

# SHEERING NEWS

also at [www.sheering.org.uk](http://www.sheering.org.uk)

December 2022

144

## The Local Government Boundary Commission proposals for changes to Epping Forest District Council.

The Local Government Boundary Commission has made proposals for changes to Epping Forest District Council.

It is proposing that there should be 54 councillors, four less than there are now. Those councillors should represent 18 three-councillor wards. Most of the existing wards will change.

### Proposed changes include:

**The seven parishes of Sheering, Matching, Moreton, Bobbingworth & The Lavers, Abbess Beauchamp & Berners Roding, Fyfield, Willingale and part of High Ongar parish will be joined together in Rural East ward.**

The effect of this will mean that Sheering and Lower Sheering will no longer have a ward councillor, instead 3 councillors will cover the new enlarged area. As can be seen on the map, this is a large geographical area and will have one of the highest number of residents per councillor of any in the District.

Another implication may be that whoever is elected next May will serve for only one year, before there are elections for the entire Council in May 2024. These are major changes to the way you are represented and require careful consideration. Full details of the proposals are on the EFDC website.

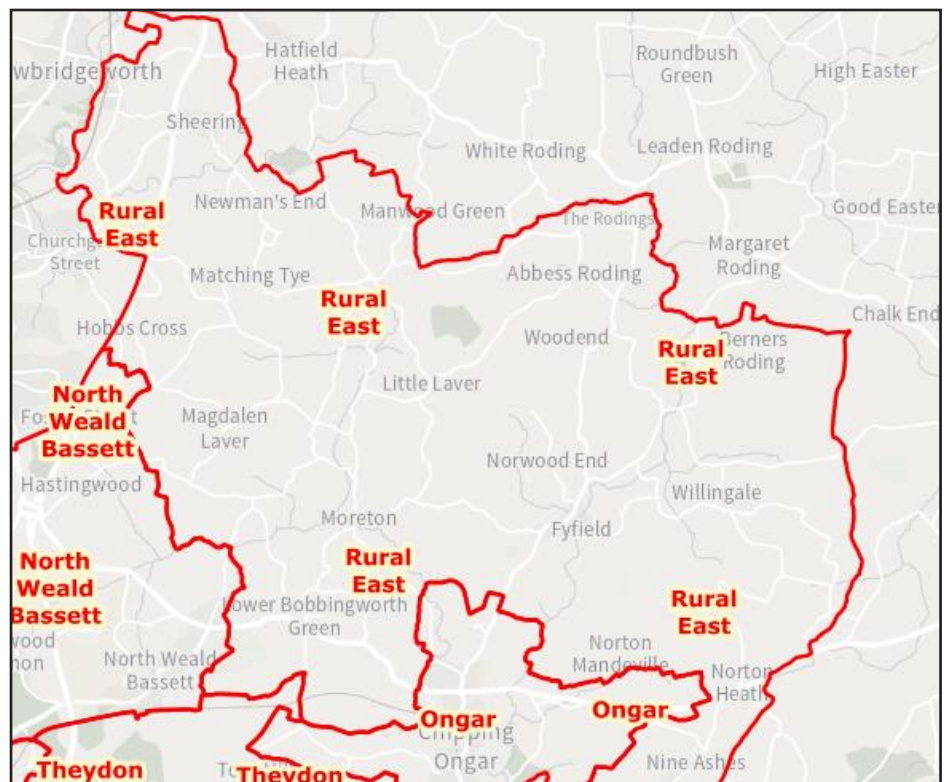
See also Parish Council News page 11 and District Councillors Report page 14

For more information:  
[eppingforestdc.gov.uk/have-your-say-on-the-epping-forest-electoral-review/](http://eppingforestdc.gov.uk/have-your-say-on-the-epping-forest-electoral-review/)

Email your views to: [reviews@lgbce.org.uk](mailto:reviews@lgbce.org.uk)

Or write: Review Officer (Epping Forest),  
LGBCE, PO Box 133, Blyth, NE24 9FE

*My thanks to Paul Stalker, District Councillor for Lower Sheering for this concise explanation of the proposals. Editor*



Surgery with Robert Halfon MP

Saturday 10 December

11.30

See Noticeboards & Facebook  
for Venue

Everyone Welcome

**DIARY****DECEMBER**

**Friday 9** Carols and Mulled Wine in the Village Hall with St Mary's Brass 7.30 for 8.00. Mulled wine, sausages rolls & mince pies. All proceeds to support the USPG Ukraine Emergency Appeal. Entry by ticket Irene Harriss 01279 734334

**Saturday 10** Surgery with Robert Halfon 11.30. See Noticeboards and Facebook for venue. All welcome.

**Sunday 11** Pop-up Nativity. Children and adults encouraged to come dressed as any character in the Nativity story. 10.30 St Mary's Sheering

**Sunday 18** Carol service St Mary's Sheering 4.00

**Monday 19** Carols at the Cock with Brass of St Mary's 7.30

**Christmas Eve** "midnight" Holy Communion at St Mary's Sheering 11.00 pm

**Christmas Day** Holy Communion 10.30 St Mary's Sheering

**Tuesday 27** Christmas Walk leaving the Village Hall at 10.30 Everyone welcome

**JANUARY**

**Tuesday 10** WI 7.30 for 7.45 Village Hall

**FEBRUARY**

**Saturday 4** Quiz in the Village Hall, £6 per person, tables of up to 8, bring your own food and drink. 7.30 for 8.00. Friends of St Mary's

**Tuesday 14** WI 7.30 for 7.45 Village Hall

**MARCH**

**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

**Exercise Class: Mondays** 6.15 - 7.15 Natalie Green 07581 182036. All abilities welcome

**Soccer School:** Reception - Year 6  
Sheering Village Recreation Ground.  
Sonny.Sturgess@bscfc.co.uk

**Yoga: Wednesdays** Village Hall 6.45 - 8.15  
Clare 07854 773680

**Zumba: Tuesdays** Village Hall 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



Our Lower Sheering 'post box knitter' produced this wonderful tribute to The Queen on a red, white & blue base embroidered with the words "Thank You for Everything".

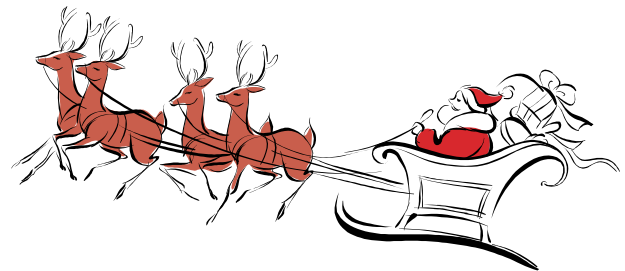
*Photo Malcolm Tinn*



THE EDITORIAL TEAM OF SHEERING NEWS WISH  
ALL OUR READERS, DELIVERERS & ADVERTISERS  
A HAPPY CHRISTMAS AND A PEACEFUL NEW YEAR



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Please let us have letters, articles and photos for the next edition of Sheering News promptly by 1 March 2023 .



