

Winter 2020/2021
Issue 88

FREE
to take
away

SALAD DAYS

BECAUSE THEY'RE
ONLY YOUNG ONCE!



Local Information for parents teachers
and carers of children Saffron Walden,
Bishop's Stortford Great Dunmow and Villages



FEDERATION OF FARNHAM & RICKLING CE (VA) PRIMARY SCHOOLS

Federation Headteacher: Hannah Wheatcroft

Farnham CE Primary School

Farnham, Bishop's Stortford Hertfordshire CM23 1HR

Tel: 01279 771 339 Fax: 01279 771 339

Email: admin@farnham.essex.sch.uk

Website: www.federationfarnhamrickling.co.uk

Rickling CE Primary School

Rickling Green, Saffron Walden Essex CB11 3YG

Tel: 01799 543 274 Fax: 01799 540 988

Email: admin@rickling.essex.sch.uk

Website: www.federationfarnhamrickling.co.uk



'Through faith and nurture, we thrive.'
Life in all its fullness. John 10:10

Our School Values: Love | Kindness | Honesty | Caring | Respect

Exciting news – Salad Days will continue to grow and increase its digital presence!

It is with absolute pleasure that I am able to announce that the ownership of Salad Days has been transferred to Lisa and Tam. This hard-working team will provide a bright future for the magazine and all its users.

In one way or another everyone has been affected by the pandemic and will remember the summer with mixed emotions. Even if healthy, there was still anxiety, uncertainty and, for parents of school aged children, there was the added stress of home educating. However, there will also be memories of the happy times when you and your family enjoyed the unusual freedom from the everyday. It's still a bumpy ride, so I do wish you, and all those that you love,



very good health. Please stay safe.

I am going to miss Salad Days enormously! However, I am still publishing the mighty Saffron Directory as well as training a puppy (see her on my knee in the picture, just behind the wine), so no time to mope!
You have all been fantastic supporting Salad Days – thank you! It's been incredible.

Over to Tam and Lisa, the next generation!
Harriet Christodoulides

Remember to keep telling your children:

"If you can dream it, you can do it".

Walt Disney

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Design Services: Nick Crawley. Printed by Parkes Print & Design, 41 Hitchin Street, Biggleswade, SG18 8BE

Copy Date for Spring issue
22nd January 2021

To advertise in the next issue, include
activities, clubs and events in your town
village or school or to contribute articles on
your speciality subject contact Lisa or Tam on
0790 073 5566 or hello@saladdaysmag.co.uk

For digital copy visit
www.saladdaysmag.uk



SALADDAYSMAG

Primary schools

■ Bishop's Stortford

All Saints' JMI School and Nursery

Parsonage Lane, CM23 5BE
T: 01279 836006; W: allsaints.herts.sch.uk

Bishop's Stortford College

10 Maze Green Road, CM23 2PJ
T: 01279 838575 - See outside back cover

Farnham C of E Primary - See inside front cover

Farnham, CM23 1RH; T: 01279 771339
E: admin@farnham.essex.sch.uk
W: farnham.essex.sch.uk

Hillmead Primary School

Woburn Avenue, CM23 4PW
T: 01279 656876
E: admin@hillmead.herts.sch.uk

Howe Green House School - See opposite

Great Hallingbury, CM22 7UF
T: 01279 657706
W: howegreenhouseschool.co.uk

Little Hadham Primary See page 5

Stortford Road, SG11 2DX; T: 01279 771285
E: admin@littlehadham.herts.sch.uk

Manor Fields Primary School

Penningtons, CM23 4LE
T: 01279 757193

Northgate School and Nursery

Cricketfield Lane, CM23 2RL
T: 01279 652376
E: admin@northgate.herts.sch.uk

St Michael's Primary & Nursery School

Apton Road, CM23 3SN
T: 01279 652607
E: admin@stmichaelsjmi.herts.sch.uk

Summercroft Primary School & Nursery

Plaw Hatch Close, CM23 5BJ
T: 01279 307477
E: admin@summercroft.herts.sch.uk

The Richard Whittington Primary Sch

Thornbera Gardens, CM23 3NP
T: 01279 657778
E: admin@whittington.herts.sch.uk

Thorley Hill Primary School

Park Lane, CM23 3NH
T: 01279 654496
E: admin@thorleyhill.herts.sch.uk

Thorn Grove Primary School

Thorn Grove, CM23 5LD
T: 01279 653002
E: admin@thorngrove.herts.sch.uk

Windhill21

Windhill, CM23 2NE
T: 01279 696850
E: admin@windhill.herts.sch.uk

■ Great Dunmow

Dunmow St Mary's Primary School

High Stile, CM6 1EB; T: 01371 872340

Felsted School

Felsted, CM6 3LL
T: 01371 82260
W: felsted.org

Great Dunmow Primary School

Walnut Walk,
Woodlands Park Drive, CM6 1ZR
T: 01371 873184

The Flitch Green Academy

Tanton Road, Little Dunmow, CM6 3GG
T: 01371 822330
E: admin@flitchgreen.net
W: theflitchgreenacademy.co.uk

■ Saffron Walden

Katherine Semar Infants School

Ross Close, CB11 4DU; Ages: 4-7
T: 01799 521720
E: admin-inf@katherinesemar.net
W: katherinesemar.co.uk

Katherine Semar Junior School

Ross Close, CB11 4DU; Ages: 7-11
T: 01799 521120
E: admin-jun@katherinesemar.net
W: katherinesemar-jun.essex.sch.uk

R A Butler Junior and Infant School

South Road, CB11 3DG
T: 01799 523651
W: rabutleracademy.org.uk

Stephen Perse Foundation - Dame Bradbury's

Ashdon Road, CB10 2AL
T: 01223 454700 ext 4000
E: admissions@stephenperse.com
W: stephenperse.com

St Mary's C of E Primary School

Castle Street, CB10 1BQ
T: 01799 523384
E: info@st-maryscofe.essex.sch.uk
W: stmaryssw.org.uk

St Thomas More RC Primary School

South Road, CB11 3DW
T: 01799 523248
E: admin@stmsw.co.uk; W: stmsw.co.uk

■ Stansted

Bentfield Primary School

Rainsford Road, CM24 8DX
T: 01279 813626
E: admin@bentfield.essex.sch.uk
W: bentfield.essex.sch.uk

Magna Carta Primary Academy

St John's Road, CM24 8JP
T: 01279 703484
E: office@magnacarta.essex.sch.uk

St. Mary's C of E Primary School

Hampton Road, Forest Hall Park
Stansted Mountfitchet
T: 01279 812212
E: office@st-marys-stansted.essex.sch.uk

■ Villages

Albury C of E Primary School

Church End, SG11 2JQ
T: 01279 771253
E: admin@albury.herts.sch.uk
W: albury.herts.sch.uk

Ashdon County Primary School

Ashdon, CB10 2HB
T: 01799 584219
E: admin@ashdon.essex.sch.uk
W: ashdon.essex.sch.uk

Birchanger Primary School and Nursery

Birchwood, CM23 5QL
T: 01279 812362
E: admin@birchanger.essex.sch.uk

Chrishall Holy Trinity & St Nicholas CE (A) Primary School

Palmers Lane, SG8 8QE
T: 01763 838592
E: admin@chrishall.essex.sch.uk
W: chrishall.essex.sch.uk

Clavering Primary School

Stortford Road, CB11 4PE
T: 01799 550300
E: admin@clavering.essex.sch.uk
W: clavering.essex.sch.uk

Continued on page 4



HOWE GREEN HOUSE SCHOOL

Independent Co-ed Prep School
for 4 to 11 years

and

Little Oaks Nursery School
for 2 to 4 years

www.howegreenhouseschool.co.uk
01279 657706



Furneux Pelham School



Our wonderful village school offers small classes with high expectations where children achieve well in a caring environment.

Together, we care, inspire and achieve excellence

"A lovely, whole school community..."

The best way to appreciate our school is to come along and visit us at a time that suits you and your family.

With safety measures in place, we are still conducting personal school tours.

Please contact us on 01279 777344 or admin@furneup.herts.sch.uk to make an appointment – we look forward to welcoming you.

www.furneup.herts.sch.uk



New: Tea Timers After School Club – wraparound care from 7:45am until 6pm, daily!

Continued from page 2

Debden C of E Primary

Debden, CB11 3LE; T: 01799 540302
E: admin@debden.essex.sch.uk
W: www.debdenprimary.co.uk

Elsenham C of E Primary

Elsenham, CM22 6DD
T: 01279 813198
E: admin@elsenhamsch.uk
W: elsenhamsch.uk

Farnham

See under Bishop's Stortford

Finchingfield C of E Primary School

Vicarage Rd, Finchingfield, CM7 4LD
T: 01371 810423
E: admin@finchingfield.essex.sch.uk / office@finchingfield.essex.sch.uk
W: finchingfield.essex.sch.uk

Furneux Pelham C of E School

Herts, SG9 0LH
T: 01279 777344
E: admin@furneup.herts.sch.uk
W: furneup.herts.sch.uk

Gt Chesterford Primary Academy

School Street, CB10 1NN
T: 01799 530292
E: admin@greatchesterford.essex.sch.uk
W: greatchesterford.essex.sch.uk

Great Easton Primary

Snow Hill, CM6 2DR
T: 01371 870219

Great Sampford Primary

Finchingfield Road, CB10 2RL
T: 01799 586280
E: admin@greatsampford.essex.sch.uk
W: greatsampford.essex.sch.uk

Henham and Ugley Primary & Nursery School

School Lane, Henham, Herts. CM22 6BP
T: 01279 850213
E: admin@henhamugley.essex.sch.uk
W: henhamugley.essex.sch.uk

Little Hadham Primary

See opposite
Listed under Bishop's Stortford

Manuden Primary School

The Street, CM23 1DE
T: 01279 813370
E: admin@manuden.essex.sch.uk
W: manudenprimary.co.uk

Much Hadham C of E Primary School

Tower Hill, Much Hadham, SG10 6DL
T: 01279 842626
E: admin@standrews236.herts.sch.uk
W: standrews236.herts.sch.uk

Newport Primary School

Frambury Lane, Newport, CB11 3PU
T: 01799 540055
E: admin@newport.essex.sch.uk
W: newport.essex.sch.uk

Radwinter C of E Primary

Water Lane, Radwinter, CB10 2TX
T: 01799 599248
E: admin@radwinter.essex.sch.uk
W: radwinter.essex.sch.uk

Reed First School

Jackson's Lane, Reed, Herts, SG8 8AB
T: 01763 848304
E: admin@reed.herts.sch.uk

Rickling C of E Primary

- see inside front cover
Rickling, Saffron Walden, CB11 3YG
T: 01799 543274
E: admin@rickling.essex.sch.uk
W: rickling.essex.sch.uk

Steeple Bumpstead Primary School

Steeple Bumpstead, Haverhill CB9 7EN
T: 01440 730220
W: stanleydrapkin.schooljotter2.com

Takeley; The Christian School

Brewers End, CM22 6QH
Ages: 4-16
T: 01279 871182
E: office@takeley-christian.essex.sch.uk
W: tctst.org.uk

Takeley Primary School

Bennet Canfield, Little Canfield
Dunmow, CM6 1YE
T: 01279 870541
E: admin@takeley-pri.essex.sch.uk

Takeley - Roseacres Primary

CM22 6QY (REC – Year 5)
T: 01279 879599
E: admin@roseacres.essex.sch.uk
W: roseacres.co.uk

Thaxted Primary School

Bardfield Road, CM6 2LW
T: 01371 830240
E: admin@thaxted.essex.sch.uk
W: thaxted.essex.sch.uk

Wimbish Primary School

Tye Green, CB10 2XE
T: 01799 599245
E: admin@wimbish.essex.sch.uk
W: wimbish.essex.sch.uk

**Don't forget
admissions deadline:
15th January 2021**

Outstanding
2019
SATs results



LITTLE HADHAM PRIMARY SCHOOL

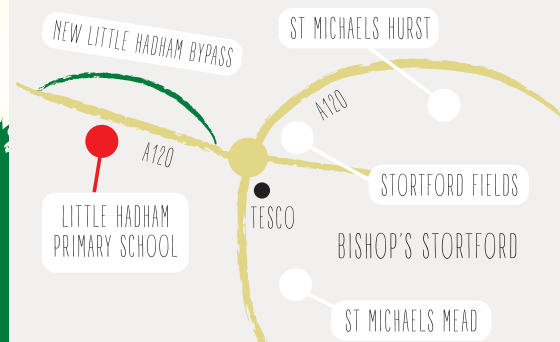
Wrap around care
7.45AM - 6.30PM

Ready to help your child flourish

- We **value the uniqueness** of every child
- Our curriculum fosters **resilient, confident, independent learners**
- We are a '**Forest School**' with an inspirational outdoor approach to learning, with child led experiences
- **Our children are happy and successful**
- **All day nursery from age 3**



WHERE WE ARE



Prospective families are welcome to arrange visits any time.



To find out more contact
Mrs Erswell on **01279 771285**



www.facebook.com/littlehadham



twitter.com/lhpshadham

'New Age Schooling'

I am delighted to write an article for Salad Days. It has certainly been an interesting few terms. I have cherished working with the community and ensuring that children are not only educated but most importantly, are safe. Head teachers across the country have developed a new style of working, a style that has led to difficult decisions and in most cases, rewarding results. In March of this year, every school was asked to close its doors with no formal plans for reopening. This situation left the British people without answers and sent a spread of anxiety across the nation. As every school did, we tried our best to remotely educate children and design a home learning package that stimulated young minds and ensured that the momentum for learning remained strong. This was no easy task but teachers rose to the challenge making leaders exceptionally proud. My staff team are incredible, they continue to amaze me. Each and every one of them was reliable during the lockdown and this has not ceased. They were able to provide care for the children whose parents were at the forefront of fighting the virus - the essential, key workers.

The relief of everyone when were told to prepare for a full school return in September was a remarkable moment. On September 3 we opened our doors once again to every child, the atmosphere was electric. A few children were uncertain at first but I observed a number of parents who were rather overwhelmed with the entire situation which came out as tears of happiness. It really feels

great to be back. As human beings we respond well to a sense of normality and being back has allowed us to continue to do what we love the most - educate children. The current climate has resulted in a number of operational changes around the school, we have needed to rethink how we carry out day to day procedures to ensure that safety is at the forefront of our thoughts. The children are not allowed to gather together as a whole school and it is not safe for us to welcome external visitors. The children are organised into bubbles and this has caused us to reschedule our day to allow the children maximum opportunities. The teachers have been exceptionally creative with their lesson planning; they plan regular opportunities for the children to learn using the outdoor environment. We have recently installed an all weather sports court that can be utilised by the children to ensure they stay active, this will also enrich their physical education sessions. We are desperate to show new families around who are wishing to join our family in September, please contact the school office for further information about how we are doing this safely. We are now fully reliant on the community to help us stay open. The importance of social distancing should not be underestimated and we are grateful to everyone who abides by the guidance and protocols in place. I thank you all.

