

SHEERING NEWS

also at www.sheering.org.uk

April 2023

145



Bake off competition and sale

Evening Concert

Raffle Tea and Cake

Face Painting

Prosecco and beer

Fun Fair rides


*Sheering Coronation Party
Sunday 7th May from midday.*

A full day of entertainment for all starting with a bring your own picnic style community lunch in the Village Hall and on the playing field. Followed by children's entertainer, bingo and evening concert.

*Reserve your space at a table.
Tickets from £5pp, 5yrs and under free.
On sale 7th April from Sheena at 20 Crown Close 07855725781.
Outside space is free.*

*All proceeds to the Village Hall renovation fund.
Volunteers and info contact Lesley Paine - paine127@btinternet.com*



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DIARY**APRIL**

Friday 7 Good Friday Village Walk 10.30
Village Hall car park. All welcome & dogs

Tuesday 11 Sheering Community Art Project
10.00 - 12.00 in the Village Hall - see page 14

Tuesday 11 WI 7.30 for 7.45 Village Hall

Friday 14 Sheering Community Art Project
12.00 - 4.00 on the Recreation Ground - see
page 14

Sunday 23 Litter Pick Meet in the Village Hall
car park 10.30. Wear protective footwear etc
and bring your own equipment if you have
some. Bags will be provided

MAY

Thursday 4 Local Elections - see page 12

Saturday 6 Coronation of King Charles III

Sunday 7 Coronation Party - see front page

Sunday 7 Bake Off Competition -see page 19

Monday 8 Volunteering Day - see page 13

Tuesday 9 WI 7.30 for 7.45 Village Hall

Thursday 11 Central Surgery Patients' Group
Annual Meeting in the Memorial Hall,
Sawbridgeworth 7.00

Wednesday 17 Annual Parish Meeting in the
Village Hall 8.00. All Welcome

JUNE

Tuesday 13 WI 7.30 for 7.45 Village Hall

JULY

Saturday 1 Friends concert 7.00 in St Mary's
Church, Sheering, with local musicians. This
is usually a very popular event, which often
sells out, so save the date. For more
information, look out for posters nearer the
time.

DAILY

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

WEEKLY

Coffee Morning/Warm Hub - Tuesdays

11.00 - 1.00 in the Village Hall. All welcome

Men's Shed Harlow - Tuesday & Thursday

11.00 - 3.30

Men's Shed Bishop's Stortford - Wednesday

10.00 - 4.00

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

Zumba - Tuesdays Village Hall 6.30 -7.30

Claire Britten 07854 107021

Yoga - Wednesdays Village Hall 6.45 - 8.15

Clare 07854 773680

Soccer School - Saturdays 9.00 - 10.00

Reception - Year 6

Sheering Village Recreation Ground

Sonny.Sturgess@bscfc.co.uk

FORTNIGHTLY

Bereavement Café - First and third Tuesdays

of each month Hailey Day Centre,

Sawbridgeworth 2.00 - 4.00

THREE WEEKLY

Mobile Library Van - every third Wednesday

Sheering Lower Road Layby 1.25 - 1.55

0845 603 7628 www.essex.gov.uk/libraries

MONTHLY

WI - 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 third Friday of every

month 3.00 Sawbridgeworth Memorial Hall.

Membership Secretary, John Dickenson

01279 722297

Annual Parish Meeting

17 May

8.00

Village Hall

All Welcome

Volunteering Day

May 8

Village Hall

From 10.00

See page 13

Robert Halfon MP writes:

Dear Resident,

The evenings are beginning to get lighter and the days longer, which means spring must be on its way. I am working hard for Harlow, Sheering and the villages on local issues about which I want to update you.

Education, Skills and Apprenticeships

My passion has always been championing education, skills and apprenticeships. I have recently been delighted to host my annual jobs fair with over 60 employers and 4,000 visitors, carry out my 100th visit to Harlow College since being elected to see the advanced manufacturing centre and celebrate the news that over 8,000 new apprenticeships have been created in our town since 2010. I am proud that Harlow

and the villages have so many chances for young people to climb the ladder of opportunity.

Potholes

Like many local residents, I am frustrated by the state of our roads. Following a winter of freezing temperatures, causing damage and breaks in the tarmac, our roads are worse than ever. I have spoken extensively to Highways portfolio holder, Cllr Lee Scott, who has confirmed that Essex County Council has invested £9 million for highway and footway repair. This funding will kick start repairs across Harlow, Sheering and the villages; however, I am pledging to do all I can to ensure the repair and management of Harlow's roads is sustainable. I will continue to work hard to

push Essex further and ensure Harlow roads are repaired.

ULEZ (Ultra Low Emission Zone)

I am campaigning against the Labour Mayor of London's plans to expand the ULEZ. This discriminatory tax will cost many Sheering motorists £12.50 every time they enter London at a time when every penny counts. I am disappointed that the Mayor has reportedly overlooked consultation responses, ignoring the views of hard working people, to push ahead his plans to impose the additional charges. I am inviting everybody to join the campaign, urging the Mayor to scrap his plans and protect the livelihoods of Harlow and Sheering drivers.



Get in touch -

halfon4harlow@roberthalfon.com | 01279 311451

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

Traffic

In my last article for Sheering News, I told you that I am working with Essex County Council and Highways England to resolve concerns about the volume of traffic and instances of speeding in Sheering. Junction 7A on the M11 is a vital part of our local infrastructure; however, I know this has created more traffic in and around Sheering. Restrictions are now in place on some roads around the junction and I am actively lobbying Essex County Council to introduce more measures to mitigate these concerns.

Residents can keep in touch with my work to build an even better Harlow by following me on social media or by going to www.roberthalfon.com.

Kindest wishes,
Robert

Police Advice on using e-scooters

What is an e-scooter?

E-scooters are classed as motor vehicles under the Road Traffic Act 1988. Which means the rules that apply to motor vehicles, also apply to e-scooters including the need to have a licence, insurance and tax.

It's not currently possible to get insurance for privately owned e-scooters, which means it's illegal to use them on the road or in public spaces. If you're using a private e-scooter you risk the vehicle being seized under S.165 Road Traffic Act 1988 for no insurance.

If you cause serious harm to another person whilst riding an e-scooter the incident will be investigated

in the same way it would if you were riding a motorcycle or driving a car.

Legal use of an e-scooter

It's legal to use an e-scooter on private land with the permission of the land owner.

Where a trial rental scheme is running, it's legal to use a rental e-scooter on a public road or cycle lane, provided you have the correct licence and follow road traffic regulations.

Penalties and offences

If you don't have a licence, or the correct licence, or are riding without insurance you could face a Fixed Penalty notice with a £300 fine and six penalty points on your licence for having no insurance.

