30 - 4pm Memorial Hall
Community Choir 1st & 3rd **Tuesday** of the month 7- 8.30pm Village Hall
Life Drawing 2nd **Tuesday** of month 7.30 - 9.30pm Village Hall
Village History Society 2nd **Wednesday** of month quarterly 7.45pm Memorial Hall
Women's Institute 3rd **Thursday** of month 7.45pm Memorial Hall
Church Lunch Club 2nd & 4th **Friday** of month 12.30pm Memorial Hall
Elsenham Farmers Market last **Saturday** of month 12 - 2pm Village Hall

September 2023 diary

| | | |
|------------------|------------------------------------|---------------------------------------|
| Mon 4 | Parish Council Meeting | Memorial Hall 8pm |
| Tues 5 & 19 | Village Café Coffee Morning | Memorial Hall 9.30 - 11.30am |
| Tues 5 | Henham and District Garden Society | outing |
| Tues 5 & 19 | Elsenham Community Choir | Village Hall 7pm |
| Thurs 7, 21 & 28 | Pop-up Cakery & Barista Bar | Memorial Hall 2-4pm |
| Fri 8 & 22 | Church Lunch Club | Memorial Hall 12.30pm |
| Mon 11 | Natter Night | The Crown 7.30pm |
| Tues 12 & 26 | Village Café Coffee Morning | Memorial Hall 9.30 - 11.30am |
| Tues 12 | Life Drawing | Village Hall 7.30pm |
| Weds 13 | History Society meeting | Memorial Hall 7.45 for 8pm |
| Weds 13 | District Councillors' Surgery | OSCA Henham 6pm |
| Thurs 14 | ECA meeting | Memorial Hall 7.45pm |
| Fri 15 | Pop-up Cakery & Barista Bar | Memorial Hall 2-4pm |
| Sat 16 | Bingo | Bowls & Social Club 7.30pm |
| Mon 18 | Elsenham Eagles | The Crown 7.30pm |
| Thurs 21 | WI | Memorial Hall 7.45pm |
| Sat 23 | Bowls & Social Club Quiz | Bowls & Social Club 7.30pm |
| Fri 29 | MacMillan Coffee Morning | Bowls & Social Club 9.30 - 11.30am |
| Sat 30 | Elsenham Farmers Market | 12 - 2pm Village Hall |

Elsenham Village Regular Weekly Activities

| Day | Time | Activity | Location |
|-----------|--------------|-----------------------|---------------------------------|
| Monday | 9.30-10.30am | Zumba | Memorial Hall |
| | 9.30 - 11am | Dnky Dragons | Henham Village Hall (term-time) |
| | 10.30am | Health walk | Start at De Mandeville Green |
| | 4-4.30pm | Rascals (3-4yrs) | Memorial Hall (term time) |
| | 4.30-5.30pm | Rascals (5-7yrs) | Memorial Hall (term time) |
| | 5.30-7pm | Rascals (8-12yrs) | Memorial Hall (term time) |
| | 7-7.45pm | Boxercise | Village Hall |
| | 7.30-8.30pm | Shape to the beat | Memorial Hall (not 1st Monday) |
| Tuesday | 9.30-10.30pm | Touchpoint Food Share | Bowls & Social Club |
| | 9.30-11.30am | Village Café Coffee | Memorial Hall (not 5th Tuesday) |
| | 4.45-5.45pm | Rainbows | Memorial Hall (term-time) |
| | 4.45-5.45pm | Beavers Group 2 | Henham Village Hall (term-time) |
| | 6-7.15pm | Cubs | Henham Village Hall (term-time) |
| | 6-7.30pm | Brownies | Memorial Hall (term-time) |
| | 7.30-10.30pm | Tennis Club night | Tennis Courts |
| | 8pm | Fitness Yoga/Pilates | Memorial Hall |
| Wednesday | 9.45-11.30am | Tots & Toddlers | Memorial Hall (term-time) |
| | 5.30-7.30pm | Slimming World | Memorial Hall |
| | 5.45-6.45pm | Beavers | Henham Village Hall (term-time) |
| | 7-9pm | Scouts | Henham Village Hall (term-time) |
| | 7.30pm | Aerobics | Village Hall |
| Thursday | 6-7.15pm | Cubs | Henham Village Hall (term-time) |
| | 6.45-7.45pm | Jump Fit | Elsenham Village Hall |
| Friday | 10-11am | Little Fishes | Memorial Hall (term-time) |
| Saturday | 9am-12pm | Junior Football | Playing Field |
| | 8.45-9.30am | Little Kickers Mighty | Village Hall (term time) |
| | 9.35-10.20am | Little Kickers Junior | Village Hall (term time) |



Mobile Library
Every third Thursday stopping at Glebe End
11.50 am to 12.20 pm
21 September



A group of us like-minded ladies decided that as we missed both the produce and more importantly, the café, at Clifford's we would start a **monthly farmers market**. The aim of this is to get the good folk of Elsenham and the surrounding area together regularly, enabling us all not only to enjoy delicious high-quality coffee and cakes, but also to be able to buy from independent and local sellers, many of whom will have produced the goods themselves.

Our market is going to be on the **last Saturday of the month at Elsenham Village/ school hall** from **12-2pm**, (except November, as it clashed with the Christmas market). The remaining dates for 2023 are **September 30, October 28 and December 2**.

We are new to organizing such an event, but really hope that you will bear with us and, more importantly, support us!

We look forward to seeing you.
Elsenham Farmers Market Ladies.

THE NEWS REPORT

From The Editors



This month's issue is truly a bumper one! We even had to leave a few things out but hope to bring you the updated bus timetable next month. The new bus service certainly seems to have got off to a good start.

One of the most important articles in this issue, we would argue, is the centre page spread on recycling. The new local environmental group - Elsenham Eagles - have also got off to a good start, so it seems. We would encourage all readers to read and keep these centre pages.

Again we are running appeals for volunteers for different village groups - Speedwatch, the Parish Council and for a Special Constable. Would you consider any of these to contribute to your community?

Apart from these appeals, it is good to see so much else going on and our regular clubs and organisations flourish. There is certainly a lot for the people of Elsenham to enjoy.

We at Elsenham News continue to look for ways to improve and increase your enjoyment of this magazine, so please do drop us a line if you have any ideas or thoughts on articles you would like to see on a regular basis.

We hope you enjoy this issue and the articles within inspire you to get involved.

Regular features

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ELSENHAM PARISH COUNCIL SEPTEMBER 2023

By Louise Johnson, Clerk. ✉ louise.epc@gmail.com ☎ 07456 791727



The Chair, Graham Mott, welcomed Patricia Davis to her first Parish Council meeting in her new role as Councillor.

There is however, still a vacancy on the Parish Council, so if you would like to become involved in making decisions on village life, please email the Parish Clerk louise.epc@gmail.com the closing date is 11 September 2023.

The pond at Tye Green is owned by the Parish Council. This pond has flooded three times in the last two years, threatening to damage nearby properties. Each time the Parish Council has paid £450 for the pond to be pumped out. A permanent solution needs to be looked at. The first step is to contact Essex County Council Flood Management Team, who have in the past been a great help in other matters concerning flooding.

The Parish Council also own a considerable amount of grass at Tye Green. The Council would like to thank Mr. Ray Turner, a resident of Tye Green, who has cut the grass regularly for many years, free of charge.

There was recently a wasps' nest found in the Smith Road allotments. It was dealt with very quickly and efficiently by a company but at a cost of £150. After taking advice from a local beekeeper, it was agreed that there were more cost-effective ways to deal with wasps' nests, and procedures have now been put in place.

The wildflower area in New Road, has recently been cut by Uttlesford District Council but then they applied weedkiller. This seems to defeat the object of growing wildflowers to attract the bees and insects. The Parish Council are going to send a copy of their Pesticides Policy to Uttlesford District Council asking them to respect our stance on the use of weedkillers.

We will soon be getting a new infant swing to replace the one which was removed for safety reasons.

Ben Ogilvie recently resigned from the Parish Council. Whilst on the Council Ben had done some excellent work and his contributions to discussions were always constructive. Thankfully, Ben has agreed to continue on the New Community Centre Working Group and the Allotment Committee.

Allan Hathaway is now very kindly reconstructing the War Memorial that was in Church Lane. Thank you to Mrs Taylor for a contribution of £60 to purchase a ceramic poppy, which will be placed on the memorial

The next Parish Council meeting will be 4 September, 8pm in The Memorial Hall.



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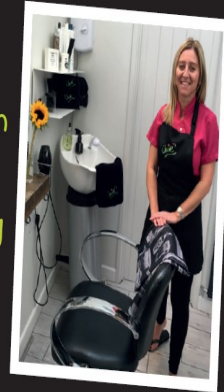
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EVERY TUESDAY IN ELSENHAM

**WHAT IS THE TOUCHPOINT COMMUNITY
FOOD SHARE?**

Our volunteers collect food donated by local supermarkets and retailers that would otherwise go to waste, and distribute it free to the community

The Community Food Share is all about reducing food waste and is for everyone. We have fruit, vegetables, meat, baked items and more... and everything is absolutely FREE!

