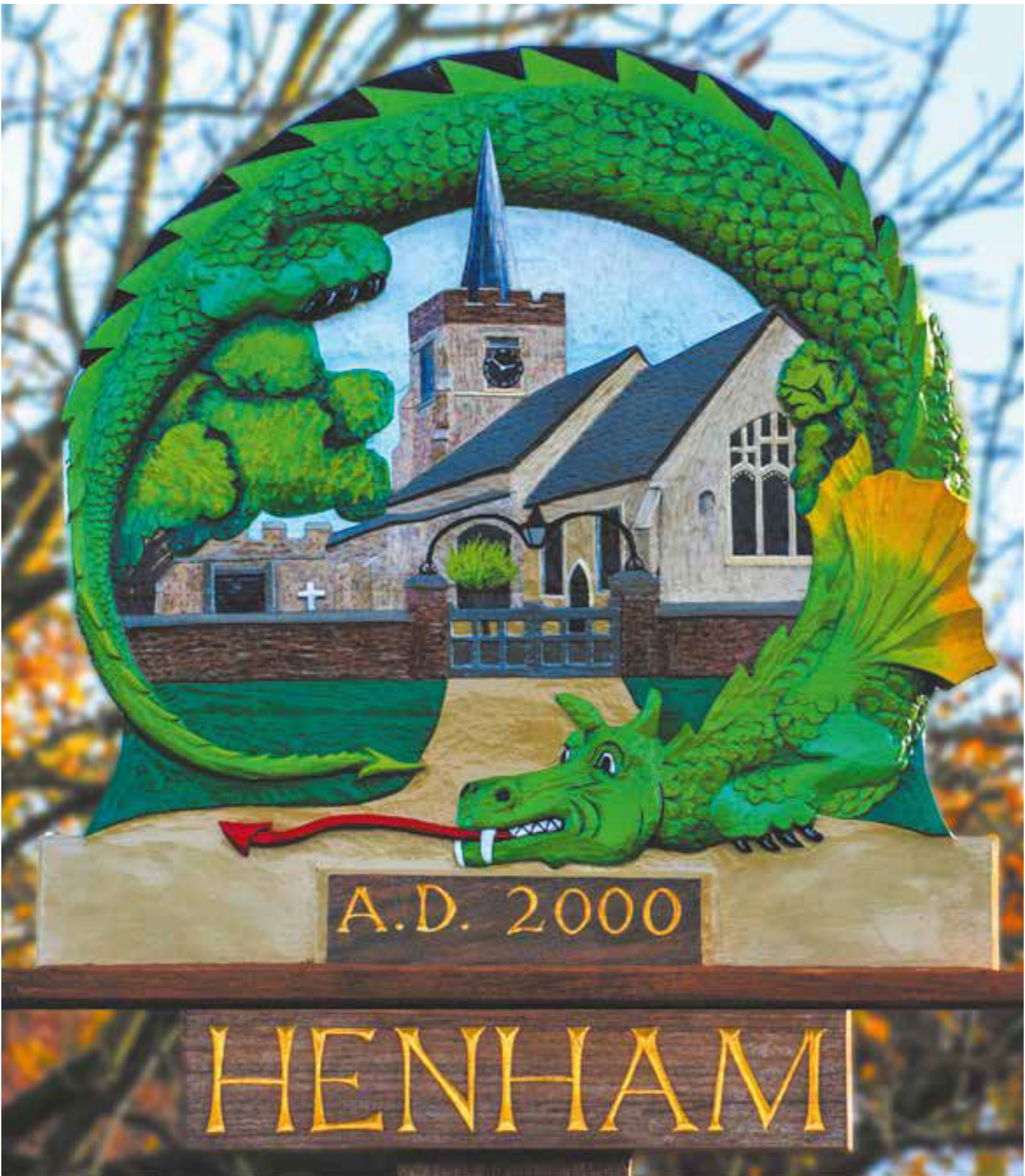


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# Henham Dragon

## September 2023

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# Editorial

Much is happening in our wonderful village. There are so many volunteers and so many ways one can become involved!

I have been very impressed with how the village has pulled together and offered their time, expertise and money to our school refurbish. Everyone's time and good will is very much appreciated. The project is ongoing, and any volunteers will be welcomed with a smile and a paintbrush, even if you can only spare a couple of hours. The school governors have more initiatives planned to support the school and can be read about in the Henham and Ugley school update.

We have another Henham Open Gardens planned for next year. Both Dinky Dragons and Little Fishes are restarting in September.

There is a planned Bottomless brunch planned for December in our newly refurbished Village Hall, and community grants can be available to help project start ups. More details in the Village Hall news.

We have the OSCA quiz planned for October and the Meninadanca evening in October. The village has many regular sporting groups detailed in the village calendar.

Despite the weather, our gardens flourish and I personally always welcome the monthly Garden article with its advice about what we should be doing this month.

The village Tennis club continues to thrive and there is their monthly news update.

This Dragon magazine is produced each month by a small band of volunteers, we appreciate the support of our advertisers which helps cover the cost of printing. We would always welcome new blood to our team. If you are interested, please contact any one or our team. We are a supportive group and no experience is necessary, both facts I can testify to!

We welcome local news and articles, details for submission are on the community info page at the back of the Dragon.

I have been asked to print **A Polite Reminder from The Row**, Henham. The Row is a no-through route for cyclists. It is very dangerous for cyclists because front doors can open and crashes can happen.

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## News From the Gardens OF Easton Lodge

Last September the dahlias were stunning, if rather stunted due to the summer drought, and the cosmos, sunflowers and roses brought colour to other borders.



This year they should all be gorgeous, following the showers we have had since June. And with these splashes of colour and the ripening squashes, pumpkins, apples and pears, our excitement is building for our Apple and Bees Day on 17 September.

The Apple & Bees Day is usually great fun with a host of activities for visitors. The day will tickle the taste buds. There will be apple pressing and the opportunity to take juice home; fresh apples; orchard produce; a range of honeys; and apple and honey cakes. Our tombola of jams and jellies made from our soft fruits is hugely popular. Visitors will also be able to buy cider made from our apples; honey and beeswax items; our garden produce; crafts; and plants. There will be apple and honey craft activities for children and a related trail. Our volunteers and visiting exhibitors love the day and the opportunity to chat with young and old alike about the joys of orchards, fruit and the benefits fruit trees provide for local wildlife.



