

SHEERING NEWS

also at www.sheering.org.uk

April 2022

142

The Queen's Platinum Jubilee Celebrations in Sheering

The weekend of the 2nd June to the 5th June will see the UK celebrating 70 years of Queen Elizabeth II's reign. Although the Coronation took place on the 2nd June 1953, Her Majesty ascended the throne on the death of King George VI on 6th February 1952. We are all invited to celebrate this unique occasion as our Queen is the only monarch to have reigned for 70 years. Bank holidays have been set from the 2nd - 5th June 2022 so that national and local celebrations can take place. Across the UK, Town Criers are to proclaim the



beginning of the celebrations on the 2nd June at 2.00 pm. At 9.45 pm, more than 1500 beacons are to be lit, bugles are to sound, bagpipes played, and choirs sing.

There are many celebrations taking place locally, but Sheering is going to step up. A weekend of festivities will take place at Sheering Village Hall, in the Recreation area, at The Cock Public House and at St Mary's Church.

As the lighting of the beacons is to take place on Thursday 2nd June, we have selected Thursday as our main community celebration day. Smaller street parties can be organised on the Sunday when back roads can be closed to traffic.



Thursday's Programme

Sheering Recreation Ground and Village Hall

2.00 pm	Town Crier announcement
2.00 – 10.00	Entertainment for all with DJ + Dancing in the Village Hall (50s Fancy Dress) Bring your own food/drink Stalls including Bring and Buy, Crafts & Food Teas and cake served in the Large Hall by the WI Sale of commemorative mugs designed by Sheering School pupils Art exhibition from residents (art, photography and writing competition see page 14) Children's colouring competition (see centre page) Children's Regal Fancy Dress Competition Large Hall
3.00	Cup Cake Judging
3.30	Picnics/Food stalls on the Recreation Ground
4.00	Song for the Commonwealth Sheering /Church Choir
9.15 pm	Beacon lighting by Irene Harris - Coronation Pageant Queen 1953
9.45 pm	Bugle sounded Eating Queen's Jubilee tarts made by volunteers
10.00 pm	Finish

Weekend events:

Church open 2.00 to 5.00 on Thursday, Saturday and Sunday, and 3.00 to 5.00 on Friday.
Church Room - Exhibition of Sheering Memorabilia; Teas & Cake. 2.00 to 5.00 Thursday, Saturday and Sunday, & 3.00 to 5.00 on Friday.

Please look at noticeboards and social media for updates

Memorabilia - Please give to Jackie Riches 102 Crown Close 01279 734502 by 31st May
If you would like a free stall to sell crafts etc please email paine127@btinternet.com

In This Edition			
Diary	3	Sheering Post Office & Shop Opening Hours	19
St Clare Hospice e-commerce; Friend for Life	4	St Clare Hospice 10k Race	20
Robert Halfon	5	Hunsdon Mead Nature Reserve	21
Letters	6	Harlow Tye Rotary Club Abseil	22
Recycling News	6	St Clare Hospice Wellbeing Hub	22
Solar Together	6	Garage & Shed Security	24
Public Transport Information	7	Essex Record Office Sailing Barge Talk	24
Parish Council Membership	8	Time to Get Walking Again	24
Parish Council News	9	Recycling & Waste	25
Sheering School PTFA; Central Surgery	10	Be a Vocal Local	25
Footpaths Map	11	Reminder to Dog Owners	26
Colours of Hope- Adrienne Tinn	12	COVID Vaccinations	26
St Clare Hospice Open Gardens Appeal	12	Vicar's Reflection	27
Platinum Jubilee Competitions	14	Useful Information	Back Cover
Colouring Competition	15		
Hundred Parishes Society - Walks	16		
Essex Police Dog Watch	16		
Friends of St Mary's	18		



Please let us have letters, articles and photos for the next edition of Sheering News promptly by Friday 1 July 2022.



Pike's Plumbing & Heating



If you're looking for a plumber or heating engineer, Pike's Plumbing & Heating can help.

Whether it's an emergency, simple problem or you're just thinking about installing a new washing machine, bathroom or gas heating system give me a call – I'm available when you need me 24/7.

No Call-Out Charges & Free Quotations

Mobile: **07889 140035**

Email: info@pikesph.co.uk

Web: www.pikesph.co.uk

Craig Pike - Owner

Property Maintenance Heating
Electrics Bathrooms Plumbing



DIARY**APRIL**

Sunday 10 Big Sheering Clean Up. Meet in the Village Hall car park 11.00. Wear protective footwear etc; bring your own equipment if you have some; bags provided

Tuesday 12 WI 7.30 for 7.45 Village Hall

Friday 15 Good Friday, 2.00, Stainer's Crucifixion sung by St Mary's choir and friends

Wednesday 27 Annual Parish Meeting

MAY

Tuesday 10 WI 7.30 for 7.45 Village Hall

Sunday 28 Big Sheering Clean Up. Meet in the Village Hall car park 11.00. Wear protective footwear etc; bring your own equipment if you have some; bags provided

JUNE

Thursday 2 Platinum Jubilee Celebrations 2.00 - 10.00 Sheering Recreation Ground, Village Hall; 2.00 - 5.00 Church and Church Room open

Friday 3, Saturday 4 Sunday 5 Church and Church Room open - see front page

Tuesday 14 WI 7.30 for 7.45 Village Hall

DAILY

Pre-School: Every weekday 8.30-2.30 during term time in the Village Hall. Angie Rivoire 01279 734306

sheeringvillagepreschool.co.uk

WEEKLY

Bridge Club: Thursdays 7.15 in the Village Hall. June Whitbread 01279 651234

Tuesday Teas: 2.30 in the Church Room. All welcome for a cup of tea, cake and a chat

Sheering Choir: Mondays in term time 7.00 - 8.00 in the Village Hall. Free of charge. No audition so just turn up for a fun evening

Yoga: Village Hall Mondays 6.45 - 8.15
Clare 07854 773680

Zumba: Village Hall Tuesdays 6.30 - 7.30
Claire Britten 07854 107021

THREE WEEKLY

Mobile Library Van every third Wednesday, Sheering Lower Road Layby 0845 603 7628
www.essex.gov.uk/libraries

MONTHLY

WI meet on the second Tuesday of the month (except July & August) in the Village Hall at 7.30 for 7.45. You will be made very welcome whether you come along as a visitor or become a member. Irene Harriss 01279 734334

U3A Sawbridgeworth 3.00 on the third Friday of every month. Sawbridgeworth Memorial Hall. Membership Secretary, John Dickenson 01279 722297

CARE ASSISTANT

Care Assistant required for mobile disabled male in Sawbridgeworth, hours and rate of pay to be established.

Responsibilities include:

- **Personal care, household chores** including preparing meals
- **Running errands and going for drives** in mobility vehicle (manual clean driving licence essential)
- **Companionship**
- **Administer medication**

Initially email CV and covering letter to: motoring58@yahoo.com

Please include full contact details, care experience, minimal and maximum hours, days and/or whether available to cover overnight care and currently hold DBS certificate.

Thinking of extending your home?

At Paddan Architectural, Civil & Structural Design, we know it's the little things that count, which is why we apply the same dedicated effort whether you're thinking of a loft conversion or building restoration. Contact us to set up an initial consultation today; we are here to bring your vision to life.

**Project Planning**

From initial design sketches to 3D models. We'll be with you every step of the way to see your vision from concept to full-blown reality.

**Planning Application Drawings**

Drawing production to support Planning and Building Regulation applications using the latest CAD software.

**Site Survey & Structural Calculations**

Whether you're planning your build or halfway through it, we offer independent structural advice and calculations to support your build.

Contact us by email at PaddanACSD@gmail.com, by phone 07875 008625 or visit our website www.PaddanACSD.co.uk

PADDAN
ARCHITECTURAL, CIVIL & STRUCTURAL DESIGN

News from St Clare Hospice's e-commerce team:

Support your local hospice and bag yourself a bargain!

St Clare Hospice has added a new range of donated framed prints to its eBay Store. The vast range includes works from Gustav Klimt, Georgina McMaster and lesser known local artists. There's something there to suit all tastes, so pop along to St Clare Hospice's eBay store to have a browse today! <https://bit.ly/StClareArtStore>

Do you have the digital prowess to spot an online bargain?

St Clare Hospice is in urgent need of anyone with e-commerce experience, or a love of online shopping, to join its team of e-commerce volunteers to help raise vital funds for the Hospice.

St Clare Hospice's shops rely on people's generosity to donate goods for it to sell. The Hospice knows that some of the items donated can get a higher sale price if sold online, which is why the Hospice has e-commerce teams running eBay and Depop shops too.

The Hospice is looking to grow its e-Commerce trading and needs people with an interest and/or skills in online retail who can make a real difference by helping it to grow this vital income



stream.

There are three rewarding e-commerce voluntary roles available.

Visit the Hospice's website to see how you can by donating your time and online shopping expertise: <https://stclarehospice.org.uk/join-our-team/volunteer-with-us/volunteervacancies/>

Give Every Month so St Clare Hospice can be there Every Day

Being a *Friend for Life* and supporting the work of St Clare with a regular gift will help the Hospice continue to offer its round-the-clock care to people in your local community. Your gift will help the Hospice to make plans for the future and continue to grow, with confidence, and reach even more people that desperately need help.