Where? Elsenham Bowls Club (off Leigh Drive)
When? Every Tuesday, 9.30am-10.30am

The produce has a short shelf life, so please only take what you will be able to use in the next few days.

If you would like to get involved and join our team of volunteers, please call 07572 114882 or email info@thetouchpoint.org

- 📞 07572 114882
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- 🌐 www.thetouchpoint.org



EXPERIENCED FUNDRAISER REQUIRED

By Elsenham Parish Council ✉ louise.epc@gmail.com ☎ 07456 791727



Elsenham Parish Council are seeking an experienced fundraiser to assist us with raising funds to support the design and construction of the New Community Centre. We are aware of various bodies which have grants and monies available but lack the expertise on how to access these.

If you think you could support us with this fabulous project, please send an email to our Parish Clerk, Louise Johnson, ✉ louise.epc@gmail.com



ST MARY'S FABRIC FUND ELSENHAM

Registered Charity No 1052884

By Stewart Pimblett, Chairman ☎ 812359



Just as we have to have our cars take a MOT every three years to highlight any faults, our church has to have an inspection every five years by an architect approved by the Diocese. This is known as the Quinquennial Inspection Report. (Quin from the Latin V.)

From the report the Church PCC can see what needs attention and prioritize what actions need to happen. Things like the roof and guttering taking top priority to keep the building dry and sound and ivy growing on the walls being less important.

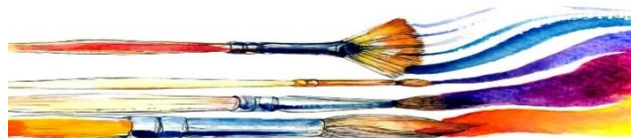
St. Mary's Fabric Fund was set up to help pay and maintain the general fabric of the building and as I highlighted in the Magazine's May report, contributed to many projects over the years.

At our committee meetings we are always thinking of events to raise money for the Fund but if you have any ideas or want to get involved please let me know or one of the committee members. We are always looking for people to help on the events we hold throughout the year.

Our next event is the Art Exhibition and Show at the Church on the week-end of 14-15 October. So do come along and see some of the talent of our local artists and find out something of the history of our great Church.

For those of you on the local Facebook you may have seen this advertised

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DEVELOPMENT DEVELOPMENTS

By *Graham Mott* ☎ 812516 ✉ motts@grahammott.plus.com



Back in the mists of Uttlesford District Council's planning time, or, to be more exact, January 2020, the Planning Inspectorate rejected the draft Local Plan and recommended that UDC start again. After dithering about for several months, UDC decided it must do exactly that, and set up a new working party, to be known as the Local Plan Leadership Group (LPLG), to control and oversee the process. The Group met for the first time in July 2020, and agreed a target date of December 2022 for submission of a new Local Plan. In July 2023, after a lengthy period of somnolence, the LPLG met and agreed a target date of December 2024 for submission. Major housing applications approved so far in 2023 include 200 by Bloor Homes as 'Phase 2', 130 opposite the Crown, and 50 to the south of Bedwell Road, totalling 380. It's very likely that some or all of these would have been refused if UDC had only got a wiggle on with the Local Plan.

The current intention is that the 'Regulation 18' public consultation will start at the end of October, or it could be the start of November. At that point, the proposals regarding sites in the district recommended for development will at last be known. But those agreed already will still go ahead.

Some time towards the end of last year, Bovis Homes erected a hoarding on Hall Road, down by Abbotsford Bridge, promising new homes available as from Summer 2023. It hasn't been much of a summer, we know, so perhaps that's why they've done nothing at all by way of fulfilling their undertaking. The latest news, as of early August, is that development will not start for a few months yet. Possibly that's because the developers are uncertain whether they are Bovis Homes or Vistry, with VHE as the latest suggestion. Apparently the show home will be the house nearest to Hall Road; construction will then be broadly anti-clockwise, and is expected to take 30 months to complete, assuming they ever manage to get started.

In a move of stunning ignorance and stupidity these developers have applied to divert the Public Right of Way which runs through the centre of the site. Delving even further back into planning time, Bovis Homes first applied for development on this site way back in 2013; a key feature was the retention of the PRow in the form of a central green corridor. Over the next three years, three detailed applications were refused on the grounds that they were insufficiently green. Eventually, the developers gave up and started again. A full application which again emphasised the importance of maintaining the central green corridor was agreed in November 2019. They then fiddled about doing nothing in particular until July 2022 when the Section 106 agreement was at last signed. The new application seeks to divert the PRow away from the central green corridor onto the footways adjacent to estate roads around two sides of a block of housing. Essex Highways, extraordinarily, seem inclined to support the proposal. The attitude of Uttlesford District Council is unknown.

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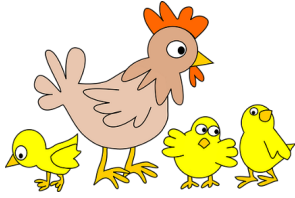
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Entry is £5 (under 1's free) and it really is a fabulous day out for all the family.

We also have our fabulous **woodland campsite**, and you can stay in the woodland area and get back in touch with nature or stay in our camper/caravan paddock where there is lots of space and lovely scenery.



All of these options obviously include entry to the farm where you can meet our lovely animals and all their babies.....what a fabulous holiday and all for just £25 a night AND on your doorstep! Please book through our website, thank you.

The holidays might be coming to an end, but the fun doesn't have to! There really is so much to do and see at the farm and our animals just love seeing you all, so do be sure to come and see us.

We **always** need help in so many ways, particularly when there is **so** much to do. So if you have a little time to spare, **please** get in touch, we would **love** to hear from you. Please contact ☎ 07747 787973 or take a look at our website 🌐 www.daisymaysfarm.org to find out more. Thank you so much.



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NEIGHBOURHOOD WATCH

By Frances Lambert ✉ franceslambertnhw@btinternet.com



In March 2022, the retained PCSO we had for the village was stopped by the Parish Council and they started to look for a Special Constable for the village. I have asked for your help, as the Parish Council are still trying to recruit a Special Constable. Unfortunately, eighteen months later, we have not had any response, or any enquiries about the job.

A retained PCSO, as we had previously, costs the Parish Council money to retain but we are assured of a set amount of time every week, whereas the Special Constable is paid just for the agreed time that they will be on patrol in our village. A PCSO is already available should we decide to go back to this type of cover for the village, whereas we still have to find a person to volunteer to train, for a minimum of eighteen months, to become our Special Constable.

Or we could ask the Parish Council to reinstate our PCSO, if possible, until a Special has been found and trained.

The Parish Council has a set budget for the year and had not calculated for extra funding for a PCSO for the remaining part of the year. Therefore, they may decide that if we want our PCSO back we will need to wait until the next budget year begins (unless funding can be found in the meantime).

It is always good to ask the views of the residents, and I will be putting this question on the agenda for our Parish Council meeting on 4 September. I would appreciate it if you could drop me a quick email as to your preference, PCSO or Special? All replies and names will be confidential.



Please text or email with your thoughts. Thank you for your help

If you have any information regarding incidents contact Essex Police on ☎ 101 or Crimestoppers anonymously on ☎ 0800 555 111.

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ELSENHAM COMMUNITY SPEED WATCH

By Frances Lambert ✉ franceslambert1964@mail.com



Community Speedwatch has been in the village for sixteen years, and when I joined (when it started), procedures for reporting the speeding vehicles to the police were very different. After each roadside monitoring session, we had to fill in a log sheet and then send it by post to the Community Speed Watch centre, where everything was checked before a letter was sent out to the vehicle owner.

Speedwatch, like the times, has moved on, and our reports can now be filled in on line and emailed directly to the Speedwatch reporting centre. When we started, we had fourteen volunteers but our numbers have greatly dwindled, but the traffic and speeds have increased.

Elsenham is on one of the main routes to Stansted Airport and workers always seem to leave it late to get there, and in a hurry to get home at the end of their day. At these times twenty plus cars an hour can be exceeding the speed limit of 30mph, and a great many of these are in the 40+ and 50+ speed bracket.

Our calibrated laser device is a SL700 as used by the police and is able to put a red laser dot on the car we choose to check, so a line of cars can be individually checked, either coming towards us or going away from us. This also means a car at the back of a line of cars, racing to catch up the others can be individually checked. Before we start, we go through a check list on the SL700 and one of these includes checking the distance from where we are standing at Isabel Drive to the 30mph sign at the start of the village on the Stansted Road. When a speed is recorded it also shows the distance, so we know if the car is within the speed limit. Our device also has a + or a – beside the recorded speed so this indicates if it was coming towards us or going away from us.