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Future Proposals for the Village Hall

We have a great facility but it is currently tired, in need of substantial repairs and improvements



Our aims are:

- To carry out essential repairs and improvements to make it fit for purpose that will maximise its potential and make it a facility that benefits our whole community
- To have an administrative system that is robust, that protects our trustees from liability and that is run effectively and efficiently so that it doesn't waste money unnecessarily, that makes money and puts it back into the building for the benefit of community
- To have a facility that is the centre of village life; that brings our community together and that we are proud to be a part of

Short term plans

To provide an adequate number of toilet facilities to serve the small and large hall independently

This will:

- Include a disabled toilet which should be provided in a modern day facility
- Upgrade the existing toilets and drainage system which are dated and block during high demand
- Provide a separate toilet facility for the Pre School to use off the main hall, which will meet both Safeguarding and Ofsted rules.
- Allow for the two halls to operate independently and increase usage of the facility

We also intend to improve the heating so that it is reliable and effective; and carry out works to repair the roof

Longer Term Plans

We want a hall that is fit for purpose and meets the needs and aspirations of the community.

We would like to know what is important to our community and what facilities and activities you would like to see at your village hall.

We will have a stand at the Coronation Big Lunch event where we will be very pleased to hear your thoughts.

Raising the Funds

The Committee will be bidding for external funding from everywhere we can to raise money for the repairs and improvements to the hall.

However, successful bids are often dependent on us being able to demonstrate community

engagements and 'self help'. So we hope that we can rely on residents to initiate events, support and attend fundraising activities that will add directly to the funds and maximise our opportunities for successful outside bids too.

We are looking to carry out a number of fundraising activities in the near future including a Race Night and Bingo which we hope will be successful and enjoyable - watch out for further publicity.

A new robust administrative system

It is proposed that we change our administrative arrangements from a Registered Charity to a Charitable Incorporated Organisation (CIO). We believe that this will move us to being a more robust administration, providing suitable protection for trustees and will make us more likely to be successful in winning external funding.

We are also proposing a new booking and online payment system for the hall. This will be a simple, efficient process for customers and our account management.

In the interim, Angie Rivoire, has kindly volunteered to take over manual bookings. For booking please call Angie on 07917 413160

Bringing the Community Together

We want to rejuvenate the hall to create a vibrant modern facility that will bring the whole community together.

Some committee members are looking to step down and we therefore need a new tranche of people to take on certain roles and responsibilities. It is not as daunting as you think (from personal experience!) and the more people getting involved, the easier it is all round. It would be great to have new faces, young people and people from both Sheering and Lower Sheering.

If being on the committee is not for you, it would be great if you might consider offering practical help for specific projects / events etc. and ask your friends.

Forthcoming Events

I'd like to highlight the next significant events that will involve the village hall and our residents

Coronation Weekend - Sunday 7 May fete when we hope for everyone's support either in volunteering or attending on the day (see front page).

Village Volunteers Day - Monday 8 May – an opportunity for everyone to get involved (see page 13)

Sally Devine Interim Chair

Use of Air Rifles

The law makes no distinction between air rifles and more powerful guns for which you need a licence – they are all classed as firearms. This means that any offence you commit can carry a very heavy penalty, and there are at least 38 different offences. Following this code will help you to keep on the right side of the law, but if you have any doubt, seek advice from BASC or your local police firearms licensing department.



Who Can Shoot

18 years or older: If you are 18 years or older there are no restrictions on buying an air rifle and ammunition, and you can use it wherever you have permission to shoot.

14–17 years: You Can:

borrow an air rifle and ammunition; use an air rifle, without supervision, on private premises where you have permission.

You Cannot

buy or hire an air rifle, or ammunition, or receive one as a gift. Your air rifle and ammunition must be bought and looked after by someone over 18 – normally your parent, guardian or some other responsible adult; have an air rifle in a public place unless you are supervised by somebody aged 21 or over, and you have a reasonable excuse to do so (for example, while on the way to a shooting ground).

Under 14 years

You Can:

use an air rifle under supervision on private premises with permission from the occupier – normally the owner or tenant. The person who supervises you must be at least 21 years old.

You Cannot

buy, hire or receive an air rifle or its ammunition as a gift, or shoot, without adult supervision.

Parents or guardians who buy an air rifle for use by someone under the age of 14 must exercise control over it at all times, even in the home or garden.

It is illegal to sell an air rifle or ammunition to a person under 18 years of age.

Where you can shoot

Where you intend to shoot, always ensure that you are authorised by the landowner or person with the sporting rights and that you know precisely where the boundaries are.

Get permission in writing, if possible, to

remove any doubt. Whenever you are in a public place you should carry the rifle in a gunslip and always ensure that it is unloaded and not cocked.

Taken from the British Association for Shooting and Conservation basc.org.uk

Noise Nuisance and Anti-Social Behaviour

Noise disturbance is by far the most common type of anti-social behaviour reported to the police, local authorities and housing associations; nearly every aspect of anti-social behaviour involves some level of noise, whether it be loud music, parties, alcohol related disorder, foul and abusive language to name but a few.

If the noise is neighbour related, the first step wherever possible should always be to approach your neighbour to explain the problem, how it impacts you and try to resolve amicably before turning to the Police or other Authorities. People often do not realise the impact that their behaviour is having on others and are more likely to put things right when asked in a reasonable way.

If resolving issues informally is not successful or is inappropriate, then your next course of action may be to contact the Local Authorities Environmental Health Team for investigating neighbour noise nuisance e.g. loud music, barking dogs, unreasonable DIY. You will usually be expected to complete a noise nuisance diary so that officers can assess the level of noise, its frequency and duration, and impact that it is having on your life.

Anti-social behaviour does not always involve noise related issues. It could be an action by someone else that leaves you feeling alarmed, harassed or distressed. It also includes fear of crime or concern for public safety, public disorder or public nuisance.

If the issue is an emergency and you require immediate help, you should call the Police on 999.

In other cases, your concerns may be more appropriately dealt with Epping Forest District Council or by other community safety partner agencies, such as social housing landlords. You can report cases of anti-social behaviour to the Council online and they will assess the best steps to be taken and liaise with other agencies where appropriate.

Lower Sheering Recycling Bags

Is there anyone in Lower Sheering willing to store recycling



bags for residents to collect in case they run out. Please contact Sheila Caves 01279 725578

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Lawrence Moorings Delivery

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



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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/

Parish Councillors

Lesley Paine	Chairman
Bill Bedford	Vice Chairman
Mike Achilles	
Mick Bull	
Neil Marsden	
Richard Morgan	
Peter Rust	
Phil Tansey	

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

District Councillors

Sheering Village

Richard Morgan 01279 731243

Lower Sheering

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

County Councillor

Christopher Whitbread
cldr.christopher.whitbread@essex.gov.uk
Essex County Council, County Hall, Duke Street, Chelmsford CM1 1LX

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Chairman's report: Investigation into the proposed Lower Sheering Community Facility

As the new Chairman of Sheering Parish Council, I decided to carry out a review of the available documentation proposing a Community Facility in Lower Sheering.

At the Queen's Platinum Jubilee celebrations, I was delighted to find past copies of Sheering News dating from August 1977.

Lo and behold, a few pages in, there was a letter from a resident: Bridget Baxter from Lower Sheering.

'Our desire for a small Community Room stems from necessity – not pride. We aim to get a few of the community services which we entirely lack, within the reach of as large a section of the community as possible.