## Pike's Plumbing & Heating



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**Craig Pike - Owner**

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Dear Sheering residents,  
The last few months in Parliament have been very busy. At the time of writing, the new Prime Minister, Rishi Sunak, has now taken office and I am delighted to welcome him to his post at such a crucial time. I have been encouraged by his commitment to tackle some of the most serious problems facing our country, including measures to cut the cost of living, boosting education, skills and apprenticeships, investing in our NHS and controlling immigration.

I recently met with the Chair of the Parish Council, Councillor Lesley Paine, to discuss the priorities for the people of Sheering. I know that the Parish Council is committed to championing village life, creating a strong sense of community spirit and protecting the beautiful

green spaces all over the parish. Sheering is a truly lovely place to live and I welcome the efforts of the Parish Council to safeguard the village for many years to come. I look forward to working with the Parish Council in the weeks and months ahead to do all I can to support the community in Sheering.

I am also aware of concerns which have been raised about the volume of traffic and instances of speeding in Sheering. The new Junction 7A on the M11 is a vital part of our local infrastructure but we must ensure that drivers use the most appropriate routes for their vehicle types. Restrictions are now in place on some roads around the junction which cannot cope with larger vehicles to help reduce through traffic. I am continuing to work with

Essex County Council and Highways England to resolve these concerns.

I am sure you will all join me in sending our condolences to His Majesty King Charles III following Her late Majesty Queen Elizabeth II's passing just a few months after celebrating her Platinum Jubilee.

Earlier this year, I was privileged to join you in Sheering to celebrate the late Queen's Jubilee. I thoroughly enjoyed visiting the village hall and taking part in the fantastic activities you had all taken so much time and care to organise.

Queen Elizabeth II led a remarkable reign and represented the very best of British values - hope, wisdom, faith and service. It was with a profound sense of gratitude that I paid tribute to



**Robert  
HALFON** Working Hard  
for Sheering

Get in touch -

[halfon4harlow@roberthalfon.com](mailto:halfon4harlow@roberthalfon.com) | 01279 311451

[roberthalfon.com](http://roberthalfon.com) | [facebook.com/roberthalfon](https://facebook.com/roberthalfon)

Her late Majesty The Queen for her unwavering commitment to public service in the United Kingdom, the Commonwealth and across the world.

As always, you can keep in touch with me via my website [www.roberthalfon.com](http://www.roberthalfon.com) I am also looking forward to hosting a surgery in Sheering in December where residents can drop by to discuss any concerns they have with me. Please keep an eye out on Facebook or the Sheering Parish Council website for more information. (see front page)

Once again, please be assured that I will continue to work hard for Sheering to deliver the pledges I made to you.

With all good wishes,  
Robert

### Recycle your Christmas tree, and help St Clare to care!

St Clare Hospice's Recycle your Christmas tree campaign is returning once again this winter! This fantastic recycling programme is an eco-friendly way to dispose of your tree after the yuletide season, whilst also helping your local hospice charity.

Last Christmas we recycled more than 1,200 trees and raised over £18,000 for the Hospice – as well as reducing individual travel to dispose of trees, making it super eco-friendly!

Our team of volunteers will collect your real spruce, fir, or pine trees over three days, on Saturday 7, Sunday 8 and Monday 9 January 2023, from your



front gate or driveway, meaning you don't have to venture out in the cold! All we ask is for a suggested donation of £12 per tree, which will go towards offering vital support to people living with a life-limiting illness, or experiencing bereavement, near you.

Make your Christmas celebrations a little more environmentally friendly this year – and recycle your tree with St Clare!

[stclarehospice.org.uk/event/recycle-christmas-tree](http://stclarehospice.org.uk/event/recycle-christmas-tree)

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## Anti-Social Behaviour

Over recent months there have been several incidents of antisocial behaviour within the parish involving damage to play equipment, graffiti, drug taking and drug dealing in public open spaces and a very serious incident in Lower Sheering playground where broken glass had been placed on and around the slides. The Parish Council are very concerned about this and have contacted Essex Police who have given the following advice:

"The main answer is keep reporting the problem through the proper channels and provide as much information as possible about the perpetrators, especially vehicles and vehicle registration numbers. Calls to CrimeStoppers can also help, but ideally the witnesses should be contactable. The more reports received, the greater the chance of the priority escalating and, with more information, hopefully the Police will be in a better position to act, and act decisively."

For crimes and suspicious activity **now** phone 999.

For other non-urgent contact and reporting a crime that has already happened, phone 101 or report it online at [essex.police.uk/](http://essex.police.uk/) and click on the appropriate button.

**CrimeStoppers.**  
Speak up. Stay safe.

**0800 555 111**  
100% anonymous. Always.

To give information anonymously phone 0800 555 111 or report it online at [crimestoppers-uk.org](http://crimestoppers-uk.org)

It is also important that incidents are reported to Epping Forest District Council as they have a duty to help combat Anti-Social Behaviour. Incidents can be reported on their website:

<https://www.eppingforestdc.gov.uk/crime-and-safety/report-anti-social-behaviour/>

### 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

## Phishing: Spot and report scam emails, texts, websites, and calls



How to recognise and report emails, texts, websites, adverts, or phone calls that you think are trying to scam you. What is phishing?

'Phishing' is when criminals use scam emails, text messages or phone calls to trick their victims. The aim is often to make you visit a website, which may download a virus onto your computer, or steal bank details or other personal information. Why you should report phishing scams: The National Cyber Security Centre (NCSC) is a UK government organisation that has the power to investigate and take down scam email addresses and websites. Reporting a scam is free and only takes a minute. By reporting phishing attempts, you can: reduce the amount of scam communications you receive, make yourself a harder target for scammers, protect others from cybercrime online. As of September 2022 the NCSC has received over fourteen million reported scams, which has resulted in 100,000 scams being removed across 184,000 URLs. Report Phishing Scams to: [ncsc.gov.uk/collection/phishing-scams](http://ncsc.gov.uk/collection/phishing-scams)

Colin Freeman Essex Neighbourhood Watch



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### Living Well programme – supporting you to live well with a life-limiting condition

Hospice care is more than you think. It's about supporting you to live well with a life-limiting condition, so you can make every day count. If you, or someone you know, has a life-limiting condition, our Living Well programme could make such a difference. It can help with:



- Fatigue & anxiety management
- Coping with change
- Navigating services
- Preparing for your next consultation
- Planning for your future

If you would like to be considered for a space on the Living Well programme, you can call First Contact on 01279 773774 or email [info@stclarehospice.org.uk](mailto:info@stclarehospice.org.uk)

Find out more here: [stclarehospice.org.uk/living-well](http://stclarehospice.org.uk/living-well)

### GriefLine is here to support bereaved people across West Essex and East Herts

GriefLine (01279 945089) is a local resource offering much-needed



emotional support via telephone, across West Essex and East Herts, to anyone struggling with their grief around the loss of someone.