We do need more people to just give us an hour or two a month to help us, and full training is given by the police. If you are interested, please contact me and arrange to come out by the roadside and see how it works before you make a decision. You decide when you can go out, there is no rota or weekly commitment, we are just pleased for any help you can give us.



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ELSENHAM VILLAGE HISTORY SOCIETY

By Mike Rea, Secretary ☎ 813634 ✉ evhs12@hotmail.co.uk
🌐 www.elsenham-history.co.uk



By now you will all be aware that permission has been given to build 130 new houses on the field opposite the Crown Inn, known as The Croake. Looking at the bumps and hollows of the field as the land falls away to Stansted Brook, it has often been thought that there might well be a lot of interesting archaeology beneath the surface but alas, there has never been an opportunity to test the theory.

An archaeological survey in connection with the development on the West side of Hall Road found much first century Roman pottery, including hypocaust tiles that suggested a possible high-end villa. The finding also of an earlier ring ditch and the remains of a bone or horn drainage system suggested a possible prehistoric settlement. Evidence of a possibly prehistoric barrow was discovered but this was considered problematic as there were no signs of burials in the vicinity.

Less problematic were the building footings that were uncovered by the road and close to Stansted Brook. This find excited some interest as there was no living memory of any structures at this location. A look at these foundations showed them to be quite substantial and first thoughts, given their position, were that they may be the remains of an old mill.

Examination of the 1840 Tithe Map, however, showed a group of barns to the South of the old vicarage. These were arranged around a central courtyard and, as they do not appear in the first edition OS Map of 1875, they must have been demolished by this time. Looking at sales documents from when the vicarage was sold in 1856 tells us that, by then, the land occupied by the barns was meadow. This indicates that the barns were removed sometime between 1840 and 1856. It is likely therefore that the mystery footings belong to these long-gone barns. Archaeologists from University College London examined the brickwork and dated it to circa 1700 so it is now fairly certain that the footings found are the remains of the barns and a yard, occupied and owned by the Rev. Thomas Canning, vicar of Elsenham 1818 to 1855.

As you read this, our meeting on 13th September (8pm in the Memorial Hall) will be imminent. Our speaker is John Rhodes, who has written a book about Sir Walter Gilbey and some of his works in Bishop's Stortford. We know a lot about what he did for Elsenham, but this is your opportunity to discover the good that Sir Walter did elsewhere.

Do come along for an interesting evening. Visitors are always welcome for a very modest £2 and membership costs just £5 for a full year's meetings.

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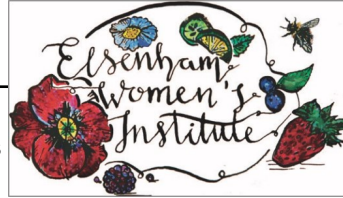
Ever felt sad, overwhelmed, lost or just not quite right? Most people at some point in their lives have felt so overwhelmed that they find it impossible to see a way out of a situation.

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ELSENHAM WOMEN'S INSTITUTE

By Gill Hathaway ☎ 813385



There has been such a lot going on at Elsenham WI: our meeting, "Ladies Who Lunch", a trip to Stow Maries aerodrome, our garden party and Bookworms. Phew!

Our last meeting was an open meeting and we welcomed many guests to a wine tasting and talk from Platon of Four Acres Estate Wine & Cider Company, based in Much Hadham. The talk and the wine (especially the wine) were very well received and duly awarded the Elsenham WI seal of approval. Ladies Who Lunch had a lunch at Stansted Golf World – good food and great company. Our Bookworms also stayed local and discussed 'The Nightingale' by Kristin Hannah (well worth a read) at The Crown where we had a lovely meal and possibly the best book discussion to date.

The highlight of our month was our garden party, this year hosted by the wonderful Penny Lee. The very erratic weather was extremely kind to us (apart from a five minute downpour, which required an emergency tumble drying of our tablecloths) and we enjoyed wonderful company and a laden buffet. Thank you, Penny, for the use of your beautiful garden.



In early August, a former member and resident of the village, Mary Lobeck, achieved the wonderful milestone of turning 100. A card and flowers were delivered on behalf of our members and, knowing Mary as we do, I am sure it will have been greatly welcomed, along with her card from the King.

Our next meeting is our Members Day event. This is an annual occurrence when the members, under the direction of Lynda Bowcock and Lynda Jolly, take over the arranging and running of a meeting, giving the committee a well-earned month off. This year the meeting is on Thursday 21 September at 7:45pm.

We have a wonderful programme of events this year. It is a really good way to meet new friends and, while we are very proud to be steeped in Jam and Jerusalem traditions, Elsenham WI is so much more than that and we are always happy to dispel any stereotypes associated with the WI. Why not come along (or come back)? Visitors and new members are always welcome, and you can join at any time throughout the year.

Details of our programme, events and activities can be found on Facebook, Twitter and Instagram – search for Elsenham WI. Visitors are welcome to our monthly meetings so please come along. We meet at 7.45pm on the third Thursday in the month in the Memorial Hall.

Elsenham WI – There's a lot going on!



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WHY WE DO IT

Having a Coffee Morning is the perfect chance to catch up over a cuppa and a slice of something delicious for a great cause.

One in two of us will face cancer, and the money we raise at our Coffee Mornings will help us make sure no one has to face it alone.

£27 raised by us can pay for a Macmillan nurse to spend an hour with someone who has just been told they have cancer.

The money raised will help fund the valuable Macmillan services and professionals who ensure no one with cancer has to face the fight alone.

Please join us on our big day (Friday 29 September from 9.30 to 11.30am) at the Elsenham Bowls Club, by the playing field, CM22 6BY and please help support us in anyway you can, either by joining us on the day, or by baking a cake or by donating tombola prizes or by making a financial donation. It will all help make a difference to the Macmillan Cancer Support Charity, but whatever you do, PLEASE DON'T FORGET – thank you.

Please contact Elaine on 07962 586825 or email me on elaine.terry2011@btinternet.com and let me know how you can help.



VILLAGE CAFE

By Sue Waite

A big thank you to all the people who support us each week at our coffee mornings which are proving to be very successful. It's so good listening to you chatting and laughing together and we know that lasting friendships are being made. As you know we have our coffee morning alternate weeks in the Memorial Hall and bowls club.

Due to our continued success, we have decided that from September we will be using the Memorial Hall only. We thank the bowls club for all the support it has given us and hope that members will still join us for coffee in the Memorial Hall.

Brenda Davidson is one of our volunteers helping us to run the coffee mornings – she is currently unwell, and we would like to send her our best wishes for a speedy recovery and look forward to having her back with us.

Please come along and join us, you can be sure of a warm and friendly welcome.

Are you missing out?

It is estimated that UK households are missing out on £15 billion a year of means-tested benefits. Even if you feel you can manage, you have a right to claim your benefit entitlements; sometimes claiming can also help you to access other support. You can check quickly and easily, using an online benefit calculator such as the one on the UDC website:

<https://www.uttlesford.gov.uk/article/5078/Online-Benefit-Calculators>

If you don't have internet access, or need a little extra help, call our friendly advisers on 01799 618840 and they will carry out a benefit check for you.

Are you off-grid? Homes not connected to the gas grid may be eligible for a £200 Alternative Fuels Payment. If you have an electricity supplier, check your bank or energy account to see if you received the payment in February. If you are on a prepayment meter, vouchers should have been sent by text, email or post. If you don't have an electricity supplier or have not received the payment, you can apply now. **But don't delay! Applications close 31st May.**

<https://www.gov.uk/apply-alternative-fuel-bill-support-if-not-automatic>

Low-cost broadband Ofcom figures show that just 5% of eligible families have signed up for 'Social Tariffs', discounted packages for households on Universal Credit or other types of financial support. These offer superfast speeds for as little as £12 a month. For more information go to

<https://www.uswitch.com/broadband/guides/broadband-deals-for-low-income-families/>

Healthy start vouchers Half of the eligible families in Uttlesford are missing out on vouchers for milk, vitamins and healthy food. These may be available to you if you are on a low income and are pregnant or have a child under the age of four. Speak to your midwife or health visitor or go to

<https://www.healthystart.nhs.uk/>

Discounted Travel If you have been claiming some income-related benefits for three months, you may be entitled to a **Jobcentre Plus Travel Discount Card**, which can cut the cost of rail and bus fares by up to 50%. Ask at your local Jobcentre Plus.

Help with energy costs or grants to reduce the amount of energy you use are available if you are struggling to pay your bills. Contact our warm homes team for more information 01799 618858 warmhomes@uttlesfordca.org.uk

Uttlesford Citizens Advice
Barnards Yard, Saffron Walden CB11 4EB
01799 618840
help@uttlesfordca.org.uk www.uttlesfordca.org.uk



AUBREY BUXTON NATURE RESERVE

By John Welham, Warden ✉ communications@essexwt.org.uk



The wet weather of late July and early August encouraged lush vegetation growth in the reserve with nettle and bramble in particular doing its best to reclaim the visitor paths. Whilst keeping the paths clear I am conscious that the nettles are a top food plant for the larva of many moths and butterflies while the bramble flowers are an important nectar source for many moths, butterflies, bees and other insects. As I write this in early August there are Red Admiral, Peacock, Comma and Gatekeeper butterflies on the bramble flowers. I've had a report of Purple Emperor in the reserve this summer (although I haven't seen one myself) so keep a look out for this spectacular butterfly. We are always interested in hearing about what you have seen at the reserve so do send in your sightings to the email address above.