A small room to cater for about 50 people could be used for medical, chiropody, antenatal, young wives club, Tufty Club, to teach our toddlers safety first, Youth activities, including guiding and scouting in all its forms etc.'

Harry Langton, a parish councillor replied: 'Building a centre necessitates finding land. The planning department will insist that a parking space for cars must be provided for any centre.

The land in front of the playing field is not suitable for technical reasons.

Villages have a time honoured way of dealing with this kind of proposition i.e. call a public meeting which could test the need for a centre and be the means of providing volunteers to bring the idea to fruition.

A voluntary run community bus could make this project unnecessary and provide other benefits. Why not consider this alternative?'

So the search has continued for an appropriate site.

During recent years, the Railway Tavern has shut and has been sold to developers. This was a place where Lower Sheering residents had voted for some years and has resulted in residents either having to travel to Sheering Village Hall to vote or using the postal voting system. For such a large, rural population, this has been viewed as unacceptable by the community and they would like the opportunity to vote in person.

Facilities have been sought in Lower Sheering, but none has been found of a suitable size and location. Also, for a polling station to function, EFDC must provide officers to man the station from 6.00am until past 10.00pm at night.

Obviously, economies have been made by centralising the voting facility in Sheering Village Hall.

If a facility for voting was provided in Lower Sheering, unless located centrally to Sheering Lower Road, those less able to walk and vote in person would still need to drive or be driven to the voting station. Parking would need to be provided.

The solution to this rarely occurring occasion would be to find a building in Lower Sheering large enough to accommodate several cars temporarily during the polling day. We have investigated using facilities in The Maltings but EFDC in their inspection said they were unsuitable.

For many years – since the new hall in Sheering Village was built in 1974, the residents of Lower Sheering have looked for "A small room to cater for about 50 people". The original functions stated above in Ms Baxter's letter no longer exist in the local community either through lack of interest, centralisation of facilities or a changing society. During the past 50 years, with the Disability Discrimination Act (DDA) compliance written into planning law for new build, provision of ramps, disabled parking spaces and toilet facilities has taken more space in the footprint of a building and the provision of a building for 50 people would not be small in area. The redevelopment of Waterside Place and The Railway Tavern gave the opportunity for the provision of a S106 agreement whereby the developers would provide for Lower Sheering a community facility which seems to now be described as a room with a tea point, disabled toilet and some storage. Councillor Waller negotiated with the developers and a



scheme was put together as shown on the attached drawings.

This was offered to the Parish Council in 2016. Drawings are also in the possession of Sheering PC. The proposal was reviewed by the then

Lower Sheering Parish Councillors and was rejected (much to Cllr Waller's disappointment) on the grounds that the area was too small to



meet their needs. The Councillors in question decided to opt for the alternative and a S106 unilateral agreement (financial

contribution), made solely by the developers (unilateral) was set up, the wording of which can only be altered by the developers themselves. It states that the funding should be used towards the provision of a community facility in the Lower Sheering area. It does not specify new build. Just to clarify - Lower Sheering Ward extends from the motorway bridge on The Street Sheering to Mayfield's bakery and along Sawbridgeworth Road towards Hatfield Heath.

It had already been established over many years that no site in Lower Sheering, belonging to the Parish Council, was suitable for the provision of a building due to "technical reasons" as stated by Harry Langton in 1977. However, during recent years, the land adjacent to the playground has been mooted as the site to be used for a community room. The local population, without the prior knowledge of the site constraints, have been led to believe that this was an appropriate site. Further investigations by a chartered civil engineer have shown that there is a 100m diameter public sewer running through the middle of the site serving the bungalows adjacent to the site and joining their foul sewer into Sheering Lower Road. It runs from a manhole to the rear of the adjacent bungalow to the left of the proposed site, to a manhole at the centre of the site adjacent to the road and is owned by Thames Water.

In order to build near a public sewer, an approved build over agreement is required. In the paragraph within the documentation, guidance is given for "Specifications for approved build over agreements – sewers up to 160mm diameter. Point 3 states: New dwellings are not permitted to be constructed over the public sewer". This therefore necessitates a sewer diversion and the costs associated with that work.

There are also many easements (rights of way) across the site, confirmed by EFDC and they have stated that it would be financially prohibitive to release these.

Further investigations into the site with Nicola Sayers, the senior technical and legal officer for Estate and Land at EFDC, and

investigations into past minutes of meetings indicate that the piece of land in question does not belong to Sheering Parish Council but to EFDC and a lease should have been put in place around the year 2000 for its renewal. Owing to the cost, the then Parish Council refused to renew but continued to maintain the land including spending over £3000 to replace the surrounding fencing early last year. In order to continue use of the land for the community, EFDC require up to £2000 for legal fees to set up a lease. Conditions of this would be that no temporary construction could take place on the site because its use could disturb neighbours. The only use could be for a seating and planted area. Is this something local residents would like?

Parking would also be unacceptable on the site as EFDC want to keep their existing green areas green.

The question has then arisen as to whether it would be acceptable to place a community building on the existing playing field/ playground. There would be no access across the EFDC land on Sheering Lower Road. The land to the rear of the play area is Ladywell Prospect. There is a private car park adjoining the basketball area. This would be the only vehicular access to the site, but it is private land and permission would have to be obtained from local residents. The highways pathway from Sheering Lower Road is not wide enough for fire engine access to the rear playground making the site unviable.

It is possible to put an outline planning application in to EFDC, but this is very unlikely to succeed as the leasing department have already expressed their negativity on this idea due to disturbance to their tenants on Sheering Lower Road.

£74,000 in S106 monies is in an earmarked account with the Parish Council. Unless a site becomes available, or another acceptable use can be found within the parameters, the money will sit there depreciating. It may be that the area adjacent to the J7a M11 junction will have land available as part of the expanding development, but that is not local to the current density of population around Sheering Lower Road although it is within the Lower Sheering Ward.

It may be that the only solution to this is to call a public meeting for residents to have formal sight of documentation and further discussions can take place with our County Councillor present as to the possible options going forward.

Lesley Paine

Chairman Parish Council



The Hundred Parishes Society

The Office for National Statistics (ONS) recently published analysis of the 2021 Census. Nationally, this showed that the population of England grew by 6% in the last 10 years and 14% over the last 20 years. Locally, the increase has been much faster. The population of The Hundred Parishes in 2021 was around 156,000, up 12% since 2011 and 24% since 2001. If roads seem busier, these extra 30,000 people are a major factor.



Half of the increase is accounted for by 6 parishes close to Stansted Airport. Elsenham, Flich Green, Great Dunmow, Little Canfield, Stansted Mountfichet and Takeley have each expanded by more than 50% in the last 20 years. Another big growth was seen in Buntingford: from 4,300 in 2001 to 7,900 in 2021.

The Census is the modern equivalent of the Domesday Book produced in 1086 AD when the national population was less than 2 million, compared to 60 million today.