This year we will be joined for the first time by Take Note, a concert band based in Felsted. They have a huge range of instrumentalists and hence a wide repertoire, so it will be exciting to hear what they play at the Gardens! Tickets will be available in advance through Try booking or on the Gate, with the Gate opening at 11.00 am and last entry 4.00 pm The Trust's volunteers will provide refreshments: bacon, cheese and hummus rolls and homemade cakes.

For more information go to [www.eastonlodge.co.uk/whats-on](http://www.eastonlodge.co.uk/whats-on).

**Jill Goldsmith**

---

THE GARDENS OF  
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# The Hundred Parishes Society

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

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

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

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

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



The walk descriptions listed on the Hundred Parishes website provide opportunities to appreciate the tranquillity of this part of the country, to hear bird song, sense the wind in the trees and view some wonderful rural landscapes.

Saffron Walden

**Tricia Moxey**, Trustee

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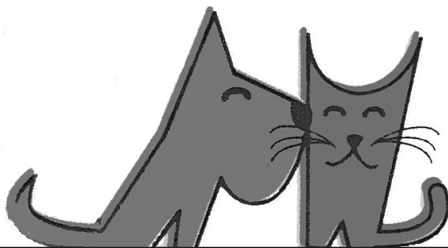
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## Henham Tennis Club News

Follow that as they say! After last month's epic match between Isaac and Shaun, followed by four entertaining doubles matches which kept the spectators enthralled as they enjoyed an afternoon cup of tea, it feels like 'after the Lord Mayor's Show'. In fact I should be reporting on the Ladies Fun Tournaments and Lunch, annual events which encapsulate the essence of summer. Alas, as southern Europe finds the weather 'too hot to handle', here in the UK we continue to wonder whether summer will ever return this year. However, all is not lost as the ladies defied the odds and went ahead with their social commitments as planned. Here is how Monica summed up the occasions.

"We had two Ladies tournaments (followed by lunch) scheduled for July and our hopes of playing in glorious sunshine were dashed on both occasions! Our first event was Friday 14<sup>th</sup> July and involved mainly the 'Friday ladies' – and at least some tennis was played! The rain set in at the end of the 2<sup>nd</sup> round and leading the 'A' group was Justine Bailey, with three 'B' players tied for 1<sup>st</sup> place: Lindsay Lane, Isobel Brooks and Louisa Layer. Our lunch went ahead (thank you Isobel for rescuing us!) and 12 ladies enjoyed a scrumptious spread, and of course a glass or two of fizz!

Leading up to the second tournament on Monday 24<sup>th</sup> July we all had a close look at the weather as the weekend was marked by torrential rain and high winds. The Rusty Racket What's App went into overdrive but a decision was made by 9am on Monday morning to call the tournament off...but we would still 'catch up' over lunch. The Rusty Racket group is expanding and occasions like this allows newcomers social time to get to know other members. Another delicious spread – our ladies really do know how to cater - and even more fizz! On this occasion sadly there were no prizes awarded but lots of good intention to carry on playing throughout August to compensate! We have had a lot of new members so if you would like to join an adult group please contact Katie or Monica. The sessions are fun with some coaching and games at the end, and I can vouch for the great friendships that are formed from meeting together regularly. We can always set up a new group if necessary! Here's to better weather during August and lots of tennis being played."

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Friday Ladies Group



Rusty Rackets

I referred earlier to an epic match but how often do we witness an epic game? In one of the most enthralling games I have ever seen, in this year's Wimbledon Final, in the fifth game of the third set, Carlos Alcaraz broke Novak Djokovic's serve after 13 deuces, in a game which lasted 26 minutes! The entire first set was only eight minutes longer than that. It was the longest game in a men's Wimbledon final by points played – 32. Remarkably, it lasted longer than the entire 1922 women's final between Suzanne Lenglen and Molla Mallory, the former winning 6-2, 6-0 in just 23 minutes! Spare a thought for those disgruntled, perhaps unlucky fans, who had timed their toilet break poorly, and were forced to queue for more than half an hour to return to their seats. Amazingly Alcaraz hit only two winners in the whole game, opting to keep in the points while Djokovic sprayed too many errors. Eventually Alcaraz converted his seventh break point to win that game followed by the next two paving the way for his eventual victory.

I'm not sure most of us would be in a fit state to complete the set let alone the match after a game like that...especially if I was the one serving! I think that my head would possibly be in a spin!

So, to end this month here is a classic blunder caused by the pressure of another kind, live broadcasting, by one of the most articulate of all commentator's, Murray Walker: "And now excuse me while I interrupt myself."

Let's hope that the weather doesn't interrupt our tennis for a few weeks.

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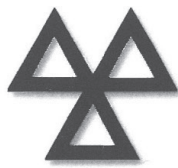
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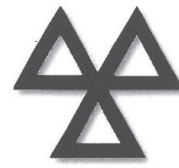
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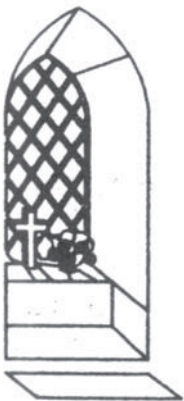
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## In the Garden

Hello again Dear Reader. Here we are in September, coming towards the end of what has been a pretty wet and miserable summer. Let us try to look on the bright side (if there is one), at least we haven't had to water quite so often! We can also appreciate those beautiful autumn colours, as the trees turn from green to russet, yellow and bronze and the late flowering plants continue to provide vibrant splashes of colour. Chrysanthemums, Dahlias, Sedum and Asters (Michaelmas Daisies), come into their own, bringing colour into the beds. Others, such as Alliums, Nectarascordum, Phlomis and many of the ornamental grasses still provide interest, even after their blooms have faded.

Deadheading is as important as ever if you wish to prolong the flowering season, as is weeding. Plants which have finished flowering can be cut down now and if you have been growing plants in pots, these can be placed in the borders to fill any gaps.

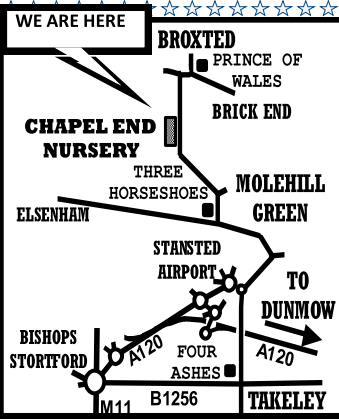
September is when I start planning my next year's borders. No matter how much you try, there are always plants which you wish you had planted in different places. Now is the time to think about moving them if you can. The advantage of moving them now is twofold. Firstly, you can get a good idea of how they will look in their new space and secondly, moving them now will give them all of the autumn to establish their root system.