Being a *Friend for Life* is simple to set up and easy to manage – yet will make such a huge difference to so many families. Anything you can afford to commit each month will help St Clare to care for more local people, today, tomorrow and into the future.

Become a *Friend for Life* Today

Sign-up to be a Friend for Life at stclarehospice.org.uk/friendforlife or call St Clare Hospice's Fundraising Team on 01279 773750

FIRST CLASS PRINTING AND FRAMING ...ON YOUR DOORSTEP!

Many of our customers travel miles for such high quality printing and framing services so you'll be pleased to know we're right on **your** doorstep. We offer friendly expert advice to locals and strangers alike and we'd be delighted to be of service.

SHEERING NEWS SPECIAL OFFER

20% DISCOUNT VOUCHER

For use against your first order as a new Menor customer

To receive your voucher visit www.menor.co.uk/sheering-offer
Not online? Simply bring this advert along to claim discount.



Menor Ltd, The Mallings, Sawbridgeworth (easy car parking for locals)

PHONE: 01279 726214

www.menor.co.uk

GM



Decorating
Solutions



Commercial & Residential

- ◆ Internal & External Redecoration
- ◆ Kitchen & Furniture Spray Painting
- ◆ Airless Spraying
- ◆ Tape & Jointing
- ◆ Window Repair Service

Please contact for a free consultation & more details

www.gmdecoratingsolutions.com

07977 775 672

gmdecor8@yahoo.co.uk

Find us on Facebook or Instagram

Dear Sheering residents,

The last month in Parliament has been dominated by the truly heartbreaking situation in Ukraine. I have been overwhelmed by the number of constituents who have made generous offers of support for the people of Ukraine - a true testament to the goodwill of the people of Harlow and the villages.

I have also been helping a remarkable family, who were stuck in Ukraine, to get back to Essex, which has drawn sharp attention to the true atrocities unfolding.

Since I entered Parliament in 2010, I have successfully campaigned for a fuel duty freeze, which has now been in place for 12 years - saving you £15 every time you fill up. However, the prices at the pumps are at a record high and it is fast becoming unaffordable for motorists, with the average family paying £16 more to fill their tanks compared to this time last year. That's why I have been ramping up my calls on the Chancellor to cut fuel duty or VAT on fuel and ease the burden on motorists. I am also campaigning to establish a Pumpwatch monitor to ensure that when wholesale oil prices fall, this saving is passed back to motorists with a fall in prices at the pump.

I further welcome the broader measures to cut

the cost of living. The National Living Wage has risen again and the Universal Credit Taper Rate has been reduced by 8%, meaning those in receipt are £1000 better off this year. I've also voted for a state pension rise of either 2.5% or by the same rate as inflation - whichever is higher.

I also continue to call for further strengthening of the NHS nationally and in the local area and I welcome the news that over 190 nurses and 60 doctors are now working at the Princess Alexandra Hospital compared to 2019. I am also looking forward to sharing more updates with you over the coming months in relation to the new building at PAH.

I remain in regular contact with dozens of Sheering residents about local issues, including speeding and planning matters, and will continue to work with you to ensure these matters are resolved as quickly as possible.

As always, you can keep in touch with me via Facebook and Twitter (@halfon4harlowmp) or by emailing halfon4harlow@roberthalfon.com I will continue to work hard for Sheering to deliver the pledges I made to you.

With all good wishes,

Robert



**Robert
HALFON** Working Hard
for Sheering

Get in touch -
halfon4harlow@roberthalfon.com | 01279 311451
roberthalfon.com | facebook.com/roberthalfon

Promoted by Simon Carter on behalf of Harlow Conservatives, all of the Kao Hockham Building, Edinburgh Way, Harlow, Essex, CM20 2NQ

Letters



Dear Editor

Having seen Irene Harriss' letter in the December issue of *Sheering News* asking 'what is happening about Sheering Village Hall?', I am prompted to ask, what is happening about Lower Sheering Village Hall?

The monies owing from the developers of Bickerton Court and The Railway have been collected, long since. That money is for the provision of somewhere for the residents of Lower Sheering to meet, form clubs etc.

As yet nothing!

I feel that we, the residents of Lower Sheering, are the forgotten few. I have been a Lower Sheering resident for twenty years now and have seen the interest in this slowly disappear.

Dare I ask...when will we see some action on this?

Gillian Schaff
Sheering Lower Road

Recycling News
Book your slot to visit a recycling centre in a van



If you want to visit an Essex recycling centre in a van (including pick-up trucks and any vehicle towing a trailer with more than one axle), from 28 February 2022 you will need to book a slot in advance. Please remember, recycling centres only accept household waste.

There is no charge to book, but you need to make a booking each time you visit. When making the booking, you will be able to select the recycling centre you wish to visit. Once you have chosen your recycling centre, a calendar will appear displaying the time slots. Fully booked slots will be greyed out, and available slots will be green.

You can also view the capacity of each slot in the bottom right-hand corner of the time slot so you can see how busy each slot is.
loveessex.org

Harlow Recycling Centre
Opening hours

16 October to end of February
9.00 to 4.00 every day
1 March to 15 October
9.00 to 5.00 every day
Christmas Eve and New Year's Eve closed from 1.00
Christmas Day, Boxing Day and New Year's Day closed all day

Can you compost tea bags?

Many brands of tea bags contain plastic so only the leaves of the tea should be composted at home. Open up your tea bags first, use the leaves on the compost and dispose of the bag.



Many others can be industrially composted with your food waste.

Find out if your favourite cuppa contains plastic with an article from Moral Fibres, and also how to correctly dispose of the bags.

Or why not go for loose-leaf tea and reduce the packaging entirely?

moralfibres.co.uk/the-teabags-without-plastic

Power your home with clean energy

Solar Together is an Essex County Council



scheme that helps buyers through the process of purchasing high-quality solar panels, offering lower prices than the open market and pairing up residents with trusted suppliers. Solar Together Essex helps residents to save money on both installation and future energy bills
solartogether.co.uk

DANIEL ROBINSON & SONS

Independent Family Funeral Directors & Monumental Masons

Est 1892

Always here when you need us...

- Arrangements in the comfort of your own home, if preferred
- Private Chapels of Rest
- Pre-paid funeral planning services
- Traditional & contemporary funerals to suit your wishes



79/81 South Street
BISHOP'S STORTFORD
01279 655477

3 Bullfields
SAWBRIDGEWORTH
01279 722476

Wych Elm
HARLOW
01279 426990

enquiries@drobinson.co.uk
www.drobinson.co.uk



novuscare

Care in the Heart of your Own Home

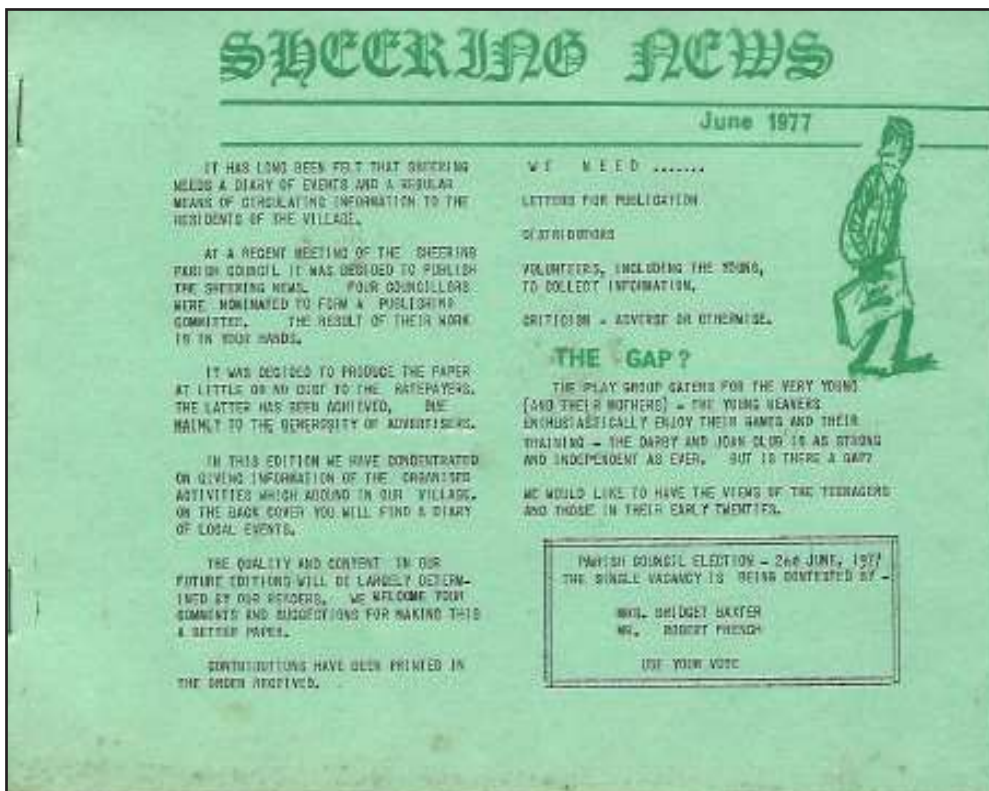
If you are looking for extra care and support for a loved one in Essex then our local carers can help.