Today, 8% of the Hundred Parishes population was born outside the UK (compared to 17% in the whole of England and Wales); 10% of homes are flats (v 22%); 36% of houses have 4 or more bedrooms (v 21%); 27% of homes are rented (v 37%); 40% of adults work at home (v 31%); 55% are in professional or managerial jobs (v 46%); 56% of households have 2 or more vehicles (v 35%). We have a different age mix to the UK average, with a shortfall of around 5,000 people in their 20s and 30s offset by around 5,000 extra people aged over 40.

While the previous paragraph highlights contrasts, some statistics are closely aligned with the national picture: 99% of households have central heating; 5% of households have a second home; 51% of the population is female and 49% male.

Each parish introduction on www.hundredparishes.org.uk has been updated to include the 2021 population. For more information, please go to <https://www.ons.gov.uk/census>

Ken McDonald, Secretary

Voter ID



From 4 May 2023, voters in England will need to show photo ID to vote at polling stations in some elections.

This will apply to:

- Local elections
- Police and Crime Commissioner elections
- UK parliamentary by-elections
- Recall petitions

From October 2023 it will also apply to UK General elections. Voters will have to show photo ID at their polling station in order to cast their vote.

Practically any photo ID will do from passports and driving licenses to bus passes. It won't even need to be in date so long as the photo is still a reasonable likeness.

Voter Authority Certificate

If you do not have any acceptable photo ID, and want to vote at the polling station, you will need to apply for a free Voter Authority Certificate. This can be done now so you have it sorted ready for the elections on 4 May 2023.

This can be done online until 5pm on Tuesday 25 April 2023 ready for the May 2023 election.

Apply online at GOV.uk for Voter Authority Certificate

Voters who do not produce a Voter Authority Certificate, or valid photo identification will not be allowed to vote on the day.

Alternatively, you can access a paper copy of the application form either from the Electoral Commission website or by contacting the elections team by at

Email elections@eppingforestdc.gov.uk

Call 01992 564411

If you are registered to vote by post, the Voter ID requirements don't apply.



SHEERING VILLAGE HALL



NEEDS YOU!

The big help out is part of the King's Coronation celebration.

On Bank Holiday Monday 8th May from 10am

We will be arranging for all manner of clean up activities for our village. Concentrating on and around the village hall with painting the exterior of the hall and cleaning up the playing field. Please come and help armed with any thing you think would be useful. We need able decorators, litter pickers, cheerleaders and refreshment providers.

A Scattering of Feathers by Adrienne Tinn

A scattering of feathers on the ground
 The sun is shining yet I hear no sound
 Of birdsong
 See no tiny bodies in the bush
 No beaks push out
 Or heads look all about

Where have they gone the birds
 To some other winter home nearby
 Where they can fly around
 And sink to rest
 Maybe

Build their nests
 Where no cat roams ready to pounce
 Safer homes

I miss the flutter and flurry
 Where they meet
 the hustle and hurry as they eat

I look all around
 But only see
 A scattering of feathers on the ground



**SHEERING
 COMMUNITY ART PROJECT**

Photograph taken by Street Art Atlas

Come and join ELNO at Sheering Village Hall to produce a mural painting for the shelter located in Sheering Village Park.

This unique opportunity is open to ALL residents of Sheering and Lower Sheering.

1st Session - Tuesday 11th April: 10-12noon
 Community Workshop to sketch ideas for the project
2nd Session: Friday 14th April 12-4pm
 Painting the shelter with the community

Elno will guide and teach the children to come up with ideas and designs for a mural which they can then help to paint onto the shelter.

If you are interested please contact the Clerk at sheeringpc@gmail.com or just turn up.

24th Year! **2023 CHARITY ABSEIL**

HAVE YOU GOT THE NERVE?

Saturday 20th May
 at the Affinity Water Tower Church Langley, Harlow

IT'S EXHILARATING & GREAT FUN!

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COFFEE MORNING
 CHAT, CONNECT
 RELAX AND
 STAY WARM

In support of **the trussell trust**
 154g UK Branch
 Donations Welcome

Come and join us for **FREE** tea, coffee, cakes, and chat every **Tuesday 11am – 1pm** **SHEERING VILLAGE HALL**
Everyone Welcome!

EVERY TUESDAY STARTING 24TH JANUARY 2023

If you would like to come along but are unable to get to the Village Hall please contact the Parish Clerk at sheeringpc@gmail.com or on 07821 894235 as it may be possible to arrange transport.



Follow us!

 The cock inn sheering

 @thecocksheering

 @cockinnsheering

District Councillors Report Lower Sheering

Thanks to Sheering News for the opportunity to update you on Epping Forest District Council (EFDC) matters over the past few months.

Traffic

From my own experience and from your e-mails and phone calls, the increase in traffic volume and disruption caused by the new M11 junction continues to cause concern. I am in regular dialogue with colleagues at the County Council and Essex Highways about this. I know from those discussions that the problem is being taken seriously and a lasting solution sought. Our local MP Robert Halfon is also taking a keen interest and I hope there will be positive news soon.

Anti-Social Behaviour

I have also been working with our Community Safety Unit and Essex Police to tackle anti-social behaviour in Lower Sheering. A range of measures are in place to ensure that those who cause such damage and distress are brought to account. I am always willing to take such incidents up with the relevant authorities on your behalf.

The Epping Forest Local Plan 2011-2033.

EFDC has now received the Inspector's final report on the examination of the Local Plan. This sets out the Inspector's recommendations and the reasons for them and completes the examination process. The Inspector concludes that subject to the Main Modifications set out in the appendix to the report, the District's Local Plan is sound and capable of

adoption. This gives us a solid basis for future planning and development decisions.

Council Tax

For the coming year, EFDC has once again proposed the lowest district element of Council Tax of any authority in Essex. Local Authority finances are under extreme pressure, but we remain committed to maintaining public services whilst making real-terms cuts in our budget. Investment remains a priority and the new Epping Leisure Centre, North Weald vehicle depot and a new fleet of refuse and recycling lorries are just some of the projects being backed in 2023/2024.

The Coronation of King Charles III

The EFDC website contains guidance for street parties for the Coronation. The Council aim to make obtaining permission as simple as possible so that neighbours may come together to celebrate on 6 May.

Local elections will be taking place on 4 May and you should be aware that photo I.D. will be required in order

to vote. A full list of acceptable forms of I.D. is available on the Electoral Commission website along with instructions on how to obtain a Voter Authority Certificate if you need one. Postal votes are not affected.

On the subject of elections, sadly it seems likely that Lower Sheering will cease to exist as a distinct council ward from May 2024 following Boundary Commission changes. Their proposals place Sheering and Lower Sheering with many small rural settlements in a large 'Rural East' ward with 3 councillors. I consider this to be a flawed decision and EFDC have suggested that Sheering and Lower Sheering be taken out of 'Rural East' to become a single ward with one councillor. At the time of writing we await a final decision from the Boundary Commission.

Kind regards,

Paul Stalker

District Councillor, Lower Sheering.



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www.paulfisksportstherapy.co.uk

Community Litter Pick

Sunday
23rd April

Meet Village Hall car park
10.30 am

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

Bags will be provided



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Friends of St Mary's Sheering



Successful Quiz

There was a fantastic turnout for the Friends Quiz on 4 February. Eleven eager teams set the Village Hall buzzing, all geared up for those tricky questions delivered by Alison Uncle. A big thank you is due to everyone who contributed to making it such a success, especially Alison. The winners were Matching Marvels. Second were The Heathens. And joint third were Forest Walkers and I-thought-this-was-speed-dating.