It is time to complete the purchase of spring bulbs and, if possible, get them into the ground or pots. Multi planting in pots is a great idea, as it really gives a wonderful display which lasts for quite a long time. It works particularly well with large pots. Part fill your pot with compost, then plant a layer of dwarf tulips. You can place them quite close together. Put in another layer of compost until you can just see the tips of the tulip bulbs, then plant a layer of mini daffodils (Tete a Tete or Rip Van Winkle are good choices) between the tulips. Put in more compost, then plant a layer of dwarf Dutch Iris bulbs. Top up with compost and finish off with winter Pansies, Bellis, Polyanthus, or Violas and trailing ivy. These are the plants I use, but you can use plants of your own choice instead if you wish. Nowadays there are many different types of trailing Pansies and Violas, which look great in large pots and in winter hanging baskets.

Climbing and rambling roses are best pruned now, by removing old, damaged and unwanted growth that has finished flowering. Retain any new shoots, particularly

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those which have sprouted from ground level, as these will bear the majority of next year's flowers. Always use a pruning cut when cutting back roses, to encourage fresh shoots.

If your hedges are looking a little untidy, give them a final trim, as this will mean you can leave the spring cutting until the birds have finished nesting. If you have a quiet corner in your garden, you could build a small pile of branches and twigs in the hope of encouraging hedgehogs into the garden. These lovely little animals are voracious eaters of slugs, the gardener's worst enemy. They are also in decline, so encouraging them in can help to preserve the species.

In dry, hot weather (if we see any), Rhododendrons and Camellias need regular watering to help swell the buds for next year's flowers. It's also a good idea to give them an occasional feed of either liquid seaweed, or Sulphate of Iron (Ferrous Sulphate).

It is still a good time to take softwood cuttings of Fuchsias, Chrysanthemums and Pelargonium cuttings etc. The latter are probably the easiest plants to propagate from cuttings which can be taken from almost anywhere on the plant, no rooting powder is needed, just poke them into a pot of compost and leave them in a warm, light place. Job done. If you like collecting seed from your plants for future sowing, now is the time to do it. Make sure the seed pods are really ripe when you collect them, then dry them out thoroughly. I put them in paper cups and leave them on a windowsill. When they are completely dry, store them in clearly labelled paper packets or envelopes, never in jars or plastic containers, as they will go mouldy. The exception to this rule is Agapanthus. Agapanthus seeds should be collected when ripe, then sown immediately into pots of compost.

Lawns still need some attention other than the normal cutting. If you have fruit trees, be sure to collect up windfalls regularly, so that they don't rot on the grass. Apply an autumn lawn fertilizer after raking thoroughly to remove moss and dead grass. Carry on mowing regularly. I have found that a good way of deterring the birds from eating fruit on the tree is to hang old CDs on strings from the branches. The slightest breeze makes the CDs spin and frighten off the birds.

Well Dear Reader, that's about it for this month. Another epic completed, so all that remains is for me to say goodbye until next month and wish you, "Happy Gardening."

**Norman Elson**

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# **Henham and Ugley Primary and Nursery School**

## **Mr Ben Davey writes**

What an absolute honour it is to write an article for the Dragon introducing myself as the new headteacher of Henham and Ugley Primary and Nursery School.

I have been so warmly welcomed by everybody in the village, and for that I thank you all wholeheartedly. I am a very committed person and, whenever starting something new, set very high standards for my own performance - and I am determined to make a difference to everyone in Henham.

We've been busy over the past weeks, refreshing our school ready for the new term. I want to take this opportunity to thank every single one of you who have donated either money, time or resources to this project. I am staggered by the amount of support this wonderful village has offered. It is so lovely to see that you want the same as we do in delivering top quality education for the next generation of Henham village. The words 'thank you' just aren't enough.

We have some really exciting things planned for the children once they return. On Friday 8<sup>th</sup> September, we have a back-to-school event after school, where there will be music, bouncy castles, and a BBQ to celebrate the start of the new term. On Tuesday 26<sup>th</sup> September, we will be having a special 'Shakespeare day', when every class will spend time with a theatre company and learn more about William Shakespeare's plays.

I cannot wait to get started and look forward to seeing you all in September. If you are looking for a school for your child, I would love to personally show you around our site and would be happy to arrange appointments from 22<sup>nd</sup> August onwards.

I plan on writing an article for The Dragon monthly as part of my commitment of ensuring good communication links between the school and the village. I really would like to bring this beautiful village to the school and bring the school to the village.

## **Mr Ben Davey**

Headteacher

Henham and Ugley Primary and Nursery School



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# **News from Henham and Ugley Primary and Nursery School.**

## **Wow what a village!**

On behalf of Henham and Ugley Primary and Nursery we would like to thank all the villagers for their support, donations and help in our school summer refresh project, it's been a great success!

We have been amazed with the generosity shown to the school and the wonderful atmosphere it created over the school holidays with so many people coming forward to help in so many ways. The children, staff and new headteacher have a wonderful smart environment to welcome them back for the new school year because of all your efforts.

This inaugural project was the first activity launched under the umbrella of the Henham and Ugley Community Partnership (HUCP). This partnership has been created to engage the community to help support the school as well as working with local organisations to generate much needed income, skills, and volunteer support. Some examples of the help we are looking for so we can launch some new and exciting clubs are, languages, music, art. We are also looking for legal, health and safety, social media plus other business skills.

In parallel if any family or friends know of any organisations that may be interested in working in partnership with us, please let us know via the email address below.

Finally, The Board of Governors will be holding a community partnership event very soon so you can come and meet us and staff to hear about our wonderful village school and where we need help and assistance. This event will allow you to see the progress we have made this summer and to help forge deeper relationships with the wonderful people in and around Henham village.