I have been asked why we ask visitors to clear up and remove their dog poo. Dog poo isn't just unpleasant to step on, it also adds unwanted nutrients to the soil. This can be disastrous for rare plants that are adapted to low nutrient levels. As the soil nutrients increase these plants are crowded out by nutrient-loving plants like nettles.

In September the volunteer work parties will cut the meadow areas. Whilst this looks destructive, the vegetation is only removed once the seeds have had the chance to fall to earth. The objective is to maintain the meadows for a wide variety of flowers and plants and to prevent certain species becoming overly dominant. This in turn benefits a wider range of insect species and it creates a superior base for the food chain.

From The Parish Registers

Funeral:

A Service of Thanksgiving on 13th July 2023 at Henham Church, followed by a burial, George Frank Burton, formerly of De Mandeville Road, Elsenham.

Burial of Ashes:

On 19th July 2023 at Elsenham Churchyard, June Amelia Goward.

On 15th August 2023 at Henham Churchyard, June Elizabeth Fayers.

On 17th August 2023 at Elsenham Churchyard, Rose Marie Wright.

| | | |
|-----------------|--|-------------------|
| Vicar | 01279 850480 louis.wilson@heuchurch.co.uk | Rev. Louis Wilson |
| Church Office | 01279 814285 | Anna Hicks |
| Church e-mail | office@heuchurch.co.uk | |
| Church web-site | www.heuchurch.co.uk | |

Enquiries about thanksgivings, baptisms, weddings and funerals should be made in the first instance to Anna Hicks at the Church Office 01279 814285.

ST MARY'S CHURCH ELSENHAM
Office@heuchurch.co.uk

Thought For The Month by *Louis Wilson*

At 6 pm on Sunday 10 September 2023, Rob Munro, the Bishop of Ebbsfleet will be holding a confirmation service for us at Henham Church. It will in fact be the last service in the church building for some time, as the long-awaited refurbishment work will begin the next day. I do hope that as many as possible will feel able to be there to enjoy the occasion and support our candidates.

In preparation for that service, we've been looking at what the Lord Jesus says a Christian is using a very simple jigsaw puzzle. It only has five pieces (all beginning with B): *believing, belonging, behaving, baptism and born again* - but the challenge is not to put the pieces together, it's to make sure that we're holding all five.

For example, many of us were baptised as children. But if you stop there, you're not getting the full picture of what Jesus says a Christian is.

You can be baptised and have beliefs, but you've got to have all five pieces to be what Jesus would call a real, authentic Christian – with all the benefits that go with that. Unfortunately, many people's experiences of the Christian life stop disappointingly short because they just haven't grasped the benefits.

A few years ago, my family and I stayed in a beautiful cottage on the Kent Sussex border. It was a wonderful place to stay, but to enjoy it fully you needed to know about the benefits. five minutes' walk from the cottage, was the Oasts Christian Centre and if you were staying at the cottage, you had unlimited access to the Oasts' indoor heated swimming pool and the tennis court.

Imagine coming home from the cottage without enjoying those benefits because you didn't know about them. It's like that with every part of the Christian life. If we don't listen to what Jesus says, we'll miss out on many of the benefits.

There's no particular order for these five jigsaw pieces – they're all important – what matters is holding all of them.

When it comes to *believing*, we need to know who Jesus is – not just a good man but God himself come to earth personally. We need to know why Jesus came: not just to show us God but to rescue us from the judgment our sin deserves. His death pays the penalty for our sin so that we can be forgiven and our relationship with God repaired.

Finally, we need to know what Jesus commands: repent and believe. On the cross, Jesus has done everything necessary for us to be reconciled to God. Everything. But we must respond with repentance otherwise that relationship remains broken. Repentance is simply believing something enough to do it: to climb off the fence and trust this man with my life.

I do hope that you can join us on 10 September. After that, there will be no morning service in Henham until the building work is finished, but our Sunday evening service (with the usual groups) will continue every week at 6 pm in OSCA.

Louis

Elsenham Eagles

Elsenham Action Group for Local Environmental Sustainability

✉ elsenhams.action@btinternet.com

Can I Recycle This?

We wanted to follow up on our EAGLES stand at the Fete with some “cut out and keep” information on our recycling options in Elsenham.

The centre page map is intended to be removed and kept somewhere handy for reference, maybe near your recycling bins, for the next time you're faced with the common “can I recycle this?” question.

We've also included an up-to-date list of what you can put in each bin at home and what you can recycle around the village.

But wait, there's more. Next time, we're hoping to share where all this recycling goes, how it is processed and what happens downstream.

Did you know that there's also an excellent “Can I recycle it” tool on the Uttlesford website?:

www.uttlesford.gov.uk/recycle-it

***Tip for a less-plastic (and cheaper) life:
Re-use bread and cereal bags as
sandwich or freezer bags.***



RECYCLING IN ELSENHAM



1 CLOTHING, SHOES, BELTS & BAGS
At entrance to the Playing Field, Leigh Drive
Raising funds to support Touchpoint
(Put items in a bag, please)

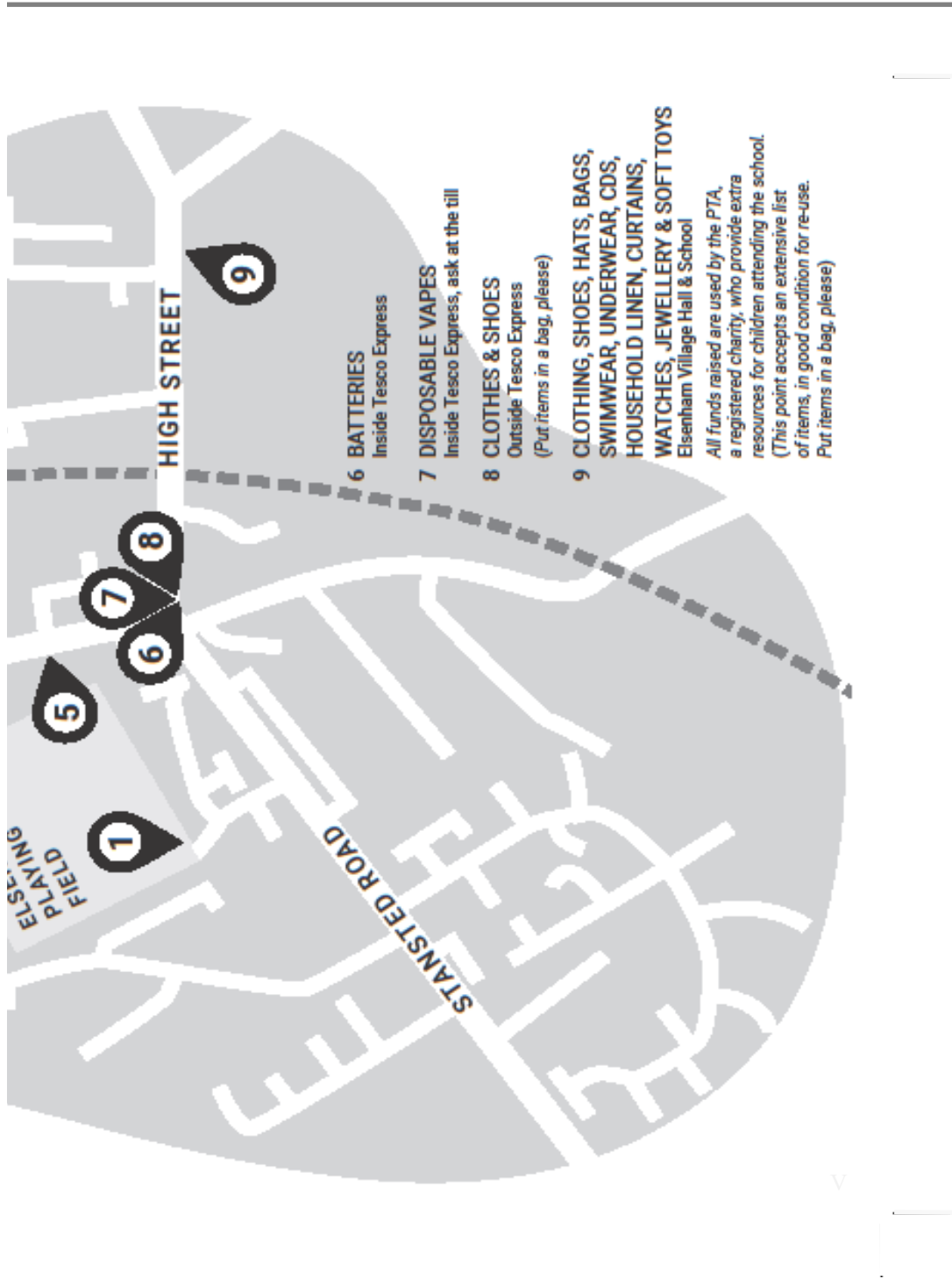
2 BRAS
No.1 Rödley Gardens
Raising funds to support St Clare Hospice

