

# **SALAD DAYS**


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**Autumn 2022  
Issue 95**

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away**

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



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*Richard Girvan, Principal*

# Hello and welcome to the autumn issue of Salad Days.

Autumn is more subtle than summer, less overdetermined. It is full of beginnings too. Parents will be waving off their little one's, tweens and teens for a new academic year or even searching for open days from the local schools. You will find all those "open days" advertised within these pages. There is a great sense of starting again, new books, new clothes, new thoughts and a cooler brisker air. There really is something special about autumn and its bright vivid shades. The air is crisp, the mood is light and the days are shorter, giving more opportunities to spend quality time with family.

We have prepared a lot of exciting content to fill your calendar this autumn with special places to visit and new things to try. Have a wonderful new term everybody and enjoy those special moments and being back to a tighter routine.

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

For digital copy visit  
[www.saladdaysmag.uk](http://www.saladdaysmag.uk)



## 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

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E: admin@clavering.essex.sch.uk  
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*Continued from page 2*

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

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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

E: [admin@finchingfield.essex.sch.uk](mailto:admin@finchingfield.essex.sch.uk)

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**

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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

E: [admin@reed.herts.sch.uk](mailto:admin@reed.herts.sch.uk)

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**

T: 01279 870541

E: [admin@takeley-pri.essex.sch.uk](mailto:admin@takeley-pri.essex.sch.uk)

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## Buffy Playbus

### Timetable from SEPTEMBER 2022

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|--|--|---|--|
| <b>THAXTED</b><br>Car park near Fire station<br>Bardfield Road<br>CM6 2LP<br>9.15am - 10.30am | <b>FELSTED</b><br>Ravens Crescent<br>CM6 3EH<br>9.15am-10.45am     | <b>SAFFRON WALDEN</b><br>Sheds Lane<br>CB10 2DA<br>9am-10.30am     | <b>STANSTED</b><br>Stoneyfield Drive<br>CM24 8PA<br>9.15am-10.45am    | <b>DUNMOW</b><br>St. Edmunds Lane<br>CM6 2AJ<br>9.15am - 10.30am |
| <b>SAFFRON WALDEN</b><br>Crocus Fields<br>CB10 2GA<br>11.15am - 12.30pm                       | <b>LITTLE CANFIELD</b><br>Honey Road<br>CM6 1FF<br>11.30am-12.45pm | <b>SAFFRON WALDEN</b><br>Cromwell Road<br>CB11 4BE<br>11am-12.30pm | <b>BIRCHANGER</b><br>Birchanger Lane<br>CM23 5QT<br>11.15am - 12.30pm | <b>BARNSTON</b><br>Village Hall<br>CM6 1LR<br>11.15am-12.30pm    |
| <b>CARVER BARRACKS</b><br>Broad Oakes Close<br>CB10 2YB<br>1.30pm - 3pm                       | <b>TAKELEY</b><br>Beech Close<br>CM22 6RQ<br>1.30pm-2.45pm         | <b>NEWPORT</b><br>Cherry Garden Lane<br>CB11 3PZ<br>1.30pm-3.00pm  | <b>PRIVATE BOOKING</b>  | <b>DUNMOW</b><br>Newton Green<br>CM6 1DU<br>1.30pm-3.00pm        |

Underford 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 paint, play and socialise in a playgroup environment. Buffy Bus relies on grant aid, charitable donations and our own fund-raising efforts.

From September 2022 these sessions are free, however we are grateful if you feel able to give us a donation and include gift aid.

For more details contact Nicola on 01799307349 or visit our website: [www.buffybus.org.uk](http://www.buffybus.org.uk)

For booking information visit: [Facebook.com/buffyplaybus](https://www.facebook.com/buffyplaybus)

Registered charity number 1180905—Whilst every effort will be made to keep to this timetable, Buffy Playbus reserves the right to delay a visit due to operational reasons

## Buffy Bus Information

As you will see we have introduced a lot of changes and one of the most important is that we won't be making a charge for families to attend our service for the foreseeable future. This is because we know how much the financial crisis is going to impact families in the coming months and we felt that it will be vital that an organisation like ours that works at grass roots level in the community is able to support parents emotional wellbeing without the barriers of cost.

We anticipate that this new initiative will cost approximately £10k per year to our organisation but feel that it is vital that families receive positive support over the autumn and winter and we will make up the shortfall through additional funding bids, events and donations.



## 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 page 10

Contact: Nicola Norbury  
T: 01920 461457; W: [kumon.co.uk](http://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**

Qualified teacher, experienced in supporting children with learning difficulties in KS1. Maths and English.  
T: 07305 353720

### ■ Languages

**Kidslingo**

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E: [jessicalp@kidslingo.co.uk](mailto:jessicalp@kidslingo.co.uk)  
W: [kidslingo.co.uk](http://kidslingo.co.uk)

**Luciana Ferreira Day**

Spanish all levels  
E: [lucianafday@gmail.com](mailto: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](http://www.aspects.org.uk)  
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### ■ Mindfulness and Relaxation

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T: 07966 579345  
E: [nikki@nikkisammons.co.uk](mailto:nikki@nikkisammons.co.uk)  
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### Mini Mindfulness programmes teaching young people skills for life.

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To enable you to experience the benefits of Kumon, your local Kumon Bishop's Stortford Study Centre is offering a one-week Free Trial of our Kumon study programmes to all new students from 1 October – 15 November 2022.

The Kumon Bishop's Stortford Study Centre is located at the Water Lane United Reformed Church, Water Lane with classes running on Monday and Thursday from 3:30 – 5:45 pm.

**For more information and to book your one-week Free Trial, contact your local Instructor, Nicola Norbury, on 01920 461457**

**E: [bishopsstortford@kumoncentre.co.uk](mailto:bishopsstortford@kumoncentre.co.uk)**

**\* For further details, visit [kumon.co.uk](http://kumon.co.uk).**



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For research findings on Kumon study, please visit [kumon.co.uk](http://kumon.co.uk). Terms and conditions apply. Fees vary. Participating centres only. Please refer to your local study centre. Subject to availability.