After expenses we made just over £550 towards the upkeep of the buildings and grounds at St Mary's. And at the same time we had a great fun evening.

Other Recent Events

Recent? It seems an age ago since St Mary's Brass put on a varied programme for Carols and Mulled Wine in the Village Hall on 9 December, ably compered by Philip Taylor. The sausage rolls and mince pies went down very well too. We are proud to have raised £300 in support of church charities that are providing food, medicine and shelter for people in Ukraine (not just Christians) who have been internally displaced because of the war.

St Mary's Brass were in action again in The Cock pub on 19 December for a Christmas singalong which was another joyful introduction to the Christmas season. £62 was donated to Friends of St Mary's. The Sunday before Christmas there was an appreciative congregation for the candlelit carol service. Hearty congregational singing, and some beautiful anthems from St Mary's choir, were interspersed with traditional readings. So atmospheric and yet another wonderful way of preparing for Christmas.

Churchyard Churchyard Extension

We are deeply disappointed to have to report yet again that - apparently due to a huge backlog - the Land Registry has still not issued documentation which is necessary before we can petition the Bishop to consecrate the new churchyard extension for burials. As you may know, we initiated the project early in 2018, never dreaming it would take so long. Since then we have fulfilled all the requirements within our power (planning permission for change of use, fencing,

clearing and levelling the ground, etc), and the transfer document was actually signed on 28 May 2021.

As we write we are beginning to explore a different way forward which has been suggested to us by the lawyers handling the transfer. We are very grateful for the expressions of support from the Parish Council and others, and we will of course keep you updated.

Meanwhile there are still a few spaces remaining for burials, and no shortage of space for the interment of ashes.

Churchyard team

The December meet was short and chilly, followed by festive lunch in the Church Room. It was hard to choose the best bit - the



Christmas jumpers, the paper hats, the terrible jokes, the pickled cabbage, the trifle, and lots more - a great time.

The ground was too frost-hard to do any maintenance in January, but now we are back in the swing of meeting every few weeks on a Saturday morning. Could you help, especially in the Summer when the grass grows at an alarming rate? If so, contact Natalie Cracknell on 01279 734360 for more information.

Eco-church

On the first Saturday of the month at eleven o'clock we hold a bug and bird hunt. We have our own "bug hotel" (on the south wall of the Church Room) and of course the setting is our large churchyard where many insects, birds and mammals thrive. We have bats, owls, butterflies and moths and the most amazing shiny beetles. Last summer over eighty species of moths, including recent colonists to Essex, were identified by experts who carried out a nocturnal survey. The results were submitted to a County recording scheme run by the Essex Field Club and will be available on the national database. We plan to do a re-run this Summer, so watch out for the posters.

Meanwhile why not join us on the next St Mary's bug and bird safari and maybe be the first to spot a new-to-us species!

News of the buildings

Secondary double glazing for the Church Room

It has proved quite difficult to keep the Church Room warm enough for meetings during the winter, and we are very grateful for a donation that has covered the cost of installing secondary double glazing.

Dates for your diary

Friends date:

Our first Friends concert since before COVID is on 1 July at 7.00 in church, organised as usual by St Mary's Musical Director Lydia Taylor with local musicians. This is usually a very popular event, which often sells out, so save the date now. For more information, look out for posters nearer the time.

Church services:

You are always welcome at the service in church at 10.30 every Sunday morning*. Please note that the weekly Zoom meeting (no longer a formal service) has moved from Sundays to Wednesdays. If you would like to "attend" the Zoom meeting, email SixVillagesZoomCodes@gmail.com for the login details.

* When there is a fifth Sunday in the month, we have a joint service 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.

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

The Great Sheering Bake-Off

Who is Sheering's Best Baker?

Find out on Sunday 7 May

1st, 2nd & 3rd prizes

Bake a cake to any recipe

Bring it to the Village Hall 10.00 - 11.00

on 7 May on a disposable plate

Your cakes will be sold in the afternoon as part of the tea and cake stall

2.30- 4.00

to raise funds for the Village Hall

Write your name and the ingredients on a separate piece of paper (in case of allergies)

Please register your interest to enter

01279 734333

Or just come along on the day



Library News

Storytime

Harlow and Old Harlow Libraries every second Saturday of the month 10.00 - 10.30



Volunteering with the Library Service

If you're after an activity that's rewarding, lets you meet people, learn new skills and put something into the community, and makes people's lives better – volunteer with the Library Service!



We have an extensive range of opportunities, allowing you to contribute as much as you want – from weekly sessions to occasional commitments.

libraries.essex.gov.uk/volunteering-with-libraries/

New Website

Our new Essex Library Service website is here

The new look is modern and sleek and reflects months of user research and audience insight.

Continued on page 27





The Hundred Parishes Society

As the weather warms, we look forward to an abundance of flowers offering food for bees, hoverflies and butterflies.

The reasons for this decline are complex, but as most arable crops are grown without any weeds this reduces the variety of food supplies for caterpillars, aphids and bugs. Fewer flowers mean less food for bees, adult butterflies and moths.

Fortunately, many insect species are resilient, and we can help with the survival of some. I encourage you to plant up your gardens with native hedgerow shrubs, a tree or two and install a bug

There are many helpful guides to creating a wildlife garden; the RHS website is helpful as is *Gardening for Wildlife* by Adrian Thomas published by Bloomsbury in 2017.

To get involved with the survey see www.buglife.org.uk Visiting local gardens for helpful tips is fun too - see the What's On page of www.hundredparishes.org.uk. Tricia Moxey, Trustee



Bumble Bees



Gatekeeper Butterfly



Mayfly



Thick-legged Flower Beetle



Large Red Damselfly



Green Grasshopper



Dragonfly

A report by the Essex Wildlife Trust indicates that such sightings may be much reduced. During 2022, members of the Trust participated in the UK citizen science Bugs Matter Survey, recording 'bug splats' on vehicle number plates to monitor flying insect abundance. The numbers of insects recorded on 277 journeys across Essex suggested that insect numbers have declined by 60% since 2004.

This is a worrying trend as it has implications for the survival of many other organisms. The majority of plants rely on insect pollinators to set seed including wild and garden flowers and three quarters of our food crops. Many song-birds feed on insects, and seed eaters such as skylarks and house sparrows nourish their young on insects.

hotel as these provide many habitats where insects can over-winter. Accepting flowery lawns and planting a wide selection of flowers is not only attractive to us but provides nourishment for an abundance of insects too.

LOCAL ORGANISATIONS

Sheering CE Primary School

The school year seems to be flying by! I cannot believe that we are already half-way through the year; it just seems like yesterday when we welcomed our new Reception children to Sheering school. Most of Copeland class were siblings of the children already in the school but it has been lovely to welcome new families to the school. We also have a new teacher, Miss Woodwright (Reception) who is giving the children the most amazing start to their learning journeys.