Novus Care is regulated by the Care Quality Commission and can provide a qualified, experienced carer to support your loved one in the comfort of their own home from just 30 mins per week to full-time live in care.

For more information or to arrange a free assessment, please contact the Novus Care Team on:
T: 01268 960285 | E: hello@novus-care.com | W: novus-care.com

Platinum Jubilee Exhibition of Memorabilia

Amongst the photographs and metal detectorist finds and other memorabilia on display there will be all the copies of *Sheering News* going back to the very first one shown below. They make fascinating reading!



SHEERING NEWS
June 1977

IT HAS LONG BEEN FELT THAT SHEERING NEEDS A DIARY OF EVENTS AND A REGULAR MEANS OF CIRCULATING INFORMATION TO THE RESIDENTS OF THE VILLAGE.

AT A RECENT MEETING OF THE SHEERING PARISH COUNCIL IT WAS DECIDED TO PUBLISH THE SHEERING NEWS. FOUR COUNCILLORS WERE NOMINATED TO FORM A PUBLISHING COMMITTEE. THE RESULT OF THEIR WORK IS IN YOUR HANDS.

IT WAS DECIDED TO PRODUCE THE PAPER AT LITTLE OR NO COST TO THE RATEPAYERS. THE LATTER HAS BEEN ACHIEVED, BY THANKS TO THE GENEROSITY OF ADVERTISERS.

IN THIS EDITION WE HAVE CONCENTRATED ON GIVING INFORMATION OF THE ORGANISED ACTIVITIES WHICH ARE GOING ON IN OUR VILLAGE. ON THE BACK COVER YOU WILL FIND A DIARY OF LOCAL EVENTS.

THE QUALITY AND CONTENT IN OUR FUTURE EDITIONS WILL BE Largely DETERMINED BY OUR READERS. WE WELCOME YOUR COMMENTS AND SUGGESTIONS FOR MAKING THIS A BETTER PAPER.

CONTRIBUTIONS HAVE BEEN PRINTED IN THE INNER MARGINS.

WE NEED.....

LETTERS FOR PUBLICATION

CONTRIBUTORS

VOLUNTEERS, INCLUDING THE YOUNG, TO COLLECT INFORMATION.

CRITICISM - ADVERSE OR OTHERWISE.

THE GAP?

THE PLAY GROUP GATHERS FOR THE VERY YOUNG (AND THEIR MOTHERS) - THE YOUNG WEANERS ENTHUSIASTICALLY ENJOY THEIR GAMES AND THEIR TRAINING - THE DARTY AND JOHN CLUB IS AS STRONG AND INDEPENDENT AS EVER. BUT IS THERE A GAP?

WE WOULD LIKE TO HAVE THE VIEWS OF THE TEENAGERS AND THOSE IN THEIR EARLY TWENTIES.

PARISH COUNCIL ELECTION - 2nd JUNE, 1977
THE SINGLE VACANCY IS BEING CONTESTED BY -

MR. BRIDGET BAXTER
MR. ROBERT FRENCH

USE YOUR VOTE

To All
347
Bus
Users



The Community Bus Team are asking passengers if they would like the Saturday morning service to resume.

This service operates on Tuesday and Thursday, calling at Harlow Hospital on request.

If you wish this service to resume would you please ring : Epping: 01992 579556 or: Harlow: 01279 798876.



Sheering Parish Council

Parish Council meetings are open to any Sheering resident. Time is set aside for public participation to discuss any parish problem at the regular monthly meetings.

Please refer to the new Parish Council website for dates of meetings.

e-voice.org.uk/sheering-parish-council/

Parish Councillors

Rodney Northwood - Chairman	01279 724514	rodneynorthwood@live.co.uk
Richard Morgan - Vice Chairman	01279 731243	richardmorgan26@outlook.com
Bill Bedford	01279 734229	bedfordw@rocketmail.com
Mick Bull	07801137991	mick.k.bull@gmail.com
Judy Christmas	01279 734995	judychristmas62@gmail.com
Mike Hayter	01279 734211	spcplanning@outlook.com
	07973 941987	
John Harrington	01279 722556	john@scootie5.co.uk
	07720 312045	
Neil Marsden	01279 734335	nam136918@gmail.com
Lesley Paine	07969 855316	paine127@btinternet.com
Peter Rust	01279 734881	rust937@outlook.com
Margaret Whitfield	01279 722552	margaret.whitfield@btinternet.com
	07722 327864	

Clerk to the Parish Council

Siobhan Perrin **Office hours only** 07821 894235 sheeringpc@gmail.com

District Councillors

Sheering Village

Richard Morgan 01279 731243 richardmorgan26@outlook.com

Lower Sheering

Paul Stalker 07969 219006 cllr.pstalker@eppingforestdc.gov.uk

County Councillor

Christopher Whitbread

cllr.christopher.whitbread@essex.gov.uk

Essex County Council, County Hall, Duke Street, Chelmsford CM1 1LX

Parish Council News

I am pleased to advise that with the gradual improvement in respect of the pandemic, and the easing of restrictions by the Government, the Parish Council have continued with face to face meetings since the return of such meetings in July 2021. However, this is not a time to be complacent and we must continue to be cautious.

In the December issue of Sheering News, I reported that we had appointed our new Parish Clerk Siobhan Perrin following the retirement of Debbie Tennant. I am pleased to confirm that Siobhan has now successfully completed her probationary period, and following a recent review will now have that appointment formerly confirmed.

January is always a busy month for the Parish Council as it is when the Precept meeting is held in addition to the regular Council meeting.

Council met on 5 January for the Precept meeting, and having discussed the various categories of expenditure in detail, agreed a Precept of £41,180 which has been applied for from EFDC. This figure being £1,820 below the last two years Precept figures.

There have been a number of issues presented to the Parish Council over recent months and I take the opportunity of highlighting some in this report.

The Queen's Jubilee 2022

The Parish Council formed a sub-committee to concentrate on organising this event within Sheering for the recognised Bank Holiday Weekend to celebrate this momentous occasion. Details of planned events are outlined elsewhere in this issue of Sheering News. However, as we approach nearer to the dates for the celebration, some things and timings may change due to various circumstances, so please keep a watchful eye on the Parish notice boards and website for final details.

War Memorial Restoration.

The War Memorial being not only a focal point in Sheering, but also a very important and valuable monument in memory of past Sheering residents, has over time suffered deterioration in terms of its condition. The Parish Council has begun to look at what restoration works are required and possible areas of funding available for such works, in addition to financial support through the Parish Council. This task, which is not only time consuming, but also protracted, in respect of applications and qualification requirements through the recognised authorities who deal with War Memorials, and their restoration, and the obtaining of quotations for the work is being undertaken by Councillor Neil Marsden. We will keep you advised of progress made on this important task.

Playing Fields & Equipment

Quotations for maintenance work on the existing equipment as identified from the annual inspection at both Sheering Village and Lower Sheering playing fields were obtained, and orders placed finally with Wicksteed. This work has now been completed. An order has also been placed with Wicksteed for the upgrading of the Lower Sheering playing field which will include a new slide and wet pour safety surfaces to the new and existing equipment. Regretably, the original dates for these works to be carried out have been moved back, but we are assured by Wicksteed, that the works will be carried out and completed by the start of the school summer holidays. Quotations are also being sought for the replacement of the chain link fencing and broken posts around the Lower Sheering playing field and it is anticipated that these works could start in late Spring.

Sheering Cars

Problems have continued with the activities of Sheering Cars and their encroachment on Green Belt Lane at the rear of the site. Enforcement notices have been issued by EFDC to the occupants of the site, but appropriate action by them, called for under the enforcement notices has not been implemented. By way of assisting the residents who are immediately affected by this breach of use of the land, and who first applied to EFDC for appropriate action, and the fact that the enforcement notices were being ignored, the Parish Council have sort the assistance of our MP, Robert Halfon, who in turn has formerly raised the issue of the continued breach with EFDC. We are now advised that firm action will now be taken by EFDC to stop the breach of use on this land.

Tree Planting Scheme

As advised in the December issue of Sheering News, trees under this scheme have been ordered and are expected sometime in March. We have been very fortunate to have received a very favourable quotation from a local company for the planting of the trees, and we look forward to these being planted around the Parish to enhance our landscapes for a long time to come.

Annual Parish Meeting

As you are aware, this meeting has not taken place for the last two years due to the pandemic and Government restrictions imposed on face to face meetings. I am pleased to advise that this meeting will take place this year in its usual format on April 27 and invitations to local organisations who normally attend will be sent out in due time.

Rodney Northwood
Chairman

LOCAL ORGANISATIONS

Sheering School PTFA

The first half of the academic year has been busy for Sheering School PTFA!



The children have enjoyed two discos in school and Wild'n'Wacky soft play is hired for an end of term whole school event.

Christmas events included a great Christmas Party in the Village Hall for local adults/parents. The band were brilliant and played lots of encores to an enthusiastic audience!

Father Christmas visited children at the Christmas Fair which despite the rain was a huge success. A massive thank you from us all to everyone who donated raffle prizes or food/drink for the Christmas events.