3 CRISP PACKETS
Orwell House, Station Road
Raising funds to support the Homeless Shelter
at Holy Trinity Church in Bishop's Stortford
(Flatten packets, please)

4 TOOTH BRUSHES & TUBES etc
Orwell House, Station Road
Raising funds to support Essex & Herts
Air Ambulance

5 TOILETRIES & COSMETICS
Oak Lodge, Station Road
Fighting hygiene poverty
(Unopened products only, please)





Elsenham Eagles

Elsenham Action Group for Local Environmental Sustainability

✉ elsenham.action@btinternet.com

What goes in the **Green Recycling Bin**? □

Cardboard

All cardboard boxes (inc. food packaging)
Cereal boxes
Corrugated card
Egg boxes
Greetings cards
Greyboard
Tissue boxes
Juice cartons
Liquid food cartons
Milk cartons
Tetrapak cartons

Paper

Books / Catalogues
Brochures / Junk mail
Envelopes (inc. windows)
Kitchen paper/tissues
Magazines & Newspapers
Office paper (white & coloured)
Paper packaging
Shredded paper
Wrapping paper
Yellow Pages & Directories

Metal cans and tins

Aluminium takeaway containers
Biscuit & sweet tins
Drinks cans
Foil
Food tins (including pet food)
Tin lids

Plastic

Plastic carrier bags
Plastic sacks (not black)
All plastic bottles
Bottle tops
Cleaning product bottles
Fabric conditioner & cleansing product bottles
Milk bottles
Shampoo & other toiletry bottles
Soft drink bottles
Ice cream containers
Margarine/butter tubs
Meat trays
Party platters
Plastic cups
Plastic sandwich packs
Plastic takeaway containers
Plastic tubs
Ready meal food trays
Yoghurt pots
CD and DVD cases

Glass

All glass bottles and jars
Beer/spirit/wine bottles
Baby food jars
Cook-in sauce jars
Jam jars
Perfume bottles



CHURCH EVENTS IN OUR VILLAGES SEPTEMBER 2023

Church Services

Sunday 3rd September

10:15 All Together All Age Service,
Elsenham Village Hall

18:00 Sunday@6, Henham Church

Sunday 10th September

08:45 Prayer Book Holy Communion,
Elsenham Church

10:00 Morning Service, Ugley Church

10:15 Holy Communion,
Elsenham Village Hall

11:15 Morning Service,
Henham Church

18:00 Confirmation Service,
Henham Church
With Bishop Dr Rob Munro

Sunday 17th September

08:45 Prayer Book Morning Prayer,
Elsenham Church

10:00 Prayer Book Communion,
Ugley Church

10:15 Morning Service,
Elsenham Village Hall

18:00 Sunday@6, OSCA, Henham

Sunday 24th September

08:45 Prayer Book Morning Prayer,
Elsenham Church

10:00 Morning Service, Ugley Church

10:15 Morning Service,
Elsenham Village Hall

18:00 Sunday@6, OSCA, Henham

Events

Ladies' Harvest Pudding Evening
Thu 21st September, 7.30 for 8pm,
OSCA, Henham. Puddings, cheese,
wine, crafts & chat. And hear about an
unusual harvest! Book your place via
events@heuchurch.co.uk

NB Henham church will be closed for
building works after 10th September
with the 6pm service @ OSCA. Regular
services continue at our other churches.

Other Regular Events

SUNDAYS:

St Peter's Junior Church

St Peter's, Ugley 10.00am

Sundays: 10th, 17th & 24th

Elsenham Sunday Club/Explorers

(Y1-Y6) Old Frank's, Elsenham

10.15am Sundays: 10th, 17th & 24th

Henham Sunday Club/Explorers

(Reception-Y5) Church Hall, Henham

11.00am Sundays: 10th

Pathfinders (Y6-Y9)

OSCA, Henham 6.00pm - leave from

service to meet in The Church Hall,

Henham. Sundays: 17th & 24th

Crammin' (Y10-Y13)

OSCA, Henham 6.00pm followed by

7.00pm at OSCA Library, Henham

Sundays: 17th & 24th

MID-WEEK AND SATURDAY:

Start the Week with Prayer

Church Hall, Henham 9.30am

Mondays: 4th, 11th, 18th & 25th

Seekers After School Bible Club

(Y3-Y4) Old Frank's 3.15pm

Mondays: 18th & 25th

Christian Play (Y1-Y2)

Rowan House, Elsenham 3.15pm

Tuesdays: 12th, 19th & 26th

Little Fishes Pre-School Group

Church Hall, Henham 10.15am

Thursday: 7th, 14th, 21st & 28th

Little Fishes Pre-School Group

Elsenham Memorial Hall 10.00am

Fridays: 8th, 15th, 22nd & 29th

Church Lunch Club

Elsenham Memorial Hall 12.30pm

Fridays: (2nd & 4th Friday of the month):
8th & 22nd

Afternoon Tea

OSCA, Henham 2.00pm

Saturday: 16th

ELSENHAM FLOWER SHOW SOCIETY (2023)

A very big 'Thank You' to everyone who took part in, and attended the Village Flower Show. Below is the list of all of the trophy winners.



Individual Classes

| | | |
|-----|-----------------------------------|--------------------|
| 1. | Boughton Trophy | Alex Lucas |
| 2. | Walker Cup | Sue Coleman |
| 8. | John Claydon Memorial Cup | Sue Johnson |
| 9. | EFSS Sweet Pea Cup | Jean Woollvin |
| 16. | Claydon Bowl | Alex Lucas |
| 17. | St. Mary's Church Shield | Julie Hardy |
| 18. | Elsenham Old Folks Club Rose Bowl | Gloria Eatson |
| 19. | Johnson Cup | Gloria Eatson |
| 20. | Newland Salver | Jean Woollvin |
| 25. | Beeston Cup | Leia Nottage |
| 26. | EFSS Top Vase | Jean Woollvin |
| 49. | EFSS Heaviest Marrow Cup | Richard Haggerwood |
| 50. | EFSS Heaviest Onion Cup | Richard Haggerwood |
| 58. | EFSS Top Tray | Peter Cranfield |
| 67. | George Sandford Cup | Lynda Jolly |
| 68. | Freda Powell Trophy | No winner |
| 76. | Budden Trophy | Julie Hardy |
| 78. | Hackett Shield | Gloria Eatson |
| 80. | Gladys Hudson Memorial Cup | Gill Hathaway |
| 82. | Shirley Scutt Shield | Anne White |
| 85. | Hilda Collett Memorial Cup | Joanne Lushey |

Section Trophies

| | |
|--|---------------------------|
| Oldacre Landscaping Cup | Alex Lucas |
| Chapel End Nursery Cup | Alex Lucas |
| George Powell Trophy | Peter Cranfield |
| Moat Farm Perpetual Cup | Peter Cranfield |
| Options Trophy | Steve Hardy |
| EFSS Produce Cup | Barbara Pether |
| Elsenham WI Centenary Trophy | Sue Coleman |
| Super Cook Cup | Barbara Pether |
| Jubilee Cup | Gloria Eatson/Julie Hardy |
| Woollvin Cup | Gill Hathaway/Anne White |
| EFSS Photographic Cup | Steve Hardy/Chris Waite |
| Margaret Hockley Memorial Cup | Leia Nottage |
| Richards Salver | Sue Coleman |
| Elsenham Parish Council Shield (overall Show winner) | Alex Lucas |

Children's Classes

| | | |
|-----|---------------------------------|--------------|
| 25. | Flowers – A Posy in a Jar | Leia Nottage |
| 57. | Vegetables – A Vegetable Family | No winner |
| 75. | Baking – 3 Pieces of Rocky Road | No winner |
| 86. | Handicraft – A Decorated Stone | Amber Measor |
| 91. | Photography – 'A Bug's Life' | Leia Nottage |

NEWS FROM STANSTED FIRE STATION

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✉ stanstead.oc@essex-fire.gov.uk



We hope everyone hasn't been too disappointed with the wet July and August we have experienced this Summer.

June however did see our station off-road vehicle mobilised to several wildfire incidents due to the dry conditions we were experiencing. This continued at the start of July (image below). However, with the low pressure settled in there has been some respite and the service has not, so far, seen a repeat of the prolonged hot spell of 2022.

