

**Summer 2022**  
**Issue 94**

**FREE**  
to take  
away

# **SALAD DAYS**



**BECAUSE THEY'RE  
ONLY YOUNG ONCE!**



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

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**CE Primary School**

Farnham, Bishop's Stortford,  
CM23 1HR Tel: **01279 771 339**  
**[admin@farnham.essex.sch.uk](mailto:admin@farnham.essex.sch.uk)**

## Your Summer beckons...

Summer is here. The days are longer, the sun shines brighter, the air feels a lot warmer, and our minds begin to wander... to thoughts of garden barbecues, crackling campfires, hiking holidays, road trips, or sun-soaked seaside sojourns.

It seems our schedules are busy again, despite this, your summer beckons. Inside this summer issue of Salad Days you will find a whole host of things to do with the kids this summer. There are lots of summer activities, clubs and workshops taking place in Bishop's Stortford, Saffron Walden, Dunmow and more, for all age groups. For family fun you can find many local events, carnivals, theatre and screenings taking place around our local areas which have been included in our leisure & feature "Diary Dates".

Educators share with you their ideas on how to spend your summer, including the best books to read on your travels, mindfulness and spending time in the great outdoors with schools offering summer

camp and toddler group sessions. Take your pick of the plentiful choices, and invent your own summer. Have the best time keeping the whole family busy.

**Lisa & Tam X**



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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](mailto:hello@saladdaysmag.co.uk)

For digital copy visit  
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## Primary schools

### ■ Bishop's Stortford

#### All Saint C of E Primary & Nursery

T: 01279 836006  
E: admin@allsaints.herts.sch.uk  
W: allsaints.herts.sch.uk

#### Bishops Stortford College *see back cover*

T: 01279 838575  
E: general.enquiry@bishopsstortfordcollege.org  
W: bishopsstortfordcollege.org

#### Farnham C of E Primary *see inside front cover*

T: 01279 771339  
E: admin@farnham.essex.sch.uk  
W: Farnham.essex.sch.uk

#### Hillmead Primary

T: 01279 656876  
E: admin@hillmead.herts.sch.uk  
W: Hillmead.herts.sch.uk

#### Howe Green House School *see opposite page*

T: 01279 657706  
E: schooloffice@howegreenhouse.essex.sch.uk  
W: howegreenhouseschool.co.uk

#### Little Hadham Primary

T: 01279 771285  
E: admin@littlehadhams.herts.sch.uk  
W: littlehadham.hert.sch.uk

#### Manor Fields Primary

T: 01279 757193  
E: admin@manorfields.hert.sch.uk  
W: littlehadham.hert.sch.uk

#### Northgate Primary & Nursery

T: 01279 652376  
E: admin@northgate.herts.sch.uk  
W: northgate.herts.sch.uk

#### St Michael Primary & Nursery

T: 01279 652607  
E: admin@stmichaelsjmi.herts.sch.uk  
W: stmichaelsjmi.herts.sch.uk

#### Summercroft Primary & Nursery

T: 01279 307477  
E: admin@summercroft.herts.sch.uk  
W: summercroft.herts.sch.uk

#### The Richard Whittington Primary

T: 01279 657778  
E: admin@whittington.herts.sch.uk  
W: Whittington.herts.sch.uk

#### Thorley Hill Primary

T: 01279 654496  
E: admin@thorleyhill.herts.sch.uk  
W: thorleyhill.sch.uk

#### Thorn Grove Primary

T: 01279 653002  
E: admin@thorngrove.herts.sch.uk  
W: thorngrove.herts.sch.uk

#### Windhill Primary

T: 01279 696850  
E: admin@windhill.herts.sch.uk  
W: windhill.herts.sch.uk

### ■ Great Dunmow

#### Dunmow St. Mary's Primary

T: 01371 872340  
E: admin@dsmpriamary.essex.sch.uk  
W: dsmpriamary.essex.sch.uk

#### Felsted Primary

T: 01371 820215  
E: admin@felsted-pri.essex.sch.uk  
W: felsted-pri.sch.uk

#### Felsted preparatory school

T: 01371 82260  
E: info@felsted.org  
W: felsted.org

#### Great Dunmow Primary

T: 01371 873184  
E: admin@greatdunmow-pri.essex.sch.uk  
W: greatdunmowprimary.co.uk

#### The Flitch Green Academy

T: 01371 822330  
E: admin@flitchgreen.net  
W: theflitchgreen.net

### ■ Saffron Walden

#### Dame Bradbury's

T: 01799 454700  
E: office@stephenperse.com  
W: www.stephenperse.com

#### Katherine Semar Schools

T: 01799 521120  
E: admin.inf@katherinesemar.net  
W: katherinesemar.co.uk

#### R A Butler Infant & Junior School

T: 01799 523651  
E: admin@rab.academy.com  
W: rabutleracademy.org.uk

#### St Marys C of E school

T: 01799 523384  
E: info@st-maryscofe.essex.sch.uk  
W: stmaryssw.org.uk

#### St Thomas More Catholic School

T: 01799 523248  
E: admin@stmsw.co.uk  
W: stmsw.co.uk

### ■ Stansted

#### Bentfield Primary

T: 01279 813626  
E: admin@bentfield.essex.sch.uk  
W: Bentfield.essex.sch.uk

#### Magna Carta Primary

T: 01279 703484  
E: office@magnacarta.essex.sch.uk  
W: magnacartaacademy.org

#### St Marys C of E primary

T: 01279 812212  
E: office@st-marys-stansted.essex.sch.uk  
W: stmarysstansted.co.uk

### ■ Villages

#### Albury C of E Primary

T: 01279 771253  
E: admin@albury.herts.sch.uk  
W: albury.herts.sch.uk

#### Ashdon County primary

T: 01799 584219  
E: Ashdon.essex.sch.uk  
W: Ashdon.essex.sch.uk

#### Birchanger Primary & Nursery

T: 01279 812362  
E: admin@birchanger.essex.sch.uk  
W: birchanger.essex.sch.uk

#### Chrishall Holy Trinity & St Nicholas Primary

T: 01799 550300  
E: admin@chrishall.essex.sch.uk  
W: chrishall.essex.sch.uk

#### Clavering Primary

T: 01799 550300  
E: admin@clavering.essex.sch.uk  
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Headteacher: Mr Craig Wood  
Thornbera Gardens,  
Bishop's Stortford  
Hertfordshire,  
CM23 3NP  
Tel: 01279 657778  
[www.whittington.herts.sch.uk](http://www.whittington.herts.sch.uk)

*Continued from page 2*

### **Debden C of E Primary**

T: 01799 540302  
E: [admin@debden.essex.sch.uk](mailto:admin@debden.essex.sch.uk)  
W: [debdenprimary.co.uk](http://debdenprimary.co.uk)

### **Elsenham C of E Primary**

T: 01279 813198  
E: [admin@elsenhamsch.uk](mailto:admin@elsenhamsch.uk)  
W: [elsenhamsch.uk](http://elsenhamsch.uk)

### **Finchingfield C of E Primary**

T: 01371 810423  
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W: [finchingfield.essex.sch.uk](http://finchingfield.essex.sch.uk)

### **Furneux Pelham C of E Primary**

T: 01279 777344  
E: [admin@furneuxp.herts.sch.uk](mailto:admin@furneuxp.herts.sch.uk)  
W: [furneuxp.herts.sch.uk](http://furneuxp.herts.sch.uk)

### **Gt Chesterford Primary**

T: 01799 530292  
E: [admin@greatchesterford.essex.sch.uk](mailto:admin@greatchesterford.essex.sch.uk)  
W: [greatchesterford.essex.sch.uk](http://greatchesterford.essex.sch.uk)

### **Great Easton Primary**

T: 01371 870219  
E: [admin@greateaston.essex.sch.uk](mailto:admin@greateaston.essex.sch.uk)  
W: [greateastonprimary.co.uk](http://greateastonprimary.co.uk)

### **Great Sampford Primary**

T: 01799 586280  
E: [admin@greatsampford.essex.sch.uk](mailto:admin@greatsampford.essex.sch.uk)  
W: [greatsampford.essex.sch.uk](http://greatsampford.essex.sch.uk)

### **Henham & Ugly Primary**

T: 01279 850213  
E: [admin@henhamugly.essex.sch.uk](mailto:admin@henhamugly.essex.sch.uk)  
W: [henhamugly.essex.sch.uk](http://henhamugly.essex.sch.uk)