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

## Hertfordshire Dyslexia

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- \* Dyscalculia Diagnostic Assessment
- \* Access Arrangements (schools / private)
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- \* Tuition
- \* Support & Advice (schools/ private)

### Contact detail:

[www.hertfordshiredyslexia.com](http://www.hertfordshiredyslexia.com)  
[annegrass@hertfordshiredyslexia.com](mailto:annegrass@hertfordshiredyslexia.com)  
 07717 363246





Clare Pilsworth, Partner, Cambridge.  
[www.teeslaw.com](http://www.teeslaw.com)

## Divorce mediation. A quick guide

Difficulty in a relationship is one of the top causes of major stress. Anyone struggling with separation or divorce knows the impact that it can have on you and the other people in your family. Mediation is a process which can be used to reduce conflict and find a resolution – potentially more quickly and with less stress than by other means.

### How does mediation work?

A trained mediator talks to both of you, separately at first, to fully understand what each of you would like to achieve. They are independent and will focus on enabling you both to communicate what you want to say and then move on to meet together, with the mediator present in the room. Their aim is to help you to find a fair resolution that you can both agree upon.

As well as listening to you, a mediator will set out how you and your ex-partner will work together at the mediation sessions, so that you can both speak to each other with respect, with a view to keeping things calm and constructive. The mediator can then record this information and give each of you a copy; this gives each of you reassurance that both your opinions have been heard and documented. You don't have to go to a mediator to resolve issues arising out of separation, but if you do end up going to Court, you usually have to show evidence that you have already tried mediation. There are some exemptions – that is situations where you are not required to have tried mediation.

### Benefits of mediation

It's often a good idea to at least explore mediation as an option because there are important benefits which could make things easier for you, such as:

- you get to choose what is important to be discussed
- it can help with communication for future co-parenting
- the timings are chosen by you
- you make the final decisions, rather than a judge
- it is often quicker, taking weeks rather than months
- it can be cheaper.

### At the end of your mediation

You will both be provided with a 'memorandum of understanding' which is a document setting out the basis of the arrangement you have reached as a solution. However, if your case involves money or property it's a good idea to take it to a solicitor and ask them to turn it into a 'consent order'. This is an order which sets out the arrangements and is confirmed by the Court so that it becomes legally binding.

### How can we help?

Here at Tees, we offer a mediation service, whereby we will listen to both parties and use our wealth of knowledge and expertise to try to find a solution that suits everyone involved. For more information on how Tees can help you call 0800 0131165

Tees

## Expect more

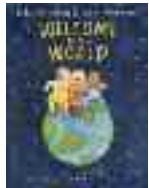
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Bishop's Stortford – 01279 755200  
Saffron Walden – 01799 527299



## Welcome to the World! Books about sharing the world's joys

**'Welcome to the world.  
Welcome to the light.  
Welcome to the day.  
Welcome to the night.'**



This is the joyful rhyme which greets a new baby at the start of *Welcome to the World* by **Julia Donaldson** and **Helen Oxenbury**. Taking on the mantle from Shirley Hughes,

these award-winning creators know what matters in a young child's world, and they phrase and illustrate those things exquisitely beautifully. And so, we have 'Welcome to your mummy, Welcome to your feeds. Welcome to the earrings and the buttons and the beads.' There are glasses to pull off noses, strawberries and grapes, baths and nappies, ducks and swans, and many more simple delights, all in gentle rhyming text with equally gentle pictures to go with it. A perfect lullaby story for the youngest children.

Sharing the world's joys is a key theme of *Emma's Sunflower* by **Phillipa Warden** and **Grace Ward**. After the success of Rupert's Snowman, written for her son (which I reviewed last year), it was only a matter of time before Philippa, creative to her fingertips, wrote a book to celebrate her daughter Emma's experiences too. In



this story, there is a hungry crow who doesn't share, but who inadvertently brings unexpected joy and a birthday surprise. Emma has filled a birdfeeder with sunflower seeds

for the family of greenfinches in her garden. But the crow swoops down, scares off the little birds, and gorges greedily on the seeds, scattering many on the ground. Of course, nature's magic happens, the seeds germinate, and, on Emma's next birthday, to her delight, there is a sunflower full of seeds and the greenfinch family returns. A gorgeous story about nature, about sharing, and about hope.

Grace, the illustrator, is dyslexic, so she and Philippa have worked to make this book as accessible as possible for those who find reading tricky. Grace says it is important to her that the illustrations speak louder than the text so that the reader gets an instant understanding of the narrative. And it works. I like her soft sketchy illustrations in colours to match the passing of the seasons. They grow dark as the crow arrives, and then lighten and brighten again with the Spring – and then Philippa and Grace have used a special font, designed to help dyslexic readers anchor the words. If all this care and attention to detail wasn't enough, Philippa has also designed a host of activities for readers including a recipe for sunflower bread, a template for a bird mobile, ideas for painting paper

sunflower plates, with glued-on seeds, ideas for planting some seeds and making a photographic sunflower diary. There's a lot to be shared and enjoyed here.

Even a potato can bring joy and be shared. As a pet. *The Pet Potato* by **Josh Lacey** and **Momoko Abe** is simply wonderful. Albert desperately wants a pet, but his parents say no to all his suggestions. One day his father gives him



a present. It is a potato. "You wanted a pet," Dad said, "There you go." At this point I was ready to flatten Dad for his unkindness, but Albert is more

forgiving. He puts the potato on the table and gets on with what he was doing. The next page is simply perfect in its simplicity and its matching of text to picture. Three short sentences: 'Potatoes can't look sad. Or lonely. But somehow this one did'. The double-page illustration is dark-coloured with a huge expanse of empty space between Albert's wondering face and an equally sad-looking potato with perfectly positioned eyes.

Albert includes his pet potato in all his games. It rides on his train track, goes to the library and the playground with him, sits on the edge of his bath, sleeps on his pillow, but a few days later it disappears. Albert is distraught. Eventually he discovers Mum has thrown it away as it has grown smelly and mouldy. (Where did poor kind Albert get these parents from?!). Albert insists on rescuing the

potato and giving it a proper burial. The inevitable happens and Albert can share his pet potato harvest with everyone from his friends to the postman. I absolutely loved this story – but an example of good parenting it definitely is not!