Mr Athanasiou - Head Teacher
Great Sampford Primary School
Tel: 01799 586280

Before & after school clubs

Ace Kids Club (SW) Ages: 4-12

Contact: Janet Clark; T: 01799 520356

E: ace@katherinesemar-inf.essex.sch.uk

W: acekidsclub.org

Ashdon Primary School Before and After School Club Ages: 4-11

Manager: Neil O'Sullivan

T: 01799 584219/Opt 3; M: 07549 435445

E: neilosullivan@sports@gmail.com

W: ashdon.essex.sch.uk

The Barn Kids (Thaxted) Ages: 4-11

T: 01371 831262; W: thebarnnursery.co.uk

Early Birds & Night Owls

4 schools in Bishop's Stortford

Contact: Hayley Lynskey

T: 07745 262676/01279 771367

E: earlybirdandnightowlsclub@gmail.com

Funzone OOS & Holiday Club (BS)

Ages: 4-10; Contact: Sabina Khetani

T: 01279 321658/07762 138756

E: funzonekidsclub@ntlworld.com

Great Bardfield Breakfast and After School Club, Braintree Rd., CM7 4RN

T: 01371 811580 Contact Pat: 0776743055

W: greatbardfieldasc.btck.co.uk

Happy Hippos OOS & Holiday Club

Ages: 4-11; Bishop's Stortford

Contact: Sabina Khetani

T: 01279 321658/07762 138756

E: funzonekidsclub@ntlworld.com

KidsOut Birchanger

Birchanger Cof E Primary School,
 CM23 5QL Breakfast & after school club
 exclusively for children attending
 Birchanger School; M: 07496 816411

KidsOut Magna Carter

E: lindavies@stortfordkidsout.co.uk

W: stortfordkidsout.co.uk

KidsOut Summercroft

M: 07939 463519

Summercroft Primary School, CM23 5BJ
 Breakfast & after school club exclusively
 for children attending Summercroft.

Holiday Club Stortford KidsOut

E: lindavies@stortfordkidsout.co.uk

Summercroft Primary School

Open to any child in the area.

Much Hadham Pre-School Ages 3-11,

Breakfast and After School Clubs

(Adjacent to St. Andrew's Primary School)

Contact: Maria; T: 01279 842614

E: muchhadhampreschool@yahoo.co.uk

W: muchhadhampreschool.co.uk/clubs

Newport St Mary's Church; Ages: 11-14

11.00 - 3rd and 4th Sunday of the month

during term time. Sunday Club. Ages: 4-11

Olivers Lodge Newport, Saffron Walden,

Steeple Bumpstead and Great Dunmow.

Ages: 4-12

Manager: Alex Suffolk; T: 01799 540709

E: info@olivers-lodge.co.uk

RAB Late Play Club (SW) Ages: 4-11

Manager: Mrs Erica Peck

T: 01799 528607 (during sessions)

W: rabutlersschool.co.uk

Willows in Clavering

T: 07484 636643

E: admin@willowsoutofschool.co.uk

W: willowsoutofschool.com

Providing a breakfast club and after-school club for children at Clavering Primary School

Tutors & support

■ Academic

Anna Clarke BA(Ed) Hons

Qualified and Experienced Tutor Primary Literacy and Maths. SATs preparation and confidence-building. GCSE Maths and English; T: 01799 526134

Glenis Toms

Qualified and experienced teacher. Maths and English; 7-11 years
T: 01799 540833

Kumon Bishop's Stortford - See right

Contact: Nicola Norbury

T: 01920 461457; W: kumon.co.uk

Sue Herd BEd (Hons)

Experienced pre school tutor English & Maths (give your child a head start before school); T: 01799 510995

Tutor Doctor East Herts

1:1 In-Home Tuition Service. All Subjects and Levels; Contact: Viv Durham, Director
T: 07450 825188

E: vdurham@tutordocor.co.uk

W: tutordocor.co.uk/Standed

■ Languages

Kidslingo

Have fun learning Spanish through songs, games, drama and stories from 0-11 years. Classes also available for nurseries, primary schools & child minders; T: 07926 007797

E: jessicalp@kidslingo.co.uk

W: kidslingo.co.uk

Luciana Ferreira Day

Spanish all levels

E: lucianafday@gmail.com

T: 07930 525079

■ Family support

Aspects Family Support

Ann Creitzman

All Saints CE Primary School
Parsonage Lane

Bishop's Stortford, CM23 5BE

T: 01279 758134

W: www.aspects.org.uk

Registered Charity 1164201

■ Mindfulness and Relaxation

Nikki Phillips, ITEC IHHT DIP SMT

Youth Mindfulness, Teaching emotional well-being skills for life to all.

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T: 07966 579345

E: info@nikkiphillips.co.uk

W: nikkiphillips.co.uk

Kumon's maths and English study programmes are tailored to your child's individual needs, nurturing their independence and enthusiasm for learning.

Contact your local Instructor for a free assessment.

Bishop's Stortford Study Centre

Nicola Norbury

07752444215 01920461457

KUMON

Fees vary. Please refer to your local study centre.

Develop
your child's
independence

kumon.co.uk



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Summerville

BIRCHANGER

Exclusive to
Birchanger

MAGNA CARTA

Exclusive to
Magna Carta

Libraries

BISHOP'S STORTFORD; T: 0300 1234049

Baby Rhyme Time:

Tuesday 10.30-11.00 & 11.30-12.00.

Toddler tales: story and rhyme time,
Thursday 14.15-14.45 -not just termtime

BUNMOW LIBRARY; T: 0345 603 7628

Baby & Toddler Rhymetime

Wed 11.00-11.30

LINTON LIBRARY; T: 0345 045 5225

Tuesday 14.00-14.30

SAFFRON WALDEN

Let's Draw! Art Club - every third Tuesday
of the month. Children aged 8+

Building Block Construction Club - Every
Third Thursday of the month. Aged 8+

Free Computer Classes Tuesdays 09.30-
11.00 (term time only).

Puzzle Table - Everyone is invited to help
finish our puzzle - winter months only.

Knit & Natter - Every Friday, 13.00-15.00.
All welcome, just turn up.

Sensory Storytime for pre-school children
2+ ~ Every last Tuesday of the month

Storytime for pre-school children 2+ ~
Tuesdays 09.30-10.00

Babytime for children 1 to 2 years ~
Wednesdays 09.30-10.00

Babytime for children up to 1 year ~
Wednesdays 10.30-11.00

Daddy Cool for all pre-school ages ~
Saturdays 10.00-10.30

THAXTED LIBRARY; T: 0345 603 7628

Rhymetime

Every Friday at 09.30 during term time;
babies & pre-School children

Where's Dad?

What's the first word that pops into your
mind when I say 2020 to you?

I'm not a betting man but I'm pretty sure it
would have something to do with COVID-19.
Am I right?

There's not a single person on the planet
who hasn't been impacted in some way,
shape, or form by Coronavirus.

Locked down, working from home,
furloughed or ... dare I say it ... home-
schooling!

Most people have declared COVID-19 to be
all doom and gloom.

I don't blame them, it's really normal.

But ... one thing I've learned over the years
of being a coach is that events are never
one-sided.

Nothing is all good or all bad.

It's our interpretations, or perceptions, of
events that create the "good" or the "bad".

Part way through lockdown, I posted a
question on Facebook asking: "What have
been the biggest benefits of lockdown?"

To begin with a few people erred on the
negative side saying how "bad" it was.

Then ... in the blink of an eye there were
hundreds of comments flooding in with
people seeing the other side.

- More genuine family time.
- Less of a rush to do the school run.
- Dinner together.
- No commuting to work.
- Money from socialising being saved.

The list went on
and on.

That's not to say it
was all rosy. Far
from it. There were
benefits and
drawbacks that
created a perfect
balance.

Nothing is all good or all bad, it's only our
thinking that makes it so.

Think back to some of your challenges in
life and how they, upon reflection, have
helped you grow into who you are now.

At the time, when you (and your thinking)
were in it things were all bad.

You couldn't see the other side. But, now
the dust has settled you can probably see
there were upsides and downsides.

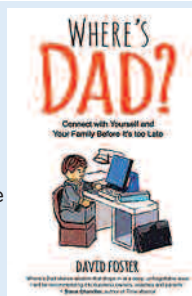
You have more of a balanced view.

The same is true for COVID-19. If you slow
down and ask better questions.

I for one am grateful.

Yes, it had tough moments, but it also
allowed me to have lunch with my
young sons each day. To play
impromptu games of catch in the garden
and, the best bit of all, to watch the whole
Harry Potter film series!

I had the idea of creating a family movie
night to see us through lockdown and it
became a tradition. Popcorn, crisps, our
very own cinema. Sitting together
watching, laughing and being totally
transfixed by the journey of Harry,



Hermoine and Ron.

"Bloody hell, Harry!" Is now a catch phrase
in our house.

So, thank you 2020.

You've not been without challenge but I can
also see the other side.

I hope you can too.

Love and wellness,

David Foster.

David Foster is a Master Coach, author of
Where's Dad? and inspirational speaker.
Since 2012 he has helped ambitious
business owners and coaches throughout
the world create more balance, clarity and
freedom so they can live inspired lives they
love leading. His work specialises in
helping people connect with their true
purpose, get clarity on their plans, and
make massive progress fast so they can
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his life to being a present parent, creating
a loving family unit and inspiring people all
over the world connect with themselves
and their families before it's too late. He
lives in Essex with his wife, Trix, and their
two sons, Rocco and Enzo. You can find out
more about David if you visit his website
www.davidfoster.coach where you can
also download the first five chapters of his
book *Where's Dad?* For free. A story about
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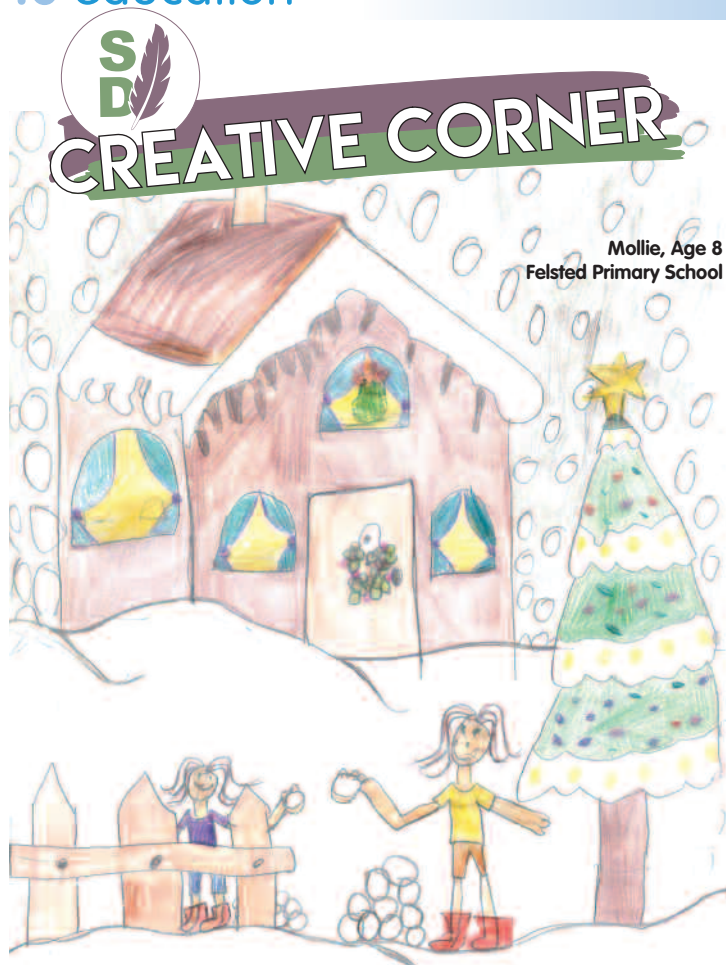
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Polly Kerr, Senior Associate and Education Law specialist at Tees offers practical guidance for parents of children with SEND on how to secure the right support during this difficult time

The challenge of accessing education for children and young people with SEND during a global crisis

For many children with special educational needs, the pandemic has meant little to no access to education since the country went into national lockdown in March.

For the most part, this was due to a change in legislation which replaced the legal duty incumbent upon local authorities that they 'must secure the specified special educational provision for a child or young person' with a watered down requirement to merely use their 'best endeavours' to secure the provision set out in the child's EHCP.

The disappointing outcome of this change has meant that sadly many families have experienced difficulties when seeking to access provision for their child. For families applying for, or undergoing, a needs assessment, many parents have experienced long delays and of those EHCPs that have been issued, many have been woefully lacking in provision.

For parents of children with SEND currently trying to navigate the system, we outline some tips aimed at helping you access the right support, with the

overriding message that early intervention is key: the sooner you start the process, the better.

- When pulling together your EHC Needs Assessment Request and evidence, think "what does my child's worst day look like?" This is an important starting point to assessing need and the provision to meet it.
 - Once your request has been sent to the local authority, it has a maximum of six weeks to notify you of its decision and right to appeal. Don't be afraid to chase for a response before the expiry of six weeks and do not delay in seeking to appeal if the local authority refuses to assess.
 - The local authority has 16 weeks to decide whether to issue a plan once a request is received. We would recommend you seek regular updates on progress from your SEND officer.
 - If an EHCP is needed, a draft plan must be sent to you for your comments and you must be given 15 calendar days (not school days) to comment and name your preference school. Respond as soon as possible
- to enable the local authority to commence consultation with the school (which also must be given 15 calendar days to respond) – this includes Amended Final Plans.
 - The whole process from request to plan should take no longer than 20 weeks from the date of the request.
 - Your right to appeal local authority decisions arises at various stages of the process including refusal to assess, refusal to issue an EHCP following assessment and in relation to the content of a final EHCP. Some parents may find that they must appeal at every stage, which can significantly delay a child receiving the provision it requires to meet need.
 - Keep records of your contact with the

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local authority (a paper diary can prove quite useful for this) and don't give up.

You don't know what you don't know! The legislation around SEND provision creates an adversarial process that can leave parents feeling out of control of their child's education. Never be afraid to ask for help – no question is a silly question, especially when it comes to your child's education.

Coronavirus update

We're running as normal, with our employees working from home. As a flexible and technologically-adept firm, we already had many home-working systems in place. We have now rolled this technology out comprehensively. We can do video-conferencing for appointments and of course you can call us as normal on **0800 013 1165**.

Remarkable Children

This year has tested us all but perhaps none more so than our children, many of whom have shown the most remarkable resourcefulness and resilience. They deserve to be celebrated. And so, I have chosen books for this issue of Salad Days (hooray, it's back!) which showcase the triumphs of extraordinary children – role models for us all! While none of the books is a 'Christmas Book', all would make lovely presents

If your household doesn't yet have an edition of favourite Fairy Tales (and even if it does), try *First Fairy Tales* retold by **Margaret Mayo** and illustrated beautifully by **Helen Stephens**. I'd forgotten just how brave



and clever Jack is in his dealings with the Giant at the top of the Beanstalk; it's a shock to read what Cinderella and Snow White have to put up with; it's moving to see how quickly the little Princess feels remorse when she is unkind to the Frog. Not sure I have so much sympathy for the Princess with the pea problem but Hansel and Gretel – well, they were definitely remarkable children. These classic stories are retold faithfully in lively prose with delightfully sketched illustrations, making this an edition which will become one of those much-loved, much-returned to books on the shelf.