### **Manuden Primary**

T: 01279 842626  
E: [admin@manuden.essex.sch.uk](mailto:admin@manuden.essex.sch.uk)  
W: [manudenprimary.co.uk](http://manudenprimary.co.uk)

### **Much Hadham C of E Primary**

T: 01279 842626  
E: [admin@standrews236.herts.sch.uk](mailto:admin@standrews236.herts.sch.uk)  
W: [standrews236.herts.sch.uk](http://standrews236.herts.sch.uk)

### **Newport Primary**

T: 01799 540055  
E: [admin@newport.essex.sch.uk](mailto:admin@newport.essex.sch.uk)  
W: [Newport.essex.sch.uk](http://Newport.essex.sch.uk)

### **Radwinter C of E Primary**

T: 01799 599248  
E: [admin@radwinter.essex.sch.uk](mailto:admin@radwinter.essex.sch.uk)  
W: [radwinter.essex.sch.uk](http://radwinter.essex.sch.uk)

### **Reed First School**

T: 01763 848304  
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W: [reed.herts.sch.uk](http://reed.herts.sch.uk)

### **Rickling C of E Primary**

T: 01799 543274  
E: [admin@rickling.essex.sch.uk](mailto:admin@rickling.essex.sch.uk)  
W: [rickling.essex.sch.uk](http://rickling.essex.sch.uk)

### **Steeple Bumpstead Primary**

T: 01440 730220  
E: [officemanager@steeplebumpstead.essex.sch.uk](mailto:officemanager@steeplebumpstead.essex.sch.uk)  
W: [steeplebumpstead.schooljotter2.com](http://steeplebumpstead.schooljotter2.com)

### **Takeley Christian School**

T: 01279 871182  
E: [office@takeley-christian.essex.sch.uk](mailto:office@takeley-christian.essex.sch.uk)  
W: [tcst.org.uk](http://tcst.org.uk)

### **Takeley Roseacre School**

T: 01279 879599  
E: [admin@roseacres.essex.sch.uk](mailto:admin@roseacres.essex.sch.uk)  
W: [roseacres.co.uk](http://roseacres.co.uk)

### **Takeley Primary**

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**Glenis Toms**

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T: 01799 540833

**Kumon Bishop's Stortford** - See page 10

Contact: Nicola Norbury  
T: 01920 461457; W: kumon.co.uk

**Sue Herd** BEd (Hons)

Experienced primary school tutor for Key stage 1 & 2 English & Maths  
T: 01799 510 995  
M: 07836 687376

**Caron Johnson**

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T: 07305 353720

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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  
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### ■ Mindfulness and Relaxation

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Richard Girvan, *Principal*



**Great Sampford Primary School**  
**Open Days**

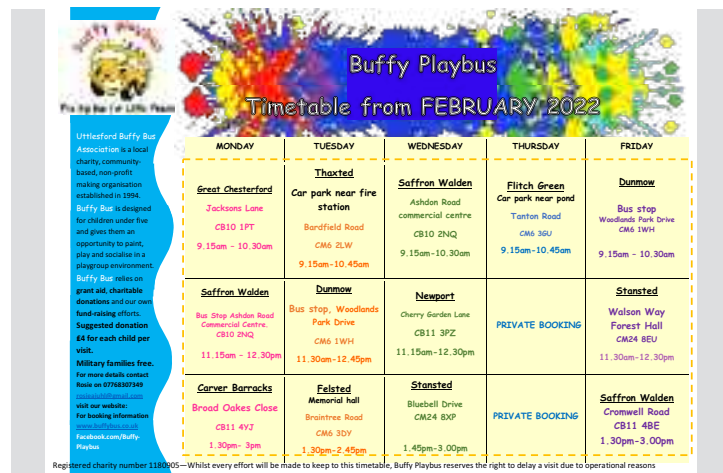
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**Ofsted**  
Outstanding

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Fitchingfield Road, CB10 2BL

Visit us 24 hours a day on our website!  
[www.greatsampfordprimaryschool.uk](http://www.greatsampfordprimaryschool.uk)

The advertisement features several images: two children playing in a garden, a school building, a child holding a trophy, and a group of children reading books. A small crest is also visible.



**Buffy Playbus**  
**Timetable from FEBRUARY 2022**

Uniteford Buffy Bus Association is a local charity, community based, non-profit making organisation established in 1994. Buffy Bus is designed for children under five and gives them an opportunity to play, play and socialise in a playgroup environment. Buffy Bus relies on grant aid, charitable donations and our own fund-raising efforts. Suggested donation £4 for each child per visit. Military families free. For more details contact Anne on 0776037349 or visit our website for booking information [www.unitefordbuffybus.co.uk](http://www.unitefordbuffybus.co.uk)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Great Chesterford</b> Jacks Lane CB10 1PT 9.15am - 10.30am	<b>Thaxted</b> Car park near fire station Bardfield Road CM6 2LW 9.15am-10.45am	<b>Saffron Walden</b> Ashdon Road commercial centre CB10 2NQ 9.15am-10.30am	<b>Fitch Green</b> Car park near pond Tanton Road CM6 3JU 9.15am-10.45am	<b>Dunmow</b> Bus stop Woodlands Park Drive CM6 1WH 9.15am - 10.30am
<b>Saffron Walden</b> Bus Stop Ashdon Road Commercial Centre CB10 2NQ 11.15am - 12.30pm	<b>Dunmow</b> Bus stop, Woodlands Park Drive CM6 1WH 11.30am-12.45pm	<b>Newport</b> Cherry Garden Lane CB11 3PZ 11.15am-12.30pm	<b>PRIVATE BOOKING</b>	<b>Stonsted</b> Walson Way Forest Hall CM24 8EU 11.30am-12.30pm
<b>Carver Barracks</b> Broad Oakes Close CB11 4VZ 1.30pm - 3pm	<b>Felsted</b> Memorial Hall Brintree Road CM6 3DV 1.30pm-2.45pm	<b>Stonsted</b> Bluebell Drive CM24 8XP 1.45pm-3.00pm	<b>PRIVATE BOOKING</b>	<b>Saffron Walden</b> Cromwell Road CB11 4BE 1.30pm-3.00pm

Registered charity number 1182905—Whilst every effort will be made to keep to this timetable, Buffy Playbus reserves the right to delay a visit due to operational reasons



**KUMON**  
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Kumon's **maths and English** study programmes work to build your child's confidence and inspire a passion for learning.

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**Bishop's Stortford Study Centre**  
07752 444215

**BOOST YOUR CHILD'S CONFIDENCE**

at home | in centre | online

[kumon.co.uk](http://kumon.co.uk)

The advertisement includes images of children working on Kumon worksheets and a woman, likely an instructor, holding a certificate.



Polly Kerr, senior associate and education law specialist at Tees.  
[www.teeslaw.com](http://www.teeslaw.com)

## New 12 week mandatory deadline for final amended Education Health and Care Plans

If your child has been issued with an Education Health and Care Plan (EHCP), the Local Authority (LA) must review it once a year. This is to make sure your child's needs are accurately recorded and that all provision required to meet them is included. This will take place at a meeting before which, documentation including up to date reports or medical evidence, should be circulated. Following the meeting, the LA may decide to leave the plan as is, to make amendments or to discontinue it.

If amendments are necessary, which is usually the case, the LA should send you a draft EHCP recording those amendments and invite comment, after which the EHCP will be made final (whether or not all or some of the proposed amendments have been included). Parents often wait months to receive an amended EHCP following annual review, which means that those working with the child only have the benefit of information which is out of date and no longer reflective of the child's needs or the provision required to meet them.

**How long does the LA have, to provide the final amended EHCP after an annual review?**

The recent case of *R (L) v Devon CC* has finally provided clarity for parents with Mrs Justice Foster DBE interpreting the LA duty –

in fact she gave a simple, clear answer. In accordance with the judgment, the LA is under a duty to provide an amended final EHCP within 12 weeks of the date of the review meeting. Although the Judge appreciated that the LA was subject to limited resources, she confirmed that the **12-week deadline is mandatory** in all circumstances.

Should a LA not issue the amended plan within 12 weeks of the date of the review meeting, parents can challenge this by judicial review. If the deadline is approaching, parents should remind the LA of the timeframe imposed and the deadline for issuing the final EHCP as clarified in *R (L) v Devon CC*.