For the first time in three years, we were able to celebrate Harvest together in the church. Last year, families and friends watched us online, but it felt great to be able to squeeze everyone into St. Mary's and see the wonderful performances of songs, poetry and art work that the children and teachers had worked hard to put together in just 3 weeks.

It has also been so exciting to take part in the Leventhorpe sporting tournaments again this year; so far, the children have participated in the cross-country competition and Year 3 & 4 had a football tournament just before half-term. These competitions have helped our children to think about our Christian value of Resilience, even when we are competing against much larger schools. We have really enjoyed our successes in both of these events.

All of our children settled well in the Autumn term and have been enjoying our exciting new topics. With the help of the PTFA, we have been able to buy lots of new books to support our topics and which also reflect and celebrate the diverse world in which our children are growing up in.

Due to the snowy weather, we were unable to perform our Nativity in church but our youngest children confidently and enthusiastically told the story of Jesus' birth in front of audiences in school. They made us all very proud. On the day that the snow fell, Sheering school stayed open and enjoyed our planned trip to the theatre to see Jack and the Beanstalk. We were the only school there and we were so grateful

that the cast performed just for us. When we got back to school, we had the biggest snowball fight and a snowman competition.



The new year got us thinking about our aspirations for the rest of the year; we enjoyed 'finding our courage' and taking a risk with our learning to help us try new things in and out of the classroom. We really needed that courage when we had a 2-day Ofsted inspection in January.

We have continued to celebrate all of our successes in our Team assemblies (with Friends and Families) on Fridays.

Mrs Lorna Brittain
Head teacher

WI



Our year started with a really interesting talk from local friend Mark Simpkins who explained what happens to the recycling that we put out for collection every other week.

February's meeting we were visited by two enchanting therapy dogs along with Helen Beard their owner & volunteer for the charity, who told us all about the places these dogs go to help a cross section of society cope with varied health issues.

We're off out on a visit to Braintree Museum for our March meeting, I'll let you know how it goes in my next report.

You can see how varied our meetings are if you are interested in joining us in April, you will be made most welcome.

Sheena Pike. President/Secretary

Community Walk

There will be a community walk on Good Friday 7 April starting from the Village Hall car park at 10.30. All welcome and dogs!





A Date for Your Diaries: The Patients' Group Annual Meeting:

will be on Thursday 11 May in the Memorial Hall at 19:00



There will be further details in May's Newsletter.

Before the Annual Meeting, the Patient Survey should be available for patients to complete either on the Central Surgery website; by text message or by using the QR Code available for smart phones. You will soon see the QR Code in the surgery and locations around the town.

Central Surgery is a Training Practice: Central Surgery is an established training practice providing training for qualified doctors who wish to become GPs. They also provide training for medical students and physician associates. All their trainees are supported by an approved trainer.

A Message from Our New GP:

Dr Aziz joined our practice in January 2023. She is working 2 days a week.



"Hi I'm Dr Aziz, I have been working as a doctor for just over a decade. I trained and worked in London for most of that time. I'm very excited to have started work here at Central Surgery where I hope to serve you and your families with holistic medical care."

Men's Health - Walk Don't Run: Walking Football the slower version of the Beautiful



Game. Designed to help older people get fit, maintain an active lifestyle and improve both their mental health and quality of life. Walking football offers a multitude of health benefits to older people such as reducing the risk of cardiovascular disease and stroke while improving blood pressure. Positive changes in postural balance, blood pressure and resting heart rate, lowered cholesterol, improved blood sugar levels, bone density, and improving reactions, whilst slashing the odds of suffering from type 2 diabetes – all indicators of general good health. "Walking football also gives an often-isolated section of the community the chance to become involved in something they really enjoy, make new friends, form lasting relationships with like-minded people and generally improve their social circle and overall quality of life, often making them feel less isolated and more a part of the wider community". The Walking Football Association. Come and try it at your local clubs. In Harlow contact via paringdonpirates.org In Bishop's Stortford contact keithpyne61@gmail.com

Men's Sheds are kitted out community spaces where men can enjoy practical hobbies. They are about making friends, learning and sharing skills. Many guys come just for the tea and banter, everyone's welcome. Men's sheds have a group meeting in London Road Bishop's Stortford CM23 3LQ on Wednesdays from 10.00 to 16.00
Contact John Palombo 07881 504538



info@stortfordmensshed.org.uk

Blood Pressure and Lifestyle Changes:

Maintaining a healthy Blood Pressure is very important because the higher your blood pressure is, the higher your risk of health problems in the future. If your blood pressure is high, it is putting extra strain on your arteries and on your heart. Over time, this strain can cause the arteries to become thicker and less flexible, or to become weaker which can contribute to a stroke or heart attack. Simple lifestyle changes can help lower blood pressure:

- Eat a healthy diet
- Have low salt intake
- Only drink alcohol in moderation
- Make every effort to stop smoking




Changes to opening Times:




Please note that the Bereavement Café in the Hailey Day centre is now open on the **First & Third Tuesday** of each month. April's opening dates are 4 and 18 April from 14:00 until 16:00. You will find:

- A safe space if you have experienced loss.
- Chat, share and support for each other. Trained volunteers.
- Everyone is welcome and it is free to attend.

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T: 01268 960285 | **E: hello@novus-care.com** | **W: novus-care.com**



Volunteer with your local hospice

St Clare Hospice is seeking more volunteers to join its 600-strong team of people across their shops, in the community, and at the Hospice site in Hastingwood.

The charity needs people with a range of skills and knowledge – so however much time you can spare, they'll find the right role to suit you.

Meet new, like-minded people; make a difference; be part of a team; and share your skills with your community.

For more information, and to see the current list of roles available, visit: stclarehospice.org.uk/volunteer or call the team directly on 01279 773704 or email volunteer@stclarehospice.org.uk

St Clare Hospice – Easter Quiz

Put your thinking caps on and join the St Clare Spring Quiz at Canons Brook Golf Club, Harlow, CM19 5BE, on Friday 28th April.

Arrive at 7.00 for a 7.30 start. Tickets are priced at £60, for teams of up to 8 players.

For more information and to book, call Community Fundraiser Ellie Gale on 01279 773750 or email visit stclarehospice.org.uk/st-clare-spring-quiz-2023

Urgent stock appeal – Help your planet, and your Hospice

Are you planning a Spring Clean? St Clare Hospice Charity Shops would really appreciate any donations of pre-loved goods.

They need good quality:

- Women's, men's and children's clothing
- Shoes and bags
- Furniture – sofas, tables, chairs and wardrobes
- Games and toys
- Books, CDs and vinyl

To donate, visit your local St Clare Hospice shop. Find your closest shop by visiting stclarehospice.org.uk/shops



Host a Coffee, Cake and Care event this Spring

St Clare is calling on local people to host a 'Coffee Cake and Care' event this March or April to raise funds for the charity.

This Spring, host your own cake-based fundraiser, and raise a cuppa whilst raising vital funds for your local hospice.