GriefLine operates from 9 – 5, Monday to Friday. It is run by a team of St Clare staff and volunteers, trained to deliver emotional support to those who are struggling with their grief. Anyone who has experienced a loss, whether recently or in the past, is welcome to call GriefLine. No previous connection to St Clare Hospice is required to access support.

If you would like to speak to someone about the loss of someone, no matter how long ago

you were bereaved, the number to call is 01279 945089. GriefLine is free to call, though charges may apply in line with your standard network rate.

For more information on GriefLine, visit: [griefline.co.uk](http://griefline.co.uk)

More volunteers are needed to support this expanding service. Find out more and apply for this role that makes a real difference, at [stclarehospice.org.uk/volunteervacancies](http://stclarehospice.org.uk/volunteervacancies)

### Namaste Dementia Care – free, one-to-one service launches!

St Clare Hospice has launched a new, free service to support people living with advanced dementia, and their carers, across West Essex and East Herts.

Namaste Dementia Care delivers personalised, one-to-one, Namaste Care activities to people living with dementia in their own



homes and in residential homes. Namaste Care offers a person-centred approach and the service involves trained volunteers supporting people with advanced dementia to engage in meaningful activities to promote an improved quality of life.

Namaste Dementia Care volunteers visit weekly, for a period of up to 10 weeks, and offer a tailored package of sessions to suit the individual. Activities used are designed to stimulate all five senses, which has been shown to really help people with dementia to connect and engage with others. Namaste Care activities can include: hand massage, music, memory boxes, poetry and gentle movement.

To access this service please contact Joanne Morrison on 07534 031702 or email [namastecare@stclarehospice.org.uk](mailto:namastecare@stclarehospice.org.uk)

Find out more online [stclarehospice.org.uk/namaste/](http://stclarehospice.org.uk/namaste/)

More volunteers are needed to support this new service. Find out more and apply, at [stclarehospice.org.uk/volunteervacancies](http://stclarehospice.org.uk/volunteervacancies)

### Lawrence Moorings Delivery

Since the gates were installed at Lawrence Moorings our deliverers have been unable to drive in to deliver to the flats.



If you live there and would be willing to deliver some or all of the 200 copies please contact Iris Filisetti  
07879 446459

### Sheering website

Sheering.org.uk has been refreshed!

We had some problems meaning that you might have been warned it was not safe to proceed but these are all resolved and you should be able to find the latest *Sheering news* online again and refer to back copies as well.



The useful numbers are all updated and links have also been checked so everything is up and running again.

My thanks go to Rob Sibley in Lower Sheering for his continued help and support.

Linda Ainsworth

If you have local photos or suggestions for inclusion, please email  
sheeringnews@sheering.org.uk

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admin@sheering.essex.sch.uk www.sheeringschool.org.uk



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## 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 Parish Council website for dates of meetings.  
[e-voice.org.uk/sheering-parish-council/](http://e-voice.org.uk/sheering-parish-council/)

### Parish Councillors

Lesley Paine	Chairman
Bill Bedford	Vice Chairman
Richard Morgan	
Mick Bull	
Judy Christmas	
Neil Marsden	
Peter Rust	
Phil Tansey	
Margaret Whitfield	

**Please contact the Clerk who will forward your messages to the appropriate councillor**

### Clerk to the Parish Council

Siobhan Perrin 07821 894235  
Office hours only  
[sheeringpc@gmail.com](mailto:sheeringpc@gmail.com)

### District Councillors

#### Sheering Village

Richard Morgan 01279 731243

#### Lower Sheering

Paul Stalker 07969 219006  
[cldr.pstalker@eppingforestdc.gov.uk](mailto:cldr.pstalker@eppingforestdc.gov.uk)

### County Councillor

Christopher Whitbread  
[cldr.christopher.whitbread@essex.gov.uk](mailto:cldr.christopher.whitbread@essex.gov.uk)  
Essex County Council, County Hall, Duke Street, Chelmsford CM1 1LX

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### **Sheering Parish Council Chairman's report**

Sheering Parish Council was extremely sad to hear about the death of HM Queen Elizabeth II. Our gratitude to Her Majesty could only be expressed via our minor gestures but we will not forget her great service to our country throughout her seventy-year reign.

We placed a book of condolence in the church, which many residents signed; we laid flowers on the War Memorial, our shared local landmark, in honour of Her Majesty. The Chairman and Clerk represented the Parish at the Proclamation ceremony held at EFDC Town Hall for HM King Charles III and at the church service at St Mary's Sheering in honour of our late Queen. A letter was sent by our Clerk on behalf of the community to Mr Clive Alderton at Clarence House to pass our condolences to King Charles III and the Royal family.

Our thanks to Neil Marsden who lowered and raised the flags in Sheering Parish when required. Quite a task, as details were changing all the time. Also, thanks to our Clerk, Siobhan Perrin for the extra work required liaising with EFDC to get information.

### **Junction 7a and Essex Highways**

It has been a busy few months for Sheering Parish Council since the last edition of Sheering News and the opening of J7a on the M11.

Many of us have welcomed the ease of access to the motorway to visit other areas of the country without having to negotiate the Hastingwood roundabout or the Hockerill lights in Bishops Stortford. However, this has come at a price and many of us have had our nights and days disturbed by diverted traffic due to motorway closures through accidents or ongoing road works.

Complaints from residents of The Street and Sheering Lower Road have flooded in.

Owing to the success of the Jubilee celebrations in Sheering, I was invited to visit our MP Robert Halfon, in the Houses of Parliament in October to discuss the particular matters affecting Sheering. It was rather an inopportune moment to visit as whispers were going round as to when, not if, Liz Truss would resign, so the atrium area in Portcullis House was buzzing with intrigue. Other than our major concerns of the cost of living, energy, mortgages etc, I had the opportunity to discuss our issues mainly

around the non-response from Essex Highways throughout our parish. This has resulted in an offer from Robert to attend a surgery in Sheering Village Hall during December to hear our local gripes.

### **East of Harlow Development**

We also discussed our non-involvement with the East of Harlow development, and he has arranged for me to meet with Guy Nicholson, the Independent Chair of Harlow and Gilston Town to ask how we can be involved in the decision making for this important development in our parish. The final documents on the Main Modifications requesting comments are on the EFDC website, although there is very little we can now influence for Sheering it seems.