Although we at Tees have seen many parents who have waited far longer than the 12-week deadline (indeed in some cases as long as 11-12 months or more), we hope that LAs will take heed of this ruling and start issuing final amended EHCPs within the law. We will continue to monitor whether LAs are keeping to this timeframe and are available to help parents, should this not be the case.



## Expect more

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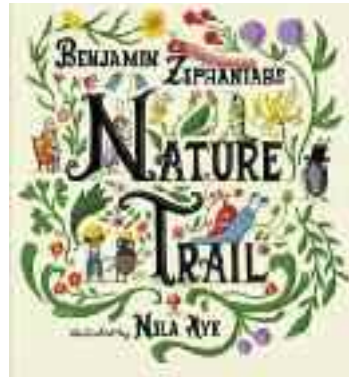
## Books which encourage children to put their books down and go outside

Hooray! Summer is here and we have the chance to get out and about whether we're in our own back gardens, local parks, or further afield. I thought I would review some fun picture books to inspire children to spend time outside and engage with and value their surroundings, wherever they are.



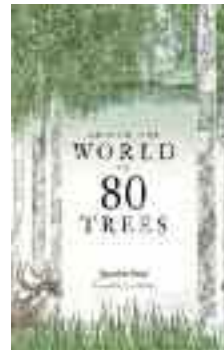
*Old MacDonald had a Phone* by the superlative partnership of **Jeanne Willis** and **Tony Ross** is a sly reminder for children that life passes you by when you spend too much time on your mobile phone. In the rhythms, and with all the fun of the animal noises, of the original children's song, the book tells the story of what happened when Farmer Macdonald accidentally bought 100 mobile phones online, which all his animals helped themselves to. Things go wrong. In one example, 'The hens wouldn't lay, On their phones all day, Here a tweet, there a chat, WhatsApping

the farm cat'. Farm life comes to a halt. So Old Macdonald confiscates all the phones. Also not good: 'The fox scared the sheep, the rooster stayed asleep, the bull refused to sweep his manure in a heap'. Eventually a good balance of phone usage is agreed, and all is happy again. What a great and hilarious starting point for family discussions about regulating screen use during the holidays or, indeed, on day trips to the farm!



**Benjamin Zephaniah** has written *Nature Trail*, illustrated by **Nila Aye**, a charming celebration of nature to inspire very young children to look around them once they are outside. His message is that 'When you have a garden, you will never be alone' as there are so many little creatures to watch, including baby daddy long legs, 'easy-going snails', and

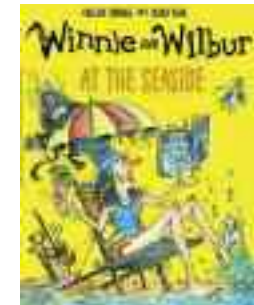
squirrels which 'come to nick my nuts'. While the humorous busy colourful illustrations are not naturalistic (the baby daddy longlegs is in a pram, for example) they offer lots of 'spot the ...' opportunities and provide all sorts of ideas for activities for children from planting and growing beans, to installing a bird bath, or simply sitting and reading under a tree. For young children who may be nervous of 'creepy crawlies' this book offers lovely encouragement to go looking for them.



Older children, or those perhaps going abroad this summer, might be interested in *Around the World in 80 Trees* by **Ben Lerwill** and **Kaja Kajfez** which takes readers on a

journey across the continents illustrating their native trees, complete with all sorts of fascinating facts. Did you know, for example, that the Whistling Thorn tree of East Africa is so-called because the ants which live inside its hollow thorns make little exit holes when they tunnel out – through which the wind whistles! How urgently, now, do you want to go to East Africa to hear that for yourself? Even if there are no significant travel plans on your horizon, some of the amazing trees

in the book have been planted in botanic gardens around this country so you can go and find them closer to home. The book also includes simple explanations of pollination, of the importance of trees to the environment, to the many uses to which we put trees and their products (like maple syrup and cocoa), and to some of the spiritual significance of some trees (oaks, for example, are linked with two of the mightiest figures from mythology, Zeus and Thor). It will inspire children to do further research and, I hope, to look out for trees (in all senses of that phrase).



Some children may be going to the seaside. If you are, that's wonderful. If you are not, the classic *Winnie and Wilbur at the Seaside*

by **Valerie Thomas** and **Korky Paul** is a wonderfully disenchanted cats-eye view of the charms of the beach which may help children feel that they are not necessarily missing out! Poor Wilbur can't swim, doesn't like water, and hates getting wet. He ends up 'very wet, very sandy, and rather squashed' after one of Winnie's trademark disasters and is extremely relieved when Winnie heads for home and magics up a swimming pool instead. If you haven't yet discovered



the *Winnie and Wilbur* series, you are in for a treat – gloriously quirky stories with even more gloriously quirky illustrations to feast on.



An entertaining but also sobering story about the seaside which will encourage children to look around them on the beach is *Ducks Overboard: A True Story of Plastic in our Oceans* by Markus Motum. You may remember the shipping container of plastic ducks which fell off the side of a ship in the Pacific and broke open, releasing thousands of plastic ducks which began bobbing across the waves. This picture book tells the story of one of those ducks, weaving the disturbing facts about plastic waste in our oceans into the narrative, as, for example, when the duck is swirled into the 'Great Pacific Garbage Patch', an island of plastic rubbish twice the size of Texas in the middle of the ocean. The story is gently and simply told, with an additional factual sub-text appearing in a smaller font on each page. The beautiful and bright illustrations provide drama and there is an optimistic ending with

suggestions of how children can help. Summer is often when children spend time at summer camps where they have the opportunity to try new sports. *Sports are Fantastic Fun* by Ole Konnecke has some great suggestions, detailing, as the blurb on the back says, the highs and lows of sports from around the world. With witty illustrations reminiscent of Richard Scarry's comic style, this is a delight, even if you don't move from your armchair. With another hat on, I am a coach for a junior rowing squad, so I was particularly pleased to see my minority sport included, even if the commentary is slightly less than enthusiastic: 'Rowing is fun too. You can sit comfortably on the shore with your picnic, cheering on the rowers when they fly past at full speed'.

I hope that at least one of these books will appeal to the children in your care – and that they have the desired effect of encouraging those children to put down their books and go outside. All are on the shelves at *Hart's Books* in Saffron Walden ([www.hartsbooks.co.uk](http://www.hartsbooks.co.uk)), along with hundreds of other titles to entertain and inspire.



Jo Burch  
Founder of Words in Walden



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# Keep the kids occupied!

## Family Day at the beach...

Hiring a beach hut on Mersea Island is plenty of fun for all the family. The Little Beach Hut Company is run by two local friends – Jane Ashmore and Jayne Eyers. Both of them owned a beach hut each (Betty and Bertie) and came together to set up the company. You can hire a beautiful beach hut for a full day. Check out [www.thelittlebeachhutcompany.co.uk](http://www.thelittlebeachhutcompany.co.uk)



## Forbesy Camps

Dates: Running 25th July - 26th August  
Venue: Great Dunmow Primary School  
Ofsted registered Kids Forbesy Camps run an array of activities for children including sport, Discovery, Arts and Crafts, Bush Craft, Music and much more.  
To Book: [scottforbesfitness@gmail.com](mailto:scottforbesfitness@gmail.com)



## Fit For Sport

Dates: 25th July - 2nd September  
Venue: Great Dunmow Leisure Centre  
A wide range of activities for all children including; Super sports, Fit Factor, Thrive Time, Learn Zone, Wellness Zone, Creative Zone, Swimming and much more.  
To Book - [enquiries@fitforsport.co.uk](mailto:enquiries@fitforsport.co.uk)



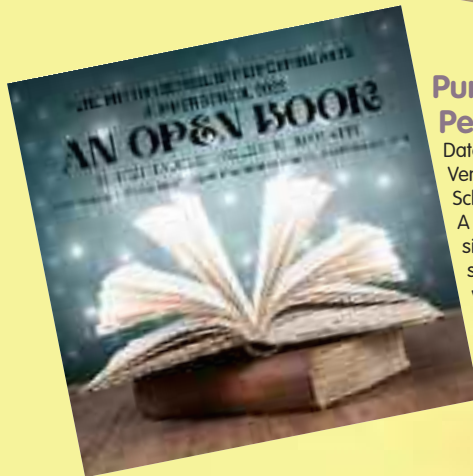
## Multi-Active Holiday Courses

Dates: 1st August -26th August  
Venue: Saffron Walden County High School  
Join multi-active for their Super Hero Academy, Adventure expedition, Science Academy or Multi-Active days.  
To Book: admin@multi-active.co.uk



## Summer College Camp

Dates: 25th July - 19th August  
Venue: Bishop's Stortford College  
A fun packed array of activities including; Action activities, Football, Musical Theatre, Super Science, Bushcraft, Cricket and more.