From fairy tales to stories of real remarkable children. It isn't an overstatement to say that *Youthquake: 50 Children and Young People Who Shook the World* by **Tom Adams**, illustrated by **Sarah Walsh**, humbled me. Not

all of the young people in this book are household names – but they all deserve to be. There are the obvious candidates like Anne Frank, Greta Thunberg, and Mozart but there's also Reyhan Jamalova, who discovered a way to turn rain into electricity, Mohamad Al Jounde, a Syrian refugee who built a school in a tent in Beirut, and racing driver Billy Monger who, having had both legs amputated in a Formula Four crash aged 19, was back behind the wheel less than a year later. There's a hero or heroine for everyone here. Their stories are reported in clear unpatronizing prose with excellent accounts of the backdrop to what makes them remarkable (for example the segregation laws in the southern states of America against which Claudette Colvin protested, or the need to find a balance between humans and lions in the Kenyan national park where Richard Tuerre grew up and developed his 'lion lights'). I particularly like the quotations: Bjork's 'Singing is like a celebration of Oxygen'; Afghan refugee Gulwarli Passarlay's 'If things had been easy for me, I wouldn't be here now. Every day is an opportunity and I don't want to waste it'; or Greta Thunberg's 'There is no Planet B'. Definitely a fabulously uplifting and inspiring Christmas gift for anyone aged 8 and over.

Probably the most resourceful and resilient child in fiction is **Astrid Lindgren's Pippi Longstocking**, though there are many other worthy contenders. I've recommended the edition illustrated by **Lauren Child** before, not



just because she is so gloriously perfect as Pippi's illustrator but because children who recognise Lauren Child's pictures will be encouraged to pick up this older, longer book (Pippi first appeared in 1945) which is, nevertheless, absolutely alive and kicking in the 21st century. Who can fail to be empowered by the nine-year-old Pippi who forces burglars to dance a polka to the point of exhaustion in the middle of the night, feeds them sandwiches until they are stuffed full, and sends them away, each with a gold coin from the hoard which they had been planning to steal. She's an amazing role model – and not just for girls.

What I like about Pippi is that she encourages her readers to think about what is really right and wrong and what is just a convention. For example whether it is such a problem to sleep upside down in bed or to walk backwards, or to sprinkle sugar on the floor and see what it feels like to walk on in bare feet ... We might return to our original conclusion but considering the alternative is a delight.

Lauren Child often explores this in her own work. And her picture book, *The Goody* is a prime example. In his family, Chirton Krauss is the 'good' child and his sister Myrtle is the 'bad' one. These labels define their behaviour

– Chirton does the dishes, goes to bed on time and without fuss, cleans out the rabbit hutch every week, 'even though Myrtle is meant to do it every other Friday', and Myrtle



'was not a good child, everyone told her so. And Myrtle never forgot to remember this. *If people have decided you are bad, do not disappoint them by being good.*'

This is not a straightforward story about the goody turning bad and the baddie reforming themselves. There is a much more subtle message aimed at parents, which reminds us how destructive and dangerous labels such as 'good' and 'bad' can be. You don't clean out a rabbit hutch because you are 'good' but because it makes the rabbit happy. You don't have to watch your brother struggle to eat the broccoli he hates: you can stand up for him and remind your parents that 'people do not *always* have to eat broccoli, not if they really hate it'.

As always, Lauren Child's collaged illustrations are a joy. On each page the story is recounted in black (or white) and then there is usually an aside to the reader, signalled in red, which questions the assumptions in the storytelling. It's quite hard to isolate quotations to demonstrate how philosophically and psychologically rewarding this is – you'll just have to read the book to find out for yourselves. A treat not just for parents but for children aged perhaps 4 upwards.

If parents need reminding just how precious their children are, *The Pied Piper of Hamelin*, newly illustrated in striking reds and blues by **Thomas Baas**, should do the trick. This medieval tale about the Piper who rids Hamelin of a plague of rats and takes his revenge by dancing away with the town's children when the townspeople don't pay him the promised reward is



probably much more disturbing for parents than for children, the echoes of whose happy laughing are said to be heard 'whenever the wind blows from the mountains'.

What I particularly like about this edition, apart from the stunning illustrations, is the prose. There are some long, complicated and unusual words here – 'prosperous', 'delectable', 'apothecary', 'ordeal', 'entranced', the sound of which children will enjoy as they unconsciously absorb their meanings. Beatrix Potter was a great believer in introducing children to new vocabulary (one complicated word per book, I think – 'soporific' was the choice in *The Flopsy Bunnies*) and so am I. I recall the joy of 'gallimaufry' and 'hollow-boasting' in one of my childhood favourites, even though it was years before I knew what either word meant.

(Incidentally, if you need a Christmas reference to make this a suitable seasonal gift, it is Hamelin's Christmas feast which the rats 'devour').

Seasonal but much less scary is **Axel Scheffler's Flip Flap Frozen**. Children seem to find these crazy mix-and-match flip



books endlessly entertaining. You know the form: on each page there is an animal and a verse detailing that animal, for example, a reindeer. The page is split horizontally. Turn over one half of the page and the reindeer becomes a 'reinguin', which has antlers, feathers, and waddles as it walks, with an illustration to match. Turn over more pages and it can become a 'reinross' which lays its eggs in cliff-top nests. There are 121 possible

ridiculous combinations. Enjoy!

Finally, I want to recommend *Tiger, Tiger, Burning Bright: An Animal Poem for Every Day of the Year* selected by **Fiona Waters** and illustrated by **Britta Teckentrup**.



I love these sorts of poetry books which introduce children to a whole range of poems from across the canon and give them a special poem of their own – the one which is there for their birthday. I can never resist looking to see which is 'mine'. In this book, I get *The Ptarmigan*: 'The ptarmigan is very odd / As odd as odd can be. / It never sits on a telegraph pole / or roosts up in a tree / And pto spell his name / You have pto put / A 'p' before the 't'!' (Anonymous)

There are poems from Emily Dickinson, Jonathan Swift, William Blake; there are Japanese Haikus, North American Indian poems, Australian Aboriginal poems, there's Spike Milligan, Adrian Mitchell, D. H. Lawrence, Philip Larkin, Tony Mitton ... and all of them beautiful and thought-provoking and gorgeously illustrated in Britta Teckentrup's muted but glowing colours. This would be a Christmas gift to treasure – and if you're quick, you might find a copy signed by Britta.

I hope you will find something in my selection for the remarkable children in your life. If not, just ask the staff at Hart's Books in Saffron Walden (www.hartsbooks.co.uk) to help you choose – all these books are on their shelves along with hundreds of wonderful others.

Jo Burch

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Littleuns' Christmas Sugar Cookie Recipe

Ingredients

150g butter (at room temperature)
125g granulated sugar
1 egg
1 tsp vanilla extract
250g Plain Flour
½ tsp baking powder
160g icing sugar
Festive food colouring and sprinkles (optional)

Method

Whisk the butter until fluffy and lighter in colour. Add in the sugar and beat in until smooth.
Beat in the egg and vanilla extract until combined.
Sift in the flour and baking powder and fold into the batter until just combined. The dough will be quite soft but should not be sticky. If it's sticky, add in more flour (1 tbsp at a time) until it becomes more 'doughy'.
Place the dough on a sheet of baking paper sprinkled with flour and roll the dough out to about ¼ inch in thickness.
Place the rolled out dough into the fridge for at least 3 hours (or leave overnight if you need to!)
Once chilled, grab your Christmas



cookie cutters and cut the dough into festive shapes.

Preheat the oven to 170°C and line a tray (or two) with baking paper. Place the cookie shapes on the tray and bake for 12 minutes until slightly golden on top and browned at the edges.

Once cooled, make your icing by mixing together the icing sugar and 1 tsp cold water. Add in more water, 1 tsp at a time, until the icing is smooth but still quite thick.

Now for the fun part! Dye your icing any colour (or colours) of your choice and either pipe onto the cookies or just dunk them in the icing to coat.

Decorate further with other colours or sprinkles, and enjoy!

Tara Geraghty @littleuncakes
littleuncakes.com

The business of lockdown: Littleuns Cakes & Bakes

In March/April 2020, sales of flour in the UK went up by 92% and supermarket shelves were stripped bare of this elusive powder. Instagram was inundated with images of the nation's Banana cakes.

Everyone and their mum turned into Mary Berry, in a bid to stave off their isolation boredom. However, for many, isolation forced people to diversify and create new businesses with the rise in online sales- up to 50% higher than pre-pandemic figures- amid high-street lockdowns.

Tara Geraghty, like many others, decided to take advantage of this increase and after having been furloughed at the end of March, decided to fundraise for the NHS by selling a few cakes around her village. Excited by their popularity, she launched *Littleuns Cakes & Bakes* (Littleuncakes.com) in May 2020, a UK postal bakery business operating out of her home kitchen in Bishop's Stortford.

I sat down with Tara (*virtually, because I respect social distancing rules and have probably taken these several steps too far by only leaving my*

house twice in lockdown, aside from daily walks...) to discuss *Littleuns* and how she launched a new enterprise whilst in the middle of a pandemic.

First things first, why the name *Littleuns*?

I was discussing name ideas with my family, and my brother actually came up with *Littleuns* so I can take no credit for it! I was very tiny as a baby, so 'Littleun' was my nickname growing up and it just stuck. As soon as my brother suggested it, I was sold and here we are today!

Who is eligible to purchase your bakes? Are there any restrictions?

The business started off as a local bakery, however my website and postal menu now means that anyone from the UK is eligible to order some delicious baked goods to their own front door!

In terms of restrictions, the most frequent thing I get asked about is allergens. I can't tell you how many times that word comes up in my daily vocabulary! Having lived with a flatmate with a severe nut allergy, I am very conscious about allergens. It was this experience that inspired me to

make my bakery primarily nut free, and also pushed me into expanding my gluten free and vegan range, so that there is something for everyone! I also have a very extensive list of every single ingredient I use in any of my cakes to ensure that my customers know exactly what is in their bakes. DM me for details!

As a new business, how did you build a customer base?

Now that's the hard part! I am so lucky to have such a wide supportive network of friends and family, and they all really helped me kick-start my business.

To develop a broader client base, I reached out to the wider community via local Facebook groups and pages. I had already connected with my village's group, as step one of establishing *Littleuns* was a



simple bake sale (all with contactless home deliveries – to ensure Covid-safety), whereby I sold a variety of cupcakes and larger cakes in aid of raising money for NHS charities.

This prompted me to take baking a little more seriously, which then transpired into now having my own business!

What effect has the pandemic had on you and the business?

The business was definitely at its busiest in its first month or so. I think this was partially due to the novelty and excitement of it being new. However, I also think *Littleuns* was more appealing during lockdown when people couldn't go out as much and it wasn't as easy to access to such sweet treats.

I also donate a percentage of every cake I sell to CHIPS. CHIPS are an amazing local charity and they have a special place in my heart, as I used to work for them a few years ago. CHIPS offer play and social opportunities for children with additional needs, living in East Hertfordshire and the Borough of Broxbourne. When I started my business, I wanted to use it as an opportunity to do some good and raise some money and awareness for an incredible charity, so please do check them out!

Where do you see Littleuns going?

I'm really hoping to push the 'postal bakes' element of the business. I offer brownie slabs and unique cake treat boxes, all of which can be posted to anywhere in the UK.

Mia Schiller

Article from BehindtheReverie.co.uk

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and floor work. I first came across Sweaty Mama whilst living in Kent after Zak was born and we attended the classes together. We both enjoyed the classes so much that I had a complete change of career and bought the local franchise when we moved to Saffron Walden. I absolutely love teaching the classes and seeing the amazing bond shared between mother and baby. The workouts are always great fun and leave you with the most amazing buzz for the rest of the day.

Take a look at
hertsessexborder.sweatymama.com
for more information

The Benefits to Sending Your Child to Nursery

Choosing to send your child to a nursery provision is the first important steps in supporting your child's early development. In nursery, children develop a range of skills that help them to prepare for school. The nursery environment which is carefully developed ensures children flourish and grow into well rounded individuals. Nurseries focus their resources, layouts, routines, and teaching skills on ensuring they promote opportunities to develop children's play and learning. Nursery settings follow the Early Years Foundation Stage (EYFS), which is a curriculum that structures learning and care for children from birth to five years old. This framework influences staff to create activities and adventures which your child will enjoy and develop. Nurseries provide lots of opportunities for children to develop their social skills prior to starting school. They develop skills of negotiation and turn taking as well as learning how to interact positively with children and adults. They begin to identify their own emotions and feelings which starts them on a journey to developing empathy for others. In addition to all of these social and emotional developmental skills they also explore, through their play, early literacy and numeracy skills as well as developing a greater understanding of

the world around them. The nursery environment supports children to develop the confidence needed to be experimental and explorative in their nursery environment. Staff respect children's ideas and use open-ended activities, environments and resources to allow children to take play and learning in their own direction. Children are given the time and space to become deeply involved in their play, which develops the concentration and perseverance to actively learn. All three and four year olds in the UK are entitled to a minimum of 10 hours of funded early education for 38 weeks a year. Some two-year-olds may also be eligible, but this will depend on your income status. Some employers will provide childcare vouchers, so check with your human resources department to see if help is available. So when it comes to determining whether they will benefit from being sent to a nursery, take a look at the overall quality of the environment, staff, learning and activities that they will be offered as this is the most important thing to consider. If you are feeling anxious, you should speak to different nursery settings to understand what they have to offer.

Molly Easton
General Manager at The Nurture Barn.

Diary dates

It has been eight months since the world seemingly tilted on a new axis and started spinning in an unfamiliar direction. We have fixed old habits and picked up new ones, craved community and found solace in solitude, and missed the outdoors while developing a new appreciation for the inside of our four walls. Many events during the winter months that we most look forward to including, Guy Fawkes, Christmas Markets and Pantomimes have either been postponed or cancelled. Nothing in our diary is concrete at this moment in time, but we have got a little list of things to check online just in case.

November

Saffron Screen

SAFFRON SCREEN Family Films at Saffron Screen
We're happy to be back open and entertaining our younger audience. This autumn, we are looking forward to bringing you various family delights including a new version of the classic **The Secret Garden** Starring Julie Walters and Colin Firth, the new adventures of the glorious bunny in **Peter Rabbit 2** and a host of fun animations plus, maybe, some classic thrown in for fun. We will keep you posted so do follow us on Facebook, Instagram and Twitter and sign up for our weekly email for the

latest listings and announcements. Family tickets at Saffron Screen are just £20.50, parking is FREE and limited selection of refreshments are available at matinee screenings. All over 11s are asked to wear a mask. Please visit www.saffronscreen.com for tickets and more information, including our COVID related safety measures.



5 Guy Fawkes Night



7 Shhh Kids Kabaret Experience

Saffron Walden Town Hall 17.00
The fun, thrill of cabaret, made especially for kids! Limited tickets so head to our box office:
<https://hyperfusion.co.uk/shop/>

15 A Christmas Carol

Bishops Stortford, South Mill Arts 14.00
Back by popular demand, this festive season sees the return of the captivating story, A Christmas Carol.

Taking note from Charles Dickens, the classic tale is set in the streets of a traditional Victorian Christmas.

W: www.southmillarts.com

22 Saffron Walden Christmas

event and light switch on with lantern parade.

28 Secret Cabaret Club

by The Shhh Experience.

Our gorgeous SECRET CABARET CLUB IS BACK! With a star studded line up of award winning acts including our fantastic comedian John Oakes, the diva songstress Monica Salvi and a secret surprise guest, all held lusciously together by our resident hostess Gloria Squeezers.