### **War Memorial**

We reported the vehicular damage to the War Memorial surround to ECC but they do not feel it is a priority to raise the kerb. The Parish

Council have employed the services of an architect to put together a scheme for the redesign of the wall and surrounding paving to protect our listed memorial.

Our thanks to Lee

Tennant for repairing the wall in time for Remembrance Sunday.

### **Sheering playgrounds**

Our bid to obtain lottery funding for new surfacing to the whole of the Sheering Village playground was rejected. However, we are intending to re-level the area under the main climbing frame and reuse rubber matting obtained from Lower Sheering so that there is a safety surface under this area; a sustainable solution considering this perfectly good material was to go to landfill! We will continue to upgrade the area as much as possible when grants become available.



## The Copse in Sheering Village

EFDC Countrycare have done a wonderful job clearing the copse to let in more light. What a great team they are!



If anyone fancies continuing their work throughout the winter months, they would be most welcome. Ditch clearing is my favourite, as you may know.

### Vandalism

How sad we were to find that vandals had placed broken glass on the play equipment and around the bases on the newly surfaced areas in Lower Sheering. It was soon cleared by local councillors but this, and the associated graffiti in the parish has been very disappointing. The silver teenage shelter was soon put back to its platinum shell by local councillors after each face was daubed. However, our Leventhorpe artist has pulled out and so we need to find an alternative. Come forward if you really are a graffiti artist, not a delinquent.

Lesley Paine  
Chairman

## Local Council Elections 2023

On May 4th next year, there will be both Parish and District council elections. You will be able to vote for a District Councillor for Hastingwood, Matching and Sheering, representing Sheering village and, in Lower Sheering, a separate District Councillor.

This is for a period of one year as there are to be new boundaries for District Councillors from May 2024 reducing the overall number of councillors by 4 on EFDC. There will be another election in 2024. The proposal is to have 3 councillors representing the Rural East area covering Lower Sheering, Sheering, Matching, The Lavers, Abbess Roding, Bobbingworth and Nine Ashes – a vast area with diverse needs.

The Parish Council intends to object to this, owing to the reduction in density of councillors considering our parish needs at District level. We already know that the issues affecting Lower Sheering are totally different from the rural communities of Sheering Village and Matching and look for the retention of a unique councillor to represent their needs.

Further information on this can be found at:

Have your say on the Epping Forest Electoral Review - Epping Forest District Council [eppingforestdc.gov.uk](http://eppingforestdc.gov.uk) and/or

Local Government Boundary Commission for England Consultation Portal [lgbce.org.uk](http://lgbce.org.uk)

As there is no polling station in Lower Sheering and facilities are currently only available in Sheering Village, you can ask for a postal vote if you choose not to travel to Sheering village.

The link to download and apply for a postal vote is below:

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/1003093/Postal-vote-application-form-English.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1003093/Postal-vote-application-form-English.pdf)

Nearer the election we will see if facilities are available in Lower Sheering, otherwise the Parish Council will look to provide transport to Sheering Village so people can exercise their democratic right.

On the same day, there will be the opportunity to vote for your Parish Councillors. We desperately need volunteers to come forward from the Lower Sheering community so you can be truly represented. Currently, we are looking for 2 new councillors.

Lesley Paine  
Parish Council Chairman

## Sheering Parish Council

### Citizen & Young Citizen of the Year 2023

#### Your Chance to Nominate Someone

Is there someone you know who unselfishly brightens the lives of other residents, someone who goes that extra mile to care for their community and for the people who live there? If you know someone who meets the above criteria, nominate them for either prestigious award.

Nominees must be residents of Sheering or Lower Sheering

You can nominate anyone for a 2023 award that has

- ◆ Shown exceptional individual courage
- ◆ Provided continual and dedicated service or assistance to another individual or the community as a whole
- ◆ Shown outstanding commitment, energy and effort towards an achievement or recognition in their specific field of work or study
- ◆ Or something similar...

Nominations should be submitted with a short summary of why you have nominated this person.

The winners will be invited to attend the Annual Parish Council Meeting 19 April 2023 at Sheering Village Hall to receive their award, trophy and a cheque for £100.

**Nominate someone now and let's all celebrate our local heroes.**

Any queries or if you'd like more information

Email : [sheeringpc@gmail.com](mailto:sheeringpc@gmail.com)

Or write to:

The Parish Clerk

Siobhan Perrin

Lamberts

The Street

Sheering

CM22 7LY

The closing date for nominations will be 15 March 2023.

## An Onion and a Rose by Adrienne Tinn

I wasn't going to write at all on Covid.  
I wasn't going to tell about my woes -  
the cough, sore throat, the tiredness that hits  
you.  
But oh! I have to talk about my nose.

We all accept we're born with that appendage,  
be it long or small or fat or thin.  
It is a snout of very great importance  
to help us breathing out and breathing in.

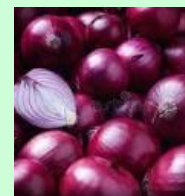
But no, I hadn't thought of its importance  
regarding both our sense of smell and taste.  
For the latter needs the former to be working  
or any tries for flavour go to waste.

I lost my sense of taste and smell with Covid.  
I could tell when salty, sweet or sour still.  
But flavour flew and no amount of trying  
could bring it back. It was a bitter pill.

My lovely seedy bread was soft but tasteless.  
Seeds could have been a mass of ants inside -  
my soup a thick amorphous mass of liquid,  
the fish and meat just lumps I couldn't abide.

The cheese a chunk of salt that held no flavour,  
an apple and a pear could be the same.  
Peas and beans and cabbage all were tasteless.  
They simply could have borne each other's  
name.

I didn't want to eat. It all seemed pointless.  
But then! The tang of onion in the air!  
Was that a smell? I couldn't quite believe it.  
Beloved onions are you really there?



Both senses came back home – a  
slow returning -  
but oh, appreciation on my part!  
The tang, the taste, the scent of all around me.  
An onion and a rose will fill my heart.



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# LOCAL ORGANISATIONS

## Village Walks

The Christmas walk will be on 27 December 2022 departing from the Village Hall at 10.30. All are welcome.



## WI

I'm very pleased to report that our WI continues to grow in membership.

We enjoyed a delightful summer lunch on the lawn

outside the Church Room sitting under the tree shaded from the glorious sunshine. Everyone contributed something to the buffet table, which we shared with the members of St Mary's Brass who



very kindly kept us entertained during lunch. A raffle caused a little excitement following lunch.

We now look forward to the rest of the year finishing with our Christmas lunch at The Cock Inn.

There are speakers booked for the start of the New Year so come along and see what we're about, we're a friendly lot who will ply you with tea & biscuits, sometimes cake if you're lucky.