Finding the right world to be joyful in can be difficult. In *Lucy Cousins' A Good Place*, a band of insect friends are looking for a good place to live. Bee wants flowers, Ladybird wants leaves, Beetle wants dead wood, and Dragonfly wants a pond. Each time they think they have found the perfect spot, the close-up illustration draws back and we see why



that spot is wrong. The bright flowers they find are on a busy pavement with a big boot about to step on them; the 'pond' turns out to be a

dirty puddle on a road; when they land on what look like nice juicy leaves, someone sprays them with 'Bug Off'. Eventually they find a wonderful garden designed with them in mind and they are happy.

Young children will enjoy Lucy Cousins' trademark bright bold illustrations and the repetitive text, shouting out 'Oh no! This is NOT a good place' every other page, subtly teaching them the importance of protecting habitats for all. Pure nostalgia for my next choice, *Around the World with Ant and Bee* by **Angela Banner**, in which Ant and Bee are also looking around the world for something. Antony Horowitz says these



were the books which taught him how to read, and it was the same for me. First published in 1960, they are very old-fashioned, gently and wittily humorous, and still work perfectly. The series is designed for shared reading. Adults read the text in black but the words in red are



for children to call out. Often there's a symbol (in this case an umbrella) in the text so children can follow the lines and call out when that appears as well.

Ant gives Bee an umbrella as a present, but Bee loses it on a windy day. He is distraught and so the pair decide to go and find it. They start by flying to Spain, because of the saying 'Rain, rain, go to Spain'. There are lovely illustrations of Spain and its people, but no umbrella, so they fly on to country after country, each with a bright and lively illustration within the outline of the country's map. Bee gets tired so they go to India by camel 'because Bee said his wings were hot'. Eventually they find the umbrella but that's not quite the end of the story and I'm not going to spoil it for you as it is such a delightful twist. The last couple of pages include a picture of a globe to show the journey and a map in which each of the countries visited is coloured and can be spotted and identified with reference back to the earlier illustrations. There's a lot of education going on here which children will pick up without realising – and a lot of joy!

There's more of the world's joys in *Lunch at 10 Pomegranate Street: a Collection of Recipes to Share* by Felicita Sala.

What a lovely idea this book is! On each double-page spread there is someone in their kitchen preparing one of their national dishes and an easy-to-follow recipe for that dish. There are lots of clues in the illustrations as to what that nationality is. For example, Mr Singh's kitchen has a painting on the wall behind



him of someone playing the sitar while he opens a can of coconut milk to make coconut dahl; Mr Ibrahim, in a kitchen with a bright mosaic floor, is making Baba

Ganoush; Miss Ishida is reaching for a bottle of Mirin to make Oyako Don. At the end of the book we discover that all these people are neighbours preparing dishes to share at a picnic. 'Pull up a chair and grab a plate! Everybody's welcome at 10 Pomegranate Street'. Story, world recipe book, celebration of sharing – what's not to like?! The book is dedicated to Felicita's mother, 'whose house is always open, whose table is always full'. What a joy!

I hope that you will be inspired to read at least one of these gorgeous books which are full of warmth and kindness and joy – and more than a little bit of learning, too! All are on the shelves at Hart's Books in Saffron Walden ([www.hartsbooks.co.uk](http://www.hartsbooks.co.uk)) and other good bookshops.

**Jo Burch, Founder of Words in Walden**



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## Diary Dates

### September

#### Back to school

#### 6 National Poem Day

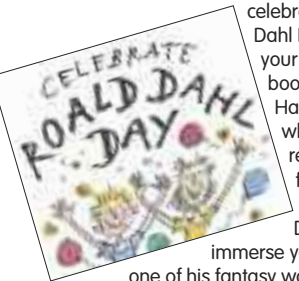
The theme this year is The Environment. National Poetry Day is the annual mass celebration on the first Thursday of October that encourages everyone to make, experience and share poetry with family and friends. Each year we come together because voices, words and stories help to bridge understanding in our community.

#### 13 Roald Dahl Day

How can you celebrate Roald Dahl Day? Reread your favourite book.... Has it been a while since you read your favourite Dahl novel? Dust it off and

immerse yourself in

one of his fantasy worlds — or find a new favourite you haven't read before! Watch your favourite movie adaptation... Dahl's books have been adapted into dozens of popular movies. Find your favourite adaptation of "Charlie and the Chocolate Factory," "The Fantastic Mr. Fox," "Matilda," or other Dahl novels and have a movie night with the whole family. Half term



is coming up, why not plan a family day out to London and see Matilda The Musical? It is absolutely amazing.

9-18

#### Heritage Open Days

Heritage has created some fantastic family events from teddy bear parachuting to wall climbing. Send a letter or make a call? What's more iconic on the British streets than the red phone booths and pillar boxes? Here are lots of hands-on opportunities on everything related to post and telephone. Dress up in a postman's uniform, work the Stamp



vending machines and post your own letters! Visit Colne Valley Postal History Museum, Halstead, Essex

### October

#### Half term!!

Why not visit some of these Fun places this half term

**Paradise Wildlife Park**, Broxbourne  
Jump Street, Chelmsford



**Rollerworld**, Colchester  
**Harlow Bowling Alley**

**Terry Deary's Twisted Tales** at the Southmill Arts



#### Black History Month

(BHM) is an annual awareness campaign to highlight African and Caribbean history and heritage, and to promote a greater understanding of the UK's diverse cultural heritage. Throughout October, communities across the UK celebrate by hosting a wide range of events and activities to entertain, inform and educate.

#### Walk to school month

This month people are ditching the cars, buses and the bikes to walk to school instead. Promoting fitness, mental health and helping to save the environment. Can you walk to school?



#### Halloween

Visit **Hatters Farm** in Takeley this Halloween. Go Twilight pumpkin picking

or get lost in the Maize Maze, there's lots to do here.