**Mary Compton & Jo Goldsmith**

Co-Chairs, Henham and Ugley Primary and Nursery School

Volunteer@henhamugley.essex.sch.uk



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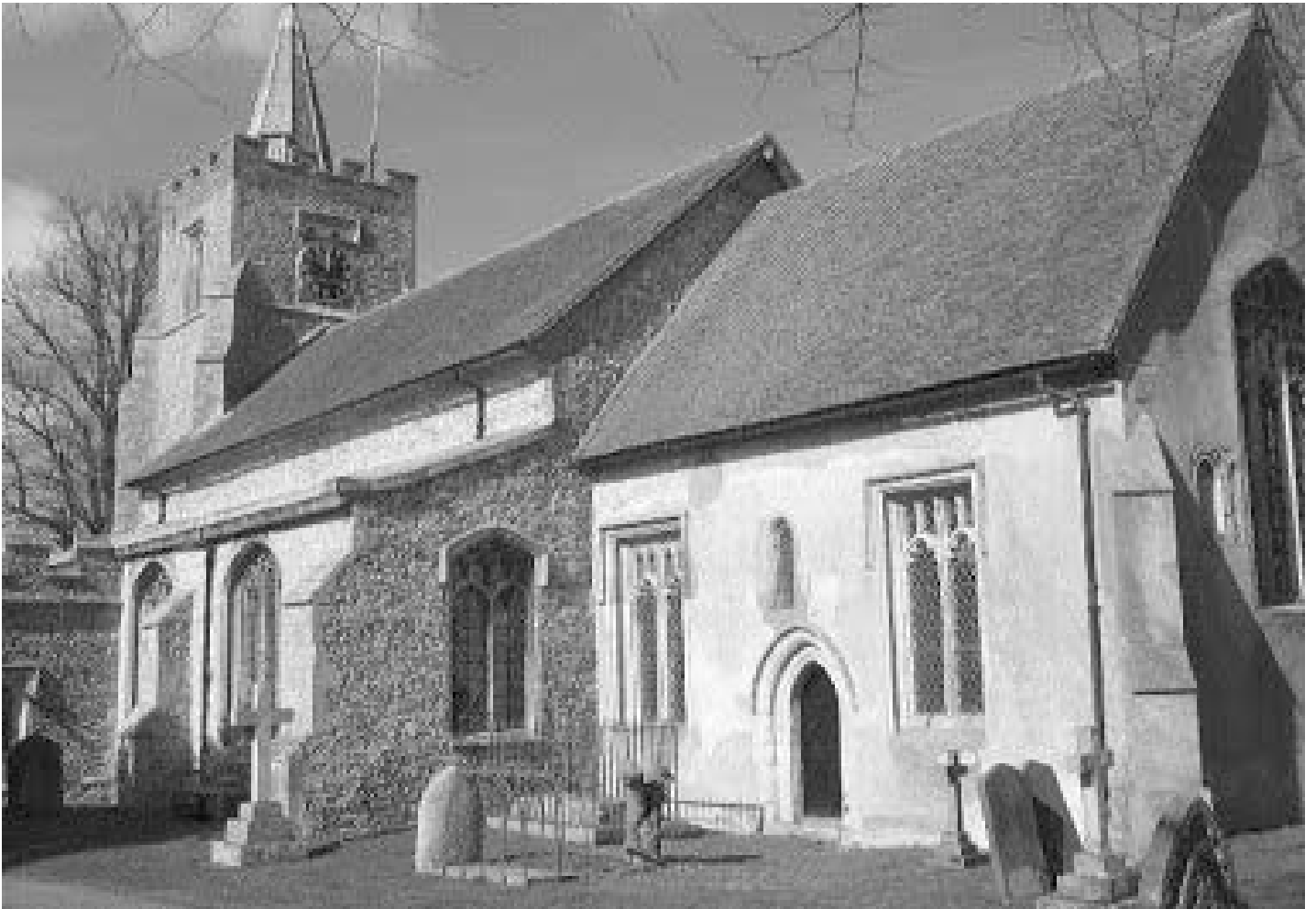
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SEPTEMBER 11TH BUT  
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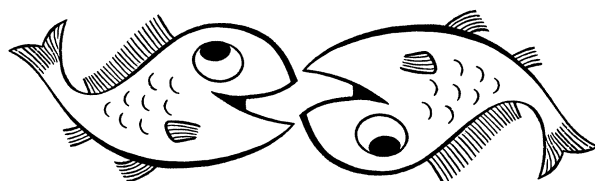


**DO JOIN US**

**10:15AM  
AT ELSENHAM  
VILLAGE HALL**

**SUNDAY @ 6  
OSCA 6PM**

## **HENHAM LITTLE FISHES.**



We are a small, informal and hopefully welcoming group run by the church for babes, toddlers and pre-schoolers and their mums, dads, grandparents or carers. All are welcome whether or not you live in Henham and whether or not you go to Henham or any other church.

We meet on Thursday mornings in Henham Church Hall at 10.30 for an hour. There you'll meet Cathy, Sandie and Jackie who'll be waiting to greet you and to introduce you to anyone you don't already know. We catch up with each other's news and try and help and encourage each other. Singing with instruments to shake and bash is followed with a Bible story, a short prayer and a song request and birthday spot. There's an opportunity for colouring and sticking to make something to put up on the wall or take home. It is so great to see the children enjoy the story, songs and craft and we are able to talk to parents and carers about their week and how they are getting on. It's also a chance to have a cuppa made for you with a drink and simple snack for the children.

We've been running for many years, and it has always proved to be a jolly time but with the chance to share challenges or sadnesses when they arise. We hope and pray that we will continue to be able to speak the gospel message into difficult times and be good listeners. Everybody with a pre-school child or baby is welcome; parent, grandparent, nanny, carer or guardian. You don't need to have been to Little Fishes before or, if you are someone who has been in the past, then we would love to see you again.

Make a note:

10.30am on Thursday mornings during term time, starting on 7<sup>th</sup> September.

Please contact Cathy on 07831 487447 if you have any queries or just come along.

From the Henham Little Fishes Team (Cathy, Jackie & Sandie)



Henham, Elsenham and Ugley Churches invite you

# Ladies' Harvest Pudding Evening

**Thursday 21 September**

**7:30 for 8pm**

**OSCA Henham**

**Puds, cheese, wine and tea,  
crafts, chat**

**and hear about an unusual harvest!**

RSVP [events@heuchurch.co.uk](mailto:events@heuchurch.co.uk) OR  
[sandrajturner@hotmail.com](mailto:sandrajturner@hotmail.com)

**ALL WELCOME**



# From the Church

## The Reverend Louis Wilson writes...

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

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

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

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

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

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

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

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

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

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

**Louis Wilson**

## From The Parish Registers

### Funeral:

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

### Burial of Ashes:

- On 19<sup>th</sup> July 2023 at Elsenham Churchyard, June Amelia Goward.
- On 15<sup>th</sup> August 2023 at Henham Churchyard, June Elizabeth Fayers.
- On 17<sup>th</sup> August 2023 at Elsenham Churchyard, Rose Marie Wright.