Hope to see you soon, 2nd Tuesday of the month 7.30 in the small hall in the Village Hall.

Sheena Pike

President



## Spotted a Badger Dead or Alive?

You could help save a badger or its cubs.

Harlow Badger Group

[www.hbg-uk.org](http://www.hbg-uk.org)

01279 503332 07941 185171

## District Councillor Report

Thanks to Sheering News for the opportunity to update you on matters at the District council.

The main issue that has dominated my inbox in the last few months is the general displacement of traffic through Lower Sheering ward to and from the new M11 junction and the more specific disruption, especially at night-time, caused when part of the motorway is closed for repairs and the prescribed diversion route is ignored.

Whilst these are not matters that the District Council have any control over, I have and will continue to raise them with the County Council and those in charge of National Highways. I wholeheartedly share the view so clearly expressed by local residents that our rural roads are totally unsuitable for this volume of traffic including heavy vehicles and coaches. Ever since I first saw the plans for the new junction I have repeatedly made the point that all of the infrastructure improvements that came with it were on the Harlow side, with little thought given to the impact in the other direction.

Our County councillor Chris Whitbread has also been raising this issue at every opportunity and has held various site meetings to see the problems for himself. Traffic restrictions are desperately needed and I trust that the organisations responsible will rapidly progress them.

Kind regards and season's greetings,

Paul Stalker

District Councillor

Lower Sheering

*Editor's Note: Some of Paul's article has been used to explain the proposed changes to Local Government Boundaries on the front page.*



Follow us!

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## The Hundred Parishes Society

### Church Clocks

Before the middle of the twentieth century most people did not have watches; they relied on public clocks which could be seen at railway stations, post offices and other public buildings - and on church towers. This reminds me of the lines written in 1912 by the homesick poet, Rupert Brooke:

*“Stands the church clock at ten to three  
And is there honey still for tea?”*

The Hundred Parishes has a variety of interesting church clocks. In Furneux Pelham, St Mary’s clock is topped by Old Father Time and the words “Time Flies, Mind Your Business”. One wonders what prompted those words to be included.



The bell tower at Sheering has two clock faces which were installed in the 1940s to remember those who served in the War.



The north-facing one tells us to “Work and Pray” whilst the west-facing proclaims “Today Is Yours”.



The church at High Wych was built in 1861 to the design of local

architect George Edward Pritchett. Its clock is almost as wide as the thin flintstone tower on which it is mounted.

Hinxton possibly has our oldest church clock, believed to date from 1700 AD, albeit extensively renovated in 1809 when a new face was fitted.



Artist Eric Ravillious lived in Great Bardfield and his wood engraving of the church of St Mary the Virgin clearly shows the enormous clock that was added to commemorate the coronation of King George V in 1912. One assumes the residents of Great Bardfield are never late for work or church.



The engraving has been adopted as the logo of The Hundred Parishes. I hope you will keep an eye open for the variety of clocks to be found around the Hundred Parishes. The Hundred Parishes Society’s trustees join me in wishing you a Merry Christmas.  
Ken McDonald, Secretary.

[www.hundredparishes.org.uk](http://www.hundredparishes.org.uk)



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## Sonny's Soccer School

Brand new football centre for children from  
Reception to Year 6!








**Where:** Sheering Recreational field  
CM22 7LX  
**When:** Saturdays 9-10am  
Start date: 12th November

Send an email to [Sonny.Sturgess@bscfc.co.uk](mailto:Sonny.Sturgess@bscfc.co.uk)  
to register your interest!



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### Maintenance & Repairs for Sheering School

During the summer holidays Richard Syed from Network Rail used up some volunteer leave to help with maintenance and repairs at our village school, where his wife Julia works as the business manager. He also rounded up some troops to help out. In a couple of days



External doors and frames were repaired and repainted.



Classroom and corridor walls, ceilings, doors and skirting boards were repaired and repainted.

A broken sink tap was replaced and Quickbury

work he made a huge difference to the school with his band of volunteers.

They cleared vegetation from around the perimeter fencing area of the school

They repaired the school fence and



classroom wooden floor repaired and varnished, broken guttering renewed and the outdoor classroom weatherproofed for another year ahead.



weather proofed the fence panels and the access gates to the playing fields.



Excess vegetation was removed and chipped up and the waste was placed around the school flower beds.

They replaced the broken picket fences and created new gates



They completed all this and more and the school was left clean and tidy, ready for the new term.

Many thanks go to Richard and all the volunteers and to those at Network Rail and Railscape who made it all possible.



**Winter Respiratory Viruses:** As we approach the winter months, this is the time when there are more respiratory viruses around – Colds, 'Flu and now Covid. Protect yourselves as much as possible by:

Washing your hands frequently with soap and hot water;

Wearing a mask in crowded indoor settings;

Keeping a distance of 1 – 2m between yourself and other people.

Let us all help to protect ourselves and each other this winter.

### Have you completed your bowel screening test?



A campaign that launched in west Essex last month encourages those eligible to for bowel cancer screening to complete their tests - but the

message is relevant wherever you live. Everyone aged 60 – 74 is entitled to free bowel cancer screening every two years. If they are registered with a GP, the test is automatically sent to their home along with instructions and a free return envelope – but only a proportion of people send these back. Bowel Cancer is the 4th most common type of cancer and screening can help prevent it or find it at an earlier stage when it is easier to treat. To help encourage more people to complete their tests, please help spread the word amongst anyone you know who is eligible for the free screening. If you are worried about a family history of bowel cancer or have any symptoms, speak to a GP for advice. For more information about the signs and symptoms of Bowel Cancer visit <https://www.nhs.uk/conditions/bowel-cancer/> and also take a look at the NHS website to learn more about Bowel Cancer screening <https://www.nhs.uk/conditions/bowel-cancer-screening/>



After the clocks go back and we close the curtains and turn the lights on an hour earlier, winter can sometimes be a bit of a lonely time for some people. But here in Sawbridgeworth there are so many opportunities to go out, mix with friends, have meals together and enjoy good company. Whilst sometimes this may take a

bit of effort, the benefits of being with other people are well known! These are some of the opportunities in and around our town. Keep your eyes open for the posters in town:

Hailey Day Centre: [haileycentre.co.uk](http://haileycentre.co.uk)

Sawbridgeworth Memorial Hall: [smht.org.uk/classes-and-clubs](http://smht.org.uk/classes-and-clubs)

Well Beloved Club: [thewelbelovedclub.com/](http://thewelbelovedclub.com/)

Sawbridgeworth u3a: [u3asites.org.uk/sawbridgeworth/welcome](http://u3asites.org.uk/sawbridgeworth/welcome)

Bereavement Café at the Hailey Day Centre

All Sorts Dementia Group at the Cricket Club [allsortsdg.co.uk](http://allsortsdg.co.uk)

Compassionate Neighbours [hcpa.info](http://hcpa.info)

Sawbridgeworth Community Library in The Forebury

Why not Get a

Buddy or even

Be a Buddy: Some

people may be a

bit nervous or

anxious about going to a

group on their own where they think that they

might not know anyone. Perhaps you could

be a Buddy and take a friend to go to a group

that you already attend or maybe go together to a new group!