## November

#### Bonfire night

#### Bonfire Night! Stay safe!!

- Keep a bucket of water nearby in case of a malfunctioning firework.
- Be sure to set off the fireworks in an area clear of people.
- Fireworks should only be lit in a designated area away from homes and other buildings, trees and cars. Never light fireworks on the grass, but always on a smooth, flat surface such as concrete or the pavement.
- If a firework does not ignite, do not attempt to re-light it. Wait at least 15 minutes before you investigate.
- Never allow children to touch, handle or light fireworks.
- Pet owners need to take special precaution in keeping their pets safe.
- Sparklers can be just as dangerous. Always light sparklers one at a time and wear gloves
- Never give sparklers to the under fives - they will not understand how to use them safely. Always supervise children using sparklers. Give children gloves to wear when holding sparklers. Avoid dressing children in loose or flowing clothes as they may catch fire. Show children how to hold sparklers away from their bodies and at arm's length. Teach them no to wave sparklers near anyone else or run while holding them



- In an emergency do the following:  
Cool the burn or scald with cold water for at least 10 minutes. Cut around material sticking to the skin - don't pull it off. Don't touch the burn or burst any blisters. Cover the burn with clean, non-fluffy material - cling film is ideal - to prevent infection. If clothing catches fire, get the person to stop, drop to the floor and roll them in heavy material such as a woollen blanket.

- 10 **Remembrance Sunday**  
Make your own poppy or colour in this one.... Please send us your artwork at  
hello@saladdaysmag.co.uk



14 **Road Safety Week**

The theme of Road Safety Week 2022 is **SAFE ROADS FOR ALL**, bringing together communities and professionals to shout out for everyone's right to make safe and healthy journeys on safe roads. We will raise awareness of key areas of road safety the Government supports, including safe roads, safe vehicles and speeds, the new hierarchy of road users, and the importance of inclusivity to keep us all safe on the roads, no matter who we are, or how we travel.



18 **BBC Children in Need Appeal**

What are you going to do this year to help raise money for the Children in Need Appeal?



**ALL SAINTS' CHURCH,  
STANDED ROAD, HOCKERILL**

Join us for an  
**ALL-AGE PARISH MASS**, with  
**SUNDAY SCHOOL**, on the first Sunday  
of the month at 10am.

Sunday 2 October, 10am:

**ALL-AGE MASS FOR HARVEST  
THANKSGIVING.**

Sunday 30 October, 10am:

**ALL SAINTS' PATRONAL FESTIVAL**  
– a celebration of our saints' day,  
with a sung Mass and procession.

Sunday 30 October, 2.30pm:

**ALL SOULS' SERVICE**

– a service to remember our  
departed loved ones.

Sunday 13 November, 10am:

**REMEMBRANCE SUNDAY SERVICE.**  
Saturday 19 November, 10am – 2 pm:

**CHRISTMAS BAZAAR**

– family fun, gifts, food, cakes, crafts,  
refreshments and lots more!

Sunday 27 November 2022, 6pm:

**ADVENT CAROL SERVICE BY  
CANDLELIGHT.**

**ALL WARMLY WELCOME!**



## A SPOOKY CHARCUTERIE

If you aren't familiar with the term Charcuterie, it is essentially a fancy way to describe a meat and cheese board. This fun and spooky twist on a classic elegant cheese board is an impressive appetiser with meat, crackers, fruit, spreads and much more! Any one can give this a try.

Its the small touches and little details that transform this classic charcuterie board into the perfect halloween themed cheese board. After you have grabbed all your meats, cheese, crackers and fruit grab some cute spiders, a few small white and orange pumpkins from Hatters Farm and a few sweetie eye balls. You could really go the extra mile and buy a coffin miniature box and weave some fake spider webs around the edges to use as your cheese board base.

To get started you really need a big board, any shape will do. Arrange a few small bowls around the board and sprinkle pumpkin seeds around your cheeseboard to start a trail. You will want to use your largest fruit to centre the board. This is most likely to be a bunch or grapes. Add 2-3 smaller piles of fruit around the board as well. Cherries, apples, berries and dried fruit such as apricots or raisins.

Now Start to add your cheese. Scatter pieces of hard cheese like Cheddar, Manchego, Gruyere around the board and add some softer cheese like Brie, Chèvre, Roquefort, Gorgonzola etc. We

made our Brie into a coffin shape and added a dollop of red raspberry jam on the top!

Now its time to layer your crackers and bread. Its always nice to add a variety of crackers. Whole wheat crackers and water crackers are typically my go-to. Try to form a curved line with your crackers and bread. This will help to create a flow that will carry your eyes around the board.

Now add your cured meats to fill in any large gaps that you have. I like to go for thinly sliced meats like prosciutto. With your smaller bowls you can add spreads like fig jam, pumpkin hummus, herbed dip etc. Make sure the board is abundant with a variety of foods. If you have any spaces just fill these with olives, nuts, bell pepper strips, cherry tomatoes or slices of cucumber.

It's a great way to get creative and produce a work of art on your own. It doesn't have to cost the earth, and it will be a real show stopper for a halloween dinner party or event. You might also like to try and do a kids sweetie board. Follow us on social media this month to see some ideas.





## Hatter's Farm pumpkin patch

Hatter's Farm is a family-run pumpkin patch producing thousands of pumpkins and squash each year! Having farmed near the village of Takeley for almost 100 years, Ross and his family decided to open their farm to the public for the first time in 2020. With over 50 varieties to choose from, visitors are able to pick up a wheelbarrow and venture out into the fields to find their perfect pumpkin! To top off the perfect family day out, you can also fire the UK's first Pumpkin Cannon, explore the massive Maize Maze and get the perfect pumpkin pic' at one of the many photo opportunities! Hatter's Farm has exciting plans for the patch to be

even bigger and better than ever this year, with more pumpkins, the return of their spooky Pumpkin Nights sessions, more amazing photo opportunities, and more incredible food to choose from! Don't just take their word for it! See what one of their customers had to say: "Huge selection of pumpkins and squash available and very reasonably priced. The children loved the Pumpkin Cannons and Maize Maze. We look forward to visiting again next year!" – Emily Heath, Google Review. So, what are you waiting for! Visit [www.hattersfarmpumpkins.co.uk](http://www.hattersfarmpumpkins.co.uk) to book your tickets for daytime and evening sessions before they sell out. Use the discount code HATT501 to get 50% off, but hurry, this offer only applies to the first 200 tickets sold.