Saturday 28 November. 19.30 - 20.00; Great Chesterford Community Centre Pre-booking only, Licensed bar, Covid regulations in place.

Socially distanced, Full refund given if we have to cancel. Limited tickets so head to our box office:

<https://hyperfusion.co.uk/shop/>

December

21 for events at South Mill Arts

see page 19".

21-23

Audley End Christmas Special

The most magical family Christmas experience. Children will enjoy a train ride to winter wonderland where you and your family will meet Father Christmas himself along with his helpful elves. Tickets are available from now at www.audley-end-railway.co.uk

25 Merry Christmas

January

1 New years day

10 The Nutcracker at South Mill Arts,

Bishops Stortford 14.00

A magical Christmas tradition for all the family. www.southmillarts.com

30 Just Judy! At South Mill Arts, Bishops Stortford 19:30

The cameras roll and a nation listens as Judy recounts a remarkable journey through Vaudeville and the world of Hollywood dreams. But stardom has a price, and Judy's own yellow brick road wasn't always painted with rainbows. Packed with live performances of her most famous songs alongside astonishing tales from the roles that brought international stardom, Just Judy captures the highs and lows of one of the greatest performing artists of all time. www.southmillarts.com

February

20 Pop Princess at South Mill Arts, 18.00

Sweeney Entertainments present POP PRINCESSES. A Magical show where beautiful Princesses become Pop Stars! This is the children's pop concert with a big difference. A musical spectacular starring four fabulous Fairy tale Princesses who just love to sing! It's the perfect mix. all your favourite Films and Musicals. Come and join the fun!
www.southmillarts.com

Gymnastics ... beneficial for babies development?

Searching for a selection of organised group activities to attend with young babies is a standard task for new parents. The questions may spring to mind.. what will benefit my baby the most? What's the best value? what's most enjoyable? Will I feel comfortable at the activity? Will my baby take to the activity? Parents might decide to try a selection of different activities which offer their own individual benefits such as a music programme or swimming, however, there are a wide range of choices available which all offer their own benefits.

At Stortford Gymnastics we recently introduced classes for babies. You may doubt .. surely babies are too young to benefit from gymnastics? Our youngest programme offers an experience that bonds the parent and baby in a fun

and safe environment. Our weekly classes offer a wealth of benefits to complement the developmental stages of your baby. Here's how our classes provide a comprehensive developmental setting.



Sensory- Colours, textures and noises provide sensory input. We sing songs and nursery rhymes, background music plays while we lead activities with percussion

toys like sticks and bells and encourage rhythm by clapping in time. The vibrant colours of soft play equipment and our surroundings provide a visual extravaganza . Handling balls, scarves and feathers develop tactile senses.

Vestibular- your young movers can balance against soft equipment and hold onto stabilising bars. Movement, rotation and rocking sideways and upside down is introduced by using the different shapes and surfaces of our soft equipment. This all kickstarts the brain's centre for balance and coordination.

Confidence- our open space, soft surfaces and obstacle courses with climbing and crawling structures offer a desirable setting for the littlest people to explore, problem solve and grow independence.

Gross motor development- Starting with the core and neck, postural activities that encourage the "prone" body position



are introduced for parents to try with their babies whilst at the same time cherishing bonding moments. All activities are stepping stones towards reaching those milestones in development.

Before long you will witness your baby achieve independent movement, filming their first steps as evidence for family and friends.

Fine motor movement- It's equally important to encourage manipulative movement in young babies. Handling specially designed small equipment and encouraging hand movement in nursery rhymes all

encourage babies to refine their natural reflex of gripping so they are able to be independent with fine motor movement.

Social- Our group activities include songs and rhymes whilst we encourage movement and rhythm. We all get to know each other, learn names and make introductions. Even this part is more beneficial than just making friends and



feeling welcome. Your babies are listening to tones and pitches in voices and remembering faces and people. Sounds like a lot! We all appreciate how great Gymnastics is for children at grass routes. Children can start as young as you allow the opportunity. Try it for yourselves. The true value is bonding time and the beauty of watching your baby grow in so many different ways.

Wendy Welch-Smith
Head Coach and Training Manager -
Child Care Learning and Development
level 3



South Mill Arts

In July, the newly named South Mill Arts (Formerly Rhodes Arts Complex) reopened its doors to welcome the community back to the venue at its heart. Not to be beaten, our cinema programme kicked off in August with a mix of new releases and Live Screenings... all socially distanced of course, and our patrons are loving the experience of sharing entertainment once again, and outside of the home! Our Maltings bar and café is open for drinks, cakes and snacks, all socially distanced and with table service from our welcoming team. Following our half term treats for children and families, the Autumn programme continues with a celebrity comedy line up on 21 November, starring BGT runner up Robert White and Mock the Week's Mark Simmons. This is the first comedy night under our new banner, and for those of you who enjoy, or need a good laugh there's plenty more coming! We can't wait to start decorating the venue for Christmas, and we have something for everyone running through December. No Yuletide is complete without a visit from Charles Dickens, and

on December 10 European Arts will bring their unique retelling of A Christmas Carol, a heart warming evening in the presence of the author himself. Britain's worst builders and the stars of C4's smash-hit comedy, Lee and Dean reunite on stage, December 11 for hilarious festive fun. Get ready to deck your walls with boughs of folly as the boys give DIY tips, Christmas dinner advice and solve all of your yuletide problems!

For our younger audience, we present Santa's Christmas Cracker on December 12 & 13, a fun and festive musical adventure where every child receives a present. Santa's Grotto will take pride of place in our museum, where he will share gifts for every lucky boy and girl, space is limited so book early.

Panto is taking a break this year... oh yes it is... but from the makers of last year's hit production Beauty & The Beast, we bring you The Reveller's Society, a hilarious and saucy romp back in time, where modesty has no place. Join them in cracking open the champagne and making merry at this fabulous comedy experience.

2021 also promises a packed programme, so do visit our website at southmillarts.co.uk or call our Box Office on 01279 710 200.

Wishing everyone good health and happiness, and we look forward to seeing you all very soon!

Sue Scott Davison, Artistic Programmer





Saffron Walden PSG FC

Join Us Today

Ages 5-16 years

Girls Football Club in Saffron Walden

Midweek training sessions in and around Saffron Walden

Competitive matches in the Cambridgeshire Women's & Girls League

For more information email playercontact@psgfc.co.uk

Free Taster Sessions!

Walden Wildcats
For our younger players

Sports clubs

■ Archery

Stortford Archery Club Ages: 10+
E: secretary@stortfordarchers.org.uk
W: stortfordarchers.org.uk

■ Badminton

Bishop's Stortford Badminton Club
Ages: 12+
Contact: Phil Barton; T: 01279 654464
W: stortfordbadminton.net

■ Bowls

Turpins Indoor Bowls Club
Ages: 10+ accompanied
T: 01799 525959

Wimbish Carpet Bowls
Ages: 10+
Contact: D Vettevinkel
T: 01799 732098
E: d.vettevinkel@sky.com

■ Canoeing

Bishop's Stortford Canoe Club
Ages: 8+ by discretion
Contact: Angela Aldam
T: 01279 755089
E: info@stortfordcanoe.org.uk
W: stortfordcanoe.org.uk

Whoosh Explore
Bishop's Stortford
Contact: Peter Nash
T: 01279 817453 (evenings)
E: peter.nash@yahoo.co.uk
W: whooshexplore.co.uk

■ Cricket

Bishop's Stortford Cricket Club
Jnr Section Ages: 5+
Contact: Graeme Sumner
E: gsumner@arroweurope.com
T: 07768 368773

Dunmow Cricket Club
Ages: 5-16 Contact: Matt Gibson
T: 01371 872652

Saffron Walden Cricket Club
Ages: 4-any age (boys, girls, disabled)
Contact: David Barrs; T: 07760 484390
E: saffronwaldencricketclub@gmail.com
W: saffronwaldencricket.co.uk
At the clubhouse, Anglo American Playing Fields (off Catons Lane)
All children aged 4+ welcome

Stansted Cricket Club
Ages: 8-15 Contact: Keith Ayres
T: 01279 814471
E: batsman1uk@yahoo.co.uk
W: stanstedcc.hitscricket.com

Thorley Cricket Club Bishop's Stortford
Ages: 8+
Contact: Nigel Pack
T: 07984 006012
W: pitchero.com/clubs/thorleycricketclub/

Wenden Kwik Cricket Ages: 4-12
Contact: Ed Welch T: 07825 210021
E: wendenjuniorcricket@gmail.com

■ Fencing

Saffron Walden Swords SWCHS Gym
Sat am. Ages: 7-adult
Contact: David Aronson
T: 01799 500593
W: saffronwaldenswords.com

■ Fitness

Lift Off Academy
Bishop's Stortford (Twyford Business Centre) Ages: 4 years plus
Contact Name: Anne-Lise Fitzgerald
E: anneliseblum@gmail.com
Instagram: @thekookycoach
Fitness classes for children teaching them how to move safely, whilst having fun.

■ Football

Bishop's Stortford Football Club
Ages: 8+
Contact: Tim Moylette
T: 07740 945117
E: tim.moylette@bscfc.co.uk

Bishop Stortford Football Club
2 year BTEC extended diploma in sport
Birchwood High School, Bishops Stortford
Contact: Jim Duggan T: 07870 970925
E: jim-duggan@hotmail.co.uk
jclift@birchwoodhigh.org.uk

Elsenham Youth Football Club
Ages: 4-18
Contact: Paul Jarvis
T: 01279 814434
E: pajemikil@hotmail.com
W: eyfc.org

Plantation Youth Football Club
Saffron Walden
Ages: 4-16
Contact: Adrian Marsh
M: 07980 946424
E: adrian.marsh1@virginmedia.com
W: mypartnerclub.co.uk/plantation-youth-fc

Saffron Walden Community FC
Boys: ages 4-18; Various venues
T: 01763 836928/07775 944664
E: chairman@PSGFC.co.uk

Saffron Walden PSG FC - see top left
Ages: 6-16
Herbert's Farm, Saffron Walden
T: 01763 836928/07775 944664
E: chairman@PSGFC.co.uk

Thaxted Rangers Youth Football Club
Ages 7+
Contact: Martin Tritton; T: 07976 670409
E: martintritton@hotmail.com
FB: [thaxtedrangersyouthfc](https://www.facebook.com/thaxtedrangersyouthfc)

■ Golf

Bishop's Stortford Golf Club

Ages: 5+
Pro: Simon Sheppard; T: 01279 651324
W: bsgc.co.uk

Golf World Stansted

Contact: Colin Pharaoh
T: 01279 812865

Great Hadham Golf & Country Club

Ages: 4+
Pros: K Lunt/P Hetherington
T: 01279 843558
W: greathadham.co.uk

Saffron Walden Golf Club

Pro: Rob McNicholas; T: 01799 527728
E: sarah@smithperformancegolf.co.uk
Junior coaching programme open to all ages and abilities of children!

■ Gymnastics

Lift Off Academy
and listed under Fitness

Stortford Gymnastics

Ages: up to 12
T: Janine Peart 07808 808815/
Karen Perkins 07976 124095
E: enquiries@stortfordgymnastics.com
W: stortfordgymnastics.com

Stortford Gymnastics Satellite Club

All Stars, Church End; Little Hadham
Ages: 9+ Thursdays
18.00-19.00 Tumbling for All
19.00-20.00 Gym Fest
T: Janine 07808 808815
E: enquiries@stortfordgymnastics.com
W: stortfordgymnastics.com

■ Handball

Bishop's Stortford Handball Club

Tuesdays at Herts and Essex Sports
Centre, Beldams Lane, CM23 5LH
5-6pm Mini Handball
6-7pm u14 and u16
7-9pm u19 and Seniors
Contact: Annica; T: 07940 392894
E: stortfordhandball@gmail.com

■ Hockey

Blue Hornets Felsted and Braintree

W: braintreehc.co.uk/bluehornets

Saffron Walden Junior Hockey Club

Ages: 7-15
Contact: Andy MacIntosh; T: 01799 550878
W: saffronwaldenhockey.co.uk

■ Martial arts

Associated Karate Schools (AKS)

Bishop's Stortford - St Michael's Mead
& Bishop's Park
Contact: Anthony Barrett 5th Dan
T: 07929 100612
E: barrettbusiness@aol.com
W: karateschools.co.uk

Bishop's Stortford Judokwai

W: bishopsstortfordjudo.com

B.L.Tae Kwon-Do Schools

Saffron Walden; Contact: Bruce Lapthorn
T: 01354 693554/07816 032265
E: bruce@tkd72.plus.com
W: bl-taekwondo-schools.co.uk

Budo Taijutsu

Saffron Walden
W: mushinzui.com

Continued on page 22



Age Groups
Kids First (Mini) u6 - u12's
Youth u13 - 17/18's (Colts)
& Senior Age Groups

Developing children's confidence & characters as players
using & learning the
RFU (Rugby Football Union) core values of
Teamwork, Sportsmanship, Enjoyment, Discipline, Respect

Come & Join our rugby family

We welcome new girls and boys of all ages and abilities to come
along and enjoy our fun, skill games sessions.

Due to Covid-19 SWRFC age groups & adults squads are currently following the RFU Return to Rugby
Road Map guidance. For current RFL guidelines please visit englandrugby.com
Qualified coaches ensuring all rules observed for safety.

**Contact Dominic Russell on 07703 532822 or
email: info@swrfc.co.uk to register interest.**
Find us at www.swrfc.co.uk

Sessions held on Sundays from 10am
SWRFC, Henham, CM22 6BQ.



Bishop's Stortford Football Club



Bishops Stortford Football club in conjunction with Birchwood High School provides opportunities for dedicated ambitious players / students to achieve and access the "BTEC Extended Diploma in Sports". This course provides the opportunity for dedicated ambitious students to gain an understanding of many areas related to sport, including physiological factors, sports injuries, fitness testing, sports nutrition and analysis of performance. The BSFC Academy has been running for over 11 years and has a proven track record in producing and developing players, and in that time we have had over 20 academy graduates that have represented at First Team level demonstrating the fantastic pathway for players wanting to be part of a setup which will develop and promote youth players if/when appropriate. The course is being lead by first team coach Jim Duggan and ex-professional footballer/football manager Jamie Cureton.

For course enquires please contact
Jim Duggan or Jamie Cliff
jim-duggan@hotmail.co.uk or
jcliff@birchwoodhigh.org.uk

Continued from page 21

Dunmow Shotokan Karate Club

Instructor: Garry Hutton
 T: 07770 854154; W: eska.org.uk

Haverhill & Saffron Walden

Shotokan Karate Ages: 5+
 Contact: Gill Payne; M: 07939 138665
 E: gill.payne@talktalk.net

Judo, Ickleton and Sawston

Ages: 6+
 Contact: Richard Drage
 T: 01763 838203; M: 07860 331081
 E: iskjc@yahoo.co.uk

Koryoda Kids

Martial Arts for Little Ninjas
 Ages: 6-11
 W: koryoda.com

SW Judo Club

Ages: 7+
 E: saffronwaldenjudoclub@hotmail.co.uk
 Thursdays
 Dame Bradbury's School SW
 Contact: Michelle Camp
 FB: "Saffron Walden Judo Club".