Sometimes we need to voice how we're feeling or talk

through something we're experiencing but finding someone to speak to isn't always easy.

'Talk to Us', the mental health charity Samaritans is reminding us all that they are here for anyone who is struggling to cope - 24/7 a day, 365 days a year. Samaritans can be contacted for free by phone on 116 123 or email on [jo@samaritans.org](mailto:jo@samaritans.org)

Alternatively, you can find your nearest branch on the Samaritans website. Please help raise awareness of the charity by reminding others of the support available to us all. You can share messages on social media using #TalkToUs and use materials on the Samaritans website to help spread the word. For more information on looking after your mental health, and support services in Hertfordshire and west Essex, look at <https://hertsandwestessex.icb.nhs.uk/stay-well-1/looking-mental-health>

[centralsurgerysawbo.nhs.uk/](http://centralsurgerysawbo.nhs.uk/)

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## Library News

### Mobile Library

The mobile library visits villages and communities the length and breadth of Essex every three weeks. Any library member can borrow or return books and other items there.



To find your nearest stop and when the mobile library calls there:

1. Select "Mobile Library Services" on the library website [libraries.essex.gov.uk/](http://libraries.essex.gov.uk/) then "See details of mobile routes by area"
2. Find the district you're in and click on the links to find the timetable for your area
3. Clicking on a stop will enable you to find when the mobile library is next due to visit

You can also find details on the library app:

1. Select "Our Libraries", then "Our Mobile Libraries"
2. Select the district you're in
3. Expand the map and select the bus symbol nearest to where you live
4. Use the list below the map to find when the mobile library is next due to visit

The mobile library visits Lower Sheering every three weeks.

### Home Library Service

If you can't get to the library owing to age, disability or caring responsibilities, you can still use Essex Library Service.



Home Library Service volunteers are your link to the library, bringing books and any other library items you'd like.

To join the Home Library Service, all you need to do is phone 0345 603 7628 or ask a friend, relative or care home staff to contact us on your behalf. Alternatively, you can fill in the feedback form link: [essex-self.achieveservice.com/service/Library\\_questions\\_and\\_feedback](http://essex-self.achieveservice.com/service/Library_questions_and_feedback). An employee of the Library Service will then get in touch with you to arrange a home visit.

### Winter Reading Challenge

Loved the Summer Reading Challenge? Good news, the Winter Reading Challenge 2022/23 is here!



During the challenge, you'll be taking a trip around the zoo with our penguin pal Aramoana. Together you'll meet animals from all over the world and learn about how different cultures celebrate the winter season! Read six books between 26 November and 28 January to complete the challenge! So, join us



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for some frosty fun with our chilly challenge this winter! Sign up in your local library from 26 November.

### Library of Sanctuary

Basildon, Chelmsford, Colchester and Harlow libraries will soon be running regular support sessions for refugees, asylum seekers, migrants and for those seeking sanctuary.



These sessions will help people to join the library, learn about our resources, courses and upcoming events.

To find out more about what Essex Library Service offers, visit our website [libraries.essex.gov.uk/](http://libraries.essex.gov.uk/)

0345 603 7628, Monday to Friday, 8.30 to 5.00.



Warm and inviting spaces, hot drinks, activities, and the opportunity to connect with others are promised this

winter in our new 'Warm Welcomes' initiative.

'Warm Welcomes', launched on 2 November at Chelmsford Library with local launches across Essex on 5 November, commits to supporting residents over the winter, particularly those affected by the cost-of-living crisis and rise in energy prices.

This additional support includes warm drinks (availability will vary in each library), warm spaces for groups, and extra clubs and activities including arts and crafts, homework clubs, cookery, mindfulness activities, advice sessions and skills and training. The offer will vary across libraries. Find out what is available in each library: [libraries.essex.gov.uk/events/](http://libraries.essex.gov.uk/events/)

In addition to library staff helping facilitate activities and being on hand to engage with library users, we're recruiting 'Warm Welcomes' volunteers across the county's libraries, who will be on hand to offer company to those feeling isolated, give advice and guidance to those in need, and run activities, clubs and events for residents to enjoy.

Find out more about Warm Welcomes: [libraries.essex.gov.uk/news/warm-welcomes](http://libraries.essex.gov.uk/news/warm-welcomes)  
0345 603 7628, Monday to Friday, 8.30 to 5.00

Apply to become a Warm Welcomes volunteer: [volunteersex.org/opportunities/warm-welcomes-library-volunteer-13473/](http://volunteersex.org/opportunities/warm-welcomes-library-volunteer-13473/)



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## Friends of St Mary's Sheering

### Buzzing Again!

The afternoon of Sunday 16 October was a bit of a milestone, as it was the first event put on by Friends of St Mary's Sheering since before lockdown. We had a good turnout in the Church Room, where Michelle Shenstone gave us a fascinating talk about her experiences of bee keeping, more involved than some of us had previously realised. Afterwards we chose from a wonderful array of puddings (plus second helpings ...). Thank you to all who made them for us. Michelle and her husband had brought loads of honey-related products to sell, in nice time for Christmas shopping.



We raised £289 for Friends funds.

### News of the buildings and grounds Churchyard Water Supply

At the beginning of July, during that spell of very hot weather, we discovered water bubbling up in the carpark. It turned out to be a leak in the pipe that supplies the standpipe in the churchyard. We had it repaired under insurance (£250 excess payment). Given the



age of the pipe (it predates the Church Room, built more than thirty years ago) the entire length is probably rotten and will have to be replaced sooner rather than later. As further leaks are unlikely to be covered by insurance, the PCC are looking at four options, ranging from £575 to nearly £3,000:

- Discontinue the supply completely
- Install a tap on the outside of the Church Room
- Install a new standpipe on the grass verge opposite the Church Room
- Install a new standpipe at the far end of the grass carpark

Sadly, it is all a bit theoretical at present, as we do not have sufficient Friends funds in hand for any of the options and still leave a pot for emergencies.

### Eco-church – Moth Trap Evening

Late in the evening on 6 August, a small group of local moth experts set up lights and white sheets at several places around the churchyard.



Poplar hawkmoth

Here are extracts from their report.

We recorded 84 different species and a total of approximately 276 moths. This is a very respectable result given the time of year.