Thank you to everyone who donated clothing to Bag2School - we will hold another collection after Easter.

The children raised money over February half term by doing chores and jobs at home to raise enough money to fill a tube of smarties!

In school the children have new football goals on the back field (thank you Gill & Claire Davidson). Money raised has been spent on replacement netball nets and skipping ropes. In addition, lots of laurels have been purchased to be planted along the side of the astroturf. We will also purchase plants to line the front of the school to help absorb fumes from passing traffic. We continue to support the purchase of books within school. We plan to continue supporting with raising funds to improve the outside space in school through the provision of Buddy Benches and new markings on the playground for games.

Thank you to everyone who supports PTFA events through participating in events and/or donating time/money/prizes."

Claire Tiffin

On behalf of the PTFA

Sawbridgeworth Central Surgery General Practice



Many patients have been heard to ask “What are the Doctors doing all day.....?”, particularly during the last two years as we have been dealing with the pandemic. Throughout all of this time, your GPs have been working hard every day to meet the needs of all patients, whilst endeavouring to keep staff and patients safe from COVID.

The ‘Iceberg’ graphic above should give you some idea about just what your GPs have been doing and continue to do. We are all aware of the work that goes on ‘above the water level’. But take a moment to look at all the other ongoing tasks that your GPs have to carry out. In Sawbridgeworth, particularly, we have been lucky to have access to our Surgery throughout the past difficult two years.



Village Pharmacy Sawbridgeworth

In line with new NHS services, Village Pharmacy now offers free blood pressure monitoring to all over 40s. For patients with undiagnosed hypertension, they will also be able to offer 24-hour BP monitors and once the patient returns the monitor, their data will be submitted to their GP for further diagnosis and treatment. Since the beginning of the pandemic, the Pharmacy has worked closely with Central Surgery and provided BP monitoring when requested. They will continue to provide this service for all patients.

@surgerysawbo

@CentralSurgerySawbridgeworth

Map of Public Footpaths in Sheering & Lower Sheering



OpenStreetMap <https://www.openstreetmap.org/copyright>
Ordnance Survey data © Crown copyright and database right
footpathmap.co.uk

Colours of Hope

Undertones of darkness on the light of day -
I will take my paintbrush and wash them all away.
I will take my paintbrush, paint the canvas blue,
And in the centre of it all, a picture just of you.

Undertones of darkness blackening the green -
I will take my paintbrush, brighten up the scene -
Juniper and emerald, olive, moss and lime -
And you there at the heart of it, waiting all the time.

Undertones of darkness covering the sea -
I will paint it turquoise with foam tips running free.
And you will be there riding on the silver-white,
A spirit of the salty depths, a soul of pure delight.

I will take my paintbrush and earth and sea and sky
Will show just hues of colour and rainbows curved on high -
No undertones of darkness – and you will hold a dove
To signify to all the world the hope for peace and love.

Adrienne Tinn

From Adrienne's latest anthology *Moonlight Girl* (£5 per copy in aid of Grove Cottage Mencap).

Open Gardens 2022 Your Hospice needs you!

With spring just around the corner, St Clare Hospice is beginning to look ahead to its perennially popular Open Gardens Weekend. This year the Hospice is hoping to grow its success by inviting new venues to open their garden gates to the public.

Open Gardens will take place on weekends throughout June and July, giving green-fingered fans a chance to explore some of the best-kept green spaces in our catchment area, all in aid of the Hospice.

If you have a blooming beautiful garden and would like to share its beauty and raise vital funds for St Clare Hospice, then please contact Ellie Gale to get involved in Open Gardens 2022. Call or email: Ellie Gale, Community Fundraiser at St Clare Hospice, on 01279 773734 or ellie.gale@stclarehospice.org.uk



Big Sheering Clean-Up

Sundays
10th April &
29th May

Meet in the Village Hall car park
at 11.00

Wear protective footwear etc
Bring your own equipment if you
have some.

Bags provided.



Follow us!

 The cock inn sheering

 @thecocksheering

 @cockinnsheering

Competitions for the Queen's Platinum Jubilee



Children's Regal Fancy Dress

We are inviting all children under 8 to dress in fancy dress appropriate to this occasion to celebrate Her Majesty's 70 year reign. We expect to see kings, queens, princes, princesses and all things royal. Corgis, castles and palaces, crowns, orbs and sceptres would all pass muster.

Let's see how imaginative you can be for as little outlay as possible reusing fabrics and second hand clothes in line with our environmental theme. Just have fun!

There will be a prize for the most amazing costume awarded in the village hall at 3.00.



Children's Cupcake Baking

Bake and decorate 4 cupcakes with the theme of the jubilee. Name and age on a card underneath. Judging 3.30 Bring to the Village Hall on Thursday 2 June

Children's Colouring Competition

Opposite is an outline drawing for under 7's to colour. We will display these in the small village hall. Name and Age on the back

Art, Photography and writing

As part of our weekend of celebrations, we would like to exhibit pieces of art, photographs and writings prepared by members of the community.

Art/Photography/Writing competitions for older children and adults "Our Future Environment"

There will be 3 categories split by age: 7 - 11 years; 12 - 14 years and 15 and above. Prepare a piece of art/photography in any medium no larger than A1 suitable for public display considering the topic of 'Our Future Environment'.

Or

Prepare a piece of writing in the form of prose or poetry no longer than A4 on the same topic.

All entries to be received at 2 Cherry Tree Cottages, The Street by 6.00 pm Sunday 15 May.

St Edward's Crown

St Edward's Crown is the centrepiece of the Crown Jewels of the United Kingdom. Named after Saint Edward the Confessor, it has been traditionally used to crown English and British monarchs at their coronations since the 13th century.

The original crown was a holy relic kept at Westminster Abbey, Edward's burial place, until the regalia was either sold or melted down when Parliament abolished the monarchy in 1649, during the English Civil War.

The present version of St Edward's Crown was made for Charles II in 1661. It is solid gold, 30 centimetres (12 in) tall, weighs 2.23 kilograms (4.9 lb), and is decorated with 444 precious and



semi-precious stones. The crown is similar in weight and overall appearance to the original, but its arches are Baroque.

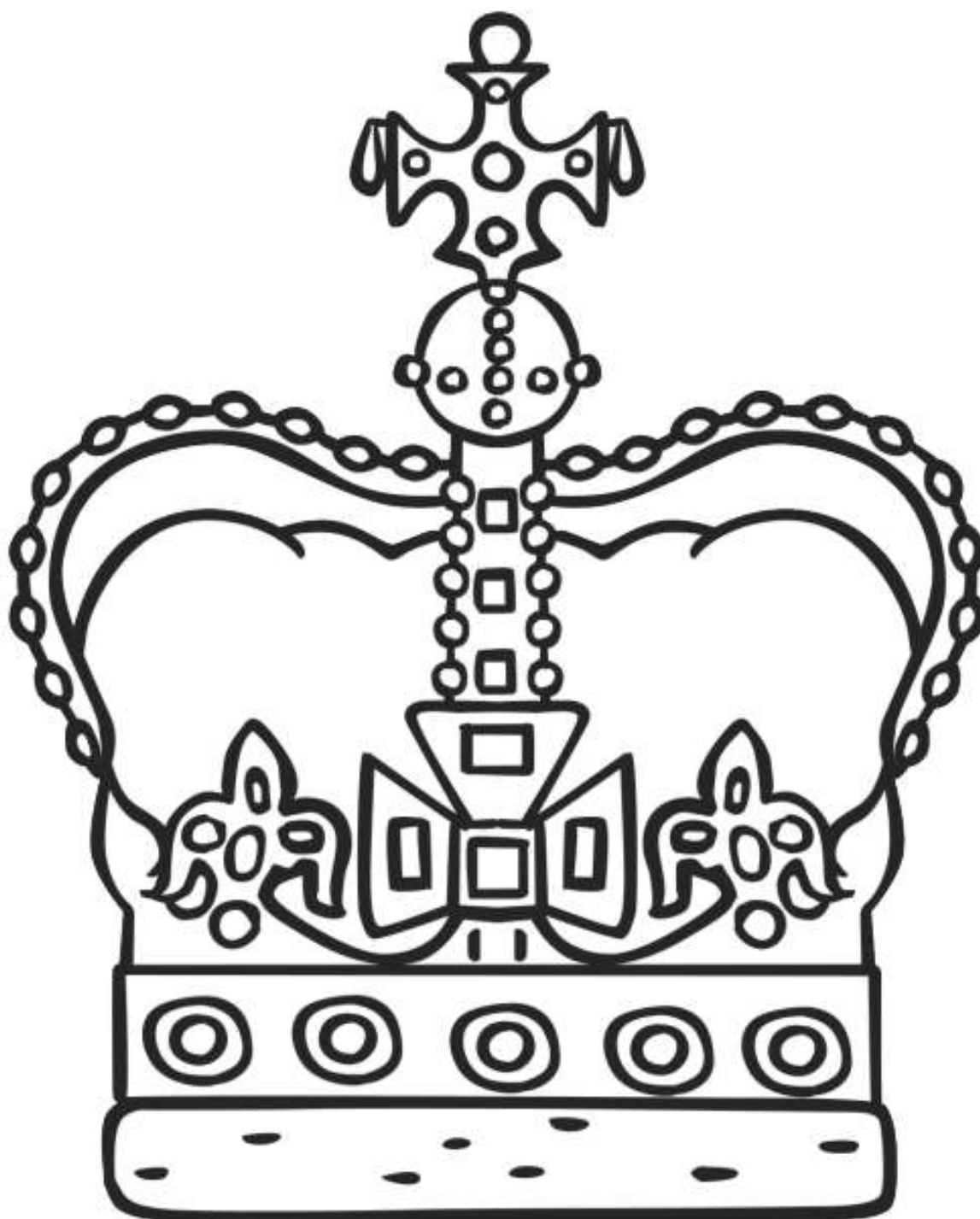
After 1689, it was not used to crown a monarch for over 200 years. In 1911, the tradition was revived by George V, and all subsequent monarchs (except Edward VIII, who was not crowned at all) have been crowned using St Edward's Crown. A stylised image of this crown is

used on coats of arms, badges, logos and various other insignia in the Commonwealth realms to symbolise the royal authority of Queen Elizabeth II.