## Pure Rhythm Of Performing Arts

Dates: 8th-12th August  
Venue: Dame Bradbury's School

A four day workshops singing, dancing and acting  
sue@purerhythm.co.uk  
www.purerhythm.co.uk



## Sing Stars

Dates : 25th July -5th August  
Venue: Saffron Walden & Bishop's Stortford

A summer workshop for children ages 6-16 years. Singing they're favourite pop / rock anthems and professionally recording an album.  
To Book: lisa@stingperformingarts.com

## Diary Dates

### June

2-5

**Queen's  
platinum  
Jubilee**

There are so many wonderful things to do to celebrate this weekend. Street parties, tree planting, parties and fundraisers. Check out your local council to see what is on in your area.



3-5

**The Manuden Scarecrow Trail**

The Scarecrow trial is back!!!! Trail maps are available for £2.50 from the Manuden community Centre.



10-12

**Thaxted Morris Weekend**

A fun family weekend that is historic and unusual.



**11 Strawberry Fair 2022 (Love Our Planet)**

Strawberry Fair is back at the Midsummer Common with music, crafts and a fantastic kids park.

**18 Bishops Stortford Fun Day and Carnival**





- 17 **National ice-cream day!**  
What's your favourite flavour? Why not make your own to celebrate this world famous day



## July

- 9 **Carnival & Saffron Walden 8 day weekender**  
**Great Sampford Summer Fete!**  
12 - 4pm



## August

- 6-7 **The BISHOPS STORTFORD Nearly Festival**



- 11- 14 **Audley End House and Gardens**  
presents Simple Minds, Elbow and Tom Jones. ....



- 13-14 **Dinosaur Adventure**  
Live at South Mill Arts in Bishop's Stortford
- 14 **Saffron Walden Motor Show**  
A static motor show on the common in Saffron Walden for the Essex and Herts air ambulance service.  
Entry is Free!



## Helen Aldridge has joined the Little Monsters Team

Helen Aldridge has joined the Little Monster Team. Her reputation as a award winning class leader is exceptional, and many of you will recognise her from her classes in and around Essex over the past 10 years. Play is fundamental for your child's development so with our variety of different experiences offered to you here at Little Monsters during the week, we are sure you will find the class to suit you and your child. Have fun making memories enjoying your play experiences. The brand new classes are designed



for under 5's and their parents, grandparents, carers in a structured play environment. Helen will be running classes and activities for children under 5 at Little Monsters House of Fun. For more information on our Mini Monster classes, please visit: [www.littlemonstersoftplay.co.uk](http://www.littlemonstersoftplay.co.uk)



Mini Monsters activities will be delivered by our award winning class leader Helen Aldridge. Helen is a mum to Oliver (11) and Harper (3), she previously studied

Early Childhood Development and is a qualified Nursery Nurse, as well as achieving many other further qualifications supporting her career whilst working with children for over 20 years. More recently Helen has worked locally within the community building a very successful business for the past 10 years, so she may be a friendly face for some of you! Helen is a great addition to the Little Monsters Team, where she is extremely excited to enjoy these new sessions with you all!





Visit our Facebook page for News & Events

# Little Monsters House of Fun

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- Rhyme Time
- Bright Minds
- Musical MiniMovers
- MiniMonster Adventurers



Brand new Baby & Toddler classes with our award winning class leader Helen

## Little Monster Lazer Tag

BOOK NOW for our Monday Lazer Tag events  
Visit [www.littlemonstersoftplay.co.uk](http://www.littlemonstersoftplay.co.uk) for tickets and info.



Newly Refurbished Multimedia Party Rooms

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For our latest customer party reviews visit our website  
For more information, check availability and to book, visit:  
[www.littlemonsterparty.co.uk](http://www.littlemonsterparty.co.uk)

## Blueberry Lavender Pop Tarts

A childhood favourite of mine was POP TARTS... the completely processed and heavily sugared packaged treats that most of my friends and me used to love! Thank goodness my tastebuds have refined since then, and I've come to adore the homemade pop tart made from scratch which all the family might enjoy. They truly are one of my favourite little snacks.

### Blueberry Lavender Filling

(This makes more filling than is needed to fill 8 pop tarts)

#### Ingredients:

150g fresh blueberries  
100g sugar  
1 tbs cornflour  
1 tbs hot water mixed together with  
¼ tbs crushed lavender  
a couple pinches of salt  
water, as needed, 1tbs at a time

#### Directions:

First, make the filling over a medium heat, add the sugar and blueberries and sugar to a pot. Heat until sugar is dissolved. Add the starch and continuously stir. Add a couple of pinches of salt and cool.

### Pop Tart Pastry Ingredients:

315g plain flour  
¼ teaspoon salt  
2 tbs granulated sugar  
130g unsalted butter  
iced water  
2 egg yolks  
4 tbs milk  
vanilla extract

#### Directions:

- Make the pop tart dough by pulsing the flour, salt, sugar, butter, egg yolk and milk in a food processor.
- Once combined, halve the dough and shape into two disks. Cover and refrigerate for an hour.
- Roll the dough into a large rectangle.

Then slice them into smaller rectangles

- Place half the dough rectangles onto a baking tray, then spoon the blueberry mixture in the middle

- Top the other rectangles of dough on top and seal with fingers.
- Chill in the freezer for 2 hours, then bake at fan 190°C until golden.



### Lavender Icing:

192g icing sugar  
192ml milk  
½ tbs lavender to taste (crushed with hands)

#### Directions:

Mix all the ingredients together and whisk. Make sure the consistency is perfectly smooth, but very thick so it doesn't slide off the pop tart. Add more icing sugar if needed. Use the crushed lavender to sprinkle on the top





Bishop's Stortford College's

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**Summer Reading Challenge 2022**

**GADGETEERS**

Get ready for Gadgets, arriving in your local library this summer!

Children across Essex are being challenged to help the Gadgets by reading six books and earning cool stickers. Along the way they'll discover amazing science and innovation in the world around us. If they complete the challenge they receive a certificate and medal. Find out more about how to take part in this free activity on our website:

**libraries.essex.gov.uk**

**Saturday 16 July to Saturday 3 September**

*Presented by The Reading Agency,  
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## Summer 2022



### Sarah & Duck's Big Top Birthday

**Fri 5<sup>th</sup> Aug | 1.30pm & 3.30pm**

**£15.50 | Concs: £13.50 | Family: £54**

Join Sarah and her best friend Duck as they plan the ultimate circus soiree to help Scarf Lady celebrate her birthday. With entertainment lined up from a whole host of your favourite friends, including The Ribbon Sisters, The Shallots, Flamingo & John and Umbrella, the party is ready to go! Let's just hope the weather holds out...

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### Dinosaur Adventure Live

**Sat 13<sup>th</sup> & Sun 14<sup>th</sup> Aug**

**2pm & 4.30pm | £15**

65 million years in the making... Are you ready for the adventure? Join our intrepid Dinosaur Adventurers as we journey to a world of living, breathing, life-like Dinosaurs. Feel the excitement of meeting real life-like Dinosaurs face-to-face and hearing the tremendous roar of a T-Rex. Learn their history and even feed them but watch out – you could be on the menu.





**PANTO IS BACK!**  
**JACK AND THE BEANSTALK**  
**3<sup>RD</sup> DEC 2022 - 2<sup>ND</sup> JAN 2023**

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The director and writer of 2019's *Sleeping Beauty* returns with a pantomime that promises to be full of beans!