### PUMPKIN CANNON!



**Hatter's Farm is a family run pumpkin patch with thousands of pumpkins and squash to choose from!**

**As well as pumpkin picking, we also have:**

- **UK's 1st Pumpkin Cannon!**
- **Maize Maze**
- **Spooky Pumpkin Nights**

**OPENS THIS OCTOBER**

**Visit our website and use the DISCOUNT CODE HATT501 to get 50% off your tickets! But hurry, the code is only applicable to the first 200 tickets purchased.**

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



**HATTER'S FARM, TAKELEV, BISHOP'S STORTFORD, CM22 6NP**



# This year South Mill Arts brings Jack and the Beanstalk to the stage.

Join Jack as he makes his way up the beanstalk on his high-flying, magical journey and see what ginormous adventures await him.

You can expect the very best toe-tapping tunes, fabulous costumes and hilarious cast of characters to entertain you in this timeless classic. The cast of seven West End professionals will be supported by an ensemble of young local talent to present this Christmas extravaganza, live on stage.

*From the director and writer behind 2019's Sleeping Beauty, comes this giant of a story!*

Writer and director, Ian McFarlane who has previously directed some of the largest pantos in London and around the UK says he is "so excited to be returning to South Mill Arts this Christmas!".

"This year's panto is set to be bigger than ever and I can't wait for Stortford to see what we have in store. We've got all the panto elements - songs, dancing, loads of audience participation and of course the most fabulous dame! I'm really looking forward to hearing the children getting involved again, when you see your audience screaming and shouting one moment and absolutely enthralled in the adventure the next that's just magic. There really is nothing like panto"

Paula Holland, Operations Director of South Mill Arts said "It is important for us at South Mill Arts to make Christmas extra special and to give families something they can enjoy together and this year's show will be no exception. Jack and the Beanstalk is set to be a truly enchanting experience and will be sure to create everlasting memories".

**South  
Mill Arts**

Box Office:  
01279 710 200  
[southmillarts.co.uk](http://southmillarts.co.uk)

Supported by:





A large, stylized illustration of a beanstalk growing from a castle on a hill, reaching up into a blue sky with white clouds and stars. The title 'JACK AND THE BEANSTALK' is written in large, green, 3D letters, with 'AND THE' in smaller letters between 'JACK' and 'BEANSTALK'. Below the title, the dates '3RD DEC 2022 - 2ND JAN 2023' are written in a similar green, 3D font.

**Prices**

|          | Full | Concs | Family |
|----------|------|-------|--------|
| 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 |     |

**Relaxed (R)**  
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**southmillarts.co.uk**  
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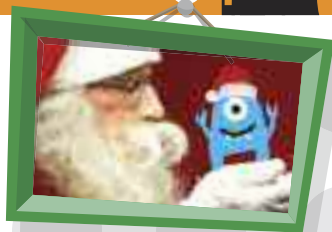
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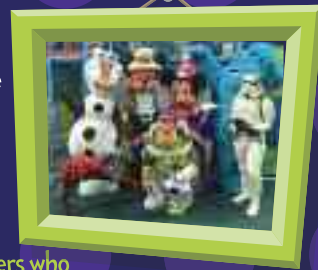
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For availability and to book, visit: [www.littlemonsterparty.co.uk](http://www.littlemonsterparty.co.uk)



## Little Monster Lazer Tag

BOOK NOW for our Monday Lazer Tag events

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## Awesome Animal Encounters



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- Alice Adams, age 8

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"Introducing Reptiles Etc- home of trained animals for curriculum-linked classroom sessions, SEN, scouts and guides workshops, educational talks, parties, corporate events, film, photography and phobia coaching, handled and presented by experienced, qualified professional zoo keepers and animal trainers with teaching qualifications!

We pride ourselves on our friendly, professional service, offer rates and packages tailored to your budget and requirements and work hard to provide the highest quality experience throughout every step of your journey, from inquiry, through booking, to the event itself, regardless of the services you require.

We operate with the highest standards of animal welfare at all times, are fully licensed, insured and certified for what we do. We care deeply about the environment, operate as sustainably as possible and are committed to inspiring a sense of wonder and responsibility for the natural world.

If you're looking for Awesome Animal Encounters that really deliver the WOW factor as well as being fun and educational, don't just take our word for it, here's what some of our clients have to say about us:

*"Rangers Katie and Joe were absolutely fantastic at my daughter's 6th birthday*



party. The children were fascinated by the animals and fully engaged during the whole encounter. It was so lovely to see so many children getting hands-on and fully immersing themselves in the experience. Katie and Joe were punctual, professional and their enthusiasm for the animals was clear from start to finish. I would thoroughly recommend to any parent hoping to make a birthday party extra special" – **Anna Wright, via Facebook.**

"We used Reptiles Etc as one of our vendors for our 2022 staff Summer Party here at Thorlabs. All in all I could not recommend them enough. Grace and Sam were bright, sunny and cheery from beginning to end. An excellent service that both adults and children warmed to. Efficient and on time, providing a lovely bit of entertainment for our party guests. We will definitely be using them in years to come and would recommend their service to anyone who asked. Thank you again to both lovely ladies for their service that day". – **Isabel Curry.**

What an amazing day! All our pupils participated in a fun, informative and exciting workshop learning about a wide range of fascinating animals. Grace (supported by her Ranger) pitched each year group workshop perfectly, ensuring a good balance of delivering brilliant facts about each animal and their habitat alongside a unique and fun hands-on experience. All the children were completely enthralled when meeting each of Grace's stunning animals (as

were the staff!) It was especially wonderful to watch children who were initially nervous or apprehensive, gain confidence and enthusiasm due to Grace's calm and encouraging approach. To quote a number of our pupils 'best day EVER!' - **Trinity At Mary's Primary School, South Woodham Ferrers.**

To find out more about us and our services visit our website or find us on Facebook. "

## Reptiles Etc

**Animal Activities Licence:**

**19/00027/PERANIN**

**ITel: 07730595372**

**Web: [www.reptilesetc.co.uk](http://www.reptilesetc.co.uk)**

**Facebook: [reptilesetc.co.uk](https://www.facebook.com/reptilesetc.co.uk)**

**Instagram @gracedickinsonswildlife**





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Sasha Shorten is a loved children's entertainer. She has been running her local business The Party Factory from Saffron Walden for the past 7 years, bringing happiness and smiles to hundreds of children within the area.