When not in use, St Edward's Crown is on public display in the Jewel House at the Tower of London.

Courtesy of Wikipedia

St. Edward's Crown





The Hundred Parishes Society

I would like to remind readers of the walk routes on the Society's website, www.hundredparishes.org.uk. All routes can be download and printed. They include route instructions and information about the places you will pass. Each of the hundred parishes is included in at least one route and there are walks for all abilities. The routes have been designed to take you through interesting places and lovely countryside. Before setting off, you might like to check the relevant parish introductions on our website; there, you will find details of local tea rooms and pubs, etc. It's best to check with the pub to see if it will be open on the day and time that you will need it. Most of our routes include footpaths or bridleways where good footwear will make life



Hatfield Broad Oak

more comfortable. A modest investment in a good pair of walking boots is recommended. Carry boot covers or plastic bags to put on before visiting a pub or church – or leave boots outside. Check the weather forecast and be prepared - with waterproof top, woolly hat or sunscreen.

Whether or not you are using one of the Society's routes, please be sure to follow the Countryside Code. I summarise a few points that are mainly common sense:

Respect everyone: Be considerate to those living in, working in and enjoying the countryside; leave gates and property as you find them; do not block access to gateways or driveways when parking; be nice, say hello; keep to marked paths.

Protect the environment: Take your litter home; do not light fires; always keep dogs under control and in sight; pick up your dog's poo; do not cause damage or disturb wildlife.

I hope you will join many others

who already enjoy our routes.

Ken McDonald, Secretary
www.hundredparishes.org.uk

The Big Toddle
celebrates it's
25th
Birthday

Get your party hats on and help us celebrate The Big Toddle's 25th Birthday by joining us on another roar-some Safari-themed adventure!

Visit the Big Toddle website to find out how you can join the adventure. When you sign up, you'll receive a free fundraising pack in the post, our turtle-y amazing digital activity packs and every child taking part will get their own Big Toddle medal and certificate.

TO SIGN UP visit our website:
www.bigtoddle.org.uk

Believe in children
Barnardo's

FR
REGISTERED WITH
FUNDRAISING
REGULATOR

Dog Watch



Our Dog Watch scheme encourages dog owners and walkers to be the extra eyes and ears within the community. You have the opportunity to spot anything out of place or suspicious while walking the dog – and report it to us. This includes:

- suspicious activity or vehicles
- graffiti and vandalism
- nuisance vehicles and speeding
- antisocial behaviour
- fly-tipping
- dog fouling
- hare-coursing
- dog-related incidents



• abandoned vehicles
We'll give you advice on dog, home and property crime prevention, and you can also become part of the Essex Community Messaging System, which keeps you updated with news and events.

Lost and found dogs

Dog Watch members can also take part in helping to find lost dogs and reunite owners with found dogs. We work with DogLost, the lost and found dog service, which has reunited thousands of missing dogs with their owners. doglost.co.uk

APPLIANCE CARE

Repairs

DOMESTIC APPLIANCE REPAIRS

ALL REPAIRS BY
FACTORY TRAINED ENGINEERS
MOST MAKES COVERED



01279 451688
01279 437735



Have a Hadham.

C.J.A. Upholstery

Stylish and contemporary pieces of furniture individually crafted to fit perfectly to any space & lifetime guaranteed.

Complement your furniture with stunning Fabric, thousands of fabrics to choose from.



Quality furniture - Made to last a lifetime

28 years at Omega Furniture

Why buy new furniture when we can re-upholster your existing piece?



With more than 35 years experience, CJA Upholstery is a small friendly business who provide a comprehensive range of upholstery services to clients in Essex and Hertfordshire.

Check out our reviews at check-a-trade.com

01992 893 964 07904 359 333

Northam, 45 North Street, Nazeing., Essex, EN9 2NH

www.cjaupholstery.co.uk



the i practice

Optometrists and
Contact Lens Practitioners

Eye care for all the family.

NHS and Private Examination

enquiries@theipractice.co.uk

01279 725332

47 Knight Street, Sawbridgeworth
Herts CM21 9AX

www.theipractice.co.uk

Friends of St Mary's Sheering

Storm damage to the tower

Some tiles were broken and displaced during the recent storms.



By the time you read this, we hope the damage will have been repaired under insurance.

Quinquennial (five-yearly) inspection

All Anglican churches must be inspected by a church architect every five years, and we recently received our report. We are relieved that in general the Church is in good order and delighted that the churchyard is "incredibly well kept" (congratulations to the churchyard team). However we do need to do a bit of work by the middle of the year. We expect that some slipped tiles on the tower roof may be fixed at the same time as the storm damage mentioned above. We also have to check out (and possibly fix) some blown rendering on the West side of the tower, and we are recommended to improve the precipitous access to the tower roof (see scary photo).



Estimates are not yet to hand, but we hope the work will be affordable from remaining Friends funds, given that we have not been able to hold any fundraising events.

Churchyard team

In December the main job was to rake up leaves, before leaving our footwear at the church room door for a festive lunch together.



January work included starting to trim back the trees along the right of way next to the churchyard extension. The idea is to keep the path easily passable by cutting the overhanging branches to just

above head height.



We hope to complete that task before the trees come into leaf.

If you would like to join the fun (on Saturdays every few weeks) contact Natalie Cracknell on 01279 734360.

Churchyard Extension

Last time we wrote, the fencing was scheduled, and we thought we were nearly there. Ha! The fencing was duly done, and a new gate was installed. But we still cannot use the extension for burials! One of the (many) stipulations before we can ask the Bishop to consecrate the

land is title documentation which is produced by the Land Registry. The completed deed was dated 28 May 2021 so we assumed - wrongly - that it would be just a quick formality to get a copy of the related Land Registry document. We now hear that the Land Registry has a "significant backlog", and it could be "some months" before the documentation is completed. So we wait.



Fortunately, meanwhile, we found we could "make" a couple of additional grave spaces in the existing churchyard by removing a dead hawthorn, and we are also making plans for when the extension is eventually consecrated. The first burials will be in the corner nearest to the kissing gate on the right of way, and we will keep the grass trimmed in that general area. Ideas for the remainder of the area, before it is needed for burials, are being developed. We envisage that most of it will be left to grow long - perhaps with paths cut through it - and that this "wild" area will be cut just once a year, probably in the autumn once the seeds have set.

Platinum Jubilee, 2 - 5 June

We anticipate that the church and Church Room will be open as follows:

Church: 2.00 to 5.00 on Thursday, Saturday and Sunday, and 3.00 to 5.00 on Friday.

Church Room: Display of Memorabilia, 2.00 to 5.00 on Thursday, Saturday and Sunday, and 3.00 to 5.00 on Friday.

See elsewhere in Sheering News for full details.

Other Dates for your Diary

We are delighted to invite everyone to a service in church at 10.30 every Sunday. At the time of writing COVID-secure regulations have been relaxed – but do check the notice board for current details. As always, you are more than welcome to all services. (That includes the Zoom service (11.30am every Sunday. Just email SixVillagesZoomCodes@gmail.co for the login details).

On the fifth Sunday in the month (if there is one) all six congregations of the "Six Villages" meet in just one of their churches (Sheering, Hatfield

Heath, Great and Little Hallingbury, Hatfield Broad Oak and Bush End). Watch the notice board for details.

Meanwhile look out for the following Church events, and join us if you can:

10 April, **Palm Sunday**, 10.30am, Morning Worship, with the Brass of St Mary's

15 April, **Good Friday**, 2.00pm, Stainer's

Crucifixion sung by St Mary's choir and friends

17 April, **Easter Sunday**, 10.30am, Easter Holy Communion

We hope to plan some **Friends events** soon, so watch out for posters around the village.