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Bronze	£21	£18	£71
Silver	£23	£20	£78
Gold	£25	£22	£84
Platinum	£27	£24	£89

Sat 3 <sup>rd</sup> Dec	3pm	7pm	
Sat 10 <sup>th</sup> Dec	3pm	7pm	
Sun 11 <sup>th</sup> Dec	3pm	7pm	
Sat 17 <sup>th</sup> Dec	11am	3pm	7pm
Sun 18 <sup>th</sup> Dec	1.30pm	5pm	
Thu 22 <sup>nd</sup> Dec	11am	3pm	
Fri 23 <sup>rd</sup> Dec	11am	3pm	7pm
Sat 24 <sup>th</sup> Dec	11am	3pm	
Mon 26 <sup>th</sup> Dec	1.30pm	5pm	
Tue 27 <sup>th</sup> Dec	11am	3pm	7pm
Wed 28 <sup>th</sup> Dec	11am (R)	3pm	
Thu 29 <sup>th</sup> Dec	1.30pm	5pm	
Fri 30 <sup>th</sup> Dec	11am	3pm	7pm
Sat 31 <sup>st</sup> Dec	11am	3pm	
Sun 1 <sup>st</sup> Jan	1.30pm	5pm	
Mon 2 <sup>nd</sup> Jan	11am	3pm	

To book your tickets please visit **southmillarts.co.uk**  
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- Wellbeing Groups
- School/Nursery Readiness Programmes

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# Home-Start Essex

Home-Start Essex offer a free, confidential family support service including home-visiting, family groups, well-being, as well as a specialised service in behaviour support. Home-Start's unique emotional, practical and friendship support to families has been running for over 30 years and is recognised internationally as an effective means of family support. Working together with families, we can provide friendship, practical support, a listening ear; encouragement that builds up strength and emotional well-being, and improved connections to widen networks of relationships and support.

Our **home-visiting** volunteers come from all walks of life, and all have experience of being parents themselves or working with children. They are friendly and caring and want to do their best to support local families. They are reliable, trustworthy and adopt our non-judgemental approach. In addition, they are all fully trained and checked with the Disclosure Barring Service (DBS).

Our **Family group** offers friendly support to families with young children. We provide an opportunity for parents to meet to support each other and to give their children the opportunity to play together and make friends. Our group also supports parents through our School and Nursery Readiness Program with their child's transition from being at home, to going to nursery or

school. We offer a 6-week structured programme, linked to the Early Years Foundation Stage, which provides a stimulating learning environment and activities for children to learn through play and help to assist them start nursery/school ready to learn, and to reach their full potential.

The aim of our **Wellbeing Group** is to provide a relaxed safe space to talk about any difficulties being experienced such as low self-esteem, anxiety, sleep deprivation, feeling isolated or panic attacks. The group is led by our Well-being Coordinator. The group allows parents to meet likeminded adults and enjoy one another's company, whilst learning more about the issues we all deal with on a day-to-day basis. This will include working on strategies that will give the tools to help cope in stressful situations.

The group will run over 6 sessions, allowing everyone to get to know each other, and feel relaxed and comfortable enough to break down the barriers we sometimes build up. Topics covered over the 5 sessions with Group discussion: managing anxiety/stress – relaxation techniques; emotional wellness strategies; building confidence and self-esteem; improving communication skills.

Our **behavioural support advisor** can support and offer parents behaviour advice where there is a child presenting with additional needs.

# Thaxted Rangers. The Home of Fair Play.



A couple of weeks ago, I was having a conversation with one of our coaches. She relayed to me a discussion she'd had with a new parent, who had told her that our inclusivity and ethos were the defining factors in her choosing our club for her son. It was an incredibly proud moment for me and the club.

Four years ago, we were just beginning the revival of youth football in Thaxted. The club's youth provision had dwindled significantly and we were fielding just one remaining team. Then, somewhat unexpectedly, a group of parents

approached Martin Tritton (now Club Chairman), about forming a new team for their children. It was the start of something far bigger and far more important than any of us could have imagined.

The new committee had very clear expectations about how the club would move forward. We were determined that our philosophy would be child-centred and focused on inclusivity and fair play. Martin, with his extensive coaching and mentoring experience, had once come across a coaching mantra by Ben Bartlett, "the best coach mentor" he says, that he ever met. Having struck a chord, it became the foundation of our club ethos. At Thaxted Rangers, we will:

1. Have fun and be inclusive
2. Focus on development
3. Play to win- but **NEVER AT THE EXPENSE OF 1 OR 2.**

Number 3 is a bonus, of course. But on points 1 and 2, we were uncompromising. As the club has grown (and it has done so at an exponential rate), one thing we have continued to emphasise is that coaching children is very different from elite sports. They are two separate entities entirely. In England, grassroots football doesn't even become competitive until U12. In our opinion, the priority of youth football should never be solely about winning but about developing young players who love the game more than they love trophies. To do that you need to have a holistic approach that considers every child and their needs, you need to create a supportive training and match-day environment where children are not



afraid to make mistakes, but instead, play with freedom and bravery, and without fear of experimenting.

The FA is also putting increased focus on this concept. In 2018 they published their '12 Rules for Youth Football' which encourages coaches to move away from directing play from the sidelines and instead promotes a line of questioning that encourages young players to think for themselves. There are also rules pertaining to equal play-time and an "all positions rule" affirming that children must be given regular experience playing in all positions, including goalkeeper.

These are all recommendations that make complete sense to us. Your less experienced players don't get better sitting on the bench, while you field your strongest team. They develop by playing, participating, and by being allowed to take risks and learn. We don't ever want children at our club to feel second best, so we don't have A/B teams, and we don't

have subs-instead, we have "game-changers". For us, the indicator of a good coach, and a good club, is that **\*ALL\*** of our children develop, have fun, and most importantly, keep wanting to come back. The fact that we are about to form our 11th team in 4 years, with mixed teams that include girls and boys, and waiting lists for all age groups, is a true reflection of the commitment and success of our club. We place great importance on ensuring we have the right coaching teams in place because when children know you care about them, when you're excited and enthusiastic, their experience is going to be one they remember and draw benefit from their whole life through. It isn't always about technical knowledge, children learn far more from who you are and **how** you coach, than **what** you coach.

It certainly hasn't always been an easy path, but we believe that we have forged a place for ourselves in the grassroots community as a home for opportunity, fairness, and patience; a place where children, whatever their ability or background can discover a lifelong love for the beautiful game. It is a place we are extremely proud of. As we close the 21/22 season and move into the next, we have more children registered at TRFC than at any point in its history. Now we just need to find more pitches!

---

**To find out more about Thaxted Rangers and their approach to youth coaching, contact Martin Tritton, Chairman, at martintriton@hotmail.com.**





Youth today spend more and more of their time living sedentary lives staring at a screen. This despite studies, suggesting that young people should spend at least half an hour each day being active.

Boxing can be an excellent way for your kids to stay active and give them something productive to do after school.

**Here are some benefits you will notice when your kids starts at 10 ROUNDS BOXING:**

#### **Focus**

Boxing requires intense concentration to be successful in it. It is physically demanding but also tests kids' mental strength. This can improve your kids' attention in the classroom and improve academic success. Children who are physically active tend to concentrate better when facing challenges.

#### **Instill Respect**

Boxing teaches children to respect



authority and their peers. Trainers teach self-respect and encourage kids to hold their head high at all times. Good sportsmanship is instilled early on and is a valuable lesson for kids to learn throughout their life. Boxers understand the importance of winning and losing gracefully.

#### **Build Confidence**

Giving young people positive affirmations helps them develop better self-esteem. Telling children you believe in their abilities sets them up for success. It helps them stay motivated and builds character knowing they can persevere through tough situations.





## **Social Development**

While boxing is an individual sport, it still gives kids the chance to meet other kids. This means there is an opportunity for them to meet like-minded children and make new friends. Along with teaching them respect and confidence, it makes it easier for children to interact socially.

## **Discipline**

One of the most important lessons kids learn from boxing is discipline. This sport demands mental and physical strength. Kids overcome challenges that

strengthen their character. They learn to respect the time and follow the rules. Boxing changes a kid's behaviour for the better and improves their mental focus.

## **Self-defence**

Fighting skills like hooks, uppercuts, and jabs can help your child defend themselves if they have to. Boxing teaches kids proper techniques that improve footwork and increase awareness and speed. Coaches always ensure kids understand organized fighting and only encourage them to use their skills outside of the ring for self-defence.

## **Educational**

Boxing sharpens kids' problem-solving skills and

teaches them about health and fitness. They appreciate the importance of a healthy diet because of how it will improve their performance in a match. Our coaches teach proper form, which prevents injuries and young people remember these tools throughout their lives.