I was pleased to find a new species for me too, a micro moth which goes by the unpronounceable name of *Ptocheuusa paupella*. This species feeds on Fleabane which I didn't see but must be either in the churchyard or nearby.

There were quite a few less-common species recorded which shows how important the site is in terms of biodiversity and richness of flora and its relatively undisturbed nature.

Several species are recent colonists to Essex and would have been very unusual just a few years ago. Examples are Gypsy Moth, Oak Processionary, Jersey Tiger, Tree-lichen Beauty, Box Moth and Beet Moth.

The records will be submitted to the County recording scheme run by the Essex Field Club and the data will be available on the national database. There are no definite plans yet, but we may organise another moth survey in 2023, perhaps slightly earlier in the year when even more species will be on the wing.

### Churchyard Extension

We are sorry to report that the Land Registry has not yet issued some necessary documentation, without which the churchyard extension cannot be consecrated for burials. We continue to follow this up, and will keep you updated.

### Churchyard team

Why not make a new year resolution to join us in 2023 (Saturday morning every few weeks)? Contact Natalie Cracknell on 01279 734360 if you are interested.

### Church matters

#### Harvest weekend, 24 and 25 September

As usual the church was decorated with flowers. Gifts of food and produce were later donated to Streets2Home and Harlow Foodbank. On the Saturday afternoon we had live music in church and stalls in the Church Room. On Sunday afternoon we had a very joyful service of Songs of Praise in addition to the usual morning service.



A painting by local artist the late Gordon Crossley, donated for church funds, made £200 from a blind auction.

### Death of HM Queen Elizabeth II

The church was open every afternoon of the week before Her Majesty's funeral, for anyone to sign the condolence book. On the evening of 14 September there was a special service in memory of Her Majesty. It was very moving for some of us to toll one of the bells for an hour before the funeral. In contrast, at 4.00 on

11 September three generations of one family joined us to ring all the bells exuberantly after the proclamation of King Charles III as king.

### Dates for your diary

You are always welcome at the service in church at 10.30 every Sunday morning\*.

Please note that the weekly Zoom service has moved from Sundays to Wednesdays. If you would like to "attend" the Zoom service, email SixVillagesZoomCodes@gmail.co for the login details.

\* If there is a fifth Sunday in the month, we join with one of the other churches of the Six Villages (Hatfield Heath, Great and Little Hallingbury, Hatfield Broad Oak and Bush End). Watch the notice board to find out which parish is hosting.

In addition, we hope you can join us for some or all of the following activities leading up to Christmas:

**Carol singing:** Unfortunately we are unable to put on carol singing round the village this year. But if you want to have a good sing, and contribute to a good cause, why not join us for

- Friday 9 December **Carols and Mulled Wine** in the Village Hall, with St Mary's Brass 7.30 for 8.00 pm. £5 (or £2.50 for under-18s). Mulled wine, sausages rolls and mince pies. All proceeds to support the USPG Ukraine. Emergency Appeal. Entry by ticket only 01279 734334 .
- Sunday 11 December, 10.30 am in church. **Pop-up Nativity.** Children and adults are encouraged to come dressed as any character in the Nativity story (loads of scope for sheep, shepherds, angels, kings, stars etc).
- Sunday 18 December, 4.00 pm, Carol service
- Monday 19 Carols at the Cock with Brass of St Mary's 7.30
- 24 December, 11.00 pm, "midnight" Holy Communion at St Mary's
- 25 December, 10.30, Holy Communion at St Mary's
- **Saturday 4 February 2023, 7.30 for 8.00, Quiz** in the Village Hall, £6 per person, tables of up to 8, bring your own food and drink. Further details nearer the time.

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

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## Why is it important to recycle?

More and more people recycle everyday. This helps to reduce the need for landfill and more costly forms of disposal. Recycling also reduces the need for extracting (mining, quarrying and logging), refining and processing raw materials all of which create substantial air and water pollution. This helps to save energy, reducing greenhouse gas emissions and helping to tackle climate change.

### The environmental impact of recycling

Whilst recycled materials are valuable commodities in the worldwide market and are financially important; recycling is good for the environment too. It makes best use of our limited natural resources.

Recycling is a real success story and we should be proud of what we have achieved as a nation – but there is still much more we can do.

In 2008-09 over 27 million tonnes of household waste was collected by local authorities. Of this:

- 50% of this waste was sent to landfill;
- 37% was recycled or composted; and
- 12% was incinerated for energy recovery.

The amount of household

waste we recycled in 2008 reached an impressive 8.7 million tonnes. That alone saved the same amount of CO<sub>2</sub> that nearly a million return flights from London to Sydney would produce.

### Five recycling myths

"There is no point recycling, it doesn't make a difference"

Recycling stops tonnes of waste being buried in landfill. In the UK, recycling saves about 10-15 million tonnes of carbon emissions a year, the equivalent of taking 3.5 million cars off the road.

"My recycling will end up getting thrown away with the rubbish anyway"

Your recycled material is a valuable resource. Once it has been collected from your doorstep it is then sorted, bailed and transported to reprocessors to be made into new products.

"I don't create any food waste so I don't need to use a food waste collection"

We all create some unavoidable food waste such as peelings, egg shells, teabags and bones. If you have a food waste collection at home these can go in your food waste caddy.

"Paper can only be recycled a few times"

Whilst it is true that paper fibres start to break down once they have been recycled five-six times, even then they can still be put to good use in egg cartons, loft insulation, paints and even new road surfaces.

"Recycling metal uses more energy than extracting the raw material"

This is not true. Mining and processing metal uses huge amounts of resources and energy. Recycling cans saves up to 95% of the energy needed to make new cans from raw material.

There are many myths about recycling. Why not explore our website [recyclenow.com](http://recyclenow.com) to find out more. For example, find out what to do with specific items that you are not sure about.

### Lower Sheering Residents

Would you like your own local council in Lower Sheering?

75% of households in Sheering live in Lower Sheering. Our own Parish Council can provide us with a voice for taking community action. We can have a say in planning, highways, traffic, community safety, housing, street lighting, playing fields, community centres, litter, seats and shelters and rights of way.

For many years, there has

been a great need for community facilities in Lower Sheering. At present they are based in Sheering Village which means access is difficult or impossible for many of our residents.

We can make this happen by setting up our own Parish Council. If you would like to back this proposal, please help by sending your Title, Surname and name of road on which you live to Sheila Caves:  
cavessheila@gmail.com  
07814 969334



## 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

### Blue Box Glass Bottles & Jars



**ONLY GLASS BOTTLES and JARS**  
All Colours and Clear

### Bin of Last Resort - Black Bin

**Fortnightly:** Domestic household rubbish

**Polystyrene:** Leave by the black wheelie bin

### 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 wheeled bins on either collection day.

**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.



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.