Produced by Friends of St Mary's Sheering, c/o Friends secretary, 72 Crown Close, Sheering, Bishop's Stortford, Herts CM22 7NE



- Replacement windows & doors
- Cut glass
- Bespoke mirrors cut to size
- Secondary glazing
- Double glazed units
- Leaded lights
- Traditional glazing and putty work
- Splashbacks
- Supply only or supply and fit options available

Andrews Glass Ltd Est. 1967

The Maltings, Station Road

Sawbridgeworth

CM21 9JX

Contact us today for your free quotation

01279 725761

Info@andrewsglass.co.uk



Sheering Post Office Opening Hours

Monday	9.00 - 17.30
Tuesday	9.00 - 17.30
Wednesday	9.00 - 13.00
Thursday	9.00 - 17.30
Friday	9.00 - 17.30
Saturday	9.00 - 13.00

Shop Opening Hours

Monday	6.30 - 19.30
Tuesday	6.30 - 19.30
Wednesday	6.30 - 19.30
Thursday	6.30 - 19.30
Friday	6.30 - 19.30
Saturday	6.30 - 19.30
Sunday	7.30 - 17.00

Popular St Clare Hospice's 10k Race set to take place this April

St Clare Hospice is once again staging its popular 10k road race, now in its 28th year, starting and finishing from the Hospice in Hastingwood, Harlow on Sunday 10th April. The fundraising event for the local charity is open to all abilities. It is ideal for regular running club members looking to boost their training, as well as those who are new to running but looking for a challenge. Wheelchair racers are also welcome and have become an integral part of the event. The race is UK Athletics affiliated and chip-timed – so it offers the perfect opportunity to get a new PB for the 2022 race season. There are also trophies up for grabs in the following categories: male, female, seniors, juniors and wheelchair athletes and every participant will get a medal. Last year, the St Clare 10k saw around 400 participants raise more than £11,000 for the Hospice – a target which St Clare is hoping to beat this year.



Event Organiser, St Clare Challenges and Events Fundraiser Dani De'ath said, "The atmosphere at this race is always great, and that's because people know that every kilometre they cover, they are raising money for our nurses, doctors and care teams to put life into days of people living with a terminal illness. Entry is £13 for an affiliated racer and £15 for a non-affiliated racer, and many people go that extra mile and raise sponsorship on top. Just £100 could pay for two patients to receive a 90 minute Hospice at Home visit from our nursing assistants. That care makes such a difference to local people and their families.

"We have downloaded the race times from our 2021 event onto our website, so if you are looking for a time to beat, check them out. "

Sign up for the St Clare Hospice 10k here <https://stclarehospice.org.uk/event/st-clare-10k-april-2022/> and for more information please contact Challenges and Events Fundraiser Dani De'ath. Call on 01279 773738 or 07718257704 or email dani@stclarehospice.org.uk



Local company providing all digger work, digger hire, ground work, muck away.
Competitive prices no job too small.

GH PLANT

Survey * Build * Digger Hire

George Harding 07843 777576
ghplant.co.uk

Hunsdon Mead Nature Reserve

A superb flood meadow owned jointly by Essex, Herts & Middx Wildlife Trust.

This 68 acre of common land between the River Stort and the Stort Navigation is one of the finest surviving areas of unimproved grassland in Eastern England. The Hertfordshire & Middlesex and Essex Wildlife Trusts acquired it jointly in 1981. What to look for: The Mead provides a superb display of flowering plants. In April and May it is yellow with cowslips and marsh marigolds. As May gives way to June colours change continually, as plants such as yellow rattle, ragged robin, lady's smock, meadowsweet, bugle and many others flower in profusion. There are small colonies of green-winged orchid and adder's-tongue fern. Quaking grass and several uncommon sedge species are also present. All the typical butterflies of hay meadow occur and the day-flying small yellow underwing moth is also established. Mayflies and dragonflies are much in evidence. During the winter, when the Mead floods, large flocks of lapwing and golden plover come to feed along with other winter migrants. Accessible at all times. Between March and July please do not walk across or into the Mead itself until the hay is cut; trampling damages the plants and reduces the value of the grass as hay for the farmer. During this period please keep to the towpath or walk in single file along the permissive

path beside the River Stort. Directions - Follow the Stort navigation towpath from Roydon in the direction of Harlow - a walk of about one mile. The easiest parking is at Roydon station. Public Transport - Roydon railway station (Liverpool Street-Cambridge line) Did you know? For over 600 years Hunsdon Mead has been managed on the ancient Lammas system under which it is grazed by cattle or sheep after a July hay cut. It is this which accounts for its abundance of wildlife.

Essex Wildlife Trust
enquiries@essexwt.org.uk

Dogs permitted; Accessible at all times

Best time to visit - April to July



- **New Builds**
- **Extensions**
- **Loft Conversions**
- **Refurbishments**
- **Conservatories**
- **Brickwork**
- **Driveways**
- **Patios**
- **Garage Conversions**
- **Groundworks**

**Small Enough to
Care**

**Large Enough to
Cope**

01279 792472

07946 617060

**Free Estimates
All Work Guaranteed**

Dirty Carpets & Upholstery?

For excellent cleaning results
and fast drying times

Call
MAGIC STEAM
01279 466359

We offer a free friendly estimate

We are a local company, trading
for over 22 years in this area

See our superb feedback on
Checkatrade:

www.checkatrade.com/MagicSteam/evIEWS.aspx

Harlow Tye Rotary Club

Keep the Challenge Alive

Would you like to raise money for a charity or voluntary organization that is dear to your heart, or are you involved in such an organization that needs to raise money for a particular project? It can be local, national or international and it might be, for instance, a School, a Club, a Hospice or a national charity such as Cancer Research UK. Are you game for a challenge or do you know someone who is? Then read on:-



After a two year hiatus, it's back. Yes, the Rotary Club of Harlow Tye Abseil annual Charity Abseil will soon take place. In the 22 years of the Abseil over £1,000,000 has been raised for hundreds of worthy causes. We see no reason to stop whilst there are charities and voluntary organizations needing help to raise funds

When and where is it?

It will take place on Saturday and Sunday, 14th and 15th May 2022 at the Church Langley Water Tower in Harlow.

How does it work?

Our Club employs fully qualified experts to train and supervise you throughout the abseil procedure. You have to pay an entry fee of £35 to take part, but 100% of the sponsorship that you raise from family, friends and colleagues goes to the beneficiary of your choice. By the way, you have to be 16 or over to enter.

How do I (or they) get involved?

Go to our Club website at www.harlowtyerotary.org.uk and follow the instructions to download a registration form and conditions of entry. Failing that, you can e-mail us on abseil@harlowtyerotary.org.uk to have them sent or delivered to you.

Charities or voluntary organizations can enter teams but please contact us – see our website for details. Entries are now being accepted for the 2022 Abseil for Charity event.

Why should I?

Every year, a good number of people who admit to being scared of heights have a go and the sense of achievement that they experience is there for all to see - not only for doing it, but for the money that they raise for their chosen cause.

If you have any questions, please e-mail abseil@harlowtyerotary.org.uk

New funding helps St Clare Hospice to expand its new Wellbeing Hub services



St Clare Hospice's new Wellbeing Hub has secured more than £5,000 funding. This will help the Hospice to deliver a broad range of activities and improve the lives of local people living with a life-limiting illness. The BETA Charitable Trust recently donated £2,500 in support of the Hospice's Hub, and Active Essex has provided more than £3,000 towards the cost of running the Hub's specialist clinics and groups.

The Wellbeing Hub is helping people to live well with life-limiting illnesses and maintain their independence. It offers a range of community education and networking events, therapeutic groups and specialist clinics. By attending and taking part, people can come to terms with their diagnosis, find out how to navigate health and social care systems, plan for their own care, create new support networks and make friends.

St Clare Hospice is using some of the new funding to launch a series of education events which will be run on the last Thursday of every month at the Hospice. The first of these events will be on the Thursday 31 March, 1.30 – 3.30. The session will explore what hospice care is and how it can help people - especially if they receive an early referral. The sessions are open to local people (including service users and carers) and gives them a chance to learn and meet others who are in similar circumstances.

Sally Muylders, Community Engagement and Involvement Manager at St Clare Hospice, will be delivering the first of these Wellbeing Hub education events. She said, "We want to break down the barriers that exist for people accessing Hospice care. We know that early involvement can help someone in so many ways. It's not just about getting medical treatment for their conditions."

Sally adds, "St Clare Hospice is helping people to build support networks around the life events that they are experiencing. By giving people opportunities to connect with others, and share their life-changing experiences, St Clare Hospice is helping to prevent loneliness and isolation at the end of life."

Terry, from Harlow, has experienced the difference that the Wellbeing Hub can make. Terry, who has incurable lung-cancer, was invited to take part in one of the Wellbeing Hub's first Living Well programmes. The course gave Terry the chance to open up and share his experiences, which is helping him to cope with what he's going through.