**If you want your children to experience these benefits visit at the address below:**



**10 ROUND BOXING**

**Unit 2B, Stansted House, Shire Hill,  
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## Sports clubs

### Football

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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: pajemik1@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

Ages: 6-16

Herbert's Farm, Saffron Walden

T: 01763 836928/07775 944664

E: chairman@PSGFC.co.uk



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 & adult squads are currently following the RFU Return to Rugby Social Stop Guidelines. For current RFU guidelines please visit [www.rfu.org.uk/news](https://www.rfu.org.uk/news). Good! Good! Good! ensuring all rules observed for safety.

**Contact Dominic Russell on 07703 532822 or email: [info@swrfc.co.uk](mailto:info@swrfc.co.uk) to register interest.**

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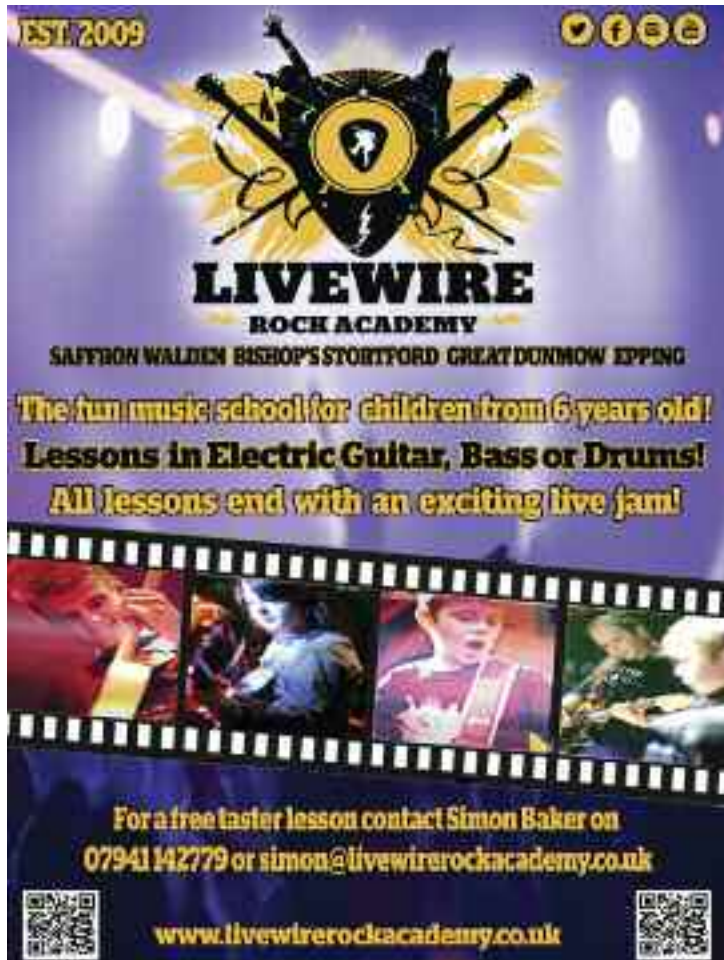


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[www.livewirerockacademy.co.uk](http://www.livewirerockacademy.co.uk)

## Dance & drama

### ■ Dance

#### JCL School of Dance

M: 07753 607 523  
E: [julialast8@gmail.com](mailto:julialast8@gmail.com)  
W: [jclschooldance.webden.co.uk](http://jclschooldance.webden.co.uk)

#### KBD Dance

M: 07305 113 187  
E: [katie@kbddance.com](mailto:katie@kbddance.com)  
W: [kbddance.co.uk](http://kbddance.co.uk)

#### Kate Plummer School of Dance

M: 07832 212 593  
E: [kateplum@hotmail.co.uk](mailto:kateplum@hotmail.co.uk)

#### Tempos Performing Arts

M: 07956 211 909  
E: [info@temposperformingarts.co.uk](mailto:info@temposperformingarts.co.uk)  
W: [temposperformingarts.co.uk](http://temposperformingarts.co.uk)

### ■ Drama

#### Drama Wise

T: 01223 832 288  
E: [frances.wyse@btinternet.com](mailto:frances.wyse@btinternet.com)  
W: [dramaclases.biz](http://dramaclases.biz)

### ■ Theatre schools

#### Buzzy Bees Sting Performing Arts

M: 07900 735 566  
E: [hello@stingperformingarts.com](mailto:hello@stingperformingarts.com)  
W: [stingperformingarts.com](http://stingperformingarts.com)

#### Graham School of Dance

T: 01279 654 423  
E: [info@grahamschoolofdance.co.uk](mailto:info@grahamschoolofdance.co.uk)  
W: [grahamschoolofdance.co.uk](http://grahamschoolofdance.co.uk)

#### Hyperfusion Theatre Co

M: 07909 960 490  
E: [sarah@hyperfusion.co.uk](mailto:sarah@hyperfusion.co.uk)  
W: [hyperfusion.co.uk](http://hyperfusion.co.uk)

#### Pauline Quirk Academy

M: 07958 913 456  
E: [paula.templeman@pqaacademy.com](mailto:paula.templeman@pqaacademy.com)  
W: [pqaacademy.com](http://pqaacademy.com)

#### Pure Rhythm Performing Arts

T: 01799 501 579  
E: [sue@purerhythm.co.uk](mailto:sue@purerhythm.co.uk)  
W: [purerhythm.co.uk](http://purerhythm.co.uk)

#### Saffron Walden Musical Theatre Company

M: 07799 628 977  
E: [swmtcyg@gmail.com](mailto:swmtcyg@gmail.com)  
W: [swmtc.net](http://swmtc.net)

#### Stagecoach

T: 01799 588 246  
E: [saffronwalden@stagecoach.co.uk](mailto:saffronwalden@stagecoach.co.uk)  
W: [stagecoach.co.uk/saffronwalden](http://stagecoach.co.uk/saffronwalden)

#### Sting Performing Arts

M: 07903 192 094  
E: [hello@stingperformingarts.com](mailto:hello@stingperformingarts.com)  
W: [stingperformingarts.com](http://stingperformingarts.com)

## Music

### ■ Choirs, orchestras

#### Cantate Youth Choir

E: [info@cantata.co.uk](mailto:info@cantata.co.uk)  
W: [cantata.co.uk](http://cantata.co.uk)

#### Joyful Noise

T: 01799 520 083  
E: [annecass@btinternet.com](mailto:annecass@btinternet.com)





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Contact:  
Sue Raven  
01799 501579  
[sue@purerhythm.co.uk](mailto:sue@purerhythm.co.uk)  
[www.purerhythm.co.uk](http://www.purerhythm.co.uk)

Summer School  
8th-12th August.  
see page **TBA**

#### Saffron Walden Town Band

M: 07779 266 853

E: [stephthake@gmail.com](mailto:stephthake@gmail.com)

#### Sting Choir

M: 07484 865 763

E: [hello@stingperformingarts.com](mailto:hello@stingperformingarts.com)

W: [stingperformingarts.com](http://stingperformingarts.com)

#### St. Mary's Church Junior Choir

T: 07928 339 310

E: [choirsmw@gmail.com](mailto:choirsmw@gmail.com)

### ■ Music tutors

#### Dan Ketteridge (Guitar)

M: 07862 278 404

E: [fig6@hotmail.com](mailto:fig6@hotmail.com)

#### Elizabeth De Vile (piano)

All ages. Offers practical exams and

aural test coaching for instrumentalists.