### Church Contact Telephone Numbers, E-Mail and Web-Site Addresses

Vicar	01279 850480 louis.wilson@heuchurch.co.uk	Rev. Louis Wilson
Church Office	01279 814285	Anna Hicks
Church e-mail	<a href="mailto:office@heuchurch.co.uk">office@heuchurch.co.uk</a>	
Church website	<a href="http://www.heuchurch.co.uk">www.heuchurch.co.uk</a>	

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

# Church events September 2023

## Church Services

### Sunday 3<sup>rd</sup> September

- 10:15** All Together All Age Service,  
Elsenham Village Hall  
**18:00** Sunday@6, Henham Church

### Sunday 10<sup>th</sup> September

- 08:45** Prayer Book Holy Communion,  
Elsenham Church  
**10:00** Morning Service, Ugley Church  
**10:15** Holy Communion,  
Elsenham Village Hall  
**11:15** Morning Service,  
Henham Church  
**18:00** Confirmation Service,  
Henham Church  
With Bishop Dr Rob Munro

### Sunday 17<sup>th</sup> September

- 08:45** Prayer Book Morning Prayer,  
Elsenham Church  
**10:00** Prayer Book Communion,  
Ugley Church  
**10:15** Morning Service,  
Elsenham Village Hall  
**18:00** Sunday@6, OSCA, Henham

### Sunday 24<sup>th</sup> September

- 08:45** Prayer Book Morning Prayer,  
Elsenham Church  
**10:00** Morning Service, Ugley Church  
**10:15** Morning Service,  
Elsenham Village Hall  
**18:00** Sunday@6, OSCA, Henham

### Ladies' Harvest Pudding Evening

- Thu 21<sup>st</sup> September, 7.30 for 8pm, OSCA, Henham.** Puddings, cheese wine, crafts & chat. And hear about an unusual harvest!  
Book your place via  
[events@heuchurch.co.uk](mailto:events@heuchurch.co.uk)

Afternoon Tea OSCA. 2pm Sat 16th

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

## Other regular events

### SUNDAYS:

#### St Peter's Junior Church

St Peter's, Ugley 10.00am

Sundays: 10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup>

#### Elsenham Sunday Club/Explorers

(Y1-Y6) Old Franks, Elsenham

10.15am Sundays: 10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup>

#### Henham Sunday Club/Explorers

(Reception-Y5) Church Hall, Henham

11.00am Sundays: 10<sup>th</sup>

#### Pathfinders (Y6-Y9)

OSCA, Henham 6.00pm - leave from service to meet in The Church Hall, Henham. Sundays: 17<sup>th</sup> & 24<sup>th</sup>

Sundays: 17<sup>th</sup> & 24<sup>th</sup>

#### Crammin' (Y10-Y13)

OSCA, Henham 6.00pm followed by 7.00pm at OSCA Library, Henham

Sundays: 17<sup>th</sup> & 24<sup>th</sup>

### MID-WEEK AND SATURDAY:

#### Start the Week with Prayer

Church Hall, Henham 9.30am

Mondays: 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup>

#### Seekers After School Bible Club

(Y3-Y4) Old Frank's 3.15pm Mondays: 18<sup>th</sup> & 25<sup>th</sup>

#### Christian Play (Y1-Y2)

Rowan House, Elsenham 3.15pm

Tuesdays: 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup>

#### Little Fishes Pre-School Group

Church Hall, Henham 10.15am

Thursday: 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup>

#### Little Fishes Pre-School Group

Elsenham Memorial Hall 10.30am

Fridays: 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup>

#### Church Lunch Club

Elsenham Memorial Hall 12.30pm

Fridays: (2<sup>nd</sup> & 4<sup>th</sup> Friday of the month): 8<sup>th</sup> & 22<sup>nd</sup>



## **Henham Open Gardens**

Following our very enjoyable & successful opening in 2022 we have now agreed to go ahead with the event again next year.

We invite residents including any previous participants who would like to open up their garden to contact us.

Further information please contact:

Amanda Mower 07846 010132 or

Gerry Bigland 850373 email: [gands1987@gmail.com](mailto:gands1987@gmail.com)

*All proceeds will go to a worthy charity yet to be decided.*

## **OSCA QUIZ NIGHT**

**Saturday 14th October 2023**

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Call Jill 850266, Carol 850591 or Judy 850948 to book your table.  
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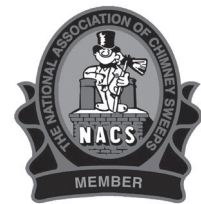


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## Henham Village Hall News

Lots to look forward to as we move into Autumn. We are very happy to be welcoming the return of the Henham playgroup 'Dinky Dragons'. The sessions, for preschool children and their parents or carers, will begin in September and run every Monday morning. Go to [facebook.com/dinkydragonsofhenham](https://facebook.com/dinkydragonsofhenham) for more details.

Also coming your way in the Autumn are new yoga sessions, our ever-popular jumble sale, the Christmas Market on Saturday 10th November and on Saturday 9th December our first 'Bottomless Brunch/Afternoon Tea'. Tickets for this event will be going on sale soon, again look at our Facebook page or our website [www.henhamvillagehall.co.uk](http://www.henhamvillagehall.co.uk) for details.

If you have an event that you would like to organise have a look at the website or email us at [info@henhamvillagehall.co.uk](mailto:info@henhamvillagehall.co.uk).

**Community grants;** If your plans are something that could positively impact our community don't forget Henham Parish Council's brilliant community grant is still open. Grants will be available up to a maximum of £500 per application to be paid directly to the Village Hall to cover the initial costs of hiring the hall. This gives everyone a chance to apply for a grant to kick start and establish valuable community activities. We hope this will encourage greater use of the Village Hall and for villagers to come forward and start new initiatives for all age groups.