Sasha begun her journey of entertaining from an extensive background of performing physical theatre and dance in the UK and abroad. Once starting her own family, she decided to revisit an idea from her younger days and start The Party Factory.

The Party Factory run unique parties for your special occasions, where a mother's touch completes each party with handmade props, costumes and imaginative ideas that come to life. Each party is tailored to you whether it is based on a favourite book, film, cartoon, musical, anything is possible. Each



party contains themed games, props, bubbles, prizes, scavenger hunts, surprise balloons, birthday gift for the birthday child, treat bags for all and much more. Your favourite character can be part of it too, mini face-paints, arts and crafts, disco lights and our amazing giant bubbles!

By asking The Party Factory to run your special event, you know you will be in good hands with all the entertainment covered from beginning to end. Sasha says the best





thing about a party is for the children to have an awesome time and for all the parents to relax and enjoy a catch up too. Please do get in touch with The Party Factory and look forward to the 'best party ever!' "What a party! Full of constant fun and a plethora of games. All the children were completely engaged and went home buzzing...highly recommend the massive ball of energy, joy and fun that is Sasha."

**Mrs Larkin, 2022.**  
[thepartyfactoryuk@gmail.com/](mailto:thepartyfactoryuk@gmail.com)  
**T: 07834 400774**  
[facebook.com/thepartyfactoryuk](https://facebook.com/thepartyfactoryuk)





## Once Upon a Tune: Spooky Stories

**3pm Sunday 25th September**

Come and enjoy some of the best-loved and spookiest musical treats in an extravaganza of music, painting and stories, for families, at Saffron Hall with children's author-illustrator James Mayhew, Antonio Reche-Martinez, and Saffron Walden Symphony Orchestra.

The programme includes Dukas' The

Sorcerer's Apprentice, Saint-Saëns' Danse Macabre, Humperdinck's Witch's Ride, Wagner's Flying Dutchman and more.

James tells the stories and then he and Antonio paint live on stage, capturing the spine-chilling scenes, while the Orchestra plays.

Their paintings will be raffled at the end of the Concert, and all profits go to Refugease, a charity supporting refugees all around the world.

**Buy tickets online at**  
[www.saffronhall.com/whats-on/view/once-upon-a-tune-spooky-stories](http://www.saffronhall.com/whats-on/view/once-upon-a-tune-spooky-stories);  
**call the Box Office on 08455 487650,**  
**or over the counter at**  
**Saffron Walden Tourist**  
**Information Centre.**



## Your local Child Contact Centre has a bold new look!



We have been a quiet and subtle presence in Bishop's Stortford and the surrounding area for 22 years, offering a safe space on Saturday mornings where

children can meet, talk and play with a parent (or sometimes other family members) who no longer live with them.

We were The Portland Child Contact Centre but we are now a registered charity with a new name – the Bishop's Stortford Child Contact Centre, registered charity number 1198383.

Contact sessions are typically offered twice per month for two hours on Saturday mornings and take place in a large church hall in the centre of Bishop's Stortford. We have plenty of toys and games for all ages.

Our youngest child at present is just one year old and the oldest thirteen years. We have Lego, crafts, card games, dressing

up clothes, hoola hoops, scooters, books and plenty more!

Families may refer themselves, or be referred by family law solicitors, social workers or the courts.

If parents prefer not to meet each other, arrival and leaving times are staggered and different entrances used.

We've had some very appreciative comments from families over the years - *'I would like to thank you all so very much for all that you do and enabling me to spend precious time with my daughters. I owe you all a debt.'*

*'From my view I think this place is fantastic and it was a pleasure to come to this place.'*

We are currently all volunteers, but advice from the National Association of Child Contact Centres is that we must plan towards operating in future with at least one paid member of staff. We are therefore working hard to attract funding from local and national organisations and individuals. This will allow us to offer a wider range of services – perhaps including after-school sessions and opportunities for separated parents to meet others in the same situation.

If you would like to know more or visit one Saturday (by appointment), do get in touch with our Co-ordinator, Lynne.

<https://bsccc.co.uk>

**Contact details:**

**Lynne Ling, Co-ordinator**

**07766 627765**

**admin@bsccc.co.uk**



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## Sports clubs

### ■ 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**

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: martintriton@hotmail.com

FB: thaxtedrangersyouthfc

#### **Kidzteens Football Academy**

Herts and Essex Leisure Centre, Beldams

Lane, Bishop's Stortford, CM23 5LH &

Mon - Fri from 5:30-6:30 pm & Weekends

10:30 -12:00 am. Providing children

between the ages of 7 to 13 with a safe

environment where they learn and

develop football skills and discipline We

offer regular Saturday training sessions

every week.M: 07955259030

Email - Kidzteens15@gmail.com

#### **Saffron Walden PSG Girls FC**

Ages 5-18 Various venues

T: 07595 328816

E: newplayercontact@psgfc.co.uk

### ■ Gymnastics

#### **Lift Off Academy**

and listed under Fitness

Stortford **Gymnastics** Ages: up to 12

T: Janine Pearl 07808 808815/

Karen Perkins 07976 124095

E: enquiries@stortfordgymnastics.com

W: stortfordgymnastics.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 Laphorn

T: 01354 693554/07816 032265

E: bruce@tkd72.plus.com

W: bl-taekwondo-schools.co.uk

#### **Budo Taijutsu**

Saffron Walden

W: mushinzui.com

#### **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+ Thursdays

E: saffronwaldenjudoclub@hotmail.co.uk

Dame Bradbury's School SW



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 email: [info@swrfc.co.uk](mailto:info@swrfc.co.uk) to register interest.**  
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## Acting and Singing Classes in Bishop's Stortford

Stortford Performers classes will focus on the LAMDA exam syllabus for Speaking Verse and Prose, Acting and Musical Theatre (singing) content. But you might be thinking, what is a LAMDA exam? LAMDA stands for the London Academy of Music and Dramatic Art, and is one of the world's oldest and most well respected drama schools and examinations provider.

LAMDA exams empower students to become confident communicators and for more advanced learners the exams offer the opportunity to attain UCAS points (up to 30 points for a distinction at grade 8 for some of the exams). LAMDA exams are open to anyone and most importantly they are fun.