Please bundle your cardboard.

### Revised Collection Days

Wednesday 28 December  
Wednesday 12 April

Thursday 29 December  
Thursday 13 April

### 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.

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

### Think Before You Park!

The width of our vehicles are 3 metres, meaning we need 4 metres to be able to manoeuvre.  
Please park considerately, and remember to keep corners clear.  
Remember if we can not gain access neither can a fire engine.



Both vehicles need space to manoeuvre



Essex  
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Person-centred care

Essex Cares can support you if you have a sight loss, hearing loss, or combined sight and hearing loss.

They can provide assistance and advice on specialist hearing equipment such as fire alerts. They also provide batteries and re-tubing at their drop-in service.

01245 256380  
email sensory  
services@essexcares.org

Contact Essex Cares for times of their drop-in service The Hub@Harlow, Pyenest Road, Harlow CM19 4LU

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The Essex Year of Reading is a countywide campaign created to help children and young people discover a lifelong love of reading and ensure every Essex child can read at their age level or better.



Whether you're a parent or carer who wants to support their child on their reading adventure, a young person looking for inspiration, or an adult keen to rediscover the joy of reading, we're here to help.

#### **Start your year of reading**

Enjoying the fun of reading is the first step to becoming a confident reader, see how we can help you.

#### **Discover the app**

The Essex Year of Reading app will inspire you or your child to read with confidence. Use the free digital library to enjoy immersive audio readings, animations, quizzes and download texts to read offline anytime, anywhere.

You'll find information about Essex libraries, online and in-person events as well as exciting competitions and challenges,

updated throughout the year.

You'll be able to choose from the:  
pupil library – including poetry and fiction and non-fiction stories

literacy boosting library – including high-interest and phonics-based reading support

parent or carer library – including guides on how to support your child's reading and wider learning

#### **Brand new app features!**

Exciting new content is now available on the Essex Year of Reading app. Brand new updates include:

- the 'Let's begin' guide for parents and carers
- 10 top tips to support children to read
- recommended short reads for adults written by best-selling authors
- a library of children's books in braille
- books for primary and secondary school children who find reading difficult
- details on how reading for pleasure has a positive impact on health
- new titles for children: 'Adventures in Science' and 'Learn English'

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St Mary's Parish Church, Church Lane, Sheering

A service in church every Sunday at 10.30

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

There is a service on Zoom at 11.00 am every **Wednesday** (not Sunday). Email [SixVillagesZoomCodes@gmail.com](mailto:SixVillagesZoomCodes@gmail.com) for the login details.

[www.thesixvillages.org](http://www.thesixvillages.org)



### Rev'd Becs Challis writes

One of those unwritten rules we have in our family as we move towards the end of the year is, at what point is it acceptable to put the heating on? This year it has become even more hotly discussed (no pun intended!)

The words 'cost of living crisis' have not only been seen on the news but are being felt in a very real way within households and across our community. Finances are being squeezed in a way that individuals and small businesses have not felt for a long time and for me it has prompted me to reconsider the way that I am approaching Advent and the season of Christmas. The watching and waiting for God, the presents, food, togetherness and celebration.

I am trying to prioritise the simple things and remind myself that the light, heat,

warmth that we are all used to, the creature comforts that once were a normal part of life now look more like luxury items. In the well-known Christmas carol, Away in a Manger, there was "no crib for a bed". Jesus, Son of God entered life with us in its simplest terms as a baby in a manger.

Simplicity in a sense is a paradox, being both easy and at the same time incredibly hard. It seems that to achieve a simple way of life, or even live a more simplistic lifestyle we need help there are many self help guru's out there that will provide steps on decluttering your home, or the best way to fold, stack or roll something so as to save space. Paying attention to those things external to us is of course important but as is being able to achieve simplicity within oneself. Achieving inner simplicity involves both grace and

discipline which can only be found in faith in Jesus Christ. Rather than leaving us empty and feeling we have missed out, this type of simplicity fills us with a gift of love that can be shared. So I encourage you this Advent to seek the simple things, to pay attention to the ordinary, and to share what we can with love.

Every blessing

Becs

Revd. Becs Challis

Curate – The Six Villages  
(Hatfield Heath, Sheering,  
Bush End, Hatfield Broad  
Oak, Great and Little  
Hallingbury)

Saturday is usually my Sabbath, I will answer emails and phone calls as soon as I can from the Sunday onwards.

Tel: 07877 809 222

[RevBecsChallis@outlook.com](mailto:RevBecsChallis@outlook.com)

## Do Something Amazing



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CAB Harlow 0845 120 3717 <a href="http://www.adviceguide.org.uk">www.adviceguide.org.uk</a>
DISTRICT COUNCILLOR LOWER SHEERING Paul Stalker 07969 219006
DISTRICT COUNCILLOR SHEERING VILLAGE Richard Morgan 01279 731243 <a href="mailto:richardmorgan26@outlook.com">richardmorgan26@outlook.com</a>
ECC COUNCILLOR Christopher Whitbread <a href="mailto:cllr.christopher.whitbread@essex.gov.uk">cllr.christopher.whitbread@essex.gov.uk</a>
ECC County Hall 01245 492211 <a href="http://www.essexcc.gov.uk">www.essexcc.gov.uk</a>
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FLYTIPPING EFDC 01992 564608 <a href="mailto:erefuse@eppingforestdc.gov.uk">erefuse@eppingforestdc.gov.uk</a>
FRIENDS OF PISHIOBURY PARK <a href="http://friendsofpishioburypark.co.uk">friendsofpishioburypark.co.uk</a>
FOOTBALL CLUB Mr C Hellmers 01279 653923
ROBERT HALFON 01279 311451 <a href="http://www.roberthalfon.com">www.roberthalfon.com</a> <a href="mailto:halfon4harlow@roberthalfon.com">halfon4harlow@roberthalfon.com</a>
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POLICE 24 hour non-emergency number 101 Ongar Police Station ext.319333 <a href="mailto:Eppingforestcommunitypolicingteam@essex.police.uk">Eppingforestcommunitypolicingteam@essex.police.uk</a>
POWERCUTS 105
PRE-SCHOOL Angie Rivoire 07981 215437 <a href="http://sheeringvillagepreschool.co.uk">sheeringvillagepreschool.co.uk</a>
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SAWBRIDGEWORTH LOCAL HISTORY SOCIETY <a href="http://sbwhistory.com/">sbwhistory.com/</a>
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## SHEERING NEWS

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The Willows The Street Sheering  
Bishop's Stortford CM22 7LX  
[sheeringnews@sheering.org.uk](mailto:sheeringnews@sheering.org.uk)

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*Sheering News* Editorial Team

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

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