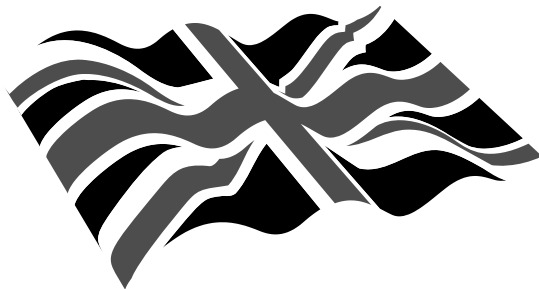
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## Contacts for Hall Bookings

Church hall	Isobel Brooks	01279850354
OSCA	Judy Hughes	07752 292479 or 01279 850948
Village hall	Elaine Randall	01279 851893 or email <a href="mailto:henhamvillagehall@btinternet.com">henhamvillagehall@btinternet.com</a>
HUSCH	to book please email <a href="mailto:admin@henhamugley.essex.ch.uk">admin@henhamugley.essex.ch.uk</a>	

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# **Meninadança 2023**

## **7<sup>th</sup> October (7pm, Henham Village Hall)**

You are invited to a charity event at Henham Village Hall with drinks, food and a special dance performance by a group of girls from our projects in Brazil.

Meninadança is a local charity which fights child sexual exploitation and trafficking in Brazil. We work with over 400 girls aged 11-17 every day at five 'Pink Houses' in remote towns along the BR-116, Brazil's longest motorway which is known as the 'exploitation highway' because of the high incidence of child prostitution. Using dance, beauty therapy, art and other activities, in a safe environment and a space just for them, we reach and empower girls who have had their childhoods and futures stolen by the highway.

We also have a team of lawyers who bring abusers and exploiters to justice, and psychologists who help the girls come to terms with their past and face the future without fear. You can find more about our work at [meninadanca.org](http://meninadanca.org).

In October 2023 we are bringing over a group of girls from our Pink Houses, who will be taking a two-week dance extravaganza around the UK.

Three girls, Moany, 13, Rany, 14 and Maluiza, 14, will be performing a moving dance interpretation of the work of famous Brazilian poet Cora Coralina. Using Brazilian songs and traditional dance and costumes, 'Stones & Flowers' describes taking the stones meant to crush us to build something beautiful and plant flowers - just what many of the girls we work with have done.

They will also be accompanied by Keyla, the coordinator of one of our Pink Houses, who will be talking about her work on the frontline of the child sexual exploitation epidemic in Brazil, something which for years has remained hidden and unreported.

The event will include a delicious Brazilian meal cooked and served by London-based restaurant Rogerio's Brazilian Kitchen.

Please join us for what will be an unforgettable evening, as well as a chance to get together with others from our community and help make a difference in the lives of vulnerable girls who desperately need to know they are loved and valued.

For details, please contact Charlotte Piek on [charlotte.piek@meninadanca.org](mailto:charlotte.piek@meninadanca.org). We'll also be posting more information in the post office and village shop nearer the time. See you there!



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

- We provide information, support and advice about your hair loss and identify the factors you will need to consider when choosing which solution is suitable for you.
- We provide guidance on cutting and styling of your wig or integration piece and advice on what to do when your hair starts growing back.

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

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

## **District Councillors' Report**

Though the Summer should be slightly less busy, we continue to keep working during the summer and as we write this, we have planned three Emergency Meetings for the end of August.

Following our last Full Council, the Chief Executive has written to the government, calling for urgent action to require all HGV drivers to use specific Sat Navs that guide them away from unsuitable roads and bridges in the district and onto more appropriate routes. Please email us if you have any difficulties with Lorries as data collection always helps.

A letter to the Secretary of State for Transport on the proposed railway ticket office closures, has been sent, with a similar submission made separately to the official consultation process. Elsenham Ticket Office is an asset to the villages, and a flagship for other offices. We want it to stay open.

We have run our first corporate programme for Work Experience and the students have been introduced to how the council works and have spent time in Planning & Building Control, Communities, Housing and Environmental Services, IT, Environmental Health, Customer Services, Economic Development and Democratic Services. Introducing young people to the work that UDC does and showing them that we are an employer of choice is part of the Workforce Plan and the steps taken to create a workforce that is diverse and skilled for the future.

We have been having meetings with North Essex Councils to address issues of savings required and the possibility of shared services. The scarcity of monies allocated to District Councils means we must explore all avenues to ensure high quality services are delivered.

Uttlesford Community Safety Partnership has funded a state-of-the-art speed gun, as part of its aim in assisting to reduce casualties on our roads. Vehicle details can be uploaded electronically, and tickets are posted straight to the offending motorists - removing the need for police officers to pull over a vehicle and issue an on-the-spot fine. As a partnership, we are always looking at finding long-term solutions to make our roads safer and the use of this camera will assist in this goal.



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Locally- we have granted monies from our ward initiative fund to help with the refurbishment of Henham School and we have noted the energy and commitment from the community. We are also looking forward to visiting the resurrection of Dinky Dragons, having been able to allocate funds to help this initiative.

Our Surgery will be at OSCA in Henham 13<sup>th</sup> September 18.00 – 19.00

**Bianca Donald** [cllrdonald@uttlesford.gov.uk](mailto:cllrdonald@uttlesford.gov.uk) 07941880297

**Petrina Lees** [cllrlees@uttlesford.gov.uk](mailto:cllrlees@uttlesford.gov.uk) 01279 81667

## **Beat Surgeries at the Village Shop**

Below are the dates when PCSO Alex Stewart will be at the village shop between 10 and 11 AM. Residents are welcome to come along and have a chat with him regarding crime prevention, concerns, local policing and community issues.

September 4<sup>th</sup> and 13<sup>th</sup>

October 18<sup>th</sup>

November 6<sup>th</sup> and 20<sup>th</sup>

December 11<sup>th</sup>

## **Reporting Noisy Aircraft**

Contact the Stansted noise line either by

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Or ring Freephone 0800243788 and leave a message on the answerphone.



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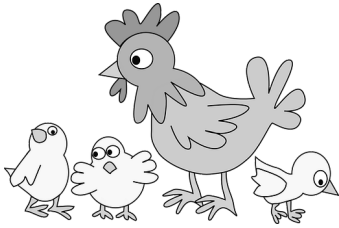
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We also still have lots of babies of all sorts everywhere..... chicks, ducklings, and you can even cuddle the lambs and kid goats - they all love our visitors!