LAMDA exams are split into Performance exams and Communication exams. Communication exams offer three syllabuses; Speaking Verse and Prose, Speaking in Public and Reading for Performance. Performance exams offer six syllabuses; Acting, Mime, Devising Drama, Musical Theatre, Group Musical Theatre and Shakespeare. There is a subject for everyone. At Stortford Performers we prepare learners in a group setting for

Speaking Verse and Prose, Acting and Group Musical Theatre, one to one lessons are available for all other subjects except mime.

LAMDA exams inspire students to learn new skills, from speaking clearly, voice projection, and building an understanding of poetry and prose which can be so valuable for English literature studies. In addition they develop interpretive skills, allow students to delve into characters, create characters and discover techniques to engage an audience. Working towards and achieving these exams is a tangible goal that promotes confidence. Plus all of these skills can be taken into professional life. That said at Stortford Performers no one has to take an exam if they don't want to.

Exams start from introductory grades and progress from there from grades 1 to 8, there is also a diploma available, the PCertLAM. At Stortford Performers students will start with content appropriate for them that is tailored to meet them where they are, meaning that students in the same group may be on different exam levels. However as students continue their LAMDA journey and progress to grades 6, 7 and 8 those who pass their exams will also attain UCAS points. Once a student is at this stage Stortford Performers encourage one to one lessons to ensure that individuals can meet their full potential.

**For more information about us please visit the website for more information:  
www.stortfordperformers.com**

# STORTFORD PERFORMERS

## Acting and Singing Classes

in Bishop Stortford



Hello! I'm Emma, founder of Stortford Performers. I teach acting and musical theatre classes at South Mill Arts. Visit my website [www.stortfordperformers.com](http://www.stortfordperformers.com) for more information.

Classes available for age 3 years +  
Contact me today! 07900 073566



### Group Classes

Classes consist of a combination of age appropriate and fun warm ups, speech/singing exercises, games, improvisation, and work on individual pieces - these could be poetry, prose, acting monologues or musical theatre songs.

Wednesdays (term time):

3.45pm - 4.45pm Drama class for 5 - 11 year olds

5pm - 6pm Drama class for 12 - 14 year olds

Thursdays (term time):

3.45pm - 4.50pm Drama class for 5 - 8 year olds

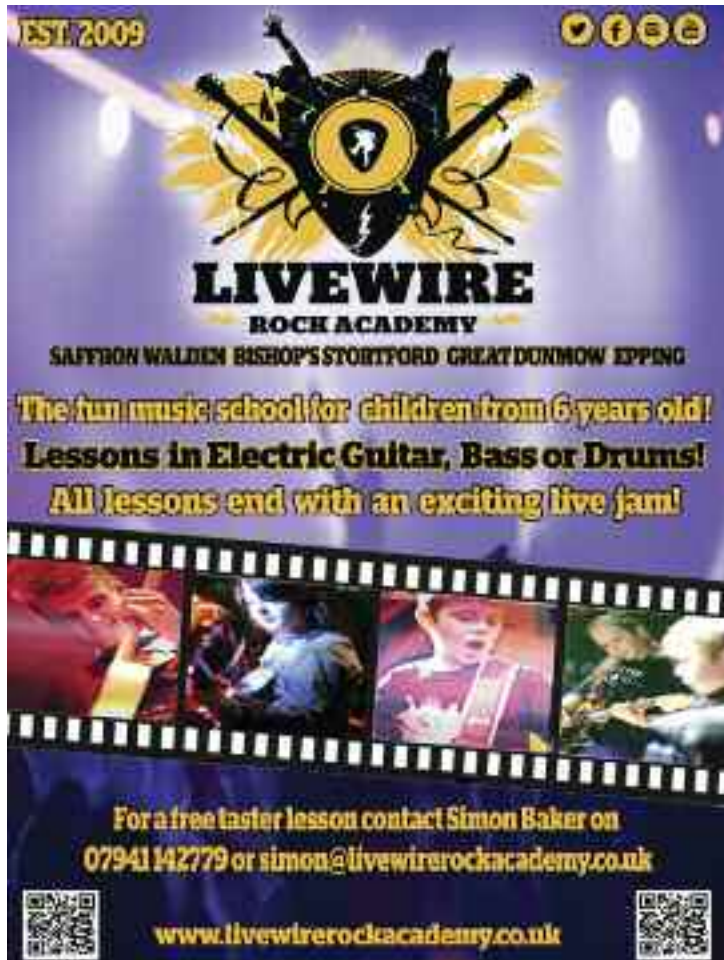
4.45pm - 5.30pm Music Theatre Class for 14 year olds

Drama classes will focus on learning content appropriate for LAMDA acting exams and speaking, writing and prose exams.

Group classes take place in the Gibbey Room at South Mill Arts, 1 - 2 South Mill Road, Bishop's Stortford, CM23 3JG.

Private tuition available for all ages and advised for 14 years and over.





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

## Livewire Rock Academy Rocks Dunmow!

Livewire Rock Academy is a Herts/Essex-based music school with outlets in Great Dunmow, Saffron Walden, Bishop's Stortford and Epping. Established in 2009, the school teaches children from 5 years how to play electric guitar, bass guitar and drums. They accept both starter musicians and those with a bit of experience who want to develop their skills.

The unique, fun music lessons last one hour and comprise of a 45 minute tutorial with the specially trained tutors, then for the last 15 minutes of the hour everyone plugs in, turns up and plays songs together! This is a vital part of any budding musician's experience, and Livewire makes sure all the students are joining in with the songs from their very first lesson.

Playing together gives the students confidence with their instrument and puts the lesson into perspective – students can see why they are learning certain skills as soon as they start using them in the songs. Livewire Rock Academy teach songs by classic and contemporary rock and pop bands – everything from AC/DC to the White Stripes, Foo Fighters, The Clash, George Ezra, Royal Blood, Nirvana, Rolling Stones, Red Hot Chili Peppers and many, many more!



The student's skills are regularly put into practice with the live concerts the rock school performs, both at local venues, festivals, carnivals and other local days out.

The school is a great fun, social and interactive way to learn to play an instrument.