The crew at Stansted have been sparing a thought for our colleagues in Europe, however. They have been experiencing incredibly difficult and arduous conditions with the extreme temperatures they are facing. Our thoughts go out to all the personnel involved who are working in these conditions to protect their communities. Our thoughts also go out to their families.

We still do not know if we may have a small hot spell towards the end of the Summer and into September but it is always healthy for the community to be aware of the risks during these potential periods. We always need your help during these conditions, so please see the safety advice link below which is displayed on the Essex County Fire and Rescue Service (ECFRS) website:

[Stay Safe Essex this summer | Essex County Fire and Rescue Service \(essex-fire.gov.uk\)](https://www.essex-fire.gov.uk/stay-safe-essex-this-summer)

Lastly, as always, the crews continue to visit homes and carry out home fire safety visits. These are free to any Essex resident and can be booked on our website (link below). This is a government and ECFRS initiative to get a working smoke alarm in every residential dwelling, so please feel free to get in touch.

[Home Fire Safety \(essex-fire.gov.uk\)](https://www.essex-fire.gov.uk/home-fire-safety)

Stay safe and best wishes from all at Stansted Fire Station



Stansted's off-road crew extinguishing a field fire in Maldon (June)



Stansted's crew attending a large Haystack fire in Sheering (July)

Mat Duxbury



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NATURAL OUTLOOK ON THE START OF AUTUMN

By Heather Salvidge ☎ 814153



September can start with sun or rain, it can get very warm especially in afternoons but also give us mist, fog, and storms and cooler nights. A considerable contrast to the May/ June/ July heatwave of earlier on this summer. So we'll have to see.

Swallows and house martins are still around, though not so much in the centre of the village these days. You are more likely to see them on the fringes or at Tye Green or Hatfield Forest. Then, one day, they are gone. You may, however see more jays as some have come from the Continent for the winter; they will be after hazel nuts, acorns and walnuts – particularly those on the huge walnut tree in one of the long gardens in Station Road where the rooks also take the nuts. The squirrels do so as well and acorns and hazel nuts. Some of these get cached and if not found start a small forest. Our blackbirds are more obvious again as they have been keeping low until their moult is over; their numbers are also increased by Continental immigrants.

I do hope to see either a chiff-chaff or a willow warbler in the garden as either or one of them often drop in on passing. Both are smaller than sparrows and chiff-chaffs have dull greyish pale brown plumage with a white and a black eye stripe and black legs. They fly around the garden flicking their wings and landing on various plants looking for insects. Willow warblers are more greenish yellow with paler underparts, a pale eye stripe and pink/brown legs.

I could also go to the Aubrey Buxton reserve to try and see them there and while there look out for speckled wood and comma butterflies and for the nuthatches around the top pond. I might even join a work party pulling yet more of the Himalayan balsam, an invasive and unwanted plant from Victorian times that is difficult to eradicate - but we try. One village task in September is the late summer cut of the wildflower areas on triangle area on the Playing Field and The Spinney to set them up for next year. If the lesser knapweed and the fleabane are still in flower, they will be left for a bit. The robin is often a help here.

Ivy flowers about now, it has small yellow flowers and on sunny days gets loads of bees, butterflies and hoverflies gorging on nectar and pollen setting up the blackberries for blackbirds and wood pigeons. There is a good stretch in New Road where I look out for discarded white egg shells – about a third the size of a hen's egg - indicating that wood pigeons are having yet another brood. I hope to see hedgehog 'traces' about the village, to prove that they are alive and getting ready for hibernation.

What I do want to manage is a trip to Cavenham Heath to see the stone curlews before they, too, depart for the winter.



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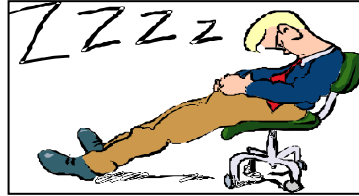
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Memories of “Falling down water.”

My visits to public houses are much less now, however I have noticed many changes. Many of my favourite tipples have gone to be replaced by strange concoctions which appear to have come from abroad. This got me thinking about the drinks I enjoyed and are they still about?

I think “mild” has gone, for many years a pint of mild and bitter was the drink of choice for many. How many remember “Orangeboom,” affectionately known as “Ou Rang a Tang.” I think that must have been one of the first strong, lager beers. That was strange stuff. I recollect it made me get drunk from the FEET UP! You could sit drinking copious quantities of the stuff, especially during hot weather. Feeling perfectly sober, you would stand, sway and sometimes fall over.

What was taken to parties was something really different. Do they still make Watneys Red Barrel, which was sold in large cans. I opened a door and invited in a traveller who I think arrived on a kangaroo. Placing the can on the kitchen table with a cry of “Let’s get this into a glass” he proceeded to open the top of the can. We watched in awe as the fountain of brown liquid rose to the ceiling. He jammed his finger into the hole, this resulted in the escaping stream of beer becoming TWO streams of beer.

I think I remember seeing Double Diamond still being on sale. The only wonder it worked to me was to my digestive system.

One of my memories of the Crown Public House was the three regulars who sat in the window seat every Sunday at dinnertime. They would all drink bitter, and one guy would have a pickled onion in it!

Ray
Franklin

GARDEN HINT *By Sue Johnson*

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Craig Pike



ELSENHAM EAGLES

Elsenham Action Group for Local Environmental Sustainability

✉ elsenhams.action@btinternet.com



On July 17 we held our first meeting, the aim of which was to get to know one another a little and to decide on our first action(s).

There is so much we could do and so many areas we could work on but with limited numbers in the group we decided to start with one action. We chose the very important area of "Recycling". Recycling is important because it helps to conserve natural resources, protect ecosystems and wildlife, save energy and thus reduce carbon emissions. It is also cheaper than waste collection and disposal.

So, some very talented and hard-working members of our group have produced a "Local Recycling" pull-out section in the centre of this magazine. We hope that you find this useful and that you might choose to keep it handy.

There is information on what Uttlesford District Council currently collect in kerb-side recycling. If you have ever wondered if you are recycling items "correctly" (I know I have) then here is the definitive answer!

The more people who join us the more we can do and the less each person needs to do. If you would like to join us, or to keep in touch via our mailing list, please email us at the address above. You can also find us on Facebook. We look forward to hearing from you.

ELSENHAM COMMUNITY CHOIR

By Elaine Terry ☎ 07962 586825

✉ elaine.terry2011@btinternet.com



We have been very busy at Choir lately, challenging ourselves with several new songs, including some from musicals. 'I Will Follow Him' from Sister Act, was so much fun to sing and sounded pretty good too. 'A Million Dreams' from The Greatest Showman is proving more testing, but we are determined to conquer it!

We have also enjoyed mastering Take That's 'Shine' and the old classic, 'Drift Away,' has been an absolute joy to sing. As you can imagine, we are often singing songs that we might previously not have heard, but that makes the challenge even more enjoyable.

If this sounds like something you would enjoy, then why not come and join us on the first and third Tuesday of every month at 7pm until 8.30pm in Elsenham Village Hall (by Elsenham Primary School). We do plenty of singing, but we always have a mid-way break for a chat, a drink, and some chocolate!

There are no auditions at our choir, everyone is welcome, just come along and sing! Please just turn up, find us on our Elsenham Community Choir Facebook page or ☎ 07962 586825



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JULY AT U3A STANSTED

Eileen Quinn ☎ 07874 385541 ✉ stanstedu3a@gmail.com



At the August meeting Tony Earle gave an amusing talk on charity shops. They can be an unerring guide to what is 'out' in fashion but they can still yield lots of interesting 'bits and bobs'.

The August seminar was led by Patrick Parrinder, president of the H G Wells Society, and entitled "H.G. Wells: The Realist and The Dreamer." For the seminar on September 2nd we are looking forward to welcoming Meryl Wingfield, a sustainability leader in a global energy company. The seminar will be held in St John's Church Hall Stansted. The title is "Saving Humanity with a Doughnut."

Meryl will speak on the precarious position of our planet due to climate change and loss of nature caused by human exploitation. In the UK we have more flooding and heatwaves than ever before and we are ranked in the bottom 10% globally for the health of our nature. Doughnut Economics is one proposal to solve this problem. Intrigued?

Tickets are £7 including tea & coffee and can be purchased at the next meeting. Or you can email ✉ stanstedseminars@gmail.com

The Garden Group is planning a visit in September to the Tudor Walled Garden at Cressing Temple and the Antiques and Collectibles Group will take a trip to Halstead Antiques Centre.

At the September 21 monthly meeting we will be welcoming Charley Haylock as our speaker. I am sure many of you will remember how entertaining he can be. He will be talking to us about his role as voice coach to Ralph Fiennes in making the recent film version of John Preston's novelistic account of the 1939 excavations at Sutton Hoo.

The East Anglia U3A has become the first in the country to start a regional interest group. The first to be formed is a Regional Aviation Group. They will meet on Zoom on the 1st Tuesday of the Month from 10 to 11.30am. You can find more details online.