T: 01799 500 111; E: [edevile@hotmail.co.uk](mailto:edevile@hotmail.co.uk)

#### James Free (sax, flute, guitar)

M: 07818 334 592

E: [jamesfsax@gmail.com](mailto:jamesfsax@gmail.com)

### ■ Music schools

#### Kodaly Classes

E: [info@saffroncym.org](mailto:info@saffroncym.org)

W: [Kodaly.org.uk](http://Kodaly.org.uk)

#### Saffron Centre for Young Musicians

E: [info@saffronmusicschool.com](mailto:info@saffronmusicschool.com)

W: [saffronmusicschool.com](http://saffronmusicschool.com)

#### St Marys C of E school

T: 01799 523 384

E: [info@st-maryscofe.essex.sch.uk](mailto:info@st-maryscofe.essex.sch.uk)

W: [stmaryssw.org.uk](http://stmaryssw.org.uk)

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 Tamara on 07900 735 566 or email: [tam@stingperformingarts.com](mailto:tam@stingperformingarts.com)

## 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](mailto:admin@albury.herts.sch.uk)

### ■ Ashdon

#### Ashdon Childrens Nursery

Ages: 3mths-5yrs; Contact: Annette Bel  
 T: 01799 584848  
 E: [info@ashdonchildrensnursery.com](mailto:info@ashdonchildrensnursery.com)  
 W: [ashdonchildrensnursery.com](http://ashdonchildrensnursery.com)

#### Forest School sessions in Ashdon

E: [Sarah@natureoflearning.co.uk](mailto:Sarah@natureoflearning.co.uk)  
 W: [natureoflearning.co.uk](http://natureoflearning.co.uk)

### ■ Bartlow

#### Little Hands Nursery

Ages: 0-4; Head: Marion Kell  
 T: 01223 897945  
 E: [lh-bartlow@btconnect.com](mailto:lh-bartlow@btconnect.com)

### ■ Birchanger

#### Birchanger Butterflies Preschool

Birchwood; Ages: 2½-5; T: 01279 810800  
 E: [admin@birchangerbutterflies.org.uk](mailto:admin@birchangerbutterflies.org.uk)

### ■ Bishop's Stortford

#### Apple Green Montessori Nursery

Ages 2-5 years old  
 T: 07788 913444  
 E: [info@applegreenmontessori.co.uk](mailto:info@applegreenmontessori.co.uk)  
 W: [applemontessori.co.uk](http://applemontessori.co.uk)

#### 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](mailto:admissions@bluespreschool.co.uk)  
 W: [bluespreschool.co.uk](http://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](mailto:manager@doodledodaynursery.com)  
 W: [doodledodaynursery.com](http://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](mailto: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](http://highhousenursery.co.uk)



## ■ 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 Sellaars; T: 01279 657706  
E: julie.s@howegreenhouse.essex.sch.uk  
W: howegreenhousesschool.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

## ■ Finchingfield

### ■ Finchingfield Pre-school

Ages: 2-5  
Manager: Christine Lambert  
T: 01371 811593;  
M: 07713 189801  
E: finchingfieldpreschool@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

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: Jules 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 37*

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 page 34*

Ages: 3 mths-5 yrs  
Contact: Cheryl Rae; T: 01279 851998  
E: admin@saplingsnursery.co.uk  
W: saplingsnursery.co.uk

## ■ Little Hallingbury

### ■ Little Hallingbury Playgroup

Village Hall; Ages: 2-rising 5  
Contact: Debbie Roberts; T: 01279 726578  
E: debbieoberts35@virginmedia.com

# 36 pre-school

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## ■ 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 year to school age; T: 01799 522108  
Nursery managers: Barbs James &  
Caroline Clark  
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: Rachel Salt, Vanessa  
Thompson  
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





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**Hockerill Sports & Social club**  
**Beldams Lane, Bishop Stortford CM23 5LG.**



Much Hadham Preschool is a welcoming and inclusive setting at the heart of a picturesque village. We have regular Yoga sessions and visits from our Forest school teacher, as well as the opportunity to explore the countryside around us, where the children see local wildlife including sheep, birds, rabbits, horses but most of all, their favourite, insects! The setting is fortunate enough to have a safe enclosed garden with a variety of apparatus, including a mud kitchen and gardening area. Our building is light and spacious with defined areas to promote the children's learning experience. This term the children have grown their own sunflowers. They have been enjoying watching them as they grow and

develop from a seed into a seedling. The children have now taken their plants home to observe the progress and they are excited for the flower to arrive.

It is important to us to develop positive relationships with our parents and carers, and for them to feel included in their child's learning. Regular social events such as our visit to Priors farm in the Spring and our annual Pumpkin Party ensure this, as well as providing an opportunity for our parents to meet each other. Our recent flower arranging evening for Mother's Day was a great success.

Our experienced and friendly staff would be pleased to welcome you for a visit, please call us.



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## Monday

### Baby College

Felsted Memorial Hall. (10am 18m- 36m)  
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M: 07871 119037

E: [tegan@babycollege.co.uk](mailto:tegan@babycollege.co.uk)  
W: [www.babycollege.co.uk](http://www.babycollege.co.uk)

### Toddler Steam

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Free STEAM (Science, technology,  
engineering, art and maths) sessions for  
babies and toddlers. M: 07708 157326  
IG @sandratoddlersteam

## Boogiewoogies

United Reform Church, Saffron Walden  
Music & Movement classes from 9:30am  
M: 07837 176823  
E: [sarah@boogiewoogies.co.uk](mailto:sarah@boogiewoogies.co.uk)  
W: [www.boogiewoogies.co.uk](http://www.boogiewoogies.co.uk)

## Tuesday

### Sweaty Mama

Golden Acre community centre, Saffron  
Walden 11am. A specialist group for pre  
natal and post natal women to enjoy  
activities for mind and body with baby or  
bump. M: 07834 530296  
E: [clareneville@sweatymama.com](mailto:clareneville@sweatymama.com)  
W: [www.sweatymama.com](http://www.sweatymama.com)

## Boogiewoogies

Margret Street Hall, Thaxted. From  
9:30am. Unique music and movement  
classes for babies and pre-school aged  
children. M: 07837 176823  
E: [sarah@boogiewoogies.co.uk](mailto:sarah@boogiewoogies.co.uk)  
W: [www.boogiewoogies.co.uk](http://www.boogiewoogies.co.uk)

## Tiny Tempos

St Barnabas Centre, Thorley 10:45am-  
11:30am. Music and movement classes  
suitable from birth. M: 07956 211909  
E: [info@tinytempos.co.uk](mailto:info@tinytempos.co.uk)  
W: [www.tinytempos.co.uk](http://www.tinytempos.co.uk)

## Baby Sensory

Fritch Green Community Centre, Dunmow.  
From 9:30am. All classes are structured  
to introduce ideas of play to aid and  
enhance babies' precious early learning  
through play. M: 07703 79027  
W: [braintree@babysensory.co.uk](http://braintree@babysensory.co.uk)

## Saffron Walden Library

Baby and story time. 9:30am -10am  
Baby time T: 0345 6037628  
Baby and story time. 10:30am - 11am  
Story time for children aged 2 +  
T: 0345 603 7628

## Sing and Sign

The Hub Church, Bishops Stortford from  
9:30am The award - winning baby  
singing & music classes from 0-26 mths.  
Songs, props, sensory & fun.  
M: 07828 316397  
E: [alexandra@singandsign.co.uk](mailto:alexandra@singandsign.co.uk)  
W: [bit.ly/singandsignhomepage](http://bit.ly/singandsignhomepage)

## Hartbeeps – Baby Beeps

Sewards End village hall (CB10 2LG)  
10.30am Happy House (15 months- 5 yrs)  
11.45am Baby Beeps (7months +)  
1pm Baby Bells (0-7 months)  
M: 07779 100053  
E: [Sharon.a@hartbeeps.com](mailto:Sharon.a@hartbeeps.com)  
W: [www.hartbeeps.com/bishops-stortford-harlow-and-surrounds](http://www.hartbeeps.com/bishops-stortford-harlow-and-surrounds)

## Mini Mindfulness outdoors.

9.15 – 10.15 a.m. Term time.  
Nookes grove nature reserve,  
Sewards End Nr Saffron Walden.  
Playing, Interacting and exploring in  
nature via all 6 senses. Sessions end with  
learning calming and settling methods for  
the whole family. T: 07966579345  
E: [nikki@nikkisammons.co.uk](mailto:nikki@nikkisammons.co.uk)  
W: [www.nikkisammons.co.uk](http://www.nikkisammons.co.uk)

## Wednesday

### The Musical Box

Clavering Village Hall; 11.30-12.30  
Ages 0-5; Book your place by text  
M: 07731 990484  
E: [themusicalbox.elmdon@gmail.com](mailto:themusicalbox.elmdon@gmail.com)

## Tiny Tempos

Golden Acre Community Centre, Saffron  
Walden. 11:15-11:45. Tiny Tutus toddler  
ballet classes for parent and child.  
Suitable from 18months old.  
M: 07956 211909  
E: [info@tinytempos.co.uk](mailto:info@tinytempos.co.uk)  
W: [www.tinytempos.co.uk](http://www.tinytempos.co.uk)

## Bible Group

Saffron Walden 10am Free and friendly  
Bible group sessions for Families with  
young children. M: 07708 157326  
IG: @Sandratoddlersteam