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

We also have our fabulous **woodland campsite**, and you can stay in the woodland area and get back in touch with nature or stay in our camper/caravan paddock where there is lots of space and lovely scenery. All of these options obviously include entry to the farm where you can meet our lovely animals and all their babies.....what a fabulous holiday and all for just £25 a night AND on your doorstep! Please book through our website, thank you.

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



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

Our market is going to be on the **last Saturday of the month at Elsenham Village/school hall** from **12-2pm**, (except November, as it clashed with the Christmas market).

The remaining dates for 2023 are: **Saturday 30<sup>th</sup> September 28<sup>th</sup> October and 2<sup>nd</sup> December.**

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

We look forward to seeing you.

**Elsenham Farmers Market Ladies.**

## **Elsenham Community Choir**

Did you know that singing can promote self-esteem, build self-confidence, support social skill development, promote social inclusion, engage the emotions and most importantly, enable people of all ages to come together to meaningfully create something wonderful?

So why don't you try doing something wonderful? Come and join us the first and third Tuesday of every month at 7.00pm until 8.30pm in Elsenham Village Hall (by Elsenham Primary School).

There are no auditions at our choir, all you have to do is come along and sing your heart out and most importantly, have fun! Please just turn up or find us on our Elsenham Community Choir Facebook page or call 07962 586825.



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# u3a

Tony Earle will give an amusing talk on charity shops at the 17<sup>th</sup> August meeting. His talks can be an unerring guide to what's 'out' in fashion but can still yield up lots of interesting bits and bobs. Tony will bring along some of his finds. It promises to be a fun afternoon!

Following the Seminar on 19<sup>th</sup> August, led by Patrick Parrinder, President of the H G Wells Society entitled ; H.G. Wells: - The Realist and The Dreamer - we are looking forward to welcoming Meryl Wingfield, a sustainability leader in a big global energy company who will be leading the Saturday morning seminar on 2<sup>nd</sup> September, which will be held in St John's Church Hall Stansted. The title is 'Saving Humanity with a Doughnut' Meryl will speak on our Planet being in such a precarious position due to climate change and loss of nature caused by human exploitation. In the U.K. we have more flooding and heatwaves than ever before, and we are ranked in the bottom 10% globally for the health of our nature. Doughnut Economics is one proposal to solve this problem. Intrigued? Tickets are £7 including tea & coffee, and can be purchased at the August meeting or email [stanstedseminars@gmail.com](mailto:stanstedseminars@gmail.com)

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

**Eileen Quinn.** Tel: 07874 385541 E-Mail [stanstedu3a@gmail.com](mailto:stanstedu3a@gmail.com)



**S**

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ELSENHAM



### *Henham Village Shop & Post Office*



## **Ugley WI**

Our July meeting saw the very welcome return of Lynn Croot-a lovely lady whose talk titled “I had a dream” held us enthralled. Her dream-inspired by watching Jacques Cousteau T.V documentaries of the deep sea world,was to be a scuba diver.

A dream that came true over twenty years ago on the Island of Tobago when she had the opportunity to take a scuba diving course. She has since then completed over 900 dives!

Lynn brought along some amazing photos taken on the sea bed; French angel fish, grey angel fish, parrot fish, hawksbill turtles, trumpet fish and coral were just a few of the delights we got to see thanks to her photographic talents.

Lynn also brought along the equipment she uses to complete her dives including an air tank and jacket dive regulator and fins. She also brought a selection of jewellery and other items including aprons that she made with material bought on the island. At the end of her fascinating, beautifully illustrated talk, she judged our competition for a shell.

So ended another very enjoyable afternoon for our members and three visitors.

Pat Beard will be the speaker at our September meeting to be held on Wednesday September 20<sup>th</sup> at 2pm in Ugley Village Hall. Her subject-Pets as Therapy. Why not come along and visit us for the afternoon? You’d be most welcome!

**Andrea Fitt** 01279 815922.

## **Stansted Hall & Elsenham Cricket Club**

England failed to regain ‘The Ashes’ but can consider themselves to be a little unlucky in my opinion. All 5 Test matches were well contested and could have gone either way, but the Australians return down under as World Champions in Test match cricket and take a replica of ‘The Urn’ home with them. The good news is that many youngsters have enjoyed the series and more want to play cricket which is very good news for all clubs.

The club’s U14’s won the West Essex District Cricket Board in a closely fought final against Audley End. ‘The Hall’ scored 109-9 thanks to an aggressive 30 from Eli Fletcher. Audley End ended up on 107-7 thanks to JJ Petch and Eli Fletcher both taking 3 wickets. The club’s U13’s has also reached the final which

is due to be played against Dunmow in the near future. The season for the junior section will be rounded off with a 2-day Cricket Camp and a Presentation Day BBQ and drinks. All in all, a thoroughly successful and enjoyable season was had by players and parents.

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

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

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

**David Brown** [david1.r.brown@gmail.com](mailto:david1.r.brown@gmail.com) 07788999663

## **Rose Cottage – Available for rent - £1,300 per month (£300 per week)**

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bathroom to ground floor. 3 Double bedrooms are situated on first floor. All rooms have stunning period features and views of the ¾ acre garden laid to lawn with rose and flower beds set behind historic hedgerows. This is an ideal family home set in the heart of the village, where peace, quiet and village life can truly be appreciated. To discuss further please contact me directly. **James George** – 07498351080 – [jamesgeorgebusiness@gmail.com](mailto:jamesgeorgebusiness@gmail.com)



# The Village Calendar 2023

Please let us know of any future events that we can include in the village calendar, email [henhandragon@hotmail.com](mailto:henhandragon@hotmail.com) or contact one of the committee members (phone numbers on the contents page)

<b>September</b>			
Monday	4 <sup>th</sup> & 11 <sup>th</sup>	Beat surgery	Village shop 10-11 am
Thursday	7 <sup>th</sup>	Parish council Meeting	OSCA 7.30pm
Saturday	16 <sup>th</sup>	Afternoon Teas	OSCA 2pm - 4pm
Thursday	21 <sup>st</sup>	Ladies' Pudding evening	OSCA 8pm
<b>October</b>			
Saturday	7 <sup>th</sup>	Meninadanca	Henham Village hall 7pm
Sat & Sun	14 <sup>th</sup> & 15 <sup>th</sup>	Art sale	St Mary's church Elsenham 10.30-5pm
Saturday	14 <sup>th</sup>	OSCA Quiz	OSCA 7 for 7.30pm
Saturday	21 <sup>st</sup>	Afternoon Teas	OSCA 2pm-4pm
<b>November</b>			
Monday	6 <sup>th</sup> & 20 <sup>th</sup>	Beat surgery	Village shop 10-11 am
Friday	10 <sup>th</sup>	Henham Christmas Market	Osca & village hall
<b>December</b>			
Saturday	2 <sup>nd</sup>	Afternoon Teas	OSCA 2pm-4pm
Saturday	9 <sup>th</sup>	Bottomless brunch/Afternoon Tea	Henham Village Hall. Details to follow
Monday	11 <sup>th</sup>	Beat Surgery	Village shop 10-11am

## Village Defibrillator

Our village defibrillator is located by the side of the main entrance to OSCA. If you need to use it, dial 999 and the emergency services will give you a code for its' release. They will also stay on the line to support you. Once it is switched on, there will be clear and simple instructions which will guide you through the process. Do take a moment to familiarize yourself with its location and perhaps attend the training when available. Your actions could save a life.