Shotokan Karate Ryu

Bishop's Stortford & Stansted
 Ages: 4+
 Contact: Sensei Donna Ring 5th Dan
 or Sensei Michael Ring, 6th Dan
 T: 01279 731752
 W: skr.org.uk

Te-Ashi-Do Karate - See far right

Bishop's Stortford
 Ages: 3-adult
 Sensei Alan Worrell, 4th Dan
 T: 07826 849388
 E: alan.worrell@sky.com
 W: teashido.co.uk

Thaxted Dragons Karate

Thaxted
 Contact: Barry Healey
 T: 07522 067436
 E: healy81@hotmail.co.uk

■ Multi-sports

Fit For Sport, Great Dunmow (eg handball, dodgeball, hockey, swimming, art/crafts)
 T: 0845 456 3233; W: fitforsport.co.uk

Sunday Inclusion Activity Club

Lord Butler Fitness & Leisure Centre
 09.00-11.00 Ages: Disabled 0-16
 T: 01799 522777; W: 1Life.co.uk
 The activities include swimming (every week), trampolining, Boccia, soft play, yoga, cricket, multi sports & more. Carers must be present. Accessible parking, toilets and changing facilities with disabled hoist are available on site.

■ Netball

Saffron Hawks Netball Club

Ages: 7+ and adults
 Contact: Ttandi Haralambous
 T: 07703 572876
 E: secretary@saffronhawks.co.uk
 W: saffronhawks.co.uk

■ Rugby football

Ruggerbugs

W: ruggerbugs.co.uk

Saffron Walden Rugby Club See page 21

Henham
 Ages: 5+ for boys and girls
 Contact: Iain Keys; M: 07595 022949
 W: swrfc.co.uk

Wendens Ambo Mini Rugby

Ages: 5-12
 Joyce Franklin Academy Contact:
 E: chair@wendenrugby.com
 www.wendenrugby.com

■ Running

Bishop's Stortford Running Club

Ages: 11-16
 Contact: Ian McClymont; T: 01279 723786
 W: bsrsc.org.uk

■ Squash

Bishop's Stortford Squash Club Juniors

Ages: 5 years+
 Contact: Andrew Mulvey; T: 01279 652897
 E: andrewmulvey@stortfordsquash.co.uk
 W: stortfordsquash.co.uk

Saffron Walden Squash Club

Ages: 8-adult; Junior coaching Saturdays
 Contact: George Atterbury
 T: 01799 530695
 E: george.atterbury@hotmail.com

■ Swimming

Bishop's Stortford Swimming Club

Bishop's Stortford College
 Sunday 3-6pm Ages 3-Adult
 E: membership@bsswimclub.org.uk
 www.bsswimclub.org.uk
See far right

Dolphin Swim

Linton, Fulbourn & Bishops Stortford
 Ages: 6 weeks +
 Contact: Amanda Gawthrope
 T: 07975 719 444
 E: dolphinbabyswim@gmail.com
 W: dolphinbabyswim.com & bishopsstortforddolphinswim.com

SAS Swimming - See right

Linton and Fulbourn classes

Ages: from 3 ½ yrs+

T: 01799 500142 or 07947 730287

E: mail@sas-swimming.co.uk

W: sas-swimming.co.uk

Saffron Walden Swimming Club

(Saffron Seals) Ages: 8-16

E: trials@saffronseals.org.uk

W: saffronseals.org.uk

Meets at Lord Butler Fitness & Leisure Centre, Saffron Walden with training sessions on Monday, Tuesday, Friday and Saturday. Competitive club with an element of fun.

Swimming with Steve

Ages: 4-adult; Contact: Steve Kidman

M: 07810 890909

E: steve.kidman@gmail.com

Swim School Saffron Walden &

Great Dunmow Leisure Centres

T: 01799 522777/01371 878690

W: llife.co.uk/Lord-Butler-Fitness-and-Leisure-Centre

The Potteries Swim School Newport

Ages: 9 mths+; T: 01799 541591

E: potteries@theswimschool.net

W: theswimschool.net

■ **Tennis**

Bishop's Stortford Lawn Tennis Club

Ages: pre-school to adults

Contact: Natalie Dwyer

E: administration@bsltc.co.uk

W: bsltc.co.uk

Castle Hill Tennis Club, Saffron Walden

Ages: 7+; Contact: Madeleine Heal

T: 07721 996213

Grove Lawn Tennis Club

Saffron Walden

Ages: 4 - performance

Head Coach - Marc Squire

T: 07900 933834

W: grovetennis.org.uk

Newport Village Tennis Club

T: 01799 542864

Ollies Tennis Newport, Stansted, Gt Chesterford, Ages: 5-18/adults. All abilities

Contact: Ollie Toms

T: 07917 652014

E: ollie@olliestennis.co.uk

W: olliestennis.co.uk

■ **Trampolining**

Trampolining

Lord Butler Leisure Centre Ages: 3+

(+ special needs);

Contact: Debbie Burlingham

T: 01799 525109

■ **Triathlon**

Walden Jnr.

Contact via website.

W: waldenjnr.co.uk



**SAS
Swimming
Lessons**

www.sas-swimming.co.uk

**Warm water pools ideal
for beginners & improvers**

- Friendly, experienced teachers
- Fun and progressive
- Small classes (max. 6 pupils)
- Free award scheme

Linton & Fulbourn

Ages 3½ onwards

Call 01799 500142,

Mob: 07947 730287

sasswimmingcambridge@gmail.com



**Bishop's Stortford
Swimming Club
Learn to Swim School**

Fun, friendly swimming
lessons for ages 3+

Experienced teachers

Covid precautions adopted

learn to swim@bswimclub.org.uk



**Te-Ashi-Do
Karate**

**Get fit, gain confidence,
learn to defend yourself,
have fun!**

Classes for 5+ years - adults
Markwell Pavilion, Bishop's Stortford,
Thursdays @ 5.30pm

Sensei Alan Worrell, 4th Dan

T: 07826 849 388

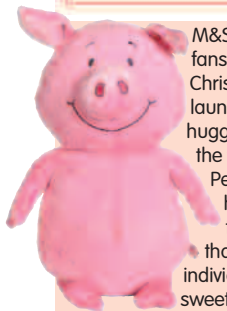
E: alan.worrell@sky.com

www.teashido.co.uk

f facebook.com/TeAshiDoKarateBishopsStortford

24 festivities

www.saladdaysmag.uk



M&S is bringing Percy fans the ultimate early Christmas present - launching life-size, huggable Percy toys for the very first time.

Percy Pig is huge in households across the nation with more than 400 million individual Percy Pig sweets sold every year.

He has been around since 1992 and now people can get their hands on an incredible new range.

Customers can get their hands on one of two cuddly Percy's - a larger limited-edition Giant Percy Toy (£25) at a statuesque 90cm tall or a Medium Percy Toy (£15) standing at 60cm.



Bags for the Teens
Check out Mini Milk
in Bishop's Stortford
ldrensboutique.co.uk

www.minimilkschildrensboutique.co.uk



Pocket Sized Square Speaker, conveniently small enough for travelling! Ideal for bike rides. Shop - Curiosity shop in Dunmow Please check their Instagram. @curiosityshopdunmow

T: 0790 073 5566 E: hello@saladdaysmag.co.uk

festivities 25

Support local toy maker with these beautiful hand painted pegs.
www.brightpegdolls.etsy.com



These Snow Lynx bottoms are perfect for the winter months and those tiny explorers.

Check out local small business and designers, Liv Lieto view their collection on Instagram @livlieto
www.livlieto.co.uk



Mini Christmas photoshoot
www.erinmayphotography.com



Adnams in Saffron Walden offer free local delivery and are happy to make up hampers and bags to order. They also have gift vouchers available in store.



Ceramic keep sake making!
www.paintedpeppermint.co.uk

Pre order this beautiful children's Christmas sack now from Gifty Creations
www.giftycreations.co.uk

Kate Plummer School of Dance

Registered Teacher of the R.A.D.
A.I.S.T.D.
Saffron Walden

Dance classes for young
children from the age of
3 years upwards.

Registered teacher of the R.A.D.,
A.I.S.T.D. Exams in ballet, tap and
modern, and contemporary dance.

Mob: 07832 212493



Saxophone,
Clarinet,
Guitar and
Flute Lessons

BA (Hons) Music

20 years teaching experience.

All levels and ages
including beginners

James Free
Based in Saffron Walden
T: 07818 334592

Dance & drama

■ Dance

Graham School of Dance

Ages: 3-adult; 7 venues including Bishops
Stortford, Stansted & Takeley.
RAD Ballet, ISTD Modern & Tap,
Musical Theatre, Drama, Jazz
Commercial; T: 01279 654423
E: info@grahamschoolofdance.co.uk
W: grahamschoolofdance.co.uk

JCL School of Dance; BS

Ages: 3-18
Contact: Julia Last; T: to 07753 607523
E: julialast8@gmail.com
W: jclschooldance.webeden.co.uk

Karen Howarth School of Dance

Debden; Ages: 3+
Principal: Karen Howarth ARAD
T: 01279 651535
E: balletkaren@hotmail.co.uk

Kate Plummer School of Dance

Saffron Walden; Ages: 3+
Contact: Kate Plummer
T: 07832 212493
kateplum@hotmail.co.uk - see top left

Mrs R Taylor-Greene Street v. Strictly

Saffron Walden, Henham
Ages: 4½-18
T: 01279 850142

Tempos Performing Arts *See far right*

Stansted, Newport and Saffron Walden
Ballet, tap, street dance, musical theatre
and Acro Dance. Ages: 3-16 yrs.
T: 01799 500503; M: 07956 211909
E: info@temposperformingarts.co.uk
W: temposperformingarts.co.uk

■ Drama

Dramawise Sawston

Contact: Frances Brownlie; T: 01223 832288
E: frances.wyse@btinternet.com

■ Theatre schools

Buzzy Bees at Sting Performing Arts

Bishops Stortford/Saffron Walden/
Thaxted; Ages 2-6; Contact: Tamara Lee
Smart; E: hello@stingperformingarts.com
W: www.stingperformingarts.com - See far
right

Hyperfusion Theatre Co

Multi award winning Theatre Co
T: 07909 960490
E: sarah@hyperfusion.co.uk
W: hyperfusion.co.uk
Artistic Director: Sarah Ellis

The Pauline Quirke Academy

of Performing Arts; Bishop's Stortford
Friday 16.45-20.00; Ages 4-18
Contact Sue Raven
E: bishopsstortfordfri@pqacademy.com
W: pqacademy.com

Pure Rhythm School of

Performing Arts - see page 28
Saffron Walden; Ages: 5-16
Contact Sue Raven
T: 01799 501579; E: sue@purerhythm.co.uk

Saffron Walden Musical Theatre Company (SWMTC) Youth Group Section

Ages 11-18
Contact: Fiona Wilson Waterworth
T: 01440 788955; M: 07799 628977
E: swmtcyg@gmail.com; W: swmtc.net

Stagecoach Performing Arts

Saffron Walden. - See inside back cover
Dance, drama & singing; Ages: 4-18

Contact: Laura Blackmore

T: 01799 588246

E: saffronwalden@stagecoach.co.uk

W: stagecoach.co.uk/saffronwalden

Sting Performing Arts - See far right

Singing, musical theatre and LAMDA
Contact: Lisa Cureton; T: 07903 192094
E: hello@stingperformingarts.com
www.stingperformingarts.com

Tempos Performing Arts

Stansted, Newport and Saffron Walden
Ballet, tap, street dance, musical theatre
and Acro Dance Ages: 3-16 yrs.
T: 01799 500503; M: 07956 211909
E: info@temposperformingarts.co.uk
W: temposperformingarts.co.uk

Music

■ Choirs, orchestras

Cantate Youth Choir; BS Ages: 6+

Contact: Steven Baird
E: info@cantate.co.uk; W: cantate.co.uk

"Joyful Noise"

St Mary's Parish Rooms Saffron Walden.
Fridays 17.15-18.00 (Free - donations
welcome) Ages: 5-8; Contact: Anne Cass
T: 01799 520083; M: 07816 626768
E: annecass@btinternet.com

Saffron Walden Town Band

(junior section) Ages: 8-13
Contact Steph Thake
T: 077792 66853; E: stephthake@gmail.com

Sting Choir Saffron Walden

Ages 5+; Contact: Lara Anstead
T: 07484 865763
E: hello@stingperformingarts.com
www.stingperformingarts.com

St. Mary's Church Junior Choir

Saffron Walden; Ages: 8-14
Contact: Bron Ferland; T: 07928 339310
E: choirsmw@gmail.com

St Michael's Church Choir

Windhill Junior Choir for boys and girls
Age 7+. 18.20 Friday. Generally TT.
Contact the Parish Office
T: 01279 654416

■ Music tutors

James Free BA (Hons) Music - See page 26
Saxophone, clarinet, guitar and flute.
Ages: All ages (Saffron Walden)
Preparation for ABRSM examinations
T: 07818 334592

■ Music schools

Kodaly Classes

45 minute classes for children aged 5-7.
Kodaly teaches children to develop their inner ear. Led by: Emma Harding
E: info@saffroncym.org
W: kodaly.org.uk

Saffron Centre for Young Musicians

See page 28
For students with a special interest in music ages of 4 and 18, beginner to diploma, ensembles and choirs, musicianship and individual lessons
W: saffroncym.org
E: info@saffroncym.org

Saffron Music School

Concert Band with strings and theory graded according to ability.
W: saffronmusicschool.com

Sing! Sing! Sing!

Saffron Centre for Young Musicians (SCYM) is a Saturday music centre in Saffron Walden, Essex. From the age of four through to eighteen, students come to SCYM to play an instrument, or sing with other young people. Everyone joins at least one instrumental or vocal ensemble and we offer everything from music production to composition and a DJ class. We see children learn better life skills through playing, creating and understanding music. Small classes and groups develop teamwork, listening, concentration, and social skills. Perhaps most importantly, it is a friendly environment in which to learn with highly skilled teachers and musicians.

We know that playing music (and practising it!) brings a feeling of wellbeing and achievement. It offers time for mindfulness and calm. Playing and singing with others is also exciting, fun and rewarding. At SCYM, young people can move outside of their comfort zone, be stretched and creative and play the music they love in a relaxed but purposeful environment.

In March we moved SCYM online for individual tuition and interactive online musicianship classes and ensembles. Staying online was also a great way for friends to stay in touch with each other in difficult times. This autumn term all of our students will return to a 'live' music school, with some classes remaining online, for now. We welcome absolute beginners through to advanced players, who play every genre of music, from classical through to jazz. There are also music classes for the very young, using the Kodaly method of teaching.

To find out more, please contact Kate Nott on info@saffroncym.org or browse our website www.saffroncym.org

sting

YOUTH THEATRE

An elite performing arts company delivering industry professional training to students aged 7-16 years with its own affiliated LAMDA centre (London Academy of Music and Dramatic Arts) examinations.