For more information and to get your own free Coffee, Cake and Care fundraising kit, get in touch with the fundraising team on 01279 773750 or email fundraising@stclarehospice.org.uk



GriefLine (01279 945089) - here to support bereaved people

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 9am – 5pm, 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 visit: griefline.co.uk

Wiggle, Waddle, Toddle – sponsored walk for young children!

This summer little feet are making a big difference! Wiggle, Waddle, Toddle is a short sponsored walk for St Clare Hospice's littlest supporters. It is a fun and engaging challenge and a great way to learn about helping others by raising vital funds for your local hospice.

If your nursery or pre-school would like to get involved in hosting your own Wiggle, Waddle, Toddle sponsored event, please get in touch. Contact the fundraising team on 01279 773750 or visit stclarehospice.org.uk/wiggle

Trek the Himalayas for your Hospice

Join St Clare Hospice for this challenging but very rewarding trip to the Himalayas, running from the 11 – 22 November 2023.

Starting in Kathmandu, you will make a difference at a local Nepalese hospice, working alongside the locals by taking part in hands-on tasks such as refurbishment and redecoration. After the project you set off for the lakeside town of Pokhara and spend six days trekking in the breath-taking Annapurna region of Nepal.

For more information on taking part on the Himalayan trek or other challenges, please get in contact with Challenges and Events Fundraiser Clare on 01279 773738 or email clare.morris@stclarehospice.org.uk

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Summer Reading Challenge volunteering

Are you age 14 or over?
Are you looking for something to do during the summer holidays? Why not become a Summer Reading Challenge volunteer!



Recruitment for our Summer Reading Challenge volunteers opens on Monday 3 April and closes on Friday 30 June.

If you're looking for something interesting and fun to do over the holiday period or want to enhance your CV, then this is the perfect opportunity.

Don't just take our word though; one of our 2022 volunteers said, "It's a great experience and a lot of fun!"

More details about Summer Reading Challenge volunteering:

libraries.essex.gov.uk/news/volunteer-to-help-with-the-summer-reading-challenge).



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Driving Theory Test Pro

Do you know someone who's about to go in for their



driving test?

Tell them about Driving Theory Test Pro. It's a highly realistic online simulation of the UK's driving theory tests for all vehicle categories. It contains all the official test questions licensed from the DVSA, the people who set the tests. And it's free to anyone with an Essex library card.

Log into Theory Test Pro:

essexlibraries.theorytestpro.co.uk/students/new).

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

County Councillor Chris Whitbread Reports: 2023 has got off to a busy start and has gone by so quickly... I can't believe we are about to enter Spring! Despite the cold whether it is lovely to see the Snowdrops and Crocus begin to sprout.

There have been many meetings and events across the local area in recent months which I have attended as your local County Councillor. As well as attending meetings I have also been reporting local issues, including highways defects. I am pleased to see some of the potholes I reported under my 'Member pothole allocation' (18 in phase two) have started to be repaired, although the Winter months have created many more. I have been working hard to raise issues in relation to the impact of Junction 7a on the village. Even prior to the opening of the junction last year local residents were raising concerns over it's impact, indeed when I joined Robert Halfon in December for his surgery this was the largest concern raised. I have been raising these concerns with the Cabinet Member for Highways and officers at Essex County Council. A meeting to discuss potential actions with the Parish Council and Robert Halfon is being arranged and to help

these discussions further surveys were commissioned on traffic flows. Alongside this I am speaking with residents about the problems on a regular basis and I have also brought the Cabinet Member for Highways to see the issues first hand.

In February Essex County Council held their Annual Budget Meeting, which I was proud to present as the Cabinet Member for Finance. The Conservative led Council listened to the views of local people in shaping this year's budget. Despite considerable financial pressures, because of spiralling inflation caused by Putin's illegal war in Ukraine, the Council has brought forward a balanced budget with additional investment in top local priorities including highways and social care. It was announced that there would be an extra £9 million to improve roads and pavements across Essex, this is a move which will please all Essex residents, who have noticed increased defects to local roads caused by the recent bout of cold weather . I will work hard to fight to ensure North Weald and Nazeing Division, which includes Sheering, gets its fair share! Also at the Full Council County Council meeting, I was pleased to see it confirmed



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that Essex County Council strongly opposes the ULEZ (Ultra Low Emission Zone) expansion and will not allow any supporting signage on the Essex land.

On a District Council related subject, a number of residents have contacted me about issues with Waste Collection, where a number of collections have been missed. The Cabinet Member for Waste, Councillor Nigel Avey and I, as Leader of the Council met with representatives of BIFFA (Waste Collectors) in January to challenge them on their recent poor performance. This is disappointing when they provided such good service during the pandemic where many other councils failed with waste collections. To get them back on track I instructed that several steps were taken including additional waste collections and improved communications with both the council and residents... good progress is now being made at completing the backlog. Actions are also being taken to review the situation for the longer term and ensure residents get the service which they deserve. If you still have any uncollected waste, please get in touch with me on cllr.chris.whitbread@essex.gov.uk and I will get this reported.

As we look ahead to the middle of the year, we are all looking forward to celebrating the King's Coronation. This will be an historic moment in our county's history, if you wish to hold a Street Party with your neighbours to celebrate the King and Queen Consort's Coronation you can apply now at: epppingforestdc.gov.uk/advice-on-coronation-street-parties/ For non-commercial events in the Epping Forest District from 6 to 8 May 2023 the council will waive the fee to simplify the application process.

Councillor Chris Whitbread

Cllr.chris.whitbread@essex.gov.uk
07866 749783

Library News continued

Mirroring the new libraries app, the website is more interactive and user friendly, putting books and reading at the heart of what we do.

Find out more about the new website:
libraries.essex.gov.uk

Mobile Library

The mobile library was positively buzzing with borrowers on its last visit to Lower Sheering. Why not come along and join in the fun?



Every third Wednesday 1.25 - 1.55 in the layby.

Order books online or choose from the shelves and the librarian will be only too pleased to help you.

Cost of Living

We know people are worried about rising costs and may be struggling. So we've put together a list of books to help with the cost of living:.



libraries.essex.gov.uk/news/books-to-help-with-the-cost-of-living/

It's worth a look for anyone on a budget.

Essex County Council has a Helping you with the cost of living page.

essex.gov.uk/cost-of-living.

It includes advice about support with money, debt and benefits, and help with energy, childcare and household costs.



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Bookings for Recycling Centres

From Monday 13 March 2023, residents visiting Essex County Council (ECC) recycling centres will need to book in advance.

A booking system will be trialled for all vehicles visiting ECC recycling centres to help manage waiting times, reduce congestion, and improve the customer experience.

The booking process has already been trialled for all vehicles using Rayleigh Recycling Centre, and also for large vehicles using the nine van-friendly sites.

Both trials have been effective in smoothing the pattern of demand across operating hours and reducing queues and congestion both in and around the sites.

Blue Badge holders do not need to book a slot.

Pedestrians and cyclists carrying waste from their own home are also not required to book. For safety reasons, we advise that cyclists either queue as a vehicle (for example, if they are towing a small trailer) or dismount and enter through the pedestrian gate. Cyclists can either walk their bike on-site using the pedestrian walkways, or cycle via the vehicle access areas.