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THE HUNDRED PARISHES SOCIETY

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



Residents living in the countryside of the Hundred Parishes are fortunate that the intrusive sounds of human activities are less when compared to those living within built up areas close to main roads or railway tracks or beneath regular flight paths. Even within our homes our ears are subjected to a cacophony of sounds: TV or radio programmes, ring tones, the hum of machines, barking dogs or noisy neighbours. Rarely are we surrounded by silence!

Appreciating tranquillity is an essential aspect of being in the countryside, where it should be possible to scan attractive views of verdant landscapes or cloudy skies, hear natural sounds and catch glimpses of wildlife without intrusive background noises. Evidence gathered over the past 15 years reveals that tranquillity is not just a pleasurable experience but is essential for human health and wellbeing reducing stress levels and lifting spirits.



In the early 1990s concerns were raised about the harmful levels of intrusive noise in daily lives. The Countryside Commission and the Council for the Protection of Rural England (CPRE) worked together to produce an Intrusion Map which highlighted areas that were most affected by human-induced noises. Since then, research has been undertaken by CPRE and others to develop suitable methodology for measuring noise and evaluate the visual impact of developments on landscapes.



In 2012, tranquillity gained recognition in national planning policy. Now studies are prepared to evaluate Landscape Character Areas and their sensitivity to change, and these are included in the reports prepared for local plans. They must include appropriate mitigation measures to help reduce intrusive noise to acceptable levels.

The Hundred Parishes is 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 has shared a common history which shaped and preserved its distinctive landscape of small and medium-sized farms linked by winding lanes and ancient rights of way to hamlets, villages and then to small market towns. For more information visit www.hundredparishes.org.uk.



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The Hair Loss Clinic is a company set up to provide information, advice, support and above all solutions for people experiencing hair loss. Not only do we provide realistic and workable solutions to those suffering from hair loss but we are also specialists in after and on-going care for hair loss, giving you the very best support. We can help you through your journey from hair loss through to aftercare if your hair grows back. We provide a personalised service and will recommend the course of treatment or other solutions most appropriate to you.

We provide information, support and advice about your hair loss and identify the factors you will need to consider when choosing which solution is suitable for you.

We provide guidance on cutting and styling of your wig or integration piece and advice on what to do when your hair starts growing back.

Monthly Trichologist clinics are held with Eva Proudman, MIT IAT. Eva is widely known both in the UK and Internationally for her work with hair loss. She has appeared on TV many times and supports many major hair companies with her research into hair loss. All consultations are private and last for between 45 minutes and 1 hour; during this time all relevant areas of health, diet, lifestyle, family history, hair care regime will be discussed along with an in depth examination, including the use of a specialist scalp camera to arrive at a diagnosis and treatment plan.

Whatever the cause of your hair loss or the extent of the hair loss, we are here to help you.



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ELSENHAM BOWLS AND SOCIAL CLUB

By Sue Waite



Here we are in September and the bowls season is nearly over. This month we have our internal games and the men's and ladies' leagues will have finished so all the results next month.

One bit of good news for us is that our ladies had some success in a county game called the Albert Crabb. We managed to get to the semi-finals where we missed out in getting to the final by one point. It rained all afternoon and the green at Halstead bowls club was very challenging but we did well and should be proud of our success. A big congratulations to the away team, Sue Waite, Lynda Bowcock, Margaret Spearman and Pauline Martin who travelled far and wide to play their games. Also, many congratulations to the home team, Fiona Jordan, Pam Bradley, Dee Morris and Therese Clear – well done everyone.

Some good news for our social members. Trevor Hackett has been very busy organising some social events starting in January. Elvis Presley (or a good look alike) will be with us at the bowls club on the 13 January – tickets will be £6 each. The Beatles will join us on the 30 March. Neil Diamond will entertain us on the 4 May. There will be a quiz night on the 27 January, 16 March and the 15 June. Make sure you put these dates in your diary and come and join us and help make each evening a whooping success.

More details of these events will follow as well as information about events taking place in the second half of next year. It's going to be a busy time.



Elsenham Tots & Toddlers Group

We meet in the Memorial Hall on Elsenham Playing Field

Wednesdays at 9.45am to 11.30am
(Term Time only - from 13th September)

All are welcome - Mums to be, babies & toddlers up to 5 years - with mum or dad, grandparent or carer
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Then it's £3 per adult & first child,
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ELSENHAM TENNIS CLUB

By Petra Studholme ☎814667



Half-price membership from 1 October 2023 to 31 March 2024

We are offering half-price membership for all our subscriptions, so full membership would be only £35, senior £21.25 and under 18s £8, for example. Other membership packages are also available for couples and the whole family. Please note that you won't see these half-price packages yet on our website, they will come online on 1 October, this is just a pre-announcement for those interested in joining. You will get your own key to access the courts, can book online at your convenience and participate in our club events such as club nights and weekend or morning play sessions. **If you want to find out more about Elsenham Tennis Club, go to our website or find us on Facebook.**

Essex Small Club League matches

Only one match was played: our men's team drew 8:8 at home against Dunmow. It was a tough match for Jon, Steve, Lewis and Henry but we got 8 points, which is what matters, and we are looking forward to the remainder of the season.

Coaching – individual and group sessions

We have individual and group coaching sessions and cardio run by our dedicated and experienced coach Steve. Get in touch with him via email: stevesmith865@hotmail.com or call/text 07790 561 817. Please note that cardio is open to non-members. Cardio is a great way to get or stay fit. Our coach's choice of music is sometimes questionable, but everyone is having fun and is getting a great workout.

Rackets and balls

Steve has high quality rackets, reasonably priced, for you to try before you purchase. He also has Dunlop balls.

Hire our courts – open to non-members

You can hire our courts to play with friends and family for £3 per adult and 50p for under 18s. You can email us or message on Facebook for availability, but please, if possible, give us 24 hours' notice as we need to arrange to open the courts for you.

Weekly Activities

Tuesday evening – 6.30pm cardio tennis (non members welcome)
Tuesday evening – 7.30pm club night
Wednesday morning – 10am casual play
Thursday evening – 6.30pm cardio tennis (non members welcome)
Thursday evening – 7.30pm team practice sessions
Friday morning – 10am casual play
Sunday afternoon – 2pm casual play



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STANSTED HALL & ELSENHAM CRICKET CLUB

By David Brown ☎ 831011 ✉ david1.r.brown@gmail.com



England failed to regain 'The Ashes' but can consider themselves to be a little unlucky in my opinion. All five Test Matches were well contested and could have gone either way but the Australians return down under as World Champions in Test Match cricket and take a replica of 'The Urn' home with them. The good news is that many youngsters have enjoyed the series and more want to play cricket which is very good news for all clubs.

The club's U14s won the West Essex District Cricket Board in a closely fought final against Audley End. 'The Hall' scored 109-9 thanks to an aggressive 30 from Eli Fletcher. Audley End ended up on 107-7 thanks to JJ Petch and Eli Fletcher both taking three wickets. The club's U13s have also reached the final which is due to be played against Dunmow in the near future. The season for the junior section will be rounded off with a two day Cricket Camp and a Presentation Day BBQ and drinks. All in all a thoroughly successful and enjoyable season was had by players and parents.

The senior teams continue to do exceptionally well. The 1st XI is second in the Herts & Essex Border League Premier Division. The team has not lost a match since early June but just cannot catch a very good Matching Green team. The 2nd XI has performed very well all season and are top of Division 3 with promotion only two wins away. A great blend of youngsters guided by some experienced players has worked very well.

The close season will soon be upon us but a golf day, music quiz and general knowledge quiz have already been organised. Indoor nets for both juniors and seniors will be arranged for the winter months.

As ever if you have an interest in cricket and are looking to get involved in a club my details are above. We look forward to hearing from you.

Dinky Dragons, Henham

Henham Dinky Dragons is starting again in September.

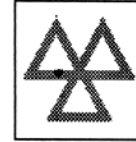
It's a play group for babies and pre-school youngsters during term time only. It will be on Mondays 9.30 to 11am.

It is run by volunteers and is a not for profit arrangement.

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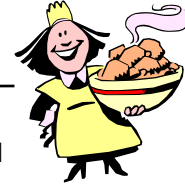
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sandrajturner@hotmail.com

ALL WELCOME



COOKERY CORNER

By Sue Johnson ☎ 812704



Courgettes are as successful as carrots in baking, giving a moist, slightly speckled sponge. This delicious cake is surprisingly light and the orange flavour really comes through: perfect with a cuppa.

COURGETTE & ORANGE CAKE WITH CREAM CHEESE FROSTING

(cuts into 12 slices)

12 oz (350g) courgettes (no need to peel them)
7 oz (200g) soft brown sugar
4 fl oz (125ml) sunflower oil
3 large eggs, beaten
Grated zest one orange
1 teaspoon vanilla extract
4oz (100g) sultanas
11oz (300g) self-raising flour
1 teaspoon baking powder

FOR THE FROSTING:

7oz (200g) full-fat cream cheese
4oz (100g) icing sugar
Good grating orange zest

Lightly oil and line a 1 kg loaf tin with a strip of baking parchment. Finely grate the courgettes; then squeeze out as much liquid as you can with your hands.