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MALHOUSE
SAFFRON
WALDEN

EVERY
SATURDAY
10AM - 1PM



To book:

Call Lisa on 07903 192 094 or email: lisa@stingperformingarts.com
Tamara on 07900 735 566 or email: tam@stingperformingarts.com



Pure Rhythm
School of Performing Arts

Sing Dance Act

Ages 5 to 17

Contact:
Sue Raven
07952 993288
or **01799 501579**
sue@purehythm.co.uk
www.purehythm.co.uk



S|C|Y|M

**SAFFRON CENTRE
FOR YOUNG MUSICIANS**
info@saffroncym.org
www.saffroncym.org



Instrumental and vocal tuition is available, as well as composition, music production, song writing and general musicianship classes. We offer a wide variety of ensembles for every age and level of player from age 4 to 18. Online lessons are also available.

To see our fees and to find out more about SCYM go to:
www.saffroncym.org or email info@saffroncym.org






Getting back

As Pure Rhythm alongside the entire country went into lock down, I had no idea we would not be able to open again for another five long months!! We remained very positive thinking we would still be able to perform the production we had spent 3 months working on - Disney's Little Mermaid - later in July and that we would be taking part in the Saffron Walden Carnival procession in the summer. However as the weeks in lockdown drew on it slowly became apparent that this would not be the case !! Knowing that my students really embrace the family vibe we pride ourselves in having at PR, I knew I had to keep things going and keep in contact to keep all their spirits high. When lockdown first got going I sent everyone a sunflower seed to plant as the length of time it would take to grow and flower would be around when we expected to be coming back. Some fabulous results.

We did our best to keep Pure Rhythm going but in a different way, from a Zoom musical Theatre Quiz, a task to re-create their favourite musical posters, a compilation video of their favourite dance moves, to making a montage of them all singing 'Over the Rainbow.'



As well as all of these tasks we also held weekly zoom dance classes run by professional West End performers who were sadly out of work due to the virus closing down the theatres.

Throughout all of this it was difficult to hear that dance, drama and singing together was not allowed yet the London streets and pubs were open, bustling in large groups close to each other yet we were still told we could NOT return. After all of this on the 12th September our doors reopened. Albeit with many restrictions to make it covid safe. Who would have thought I would ever get excited about having a personalised "Stand up Hand" sanitizer! It's been a really tough time for everyone, students, teachers and parents alike. But throughout this testing time we have all communicated in the only way we know; through dance, expression and creativity and it has brought us all a lot closer together. Drama and dance are back at last, we just need to wait for singing to get the go ahead and Pure Rhythm will start to feel normal again - but in a new way. By next July maybe we will be able to make the 'Little Mermaid' performance happen after all.

Sue Raven, Pure Rhythm

Pre-schools

■ Albury

Albury Seedlings Pre-School

Albury C of E Primary School

Ages: 2 to school age

T: 01279 771253

E: admin@albury.herts.sch.uk

■ Ashdon

Ashdon Childrens Nursery

Ages: 3mths-5yrs; Contact: Annette Bel

T: 01799 584848

E: info@ashdonchildrensnursery.com

W: ashdonchildrensnursery.com

Forest School sessions in Ashdon

E: Sarah@natureoflearning.co.uk

W: natureoflearning.co.uk

■ Bartlow

Little Hands Nursery

Ages: 0-4; Head: Marion Kell

T: 01223 897945

E: lh-bartlow@btconnect.com

■ Birchanger

Birchanger Butterflies Preschool

Birchwood; Ages: 2½-5

T: 01279 810800

E: admin@birchangerbutterflies.org.uk

■ Bishop's Stortford

Appletree Pre-School

Windhill21 School

Ages: 2-5

Contact: Hayley Lynskey

T: 07745 262676/01279 771367

Blues Pre-School Nursery

Bishop's Stortford High School

Ages: 2-5

Contact: Kim Craythorne

T: 01279 755422

E: admissions@bluespreschool.co.uk

W: bluespreschool.co.uk

Busy Bees Nursery

St Michael's Mead

Ages: 0-5

Contact: Mandy Caslake

T: 01279 755522

Busy Bees Thorley Park

16 The Thorley Centre

Ages: 3 months-5 yrs

Contact: Stacy Kersey

T: 01279 654830

Doodle Do Day Nursery

The Old Church Hall, Portland Road

Ages: Babies-5

Contact: Colleen Guiver

T: 01279 653318

E: manager@doodledodaynursery.com

W: doodledodaynursery.com

Grove Cottage (Special needs)

151 London Road. Bishop's Stortford.

M-F (offers 15hr and 30hr funded places)

Ages: Birth-5

Contact: Maria Sims

T: 01279 656085

E: nursery@mencapgrovecottage.org

High House Montessori Nursery

Takeley Rd, Herts CM22 6PL

Ages: 0-5

Contact: Vanessa Callan

T: 01279 870898

W: highhousenursery.co.uk

Continued on page 30



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email: admissions@chesterfordspreschool.org.uk

www.chesterfordspreschool.org.uk



Saffron Walden Nursery School

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Saffron Walden,
Essex CB11 3AQ

01799 522108

swnschool@aol.com

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info@temposperformingarts.co.uk
www.tinytempos.co.uk
info@tinytempos.co.uk
Tel: 07956 211909

BOOK ONLINE

Continued from page 29

Little Ladybirds

All Saints School; Ages: 2-4
Contact: Hayley Lynskey
T: 07745 262676/01279 771367

Little Oaks - See page 3

Howe Green House School; Ages: 2-3
Contact: Julie Sellears; T: 01279 657706
E: julie.s@howegreenhouse.essex.sch.uk
W: howegreenhousseschool.co.uk

Sunflowers Pre-School Ages: 3 & 4 yrs
Thorley Hill Primary School
Park Lane, CM23 3NH.
Manager: Louisa Cowler
T: 07752 562206

E: sunflowers.preschool17@gmail.com
W: sunflowerspreschool.co.uk

Sycamore House Day Nursery

Manager: Courtney Skeggs
T: 01279 465097; E: manager@sycamorehousedaynursery.co.uk
W: sycamorehousedaynursery.co.uk

Thorley Pre-School & Thorley Tree Tots

Manager: Jean Palfreman
T: 01279 503895; M: 07722 129073
E: admin@thorleypreschool.plus.com
W: thorleypreschool.co.uk

Thorn Grove Little Acorns

Thorn Grove School; Ages: 2-5
Contact: Sam Stedman; T: 01279 653233
E: tglittleacorns@aol.com

Chrishall

Chrishall Pre-School

Manager Mrs Sonia Mckenna
T: 01763 838592
E: preschool@chrishall.essex.sch.uk
W: chrishall.essex.sch.uk

Clavering

Clavering & Arkesden Preschool

Head: Cara Donker; Ages: 2½-5
T: 01799 550380
E: claveringarkesdenpreschool@gmail.com
W: claveringarkesdenpreschool.org.uk

Farnham

Saplings Farnham (Preschool)

Term Time: Mon-Fri 09.00-15.00
Contact: Jess Boyten
E: admin@saplingsnursery.co.uk
W: saplingsfarnham.co.uk

Finchfield

Finchfield Pre-school

Ages: 2-5
Manager: Christine Lambert
T: 01371 811593;
M: 07713 189801
E: finchfieldpreschool@gmail.com

Ford End

Ford End Pre-School

Village Hall
Proprietor: Joanna Mardell
T: 01371 874457 M: 07754 876330
E: joannamardell@yahoo.co.uk
W: fordendpreschool.co.uk

Great Bardfield

Great Bardfield Pre-School

Ages: 2 to school age
Manager: Kathy King
T: 01371 811580; M: 07971 429386
E: KathyKing32@btinternet.com

■ Great Chesterford

Great Chesterford Community

Preschool - see page 29

Ages: 2-5

Manager: Debbie Allard

T: 07840 341551

E: admissions@chesterfordspreschool.org.uk

■ Great Chishill

Great Chishill Nursery School

Gt Chishill Cricket Pavillion

Ages: 2-5

Head: Anita Street; T: 01763 836968

W: chishillnursery.co.uk

■ Great Dunmow

Flitch Green Montessori Preschool

Manager: Carly Gold

T: 01371 823293

E: flitchgreen@mymontessori.org.uk

W: flitchgreenpreschool.co.uk

Freedom Daycare Nursery

Contacts: Joules Abraham & Kath Gibson

T: 01371 873663

Maynard Montessori Pre-School

Managers: Becky Sadler,

T: 01371 856995

E: maynard@mymontessori.org.uk

W: maynardmontessori.co.uk

Puffin Preschool

Head: Carolin Dodkins

T: 07712 858878

Wrens Pre-School

Quaker Meeting House

Proprietor: Joanna Mardell

T: 01371 874457; M: 07754 876330

E: joannamardell@yahoo.co.uk

W: wrenspreschool.co.uk

■ Hatfield Broad Oak

Under 5s Preschool

High Street, Hatfield Broad Oak

Manager: Sharon; T: 01279 718998

■ Hempstead

Pips Nursery - see page 39

Boytons Farm, Boytons Lane, Hempstead.

T: 01279 295296 M: 07866 469471

E: pippa@pips-nursery.co.uk

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■ Henham

Henham & Ugley Nursery School

Ages: 3-5; Head: Mrs Kim Hall

T: 01279 850213

E: admin@henhamugley.essex.sch.uk

W: henhamugley.essex.sch.uk


Saplings Nursery - see above right

Ages: 3 mths-5 yrs

Contact: Cheryl Rae; T: 01279 851998

E: admin@saplingsnursery.co.uk

W: saplingsnursery.co.uk



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■ Linton

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E: chestnut.pg@gmail.com

W: chestnutplaygroup.btck.co.uk

Linton Granta Playgroup

Ages: 2-5; T: 07806 744864

Admissions enquiries please email

E: office@lintongrantaplaygroup.org.uk

W: lintongrantaplaygroup.org.uk

■ Little Hallingbury

Little Hallingbury Playgroup

Village Hall; Ages: 2-rising 5

Contact: Debbie Roberts; T: 01279 726578

E: debbie.roberts35@virginmedia.com

■ Much Hadham

Faraway Tree Kindergarten Ages: 2+

Hadham Cross Congregational Ch Hall

Manager: Kristie Chesters

T: 07488 333820

E: info@farawaytreekindergarten.co.uk

W: farawaytreekindergarten.co.uk

Mo, Tue, Thur, Fri. 08.30-16.30. All year

Much Hadham Pre-School

Ages: 2+ -5 years

Oudle Lane, Much Hadham SG10 6DQ

Contact: Maria; T: 01279 842614

E: muchhadhampreschool@yahoo.co.uk

W: muchhadhampreschool.co.uk

Monday-Friday 09.00-15.00

■ Newport

Olivers Lodge Nursery Ages: 0-4
07.00-18.30; Head: Alex Suffolk
T: 01799 540709
E: info@olivers-lodge.co.uk

Olivers Lodge Pre-School
Ages: 3-4; 09.00-15.00
Head: Alex Suffolk
T: 01799 540709
E: info@olivers-lodge.co.uk

■ Saffron Walden

Bell Day Nursery; Ages: 0-5
Head: Jenny Rivers/Glenys Goodwin
T: 01799 528051

Bright Horizons Crocus Saffron Walden Nursery and Preschool
Ages: 3 mth-5 yrs
Manager: Anne Hunt
T: 01799 522522
E: saffronwalden@brighthorizons.com
W: brighthorizons.com.

Meadow Montessori Nursery
Ages: 2-5; Head: Colette Loveday
T: 01799 513858
W: montessorimeadows.co.uk

Saffron Walden Nursery School
Ages: 1-5
Head: Kirsty Curtis; T: 01799 522108
E: info@saffronwaldennursery.org.uk
W: saffronwaldennursery.org.uk

Stehen Perse Nursery (Dame Bradbury's)
Ashdon Road, CB10 2AL; Ages: 1-5
T: 01223 454762
E: admissions@stephenperse.com
W: stephenperse.com

St Mary's Church Pre-School Ages: 2-5
Head: Faye Jeff; T: 01799 520358
E: smcpreschool@btconnect.com
W: stmaryschurchpreschool.co.uk

St Thomas More Montessori
Ages: 1-5 yrs;
Manager: Catherine Hunter
T: 01799 523248
Manager: Martina Pariskova
T: 01799 523248- ext.3
E: stm@mymontessori.org.uk
W: stthomasmoremontessori.co.uk

■ Stansted

Bentfield Nursery
Ages: 3-5; T: 01279 813626
E: admin@bentfield.essex.sch.uk
W: bentfield.essex.sch.uk

Rainbow Preschool
Ages: 2½-5; Administrator: Gill
T: 01279 814242
W: rainbowpreschool-stansted.co.uk

Ugley Duckling Pre-School
Ages: 2½-5; Head: Caroline Dawson
T: 01279 812621

■ Steeple Bumpstead

Blois Meadow Day Nursery
Ages: Birth-5 years; T: 01440 730520
W: bloismeadowdaynursery.com

Steeple Bumpstead Pre-School
Ages: 2½-5; Manager: Carol Bradley
T: 07376 079254; W: sbpsp.co.uk

■ Strethall

Pips Nursery; Ages: 3 mths-3 yrs
Head: Pippa Doherty; T: 01799 522782
- see page 39

■ Thaxted

The Barn Nursery, Barn Kids
Ages: 3 mths-5 yrs; Head: Claire Simpson
T: 01371 831262
E: info@thebarnnursery.co.uk

Westwood Montessori
Ages: 3 mths-5 yrs; Managers: Clair
Snell-Smith, Jo Gaught; T: 01371 831902
E: westwood@mymontessori.org.uk
W: westwoodmontessori.co.uk

Windmill Pre-School
Ages: 2½-5; Contact: Anne Gurey
T: 01371 831457 (session times)
E: windmill_preschool@yahoo.co.uk
W: thewindmillpreschool.co.uk

■ Wendens Ambo

Wendens Ambo Pre-School
Ages: 2-5; Head: Sara Herring
T: 07543 651343
E: manager@wendensambopreschool.co.uk
W: wendensambopreschool.co.uk

■ Wimbish

Busy Bee Childcare Centre
Ages: 2-school
Manager: T: 01799 523542
E: bees.busy@yahoo.co.uk



Baby Massage with Lauren draws from both Indian and Swedish massage traditions, as well as incorporating principals from yoga and reflexology. Baby Massage is a wonderful way to spend time with your baby whilst learning a skill that you can use at home at a time that suits your family. Baby Massage runs courses in Bishops Stortford and Great Dunmow. Learning these techniques has huge benefits for parents and their babies. The benefits include the following-

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- Relaxing parent and baby
- Encouraging a deeper sleep for baby
- Relieving wind, colic and constipation
- Developing muscle tone and coordination

If you would like further information our courses please contact:
E: babymassagewithlauren@gmail.com
W: www.babymassagewithlauren.co.uk

Raising an inclusive child

I'm raising a neurodiverse child with a learning disability and, as lockdown looms again, I wanted to share something I wrote back in March, to promote discussion and conversations around disability and inclusion.

March 2020

"'Lockdown' is somewhat the norm for families like mine. We know all about self-isolation and social distancing. These are something my family have been practising for some time. We self-isolate daily. Speak to any parent of a child with a disability and they'll tell you they've felt isolated from wider society. Isolation is a common feeling.

Most places you take your child to are inaccessible to us. I've taken my son to regular play centres but he becomes overwhelmed quickly and finds a dark corner to sit in. He doesn't get invited to birthday parties. People are unsure how he would react, or cope, so the invites stop. Restaurants are a definite no – they're far too noisy and waiting for food is an impossible task for my son. We stay home at weekends (or visit specialist places, which are hard to find). We've been doing this for a long time. The only visitors to our home are family and professionals involved in my son's care. I've always limited how many people come in and for how long. My son just can't cope with too many people who are all talking at the same time. But it's just us the majority of the time, with no visitors, so lockdown

doesn't feel too different.