Please note, any resident that parks a vehicle outside and attempts to walk waste in will be refused entry. This does not apply to cyclists.

How to make a booking

There is no charge to book, but you need to make a booking each time you visit. Please remember, recycling centres only accept household waste.

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.

Once your booking is complete

you will receive a confirmation email. Please bring the booking confirmation and proof of address. Only residents of the Essex County Council area will be allowed access.

If you have limited internet or accessibility issues that may restrict you from booking your slot online, there are alternative options to book a slot. In the first instance, could you receive assistance from a friend, family member, colleague, carer or neighbour? Alternatively, you can phone the Essex County Council contact centre on 0345 743 0430 Monday to Friday, 8:30 to 5:00 who will make the booking on your behalf.

Please note:

- Booking slots will be made available for a maximum of two weeks in advance.
- Bookings cannot be made on the same day. Bookings will close a day in advance to
- Allow for detailed lists to be provided to the sites and administrative teams.
- To ensure fair usage, we ask residents to

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try and limit visits to one booking per week. This is just a guide and the booking system does not restrict multiple bookings.

- Bookings for cars will have a 15 minute timeslot. You can arrive at your designated recycling centre at any point within this timeslot.
- A booking slot does not allow priority access. If you arrive and there is a queue, please do not try and skip the queue as you will be refused access.
- Any residents that park up outside and attempt to walk waste in will be reported and refused entry.
- If you miss your slot, you may need to book another slot to visit on another day.

If you would like to cancel your booking, the booking confirmation email will contain a link called 'return to my booking'. If you click this link, you will be able to follow instructions to cancel your booking.

Cars: vello.fi/essexcc-cars/
Vans, pick ups and any vehicle towing a trailer with more than one axle: loveessex.org/vans

If you live in Sheering or Lower Sheering you are resident in Essex even though your postal address includes Bishop's Stortford or Sawbridgeworth both of which are in Hertfordshire!
Use Essex in your address when booking.

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.



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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.

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.

containers, food and drink cartons (tetra-paks); Please tie your recycling bags, and flatten your boxes.

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



Revised Collection Days

Wednesday 12 April

Thursday 13 April

Clear sacks available from:

- ♦ Sheering Newsagent & Post Office.
- ♦ The Shed Coffee House The Maltings Station Road Lower Sheering CM21 9JX

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

Lower Sheering Recycling Bags

Is there anyone in Lower Sheering willing to store recycling bags for residents to collect in case they run out.
Please contact Sheila Caves 01279 725578



News from Eden Surgery

Appointments Summary

There are two distinct types of appointment –

- reactive patient led requests to see a GP
- proactive practice led pre-booking of appointments for patients with long term conditions.

Reactive Appointments

- We offer acute/urgent appointments for patients requiring same day care.
- We do not provide emergency care – this requires a 999 call

Proactive appointments:

We are contracted to continually manage the health of patients with long term conditions and offset the need to use secondary care services. These conditions include:

- frailty – diabetes – cancer - atrial fibrillation - blood pressure - learning disability - asthma & COPD - mental health - chronic kidney disease – epilepsy - heart failure - etc

Many appointments each month are pre booked in advance to manage long term conditions, reducing the total amount of appointments available before people call in.

Our System

- Appointments are spread out between our 7 GPs, 3 Registrar GPs, & 5 nurses
- Appointments are available Mon – Fri 8am to 6.30pm
- We also provide additional appointments on Wednesdays until 8pm, and every Saturday as part of an extended access service that we participate in.
- NHS111 is available for out of hours care.
- Currently our clinicians are fully booked out with back to back appointments for every available clinical session.
- They take on 'extra' appointments after each clinical session to see as many patients as possible, but we have to be aware of safety concerns relating to over working

Our Reception Team

- Our team is trained to ask key questions at the point of contact in order to direct the patient to the most appropriate clinician, or send them to another service as appropriate
- We receive hundreds of calls each day, and at peak times there are still call queues. This is something seen nationally and not specific to Eden
- We are still hoping to upgrade our telephone system to improve functionality and efficiency for incoming callers

Signposting - Additional Clinical Services

- Eden belongs to South Uttlesford Primary Care network (PCN) – including Stansted,

Elsenham, Angel Lane and John Tasker House practices.

- The PCN provides a range of additional clinical services that are made available at Eden eg muscular skeletal specialists, dieticians, social prescribers, and physician associates.
- These services provide a 'first point of contact' service, sending patients with specific ailments to clinicians with specific skills without using valuable GP time
- Within our locality there are also minor illness, minor eye condition, and respiratory clinics available

Community Pharmacists

- The community pharmacy network is available to address patients with minor ailments and recommend treatment.
- If a pharmacist cannot help then the patient will be referred back to the GP, but there are a wide range of ailments that a pharmacist can assist with.

Development

- We are continually looking at ways to improve the efficiency of appointment management at Eden with services such as online self-booking and e-consult under review.
- We welcome input from the Patient Participation Group at any time with suggestions and observations, and together our aim is to make the service as efficient as possible.

Learn a language

Are you going on holiday abroad or doing business internationally?



Whether you want to learn a new language or just need to brush up, Transparent Language is the resource for you. It covers over 80 different languages, at a variety of levels.

There's also a 'Kidspeak' section where children can learn French, German, Italian, Spanish, Mandarin Chinese, or English words through fun activities.

It's entirely free of charge with an Essex library card.

Find out more about Transparent Language and sign up library.transparent.com/ukessex.

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 for the login details.

www.thesixvillages.org



From your Vicar

As I write this in early March, the current cold snap reminds us that, despite the buds and shoots we see peeping out all around us, it's still winter. But we can see the signs of hope and look ahead to warmer times.

In January I escaped the cold for a week as I undertook a pilgrimage to the Holy Land, visiting some of the sites in Jerusalem and Galilee where Jesus is known to have lived and ministered. Last time I was there, ten years ago, it snowed heavily in Jerusalem! However, this time we enjoyed a positively balmy 15 degrees, with Galilee reaching a high of 24 degrees. In the photo you can see



me and husband Andrew on the shore of the Sea of Galilee, on what is thought to be the beach where Jesus, after his resurrection, cooked breakfast for his friends and reinstated his disciple Peter who had previously denied him three times. It's a wonderful place of restoration and renewal. On 9 April we celebrate Easter, that joyful expression of hope brought alive by our belief in Jesus' resurrection, his bursting from the tomb three days after his death. But if you're not in a place where joy or hope is in abundance right now, we'd love to help. Pop into church nearly any Sunday from 10.30am when our service begins and someone will be very happy to pray with you, if you would like that; alternatively you can request prayer via our website: thesixvillages.org (click on the 6VillageLife tab, then Prayer). And please know that we pray every week for the needs of the world and for our local community. May I wish you a joyous and hope-filled Easter.

With my love,
Dawn

rev.dawn.jewson@gmail.com

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Deadline for next issue

➡ **1st July** ←
Publication date
for next issue
August 2023

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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.

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Page size	B/W	Colour
Full 1 issue	£100	£200
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