### Boogiewoogies

United Reform Church, Saffron Walden from 9:30am. Unique music and movement classes for babies and pre-school aged children. M: 07837 176823  
E: [sarah@boogiewoogies.co.uk](mailto:sarah@boogiewoogies.co.uk)  
W: [www.boogiewoogies.co.uk](http://www.boogiewoogies.co.uk)

### Thursday

#### Sweaty Mama

Standon Village Hall 10:30am. A specialist group for pre natal and post natal women to enjoy activities for mind and body with baby or bump.  
M: 07834 530296  
E: [claireneville@sweatymama.com](mailto:claireneville@sweatymama.com)  
W: [www.sweatymama.com](http://www.sweatymama.com)

#### Jo Jingles

Sewards End Village Hall from 9:30am  
Jo Jingles offers fun, interactive music, singing and movement classes for babies and pre-school children. T: 01440 730039  
E: [westsuffolk@jojingles.co.uk](mailto:westsuffolk@jojingles.co.uk)  
W: [www.jojingles.com](http://www.jojingles.com)

#### The Musical Box

Elmdon Village Hall 11 - 12  
Music and movement for babies and children M: 07731 990484  
E: [themusicbox.elmdon@gmail.com](mailto:themusicbox.elmdon@gmail.com)

#### Tiny Tempos

Baptist Church, Saffron Walden  
10:45 - 11:30. Music and movement classes suitable from birth.  
M: 07956 211909  
E: [info@tinytempos.co.uk](mailto:info@tinytempos.co.uk)  
W: [www.tinytempos.co.uk](http://www.tinytempos.co.uk)

### Baby Gymnastics

Twyford Industrial Estate, Bishops Stortford 9:15am. This 45 minute class is aimed to stimulate learning through sensory using hand apparatus and encourage talking and singing with songs and play. M: 07808 808815  
E: [enquiries@stortfordgymnastics.com](mailto:enquiries@stortfordgymnastics.com)  
W: [www.stortfordgymnastics.com](http://www.stortfordgymnastics.com)

#### Kids Lingo

Saffron Walden, Dunmow and Bishops Stortford. From 10am. In our award winning classes the aim is to bring the language to life through songs, games, stories and drama. M: 07926 007797  
E: [jessicalp@kidslingo.co.uk](mailto:jessicalp@kidslingo.co.uk)  
W: [www.kidslingo.co.uk](http://www.kidslingo.co.uk)

#### Hartbeeps

The Golden Acre Community Centre in Saffron Walden (CB11 4BL)  
10.30am Happy House (5 months- 5 yrs)  
11.45am Baby Beeps (7months + )  
1pm Baby Bells (0-7 months)  
E: [sharon.a@hartbeeps.com](mailto:sharon.a@hartbeeps.com)  
W: [www.hartbeeps.com](http://www.hartbeeps.com)

#### Mini Mindfulness outdoors.

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Noakes grove nature reserve, Sewards End Nr Saffron Walden.  
Playing, Interacting and exploring in nature via all 6 senses. Sessions end with learning calming and settling methods for the whole family. T: 07966579345  
E: [nikki@nikkisammons.co.uk](mailto:nikki@nikkisammons.co.uk)  
W: [www.nikkisammons.co.uk](http://www.nikkisammons.co.uk)  
E: [claireneville@sweatymama.com](mailto:claireneville@sweatymama.com)  
W: [www.sweatymama.com](http://www.sweatymama.com)

# The Musical Box

for young children and babies

Nursery Rhymes, Marches and Dances

Instruments galore to play and explore

Sign singing

Storytime and refreshments

Relaxed, informal atmosphere

**The original music group, started in 1993**

## Elmdon and Clavering

Tel: Crista 07731 990484 or Bridget 01763 838779  
Email: [themusicbox.elmdon@gmail.com](mailto:themusicbox.elmdon@gmail.com)

# Boogiewoogies

**Music and Movement classes for Babies - Preschoolers in Saffron Walden**

Please visit [www.boogiewoogies.co.uk](http://www.boogiewoogies.co.uk) for details of upcoming blocks of classes and to book your space

Or contact Sarah Jones directly for more info  
Email: [sarah@boogiewoogies.co.uk](mailto:sarah@boogiewoogies.co.uk)  
Tel: 07837 176823

[www.boogiewoogies.co.uk](http://www.boogiewoogies.co.uk)



## What we do

Uttesford Foodbank provides seven days' worth of emergency food and essentials to those in crisis across the whole of Uttesford. We currently provide a doorstep delivery service and a friendly follow-up phone call to our clients. We work closely with agencies across the region to ensure that anyone in need is able to access our services. We are part of the Trussell Trust's UK-wide network of foodbanks, working to help people affected by poverty.

### If you need help

If you need help from Uttesford Foodbank, please call Uttesford Citizen Advice on 01799 618840 or contact the benefits team at UDC, your doctor,

frontline health worker or social worker for a referral to us. We offer a confidential service and can put any fears you may have at ease.

## How you can help

Visit [uttesford.foodbank.org.uk](http://uttesford.foodbank.org.uk) for information about how you can donate either food or make a financial donation, call us on 07531 436335 or email us at [info@uttesford.foodbank.org.uk](mailto:info@uttesford.foodbank.org.uk).  
Facebook: [uttesfordfoodbank](https://www.facebook.com/uttesfordfoodbank)  
Twitter: [uttesfordfb](https://twitter.com/uttesfordfb)



# Antenatal and postnatal

## Mummy MOT

A woman's health check with physio  
Contact: Fiona,  
M: 07757 609091  
E: [hello@fionaolearlyphysio.co.uk](mailto:hello@fionaolearlyphysio.co.uk)  
W: [www.fionaolearlyphysio.co.uk](http://www.fionaolearlyphysio.co.uk)

## Hypnobirthing

Birth Easy with Georgia  
Bishop's Stordford  
T: 07919 158070  
E: [georgia@birtheasy.co.uk](mailto:georgia@birtheasy.co.uk)  
W: [www.birtheasywithgeorgia.co.uk](http://www.birtheasywithgeorgia.co.uk)

## Have you had your Mummy MOT® yet?

The Mummy MOT® is a specialist postnatal 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

## FIONA O'LEARY

Physiotherapy & Pilates

[www.fionaolearlyphysio.co.uk](http://www.fionaolearlyphysio.co.uk) • [hello@fionaolearlyphysio.co.uk](mailto:hello@fionaolearlyphysio.co.uk)



## Born to Birth.

Hypnobirthing and caesarean section classes. T: 07828 866198  
E: [ellie@borntobirthcompany.com](mailto:ellie@borntobirthcompany.com)  
W: [www.borntobirthcompany.com](http://www.borntobirthcompany.com)

## Children's Centres

**Conkers Children's Centre**  
Cathodaeon Centre, Linton  
T: 07768 008919

## Little Goslings Family Hub

North Street, Great Dunmow  
T: 0300 2470122

## Spangles family Hub

Lower Street, Stansted  
T: 0300 2470122

## Faircroft Children's Centre

T: 01799 521602  
W: [www.essexcentre.info/Faircroft](http://www.essexcentre.info/Faircroft)

## Accuro

Supporting young people with disability in West Essex  
T: 01279 870297  
W: [www.accuro.org.uk](http://www.accuro.org.uk)

## Herts Family Centres

T: 0300 123 7572  
W: [www.hertsfamilycentres.org](http://www.hertsfamilycentres.org)



# IT'S THAT STAGECOACH FEELING!



HOLIDAY  
WORKSHOPS  
BOOKING  
NOW

## Saffron Walden

Singing, dancing and acting classes  
for **5 - 16** year-olds

 **01799 588246**

 **[stagecoach.co.uk/saffronwalden](http://stagecoach.co.uk/saffronwalden)**

 **Chesterfords Community Centre, CB10  
1NS**



*Creative Courage  
For Life!®*

 **THE FALCON ENTERTAINMENT COMPANY**

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*Bishop's Stortford College*

Co-educational Day and Boarding 4 - 18 years



## Open Morning

Join us on Saturday 24<sup>th</sup> September from  
9:30am for our Whole College Open Morning.

To register your attendance or arrange a private tour please visit  
[www.BishopsStortfordCollege.org](http://www.BishopsStortfordCollege.org) or contact 01279 838575

*"...a flourishing school with a head who really understands the  
direction education is going in and will see to it that pupils are  
prepared for the world as it is"*

The Good Schools Guide, 2021



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