"The course was very good," recalls Terry. "It brought you out of yourself and let you talk about things that are on your mind. I don't talk about these things with my wife or my family; I just don't want to burden them with how I'm feeling. But I've met two friends now through being part of the Living Well



Terry who attended the first Living Well Programme

programme. I can talk to them and they understand." For more information about the Living Well programme and other Wellbeing Hub events and services, visit: stclarehospice.org.uk/wellbeing-hub

The Wellbeing Hub's forthcoming programme of community education and networking events is as follows:
 Thursday 31 March: What is a hospice?
 Thursday 28 April: Wellbeing and self-care
 Thursday 26 May: Coping with change
 Thursday 30 June: Find out more about St Clare Hospice's services
 Thursday 28 July: Planning for your future care

People can book their place on the 31 March event via Eventbrite: www.eventbrite.co.uk/e/what-is-hospice-care,

INNER HEALTH

Food Intolerance Testing

Teresa Powell

07961 544534

teresapowelluk@yahoo.co.uk

Improve your general health
Safe & non-invasive

LUXURY TOILET HIRE

Toilet Trailers

Luxury and Party range

Single Event

Portable & Disabled units available
for hire

Effluent & Liquid Waste Removal (cesspits etc)

01279 504638 0800 1123062 01371 871871

for a competitive quote

www.luxurytoilethireltd.co.uk



COMMERCIAL VEHICLE
REPAIRER

MVMRS

Call Paul on
07885 055621

Leonard Joscelyn for Personal Tailoring

Formerly of Tissimans



- Look smart and feel comfortable
- Made to your own specification
- Fitting at home or place of work
- Fabrics from British and Italian Mills
- 40 years experience in fashion design

01279 304181

07733 028099

enquiries@leonardjoscelyn.co.uk

leonardjoscelyn.co.uk

Garage and Shed Security

Whilst most houses have adequate security what is often neglected is the shed or garage, “nothing much in there” I hear you say, “Just a garden spade and fork,” but these are perfect tools for a burglar to use to get into your house. Adds insult to injury when the tool used to break into your house is your own, so give it some attention.

Garages and sheds by the nature of their construction and position especially when away from the house are always going to be vulnerable. Quite often the supplied locks provide just the barest minimum security and are easily overcome so always consider supplementing the existing locks with further locking systems both for the doors and items within.

On garage doors this could be by adding locking bolts to both sides of the “up and over door” or a garage door defender in the ground in front of the door. If you have a side door do not forget the security on this too.

With sheds coach-bolt and plate the padlock hasp sections to the frame and door, use a good quality “Close Shackle” padlock or a key operated mortice lock; do not forget the hinges and ensure they cannot be unscrewed. Consider using “Ground Anchors” or “Shed Shackles” to chain larger items such as ladders, mowers, and pedal cycles to (again good quality padlock and chain); keep chains tight so that they are not in contact with a surface it can be struck against.

Protect windows with a wire mesh and fit a curtain or whitewash the windows to prevent prying eyes. Visibly security mark your property with your post code and house number as this reduces the value to the thief; you can register serial numbers free of charge at www.immobilise.com

There are also a number of commercially available security marking systems available that are suitable for a wide range of products and others for specific products. It is also worth adding security lighting and a shed alarm to the shed or garage. There are even alarms available that when activated call your mobile phone, these are relatively inexpensive, and available from most DIY/hardware stores.

If siting a new shed, position it within sight of rooms in the house routinely occupied. Products that are fit for purpose can be found by looking for the “Secured by Design” or “Sold Secure” logos, or on their websites: securedbydesign.com or soldsecure.com.

For further crime prevention advice see essex.police.uk/advice or thecrimepreventionwebsite.com

There is also some good garden specific security advice from the RHS at rhs.org.uk.

Extract from Colin’s blog.

Colin I. Freeman MITOL Trustee and Executive committee member of Essex County Neighbourhood Watch Association

Essex Record Office Presents 100 years in the life of a Thames sailing barge

Tuesday 8th April

A talk from John Rayment, the Thames Sailing Barge Trust, on the history of the Thames sailing barge 'Pudge', which will celebrate her 100th birthday in 2022. The talk will tell the fascinating story of her trading life along with details of her restoration and the work the Trust has completed to make sure that she is fit to sail for many more years to come.



Time to get walking again!

At this time of year we start to think about the mud drying up and getting out to walk in the beautiful English Countryside again, but where to find new and interesting walks?



Walking in Essex:

www.walkinginengland.co.uk/essex has hundreds of walks to download and print, free, it also has books of walks, details of all the walking groups in the county and much more. Whether you want to walk on your own or with a group all the information is there in one place.

John Harris (the custodian of the website) said 'There is so much walking information on the web but it is difficult to find. Walking in Essex (part of the Walking in England website) has brought it together in one place so whether you are walking from home, or away on holiday, you will be able to find a walk suitable for you'.

With walks from half a mile to twelve miles plus long, and a note of suitability for pushchairs and wheelchairs, everyone can find a walk to enjoy.

So home or away, check out the websites and get walking!

John Harris

Be a vocal local

We've all got opinions, we want yours. We're looking for Essex residents aged over 18 to join the Essex Residents' panel. Your opinions count so make yours heard! Members of the Essex Residents' panel will receive 6 surveys a year. It's a quick way to get involved and influence improvements to services that matter to you and your local community. Be a vocal local and join the Essex Residents' panel now! essex.gov.uk/get-involved/join-our-residents-panel



MDarby
Complete Building Services

Specialising in all kinds of brickwork
Extensions, Renovations, Structural work, Patios & Walls, Garage Conversions, Rendering, Plastering, Fencing

01279 724042 07702 526462
www.mjdarbybuilding.co.uk

RECYCLING and WASTE
Epping Forest District Council

Remember your green-lidded, food & garden wheelie bin is emptied weekly throughout the year on your normal collection day.

Don't forget to recycle all your food waste along with your biodegradable garden waste via the green-lidded, food & garden wheelie bin.

PLEASE NOTE
Logs in excess of 300mm diameter or in excess of 1m in length are not accepted.

Green Bin - Every Week

Food Waste: All cooked and uncooked food waste including: bread, cakes, biscuits and pastries; dairy products; coffee grounds and teabags; fruit and vegetables; meat and fish (including bones);

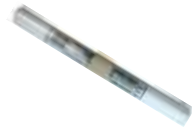
Garden Waste: branches; cuttings; dead flowers; grass and leaves; house plants; twigs; weeds; vegetarian pet hutch waste; shredded paper

Bin of Last Resort - Black Bin Fortnightly:

Domestic household rubbish

Polystyrene: Leave by the black wheelie bin

Clear Sacks - Fortnightly : Paper, shredded paper; card, tins, cans, plastic bottles, plastic tubs and pots, food trays; plastic bags; aerosols; clean foil and foil containers, food and drink cartons (tetra paks); Please tie your recycling bags, and flatten your boxes.



Blue Box Glass Bottles & Jars

ONLY GLASS BOTTLES and JARS
All Colours and Clear

Easter Collection

Wednesday 20 April will be Thursday 21

Textiles

RECYCLE YOUR OLD CLOTHES and PAIRED SHOES
Simply put your old clothes and shoes into a tied up carrier bag and place on top of either of your green bins on either collection day.

Clear sacks available from:

- ◆ Sheering Newsagent & Post Office.
- ◆ The Shed Coffee House The Maltings Station Road Lower Sheering CM21 9JX
- ◆ Julie & John Harrington (8 The Four Acres CM21 9LJ) keep sacks in case Lower Sheering villagers run out.

Please remember your small electrical items (items no larger than a carrier bag) and household batteries (not vehicle) are collected each week on collection day.

For more information contact 01992 564608 www.eppingforestdc.gov.uk

Sheering Church of England Primary School
Feeder School for Leventhorpe and Mark Hall
WE ARE YOUR LOCAL SCHOOL



Sheering School is a vibrant and exciting learning community. We take pride in our family feel and strong links with the local community.



Why not come and have a look at what's going on in our school?

Please ring the school office for a prospectus or to arrange a visit
01279 734210
admin@sheering.essex.sch.uk www.sheeringschool.org.uk

Recycling Bags Lower Sheering

Please note recycling bags are no longer available from Valerie and Ron Monk in Sheering Mill Lane.



They can now be obtained from Julie & John Harrington 8 The Four Acres CM21 9LJ

Village Pharmacy in Sawbridgeworth now offers COVID 19 Vaccinations.



Anyone over the age of 16 can walk in for their COVID vaccination.

Authorization for 12-15 year olds is expected to be granted soon. Bookings can be made through the National Booking System. Village Pharmacy will also be offering a walk-in vaccination service on certain days of the week. Village pharmacy has also requested an increase in supply from Mid-March to accommodate 4th doses for all over 75 year old patients.

A Reminder to Dog Owners from a local resident

It is a legal requirement for all dogs to wear a collar with an id tag showing details of their owners name, address and phone number. This is in addition to their microchip to help lost pets be reunited with their owners.

Recently a couple of dogs have been found running free that were possibly scared by automated bird scarers and could easily have run onto The Street. One of them had no id at all and no collar. Its best to avoid any accidents.



Photo by Ash on Unsplash

CHIROPODIST

Mrs Julie Golden

HCPC Registered
(State Registered)

Home Visiting Practice

Est. 1994

01279 873492
07916 075451

THE CENTRE



Andrea Bruce D. Pod M MChs
HPC REGISTERED CHIROPODIST

Over 25 years experience
in all aspects of foot health

Neil Bruce DO
OSTEOPATH

Over 20 years experience in practice
Daytime and Saturday appointments available

29 High Street Old Harlow
01279 438444

MR HEDGE

✓ ALL MY WORK AND PLANTS GUARANTEED

- ✓ Planting
 - ✓ Pruning
 - ✓ Cutting
 - ✓ Reduction
 - ✓ Removal
 - ✓ Tree work
 - ✓ Weed Suppression
 - ✓ Garden Maintenance
- and much much more...