We are missing family and our daily walk around Tesco. The staff are amazing and even use sign language with my son. The manager turned the music off two years ago when I explained how much it unsettled my son. It's now only on at Christmas. My son loves to be pushed down the aisles (as long as I don't stop pushing!) and this is one thing we miss, but I won't take him there during this time.

My son's school remains open - he is one of the 'exceptionally vulnerable'. He simply can't cope without school. He becomes overwhelmingly anxious and distressed in unimaginable ways. That's the reality of no school. That's what the summer break looks like to us.

And social distancing. Where to start. I always push my son away from people - it's become habit as he likes to reach out or stick his foot out for a massage! Some people are lovely but, I'll be honest, most are not. I've been shouted at when he's caught a woman's leg. I've been tutted at more times than I care to remember. And the looks I get when he grabs passing trolleys and tries to take out their groceries...

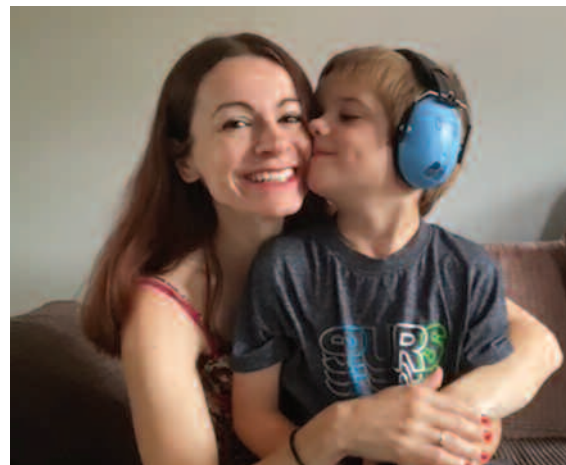
My son just wants to engage. He flaps, claps and squeals excitedly. He can't speak, so his enthusiasm comes out in other ways. Last summer, he ran up to two children in the park - he was so excited to see them. Their mother grabbed them and shouted, 'Keep back!' to my boy. He

paused for a moment, looking unsure, and then ran off before I had a chance to say something back - probably best he did tbh...

Another time, a group of children ran up towards my son to play in the same area. My little man was so excited and showed this in his usual way - jumping and clapping loudly. He was sooo

happy to see them. At first, one child said "Move out of his way." This to me was a polite gesture but my son wasn't wanting to move - he wanted to join in. The children shifted on the spot, their body language changing. They all stood there looking very uncomfortable and staring wide-eyed, confused at my son and then ran off, giggling. My boy stopped still, and although he is non-verbal, I could see a glint of confusion in his eyes - Why didn't these children want to play? I'm not putting blame on these children. They just hadn't been taught about people with different needs.

So, I'm asking you to talk to your children about disability. Have a conversation. Have many conversations! Teach them about inclusion. When a child comes up excited



to see them, teach them to be inclusive. Say hello and smile back. And if you want to take it further, teach them to clap back and jump up & down or whatever communication the person they've met is engaging in with them.

My hope is that as we move out of the pandemic, we move into a society where everyone is treated as equal and no child gets left out or isolated. But a step towards that starts in the homes of the non-disabled. The children are our future - let's make that a future where everyone is included."

Written by: Sarah Leigh advocate at autism wow.

Instagram: @autismwow (IG) and Facebook: AutismWowSince2015.



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Call Lisa on 07903 192 094 or email: lisa@stingperformingarts.com
Tamara on 07900 735 566 or email: tam@stingperformingarts.com

Toddler groups

(term time only - except where stated and not all groups are every week)

Monday

Baby Massage With Lauren

Learn to massage your baby and enjoy time with your little one.

Private group options and one to one sessions available at weekends
T: 07840 544 709 See page 32

Boogie Woogies (Music & Movement)

URC Hall Saffron Walden.

09.30 Toddlers - preschoolers (mixed)

10.30 Babies - crawlers only

11.30 Just walking - approx 3yrs (mixed)

Baby siblings welcome in each class.

Contact: Sarah Jones; T: 07837 176823

E: sarah@boogiewoogies.co.uk

Church Mice (not every Monday)

New Room, Debden Church.

Opportunity for children 0-5 and their parents/carers to meet for songs, stories, activities and refreshments

Contact: Ursula Lyons; T: 01799 543164

Hedgehogs Playgroup

Widdington Village Hall 09.30 - 11.30.

All ages are welcome and a great time for new members to join as this friendly group is relaunched.

Contact: Helen Palmer; T: 07428123848

E: BridgeMeadowsDonkeys@gmail.com

Facebook group:

<https://www.facebook.com/groups/hedgehogswiddington>

[hedgehogswiddington](https://www.facebook.com/groups/hedgehogswiddington).

Hypnobirthing

Birtheasy Georgia

London Road, Bishops Stortford

7:30pm-10pm

Course in Nov 2020-Jan 2021

Contact: Georgia; T: 07919 158070

E: georgia@birtheasy.co.uk

www.birtheasywithgeorgia.co.uk

Ickleton Froglets

Ickleton Village Hall

09.30-11.30; Ages: 0-5

Contact: Holly Gent via FB page

Lab Tots

Newport Village Hall, Station

Road, Younger siblings welcome -no

charge; Ages: Preschool/Home Ed. 3yrs-

8yrs Drop in subject to space available

£10.00 per child. Contact: Sophia (Proff);

T: 07720 292350; E: sophia@labtots.com

To book: W: labtots.com

Little Flitchers Playgroup

Flitch Green Community Centre.

10.30-12.00; £2.50 per family

W: facebook.com/littleflitchers

Melody Bear Dance

Graham School of Dance, The Maltings,

Bishop's Stortford; Ages: 2-4

B.S: 13.30-14.00, Takeley: 15.15-15.40

Booking necessary, T: 01279 654423

E: info@grahamschoolofdance.co.uk

NCT Mother & Baby Yoga, Baby

Massage; Baby massage 10.00-11.15

and Yoga 11.30-12.45 and 13.00-14.15

The Nurture Barn; T: 01371 810870

E: info@thenurturebarn.com

W: thenurturebarn.com.

Nurture Barn Antenatal Mumma's Milk

Antenatal Breastfeeding Theory. £28.

10.30-12.30

Parent and toddler classes at Stortford Gymnastics.

10.15-11.00 (Also on Fridays)
E: enquiries@stortfordgymnastics.com

Sweaty Mama - see page 16

Fun and effective fitness class for mothers and babies. Ages: 6weeks-school age

10.30 Thaxted Church Hall and
13.30 at Parsonage Lane Community Centre, Bishop's Stortford.

Contact: Claire; T: 078345 30296

E: claireneville@sweatymama.com

Teddies Toy Library

Stay and play, refreshments and toy hire.

New Life Church, Saffron Walden

Fortnightly in term time 10.00-11.30

Ages: 0-5years

Facebook: @TeddiesToyLibrary

E: teddiestoylibrary@gmail.com

Tiny Tempos Music & Movement

5 mths-3 yrs BS Rugby Club 09.45-11.30

(2 classes in age) BS Rugby Club

T: 01799 500503; M: 07956 211909

E: info@tinytempos.co.uk

W: www.tinytempos.co.uk

- see page 30

Thorley Pre-School Tree Tots

For children and parents in the term before starting pre-school.

09.30-11.00 Must book

Contact: Kate Rolph or Jean Palfreman

T: 01279 503895; M: 07722 129073

E: admin@thorleypreschool.plus.com

W: thorleypreschool.co.uk

YogaTodds - FlowGrowYoga kids

Toddler yoga/ mindfulness/ meditation session. 10.30-11.15.

Ages: walking- approx 6yrs

Saffron Walden Town Hall

Contact: Sarah Perkins; T: 07977 995204

E: FlowGrowYogaKids@gmail.com

Tuesday

Albury Toddler Group

Albury Primary School Hall ; 09.30-10.45

Contact: 01279 771253

E: admin@albury.herts.sch.uk

Armadillos Rickling School Hall

09.00-11.00; Ages: 0-5;

Contact: Maria Osborn T: 01799 732202

Boogiewoogies Musical Sensory

- must book weekly.

The Nurture Barn 10.00-15.00

Ages: 0-5; T: 01371 810870

E: info@thenurturebarn.com

W: thenurturebarn.com

Clangers

Congregational Chapel, Carmel Street,
Gt. Chesterford

Ages: Babies-Preschoolers

09.30 - 10.15 Stay and play sessions at
the end of term

Contact: Rebecca Raimondo

T: 07739 508514

E: gcpcfriends@gmail.com

Fun, interactive music and movement

groups. We sing songs based on a

theme, using instruments, toys and

props. Finish with activity such as

bubbles parachute, light shows.

Continued on page 36



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Continued from page 35

Clavering Baby and Toddler Group

Clavering Village Hall
09.30-11.30; Ages: 0-5
F: Clavering Baby and Toddler Group

Linton Granta Toddlers Ages: Birth-4
Newton Building, Linton Village College
09.30-11.30; T: 07806 744864

E: info@lintongrantatplaygroup.org.uk

Little Berries; Littlebury Village Hall
09.30-11.00; Contact: Sadie Carter
T: 07957 749551

Little Goslings Family Hub

North Street, Dunmow CM6 1AZ
Stay Play and Learn 10.00-12.00
A fun drop in play session for children
aged 0-5 years
Baby Beginnings 13.30-15.00
For children under 1 year and their
parent carers to learn to support their
child's development – all welcome.
T: 0300 2470122
Facebook.com/uttlesfordchildandfamily
wellbeingsservice

One Two Pilates Pre & Post Natal Pilates

Babies Welcome.10.15. A dynamic
pilates class for pregnant and post natal
ladies. Babies up to crawling very
welcome, play mats and toys provided.
Bishop's Park Community Centre,
Lancaster Way, BS CM23 4DA.
Ages: Babies to crawling
Contact: Daniele Thomas
T: 07494 567627
E: info@onetwopilates.co.uk
W: onetwopilatesco.uk

Saffron Walden Playgroup

Quaker Meeting House
09.45-11.15 (term time); Ages: 0-5
Contact: Marion Van den Bussche
T: 07768 398214

Stansted St John's Tots (also holidays)

St John's Church, Stansted Mountfitchet.
09.00-10.30 (includes a short service
with songs and a bible story); Ages: 0-5
Contact: Margaret Hill; T: 01279 812273
E: mchill@btinternet.com

Stay & Play T: 0300 2470122
Goslings Family Hub Delivery Site

Steeple Bumpstead M&Ts

Village Hall; 10.00-12.00; T: 07805 061169
W: steeblebumpsteadpreschool.co.uk

St Mary's Tinies

St Mary's Parish Church & Rooms, SW.
09.30-11.00. Parish Room for toys, craft
and refreshments followed by an age
appropriate service in the church with
singing, instruments and a Bible story.
Free. Term time only. Ages: 0-5
Contact: Alison Knights; T: 01223 835912
E: alisoncinque@hotmail.com

Sweaty Mama - see page 16

Fun and effective fitness class for
mothers and babies.
Ages: 6 weeks - school age
11.00 and 12.00 Golden Acre Community
Centre, Saffron Walden.
Contact: Claire; T: 078345 30296
E: claireneville@sweatymama.com

Thorley Manor Toddler Group

Thorley Community Centre
Bishop's Stortford; 09.45-11.15 (Not BH)
Contact: Becky Green; T: 07776 306661
E: tmmtg@hotmail.com; £2.50 per family

Tiny Tempos Music & Movement

St Barnabas Centre Thorley
09.45-11.30; Ages: 5 mths-3yrs
T: 01799 500503; M: 07956 211909
E: info@tinytempos.co.uk
W: tinytempos.co.uk

Toddlers and Co

Baptist Church Centre; Twyford Road, BS
10.00-11.30; Ages: 0-3; Contact: Sarah
Davidson T: 01279 836695
E: toddlers@stortfordbaptist.org

Treasure Chest and Bumps and Babies

The Charis Centre Bishop's Stortford
Group for pregnant women and parents
with young babies up to age 5.
10.00-11.30; Contact: Ruth Kirkland
T: 01279 461231
E: ruth@ccbs.org.uk or search for our
facebook group: Treasure Chest, Bumps
and Babies & Me'n'dad

■ Wednesday

Baby Massage With Lauren See page 32

Learn to massage your baby and enjoy
time with your little one.
Parsonage Community Hall, Bishop's
Stortford, 10.45-11.45 (Term time only)
Private group options and one to one
sessions available at weekends
Contact: Lauren; T: 07840 544709

Baby Massage, Yoga, Pregnancy Yoga

Friends Meeting House
12:30 - 13:30 Baby Massage
13:30 - 14.00 Baby Yoga
19:15 - 20:15 Pregnancy Yoga
Katherine Sema Infant School
Contact: Emma Stevens
T: 07970 807389
W: emmastevensyoga.co.uk

Boogiewoogies 'Pop up' DISCOS

Town Hall, Saffron Walden
12.45 Babies - Crawlers
13.45 Toddler - Preschoolers
Book onto the next session from
https://bookwhen.com/boogiewoogies
Contact: Sarah Jones; T: 07837 176823
E: sarah@boogiewoogies.co.uk

Daisy Foundation Active Antenatal

The Nurture Barn; 18.15-19.45
T: 01371 810870 E:
info@thenurturebarn.com
W: thenurturebarn.com

diddi dance

St. Mary's Parish Office, S Walden, 09.45
Contact: Charlotte Foxley
T: 07722 605395
E: charlotte.foxley@diddidance.com
W: diddidance.com

Great Bardfield Baby & Toddler Group

Great Bardfield Town Hall 10.00-12.00
Facebook: bardfield toddler group

Hartbeeps. Magical, musical and multi

sensory experiences with a twist!
Saffron Walden Town Hall (The
Committee Room)
10.30 - Happy House - for confident
walkers and their siblings up to 5 years
11.30 - Baby Beeps - for babies who can
sit unaided
12.45 Baby Bells for babies from
newborn (under 8 wks free!)
Booking essential! T: 07590 107286
E: kelly@hartbeeps.com
W: hartbeeps.com

Kidslingo

Little Monsters House of Fun 10.00-11.30
Spanish and French for pre-schoolers
T: 07926 007797
E: jessicalp@kidslingo.co.uk
W: kidslingo.co.uk

Sewards End Toddler Group

Village Hall, CB10 2LG
10.00-12.00 holidays included
First and Third Wednesday. Ages: 0-5
Contact: Sarah Hembry; T: 01799 540490

Spangles Family Hub

Lower Street, Stansted. CM24 8LR
Appointments only. T: 03002470122
facebook.com/uttlesfordchildandfamily
wellbeingsservice

The Musical Box

No need to book, just come along'.
Clavering Village Hall; 11.30-12.30
Ages: 0-5; Contact: Crista or Bridget
T: 01763 838671/838779
E: themusicalbox.elmdon@gmail.com

Tiny Tots

St Michael's Church Parish
Office, Windhill, Bishop's Stortford
10.45-11.15 A short, informal service for
parents/carers with their babies and
toddlers, with refreshments available
afterwards; T: 01279 654416
W: saintmichaelweb.org.uk

Tiny Tutus - parent and child ballet class.