Heat the oven to 180°C/160°C fan/Gas Mark 4.

Stir the courgettes with the sugar, sunflower oil, eggs, orange zest, vanilla and sultanas; then fold in the flour and baking powder until they disappear, but don't overmix.

Scrape the mixture into the tin and bake for 50 minutes until a skewer inserted into the cake comes out clean. Remove from the tin and cool on a wire rack.

Meanwhile, beat the cream cheese with the icing sugar (don't overbeat as this can make the mixture too soft), then chill. Spread over the cooled cake, scatter with the zest and chill until ready to serve.

CHEF'S TIPS: Squeezing the moisture out of the courgettes takes time: too much left will make the cake soggy. Ask your guests to guess what the main ingredient of the cake is!

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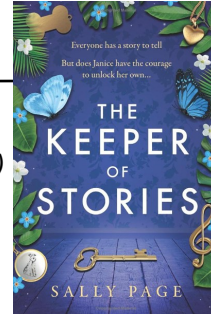
Communications  

For more details contact Louise Johnson  louise.epc@gmail.com

NO PREVIOUS EXPERIENCE NECESSARY

Closing date 11 September 2023

THE KEEPER OF STORIES by Sally Page
Reviewed by Marion Giles for Elsenham Book Group



'She can't recall what started her collection. Maybe it was in a fragment of conversation overheard as she cleaned a sink? Before long (as she dusted a sitting room or defrosted a fridge) she noticed people were telling her their stories. Perhaps they always had done, but now it is different, now the stories are reaching out to her and she gathers them to her...'

When Janice starts cleaning for Mrs B – a shrewd and tricky woman in her nineties – she meets someone who wants to hear her story. But Janice is clear: she is the keeper of stories, she doesn't have a story to tell. At least, not one she can share.

Mrs B is no fool and knows there is more to Janice than meets the eye. What is she hiding? After all, doesn't everyone have a story to tell? ...' So says the blurb on the back of the book.

'Absolutely spellbinding...a warm-hearted, thoughtful, funny and yet deeply poignant' Celia Anderson, author of *59 Memory Lane*

The Keeper of Stories was this month's choice for the book group.

Many of us found this to be an easy read, a typical holiday book. It was generally liked, however, we felt it lost something from the middle of the book and events seemed implausible with a cliché ending, which was disappointing.

This novel follows Janice, a married cleaner. Her marriage is not a happy one. She feels estranged from her son and disappointed in her husband and his irresponsible attitude to money, work and other people generally. She begins a tentative relationship with a bus driver, who has stories of his own.

Janice cleans for several clients, all of whom seem to be larger than life characters. She seems to perform a role in all their lives, perhaps more than one would expect from a cleaner, eg baking, cooking, house-sitting and dog walking. She refers to her clients by 'pet names' eg Mrs YeahYeahYeah. She walks their dog, Decius, who becomes a major character in the story, with Janice responding to what she imagines the dog is saying to her. She is asked by her to work for her mother-in-law, Mrs B. An unlikely friendship develops and their lives become quite entwined. Mrs B is a lively character with stories and secrets of her own. She struggles with bereavement, her situation and a destructive relationship with her son who wants to move her out of her home for the money.

Naturally, we have to wait until quite a way through the book before Janice's story emerges. This a story that Janice feels an immense amount of guilt about. However, once told, it paves the way for reconciliation with her sister and a chance to move on.

Published by: One More Chapter

ISBN: 978-0008453510

Editorial Information

Articles

The **last day** for editors to receive articles, advertising and letters, which must contain the author's name and address (which may be withheld), is the 8th of each month.

Articles should ideally consist of a half page of A5 or a full page of A5. Articles over these sizes or letters containing more than 500 words may be edited depending on space.

Copy submitted after the 8th may not be accepted but will, if deemed appropriate, be held over to the next month. We are happy to receive hand written articles which ideally should reach us earlier than the 8th to allow for scanning etc.

Dates for the Diary must include date, event, venue and time.

Please submit all articles, adverts, letters and queries to the editorial team at: elsenhamnews@hotmail.co.uk

General Notes

Whilst every effort is made to ensure that information is correct, the editorial team cannot be held responsible for any inconvenience caused through errors or omissions.

The views expressed within this magazine are not necessarily the views of the editorial team or Elsenham Community Association (ECA).

The editors and the ECA can accept no responsibility for the goods or services advertised in the magazine. Advertisements are included in good faith. The editors reserve the right to allow replies to letters/articles to be made in the same edition when appropriate.

The editors' decision is final.

Wanted/For Sale items: individuals may submit short details of items wanted or for sale etc at no charge. These will be included in the next available issue of the magazine subject to space and acceptance by the editors.

Subscriptions

Elsenham News is available by email (on a pdf) at no charge, or through the post at a cost of £13 per annum. Contact elsenhamnews@hotmail.co.uk

Advertising

The costs are as follows:

| | Single Insertion | Annual Cost (11 issues) |
|--------------|------------------|-------------------------|
| Half Page | £20.00 | £190.00 |
| Quarter Page | £10.00 | £100.00 |
| Inside Page | £50.00 | n/a |
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Village organisations attract reduced rates, £5 for ¼ page. Half and full-page adverts attract full rates.

To place an advertisement:

For any queries, contact Nathalie. Please send your advert as Word or Publisher via email to elsenhamnews@hotmail.co.uk

Advertising Editor: Nathalie Kosorin

Business Advertising

Cheques should be made payable to "Elsenham Community Association".

Editorial Team:
Gary Williams
Emma Bailey
Marion Giles
Patricia Davis
Anne White
Nyaradzo Chabata
Angie Wenlock
David Newland

Previous issues of Elsenham News are available on the ECA Website

UPCOMING EVENTS

Art Exhibition and sale, St Mary's Church October 14 & 15

Elsenham Christmas market, Golf World Stansted November 25

VILLAGE CONTACTS

| | | |
|--|---|------------------------|
| Airport Roadside Parking | | 0800 731 2385 |
| Beavers | 1sthenhamandelsenham@gmail.com | |
| Bowls Club | Jean Platt | 816151 |
| Brownies | elsenhambrownies@gmail.com | |
| Church Office (Old Frank's, High St, Elsenham) | Anna Hicks | 814285 |
| County Councillor (Stansted) | Ray Gooding | 813103 |
| Cricket Club | David Brown | 831011 |
| Cub Scouts | 1sthenhamandelsenham@gmail.com | |
| ECA (Chairman) | Allan Hathaway | 813385 |
| ECA (Secretary) | Moyra Jackson | 647351 |
| ECA Website | www.ElsenhamCommunityAssociation.org.uk | |
| Elsenham Surgery | www.elsenhamsurgery.nhs.uk | 814730 |
| Elsenham C of E Primary School | Linda Todd Headteacher | 813198 |
| Elsenham Church PCC Secretary | David Hill | 812397 |
| Elsenham Rights of Way website | www.e-voice.org.uk/erowos/ | |
| Friends of Elsenham School (FOES) | Louise Judd | foespta@hotmail.com |
| Guides elsenhamguides@gmail.com | Gemma Schafer | 07792 572423 |
| Henham & District Garden Society | Moyra Jackson | 647351 |
| History Society | Mike Rea evhs12@hotmail.co.uk | 813634 |
| Member of Parliament | Kemi Badenoch | 0207 219 5214 |
| Memorial Hall Bookings | Cheryl Rae | 817834 |
| Neighbourhood Watch Co-ordinator | Frances Lambert | 07771 728332 |
| | franceslambertnhw@btinternet.com | |
| Parish Clerk - Louise Johnson | louise.epc@gmail.com | 07456 791727 |
| Elsenham Parish Council Website | www.elsenham-pc.gov.uk | |
| Police | | 101 |
| Post Office | | 812175 |
| Rainbows | elsenhamrainbows@gmail.com | |
| Scouts | 1sthenhamandelsenham@gmail.com | |
| St Mary's Fabric Fund | Elizabeth Barker | 813543 |
| Tennis Club | Petra Studholme | 814667 |
| Tots & Toddlers | Dawn Temple | 07944 841358 |
| Uttlesford District Councillors | Petrina Lees | 816675 |
| (for Elsenham & Henham) | Bianca Donald | 07941 880279 |
| Village Hall Bookings | elsenhamvillagehall@gmail.com | |
| Womens Institute Secretary | Gill Hathaway | 813385 |
| WI | Facebook | |
| Youth Football Club (Chairman) | Ricky Lambourne | info@elsenhamyfc.co.uk |

If you would like your village organisation contact to appear regularly in the magazine, please contact one of the editors, see opposite for details.

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