For a FREE QUOTE from a nice man
Ring Tony ANYTIME on
07771 807641



SHEERING VILLAGE
PRE-SCHOOL

Meet in the Village Hall
Monday to Friday
9.00 - 12.00

Interested?

Please ring Angie Rivoire
07981 215437

JOHN MILES & SON Tyre & Exhaust Centre ALLOY WHEEL REFURBISHMENT

- *BRAKE PADS*TYRES*BATTERIES*
- *EXHAUSTS* WHEEL BALANCING*
- *WHEEL ALIGNMENT*
- *PUNCTURES*

01279 726211

Mon-Fri 8.30 to 5.30 Sat 8.30 to 1.00

Unit 2 The Maltings Station Road Sawbridgeworth Herts

A & K Construction

15 Sheering Mill Lane Sawbridgeworth Herts CM21 9LW

For all aspects of your home
improvements and
maintenance

35 years experience in the building
Maintenance industry

Tel 01279 722456

Mobile 07703 593483

email aandkco@btinternet.com

PRB Electrical Contractors

NICEIC Domestic Installer and Part P registered

- All types of electrical work undertaken • No job too small •
- Light fittings • Extra sockets • Electric showers •
- Garden Lighting • Re-wire •
- Consumer Unit (fuse box) replacement •
- Over 30 years experience •
- Fire Alarms installed to BS5839 •

Tel: 07817 223367



St Mary's Parish Church Sheering

Sunday services in church, at 10.30 am

1st Sunday of the month	Morning worship
2nd Sunday of the month	Morning worship
3rd Sunday of the month	Holy Communion
4th Sunday of the month	Morning worship



When there is a 5th Sunday, watch the notice board for the venue and time for a joint service in one of the parish churches of the Six Villages (Sheering, Hatfield Heath, Great and Little Hallingbury, Hatfield Broad Oak and Bush End).

There is a service on Zoom at 11.30 every Sunday. Email SixVillagesZoomCodes@gmail.com for the login details.

<https://e-voice.org.uk/ht-sm-churches/>

From Revd Dawn Jewson

As you read this, we find ourselves close to the end of Lent: an approximately six-week period leading up to Easter when, traditionally, we give something up in order to focus on the events of Good Friday and Easter: Jesus' death and resurrection.



Chocolate, alcohol, sugar, TV and Facebook usually feature as 'things to give up' – but our Bishop has had other ideas. She wrote to churches back in the autumn asking us **to avoid holding 'business' meetings during Lent wherever possible**. It caused a bit of a stir. While most of us welcome a break from the inevitable meetings about our buildings, policies and finances, we could not in truth imagine how we would ever get our work done without the regular gatherings we've been used to. As I write, Lent is only just beginning, so I can't tell you how we've fared. But can I suggest that: We might have discovered that so-called 'essential' activities can actually wait. We might have found our mental health improving.

Our 'no meetings during Lent' policy could start to look attractive to other organisations we're involved with: school governors, parish councils, festival committees. We might have discovered new things, new ways of being human. Our Archdeacon has been stepping out on a weekly series of walks around her 'patch' on Wednesdays during Lent, which we've all been invited to join. She will be

at Sheering Church at the beginning of her walk on 6 April, 9.00 am and the end of her walk on 30 March. We have so much beautiful countryside around us and many of us have found it a wonderful way to connect with our Creator.

We will of course have still been doing the things that make us 'church': worshipping in our churches, our schools, in homegroups and Messy Church; leading funerals and being alongside bereaved families, baptising babies and adults, helping couples prepare for their weddings.

Personally, I welcome this initiative wholeheartedly, and I encourage you to explore something like this in your own daily life, even beyond Lent. A new rhythm, just for a few weeks, could open the door to a whole new approach to the challenges of modern-day life. So whether it's a 10 minute break each day, away from our phone or other distractions, to just sit quietly, or a walk round the village, or perhaps reading something new and inspiring, my prayer is that we can all find ways of bringing much-needed space into our lives – not just for Lent, but for all time.

With every blessing,

Dawn

Priest in Charge, Hatfield Heath & Sheering;
Hatfield Broad Oak and Bush End

Contact Rev Dawn Jewson

Mobile: 07930 902507

Vicarage: 01279 730288

email: rev.dawn.jewson@gmail.com

(I usually take a break from emails and phone calls on Saturdays but will answer any messages as soon as I can from Sunday.)

Find Hatfield Heath and Sheering churches on Facebook.

Website: <https://e-voice.org.uk/ht-sm-churches/>

USEFUL NUMBERS, E-MAIL & WEBSITE ADDRESSES

BRIDGE CLUB June Whitbread 01279 651234 or Alan Draper 01279 656255
CAB Harlow 0845 120 3717 www.adviceguide.org.uk
DISTRICT COUNCILLOR LOWER SHEERING Paul Stalker 07969 219006
ST MARY'S CHURCHYARD MAINTENANCE TEAM Natalie Cracknell 01279 734380 or 07907 838860
DISTRICT COUNCILLOR SHEERING VILLAGE Richard Morgan 01279 731243 richardmorgan26@outlook.com
ECC COUNCILLOR Christopher Whitbread cllr.christopher.whitbread@essex.gov.uk
EFDC 01992 564000 www.eppingforestdc.gov.uk
ECC County Hall 01245 492211 www.essexcc.gov.uk
ECC TRADING STANDARDS HOTLINE 0845 6044466
FLYTIPPING EFDC 01992 564608 erefuse@eppingforestdc.gov.uk
FRIENDS OF PISHIOBURY PARK friendsofpishioburypark.co.uk
FREecycle www.freecycle.org.uk
FOOTBALL CLUB Mr C Hellmers 01279 653923
ROBERT HALFON 01279 311451 www.roberthalfon.com halfon4harlow@roberthalfon.com
HARLOW ADULT EDUCATION 01279 427711
HARLOW PLAYHOUSE www.playhouseharlow.com 01279 431945
HIGHWAYS 0345 6037631 www.essexhighways.org
MEALS ON WHEELS 0345 6037630 (low cost number)
PARISH COUNCIL CLERK Siobhan Perrin sheeringpc@gmail.com
PARISH COUNCIL WEBSITE e-voice.org.uk/sheering-parish-council/
POLICE 24 hour non-emergency number 101 Ongar Police Station ext.319333 Eppingforestcommunitypolicingteam@essex.police.uk
POWERCUTS 105
PRE-SCHOOL Angie Rivoire 07981 215437 sheeringvillagepreschool.co.uk
PRINCESS ALEXANDRA HOSPITAL 01279 444455
RIVERS HERITAGE SITE & ORCHARD www.rhso.co.uk
SAWBRIDGEWORTH LOCAL HISTORY SOCIETY sbwhistory.com/
SHEERING ONLINE & SHEERING NEWS MAGAZINE www.sheering.org.uk sheeringnews@sheering.org.uk
SHEERING POST OFFICE 01279 734204
SHEERING SCHOOL 01279 734210 admin@sheering.essex.sch.uk CM22 7LU
STANSTED AIRPORT Noise Complaints 0800 243788
ST CLARE HOSPICE www.stclare-hospice.co.uk 01279 773700
ST MARY'S CHURCH CM22 7NR Office 01279 730288 rev.dawn.jewson@gmail.com
TALKING NEWSPAPER Richard Barnett 01279 651270 familybarnett24@hotmail.com
U3A John Dickenson 01279 722297
VICTORIA HALL THEATRE www.victoriahalltheatre.co.uk
VILLAGE HALL Bookings 07917 413160
VILLAGE HALL CM22 7LX 01279 734306
WOMEN'S INSTITUTE Irene Harriss 01279 734334

SHEERING NEWS

reaches over 1500 homes
in Sheering and Lower Sheering
3 times a year

Sheering News welcomes copy from any local organisation or residents who have information to pass on. All contributions and adverts for the next issue should be sent to:

Linda Ainsworth
Sheering News
The Willows The Street Sheering
Bishop's Stortford CM22 7LX
sheeringnews@sheering.org.uk

Deadline for next issue

➡ 1st July
Publication date
for next issue
August 2022 ⬅

Sheering News Editorial Team

Linda Ainsworth	01279 734333
Sheila Caves	01279 725578
Iris Filisetti	07879 446459
Irene Harriss	01279 734334
Sheila King	01279 831971
Janet Whitehead	01279 734380

The editorial team of *Sheering News* does not necessarily agree with the views and opinions expressed in articles printed in the magazine and accept no responsibility in respect of goods and services advertised.

SHEERING NEWS ADVERTISING RATES

Page size	B/W	Colour
Full 1 issue	£100	£200
Full 3 issues	£270	£540
1/2 1 issue	£50	£100
1/2 3 issues	£135	£270
1/4 1 issue	£24	£48
1/4 3 issues	£70	£140
2/12 3 issues	£50	-----
1/12 3 issues	£24	-----

Send copy, with payment to:
sheeringnews@sheering.org.uk or the
address above.