## Village Diary Regular clubs and meetings

### Mondays

<b>9.00-10.00</b>	am	Pilates	Now at Vision fitness
<b>10.00 - 12.00</b>	am	Tennis Ladies' Rusty Racquets	Henham Tennis Courts
<b>3.15-4.00</b>	pm	Junior tennis	Henham Tennis Courts
<b>6.45 - 8.00</b>	pm	Jump Fit	HUSCH
<b>7.00 start</b>	pm	Omega running/Walking club	Meet outside Cock Inn
<b>7.00 - 9.00</b>	pm	Table Tennis Club	OSCA
<b>7.00-8.00</b>	pm	Yoga	Henham village Hall

### Tuesdays

<b>9.15 - 11.15</b>	am	Badminton Club	HUSCH
<b>5.30 - 6.15</b>	pm	Street & Com. Dance: Age 8-10	OSCA
<b>6.00 – 7.15</b>	pm	Cubs (term times)	Ugley Village Hall
<b>6.15 - 7.20</b>	pm	Street & Com. Dance: Age 11+	OSCA
<b>7.20 - 8.20</b>	pm	Adult Dance Class	OSCA

### Wednesdays

<b>3.15- 4.00</b>	pm	Junior Tennis	Henham Tennis Courts
<b>5.45 – 6.45</b>	pm	Beavers (term times)	Ugley Village Hall
<b>7.00 – 9.00</b>	pm	Scouts (term times)	Ugley Village Hall
<b>7.00 – 9.00</b>	pm	Badminton Club	HUSCH

### Thursdays

<b>9.00 -10.00</b>	am	Pilates	OSCA
<b>10.00 -11.00</b>	am	Pilates	OSCA
<b>10.30 - 11.30</b>	am	Little Fishes (in term time)	Church Hall
<b>1.45-2.45</b>	pm	Tots/Preschool tennis	Henham Tennis courts
<b>4:00 - 4:45</b>	pm	Junior Tennis	Henham Tennis Courts
<b>7.45 - 9.00</b>	pm	Bell Ringing Practice	Henham Church

### Fridays

<b>9.00 - 10.30</b>	am	Tennis Ladies' 2 <sup>nd</sup> Team	Henham Tennis Courts
<b>5.45 – 6.45</b>	pm	Beavers (term times)	Ugley Village Hall

### Saturdays

<b>Meet at 9.00</b>	am	Omega Runners	Outside Vision Fitness
<b>9.30- 11.45</b>	am	Junior Tennis	Henham Tennis courts

### Sundays

<b>2.00 – 4.00</b>	pm	Tennis Ladder	Henham Tennis Courts
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*Phone 01279 850347*

*For information about special events each month please see*

*website: [www.thecockinnhenham.co.uk](http://www.thecockinnhenham.co.uk)*

*Facebook page: The Cock Inn Public House, Henham*

*Instagram: [cockinnathenham](https://www.instagram.com/cockinnathenham)*

### **REFUSE COLLECTION FOR AUGUST 2023**

Brown, black, and green bin collections are emptied in most of Henham on Thursdays but there are a few areas where collections are made on Tuesdays. (Henham is North collection)

<b>BROWN BIN (kitchen leftovers)</b>	<b>collected every week</b>
<b>BLACK BIN (non-recyclables)</b>	<b>Thursday 14<sup>th</sup>, 28<sup>th</sup></b>
<b>GREEN BIN (recyclables)</b>	<b>Thursday 7<sup>th</sup>, 21<sup>st</sup></b>
<b>GREEN GARDEN WASTE</b>	<b>Thursday 7<sup>th</sup>, 21<sup>st</sup></b>

### **Village Shop & Post Office Opening Hours (01279 850644)**

Post Office:- Open Mon, Wed & Friday 9am to 12 noon  
Shop:- Monday to Friday 9am to 1pm and 2pm to 4.30pm  
Saturday 9am to 1pm, Sunday 9.30am to 12.30pm

**Deadline for submitting articles for the October edition is Tuesday 12<sup>th</sup> September.** Please send your contributions to **Pushpa Mistry** by email as an attachment to **henhamdragon@hotmail.com**

*Editorial policy is to use Times New Roman font size of 14 points on A4 paper with left and right margins of 2.5cm. Different fonts and sizes are acceptable but may be changed to ensure the final article is easy to read. The committee reserves the right to edit contributions and does not take responsibility for the information given or the views expressed in The Dragon, nor is any culpability accepted for work undertaken by the advertisers.*

### **Advertising Rates**

Rates for one-off advertisements in the Dragon are as follows: -  
Full page £60.00      Half page £30.00      Quarter page £20.00  
Small ads (non-commercial) placed by village residents £5.00.

Village functions and charity fundraising events are advertised free, but we would invite large fundraising events to make a small donation to help with our printing costs.

**To advertise, contact Sheena Bigland on 01279 850373 or Jan King on 01279 850001 or email henhamdragon@hotmail.com for details.**

**Annual advertising must be placed by mid-February.**

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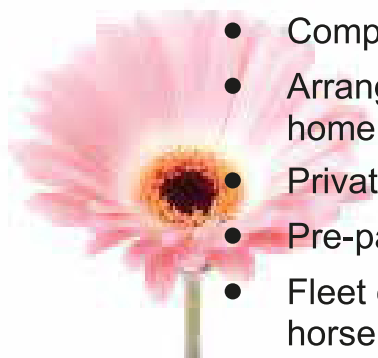
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