18 mths. 11.20
Golden Acre Community Centre
T: 01799 500503; M: 07956 211909
E: info@tinytempos.co.uk
W: tinytempos.co.uk

Toddlers and Co

Havers Comm. Ctr, Bishop's Stortford
09.30-11.30; Ages: 0-3
Contact: Sarah Davidson
T: 01279 836695
E: toddlers@stortfordbaptist.org

Toddler Song

SW Salvation Army Hall; 10.00-11.30
Contact: Kathryn Gill; T: 01799 522990

Tots and Toddlers

Memorial Hall, Elsenham; 09.30-11.45
Ages: 0-school; Head: Trudi Marsh
T: 01279 899864

Thursday

Abbey Lane NCT Playgroup

URC Hall Saffron Walden
10.00-11.30; Contact: via FB
me@SaffronWaldenNCTplaygroup

Blues Pre-school Stay & Play

Bishop's Stortford High School
13.00-14.30; Contact: Kim Craythorne
T: 01279 755422
E: admissions@bluespreschool.co.uk
W: bluespreschool.co.uk

Carver Barracks Hall,

Wimbish, CB10 2YD
Stay, Play and Learn 13.30 - 15.30 (term
time only). A fun drop in play session for
children aged 0-5 years; T: 0300 2470122
facebook.com/
uttlesfordchildandfamilywellbeingsservice

Farnham M&T Group

Farnham CE Primary School; 09.30-11.15
Contact: Emma Smith; T: 01279 771339
E: admin@farnham.essex.sch.uk
W: farnham.essex.sch.uk

Continued on page 38



Music is Fun with Jo Jingles™
The Music, Singing & Movement experience
for babies & children aged 3 months to 5 years

**Fun, Educational
& Interactive**
Age specific classes
each tailored to your child's
developmental needs

COVID-19 SECURE

To book classes at Sewards End Village Hall, Saffron Walden
Contact Carole on 01440 730039
westsuffolk@jojingles.co.uk www.jojingles.com/westsuffolk

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DAYS**

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of potential clients.
Advertise your business here.
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Call to book your space

Continued from page 37

Hartbeeps Booking essential please. Hartbeeps magical, musical and multi sensory experiences with a twist! The Golden Acre Community Centre 10.30am - Happy House - for confident walkers and their siblings up to 5 years 11.30am - Baby Beeps - for babies who can sit unaided 12.45pm - Baby Bells - for babies from newborn (under 8 wks free!) T: 07590 107286; E: kelly@hartbeeps.com W: hartbeeps.com

Henham Little Fishes
Henham Church Hall; 10.15-11.30
Ages: Pre-school
Contact: Vanessa Gibbons
T: 01279 851187

Hokey Cokey Baby & Toddler
Farnham School Hall; 09.15-11.15
£2.50 per family.
Contact: The Family Hub
T: 01279 812 348

Jo Jingles Pre-School Music - see page 37
Sewards End Village Hall; 09.30-13.30
Ages: 3 mths-5 yrs. Booking essential & payment in advance
Contact: Carole Newall; T: 01440 730039
W: jojingles.com/west Suffolk

Little Oaks - See page 3
Parent, Baby & Toddler Grp
The Bayford Hall at Howe Green House School; 08.45-10.30; Ages: 0-3 £2.00
Contact: Julie Sellars; T: 01279 657706
E: julie.s@howegreenhouse.essex.sch.uk

Little Ladybirds Group
Play and craft, story and singing. Church Hall, Margaret Street, Thaxted. Thursday's 09.30-11.00 term time. Lots to play with tea / coffee healthy snacks for the children, story and songs on our beautiful ladybird mat at the end of the session. Very friendly lovely group. £2 per family. More information please contact Jill Smith 01371 830426 / mob 07805 094605

Mucky Pups
Thorley Comm Centre, BS; 10.00-11.00
Ages: 18 mths +. Contact: Caroline
T: 01279 505382; M: 07754 468003

Spangles Family Hub
Lower Street, Stansted. CM24 8LR
Appointment only.
Contact: Crista or Bridget
T: 01763 838671/838779
E: themusicalbox.elmdon@gmail.com

Tiny Tempos Music & Movement
Friends' Meeting House SW
5 mths-3 yrs 09.45-11.30 and
T: 01799 500503; M: 07956 211909
E: info@tinytempos.co.uk ; W: tinytempos.co.uk

Toddlers and Co
Baptist Church Centre
Twyford Road, BS; 10.00-11.30; Ages: 0-3
Contact: Sarah Davidson
T: 01279 836695
E: toddlers@stortfordbaptist.org

Under 6m New Mum Coffee Group
The Nurture Barn; 10.00-12.00 (hols incl)
Ages: 0-6 months; T: 01371 810870
E: info@thenurturebarn.com
W: thenurturebarn.com

■ Friday

Boogie Woogies (Messy & Sensory Play)
Sewards End Village Hall
Contact: Sarah Jones to book please
T: 07837 176823
E: sarah@boogiewoogies.co.uk

Chestertots Stay & Play
Ages 0-5, 09.30-11.15
Great Chesterford Congregational Chapel, Carmel St, CB10 1PH
Minimum donation £2.50 first child, £1.50 siblings & £1 under 6 months
E: chestertots@gmail.com
W: Chestertots Stay & Play on Facebook

Elsenham Little Fishes
Elsenham Memorial Hall 10.00-11.00
Contact: Jackie Stevens;
T: 01279 813508

Hatfield Broad Oak Stay and Play
Village Hall 09.30-11.00
Contract: Fiona Copping
T: 07852 283348
E: fionacopping@yahoo.co.uk

Moo Music
Bishops Stortford and Sawbridgeworth The Hub Portland Road
Bishops Stortford CM23
Term time only Fridays
Booking essential
Mixed Moo (0-5 and siblings welcome) 10.15; Mini Moo (sitting to crawling/walking) 11.10
Baby Moo (newborn to sitting) 12.05
Contact: Emma Roberts
T: 07980 933047
E: emmamoomusic@gmail.com
facebook.com/MooMusicBS/
http://moo-music.co.uk/areas/hwb

NCT Sling Library We have a range of slings and carriers for parents to hire, suitable for newborns right up to pre-schoolers. Each hire is £10 per month, although we offer a month's free sling hire for newborns. We meet on the first Friday of every month from 09.30 to 11.30 at Havers Community Centre in Bishop's Stortford.

Newport Essex Playgroup
Newport Village Hall; 09.30-11.30
Ages: 0-5; Contact: Stefanie Hollidge
E: sehollidge@yahoo.com

Owlets Manuden Community Ctr 09.30-11.00; Ages: 0-5.
Facebook, search "Owlets Manuden"

Parent and toddler classes at Stortford Gymnastics. 10.15-11.00

Parent4Parent (2nd Fri of month TT)
Gt Dunmow Yth Centre; 10.00-12.00
For parents/carers of 0-25 who have difficulty coping with the social world
T: 03330 138080
E: julie.chase@essex.gov.uk

Parsonage Lane Toddlers 09.30-11.30
Parsonage Lane Community Hall, BS

Spangles Family Hub
We are offering virtual groups and sessions to families.
T: 03002470122
facebook.com/utllesfordchildandfamilywellbeingsservice

Sweaty Mama - see page 16

Fun and effective fitness class for mothers and babies. Ages: 6 weeks-school age
11.00 Thorley Community Centre,
Bishop's Stortford.

Contact: Claire
T: 078345 30296

E: claireneville@sweatymama.com

Tiny Tempos Music & Movement

Friends' Meeting House S. Walden
09.45-11.30; Ages: 5 mths-3 yrs
T: 01799 500503

M: 07956 211909

E: info@tinytempos.co.uk

W: tinytempos.co.uk

- see page 30

Thorley Manor Toddler Group

Thorley Community Centre,
Bishop's Stortford; 09.45-11.15 (Not BH)

Contact: Becky Green

T: 07776 306661

E: trnmtg@hotmail.com

Thornbera Tots

Richard Whittington Primary School
Bishop's Stortford, CM23 3NP

Ages: 0-preschool, £1.50 per family

09.15-11.00; Contact: School Office

T: 01279 657778

Kaleidoscope Toy Library

Little Goslings Delivery Site,
First Friday of the month 09.30-11.30
Contact via Kaleidoscope Toy Library
facebook page.

Trinity Tots and the Teaspoon Cafe

Holy Trinity Church, Bishop's Stortford
09.30-10.30; Ages: Under 5

Contact: Rev'd Sarah Forrest

E: sarahforrest23@icloud.com

YogaTods - FlowGrowYoga kids

Toddler yoga/mindfulness/meditation
session. 10.30-11.15.

Ages: walking- approx 6yrs

Saffron Walden Town Hall

Contact: Sarah Perkins

T: 07977 995204

E: FlowGrowYogaKids@gmail.com

■ Saturday

Kidslingo Spanish class for children

Faircroft House, S Walden, 10.30

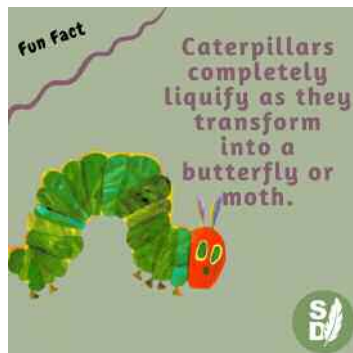
Ages: 18 months-4yrs.

Contact: Jessica Lancaster-Pages

T: 07926 007797

E: jessicalp@kidslingo.co.uk

W: kidslingo.co.uk



Toddler STEAM



Toddler STEAM is a FREE (science, technology, engineering, arts and maths) sessions every Monday morning for babies, toddlers and pre-schoolers in Saffron Walden. Since the lockdown the sessions have been held online over zoom and include primary age children too.

Sandra started STEAM sessions when her middle son was 9 months (he's just turned 6) to get small children interested in science through a combination of play, paint, sensory- both visual and tactile, using a variety of mediums including soap, sand, glue, ice, flowers, colour, water etc.

The classes are fun and interactive. You have only got to check out Toddler STEAM Activities on instagram @SandraToddlerSteam to see for yourself. Sandra also runs Bible group for mums and tots on Wednesdays at 10am.

**For more information please contact
Sandra: Sandra_3006@yahoo.co.uk**

PIPS

Boytons Farm, Boytons Lane,
Hempstead, CB10 2PW

t: 01279 295296

m: 07866 469471

e: pippa@pips-nursery.co.uk

M-F Flexible hours

Registered child minding setting.


**Extension of
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3 months to 3 years.

After school care from
4 to 9 years.

Holiday club with a variety of
activities.

Norland Nurse; NNEB, RSH.




Bring your baby to
your workout.
Progress each week
at your pace.
Build cardio and feel
stronger.

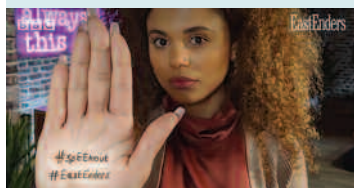
Buggy Fitness Class

Debden Barns
Dunmow Rec
Zoom

Contact Lara on
07471105210







EastEnders

EastEnders aired harrowing scenes in a domestic abuse storyline between Chantal and husband Gray last month.

It was a tough watch however as it reached a devastating conclusion it raised awareness and exposed the hidden realities of domestic violence.

We would encourage any readers who are affected by the issues raised in this story to contact

Refuge (www.refuge.org.uk) or Women's Aid (www.womensaid.org.uk).

The 24-hour, freephone National Domestic Abuse Helpline is 0808 2000 247.

Antenatal and postnatal

■ Uttlesford

Mummy MOT

A womans health check with physio
Contact: Fiona 07757 609091

W: www.fionaoleareyphysio.co.uk
Mallard Wing, Saffron Walden
Community Hospital, Radwinter Road
T: 0300 2470122

● Essex Child & Family Wellbeing Service

Healthy Family Drop-Ins
T: 0300 2470122

Appointments only

Monday 10.00-12.00

Little Goslings Family Hub, Great Dunmow

Tuesday

Carver Barracks Village Hall

2nd and 4th Tuesdays 12.30-14.00

Wednesday

Stansted Mountfitchet
The Family Hub 13.00-15.00

Thursday

Saffron Walden Community Hospital;
09.30-11.30

Friday

Newport Village Hall
9.30-11.30 4th Friday of Month

■ Bishop's Stortford

Child Health Department, Herts and
Essex Hospital, Bishop's Stortford
T: 0300 123 7572 option 1 then option 1

● Clinics (for Herts County Council residents only).

Monday

Thorley Community Centre; 13.45-15.15
Hypnobirthing, Birth easy Georgia,
London Road, Bishops Stortford

19:30 - 22.00, Course in Dec 2020-Feb
2021, Contact: Georgia, T: 07919 158070,
E: georgia@birtheasy.co.uk,
www.birtheasywithgeorgia.co.uk

Tuesday

Hypnobirthing, Birth easy Georgia,
London Road, Bishops Stortford
19:30 - 22.00, Course in Dec 2020-Feb
2021, Contact: Georgia, T: 07919 158070,
E: georgia@birtheasy.co.uk,
www.birtheasywithgeorgia.co.uk

Wednesday

Charis Centre CM23 2JZ; 09.30-11.00
1st & 3rd Thurs.

Much Hadham Health Ctr; 13.30-14.30

Thursday

Hypnobirthing, Birth easy Georgia,
London Road, Bishops Stortford
19:30 - 22.00, Course in Dec 2020-Feb
2021, Contact: Georgia, T: 07919 158070,
E: georgia@birtheasy.co.uk,
www.birtheasywithgeorgia.co.uk
Friday
2b The Square CM21 9AE; 09.00-11.00

Children's Centres

Conkers Children's Centre

Cathodeon Centre, Linton
T: 07768 008919

Little Goslings Family Hub Delivery Site

North Street, Great Dunmow, CM6 1AZ;
T: 0300 2470122

W: essexfamilywellbeing.co.uk/centre/little-goslings-family-hub/

Spangles Family Hub Lower Street,
Stansted; T: 0300 2470122

W: essexfamilywellbeing.co.uk/centre/spangles-family-hub

FB: UttlesfordChildFamilyWellbeing

Herts Family Centres

W: hertsfamilycentres.org/family-centres.aspx. T: 0300 123 7572.
You and your family need to be registered

Have you had your Mummy MOT® yet?

The Mummy MOT® is a specialist post-natal assessment recommended for all women following delivery - whether 6 weeks after delivery or years.

Fiona O'Leary Physiotherapy & Pilates are proud to be a registered Mummy MOT® practitioner and offer this assessment.

TO BOOK PLEASE CALL 07757609091

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W www.stagecoach.co.uk/saffronwalden

E saffronwalden@stagecoach.co.uk

T 01799 588246

Venue: Joyce Frankland Academy, CB11 3TR



Creative Courage
For Life

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Prep School: Saturday 7th November 9.45am – arrival



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Come to our Prep School Open Morning

For 7+ to 11+ entry (Years 3 to 7)

Please register online for an opportunity to visit the Prep School on a normal working day, with guided tours, an introductory talk and the opportunity to chat to current parents and staff. Please register at www.bishopsstortfordcollege.org

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01279 838604 admissions@BishopsStortfordCollege.org

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www.BishopsStortfordCollege.org