To book a free taster session, call manager Simon Baker on 07941 142779 or email [simon@livewirerockacademy.co.uk](mailto:simon@livewirerockacademy.co.uk)

More information is available  
on the website:  
[www.livewirerockacademy.co.uk](http://www.livewirerockacademy.co.uk)





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## Dance & drama

### Dance

#### JCL School of Dance

M: 07753 607 523  
E: julialast8@gmail.com  
W: jclschooldance.webden.co.uk

#### KBD Dance

M: 07305 113 187  
E: katie@kbddance.com  
W: kbddance.co.uk

#### Kate Plummer School of Dance

M: 07832 212 593  
E: kateplum@hotmail.co.uk

#### Tempos Performing Arts

M: 07956 211 909  
E: info@temposperformingarts.co.uk  
W: temposperformingarts.co.uk

### Drama

#### Drama Wise

T: 01223 832 288  
E: frances.wyse@btinternet.com  
W: dramaclases.biz

### Theatre schools

#### Buzzy Bees Sting Performing Arts

M: 07900 735 566  
E: hello@stingperformingarts.com  
W: stingperformingarts.com

#### Graham School of Dance

T: 01279 654 423  
E: info@grahamschoolofdance.co.uk  
W: grahamschoolofdance.co.uk

#### Hyperfusion Theatre Co

M: 07909 960 490  
E: sarah@hyperfusion.co.uk  
W: hyperfusion.co.uk

#### Pauline Quirk Academy

M: 07958 913 456  
E: paula.templeman@pqaacademy.com  
W: pqaacademy.com

#### Pure Rhythm Performing Arts

T: 01799 501 579  
E: sue@purerhythm.co.uk  
W: purerhythm.co.uk

#### Saffron Walden Musical Theatre Company

M: 07799 628 977  
E: swmtcyg@gmail.com  
W: swmtc.net

#### Stagecoach

T: 01799 588 246  
E: saffronwalden@stagecoach.co.uk  
W: stagecoach.co.uk/saffronwalden

#### Sting Performing Arts

M: 07903 192 094  
E: hello@stingperformingarts.com  
W: stingperformingarts.com

## Music

### Choirs, orchestras

#### Cantate Youth Choir

E: info@cantate.co.uk  
W: cantata.co.uk

#### Joyful Noise

T: 01799 520 083  
E: annecass@btinternet.com

**Saffron Walden Town Band**

M: 07779 266 853

E: stephthake@gmail.com

**Sting Choir**

M: 07484 865 763

E: hello@stingperformingarts.com

W: stingperformingarts.com

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

T: 07928 339 310

E: choirmsw@gmail.com

■ **Music tutors**

**Dan Ketteridge (Guitar)**

M: 07862 278 404

E: 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

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

M: 07818 334 592

E: jamesfsax@gmail.com

■ **Music schools**

**Kodaly Classes**

E: info@saffroncym.org

W: Kodaly.org.uk

**Saffron Centre for Young Musicians**

E: info@saffronmusicschool.com

W: saffronmusicschool.com

**St Marys C of E school**

T: 01799 523 384

E: info@st-maryscofe.essex.sch.uk

W: stmaryssw.org.uk

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## 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  
M-F Flexible hours  
Registered child minding setting.  
Extension of PIPS Nursery in Stretthall.  
Ages: 3 months to 3 years.  
After school care from 4-9 years.  
Holiday club with a variety of activities.  
Norland Nurse; NNEB, RSH.

## ■ 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

## ■ 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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**www.applegreenmontessori.co.uk**  
**07788 913444**  
**Apple Green Montessori Preschool**  
**Hockerill Sports & Social club**  
**Beldams Lane, Bishop Stortford CM23 5LG.**

## Boogiewoogies' 10th Birthday

Wow! I can not believe it is Boogiewoogies' 10th Birthday. Where has the time gone?! I set up Boogiewoogies when my boys were just 1 & 3 years old. Having a background in singing and a degree in Psychology, I was keen to somehow combine the two to provide fun musical sensory classes for Parents and Carers to enjoy with their little ones in Saffron Walden (the town I love and grew up in myself) I was working as a Family Support Worker at Fairycroft Sure Start Children's Centre when the lightbulb moment came.

I absolutely love singing and dancing with your littles ones every week and watching them grow from Babies to Preschoolers. I am so incredibly lucky and grateful for all the support I have had over the years and continue to have from local families. I would like to say a big thank you to you all, as I plan on celebrating with you in style, during our first week back this September. If you would like to join us at Boogiewoogies or wish to find out more, including party packages on offer- please do get in touch. Thanks again and best wishes, Sarah x



## 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.facebook.com/boogiewoogies](https://www.facebook.com/boogiewoogies) [www.boogiewoogies.co.uk](http://www.boogiewoogies.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](http://bloismeadowdaynursery.com)

#### Steeple Bumpstead Pre-School

Ages: 2½-5; Manager: Carol Bradley  
T: 07376 079254; W: [sbpsp.co.uk](http://sbpsp.co.uk)

### ■ Strethall

**Pips Nursery;** Ages: 3 mths-3 yrs  
Head: Pippa Doherty; T: 01799 522782

### ■ Thaxted

#### The Barn Nursery, Barn Kids

Ages: 3 mths-5 yrs; Head: Claire Simpson

T: 01371 831262

E: [info@thebarnnursery.co.uk](mailto: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](mailto:westwood@mymontessori.org.uk)  
W: [westwoodmontessori.co.uk](http://westwoodmontessori.co.uk)

### Windmill Pre-School

Ages: 2½-5yrs Contact: Anne Guney  
T: 01371 831457  
E: [windmillpreschoolthaxted@gmail.com](mailto:windmillpreschoolthaxted@gmail.com)  
W: [thewindmillpreschool.co.uk](http://thewindmillpreschool.co.uk)

### ■ Wendens Ambo

#### Wendens Ambo Pre-School

Ages: 2-5; Head: Sara Herring  
T: 07543 651343  
E: [manager@wendensambopreschool.co.uk](mailto:manager@wendensambopreschool.co.uk)  
W: [wendensambopreschool.co.uk](http://wendensambopreschool.co.uk)



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For our full timetable and to book visit:  
[www.jojingles.com/westsuffolk/timetable](http://www.jojingles.com/westsuffolk/timetable)  
or contact Carole at 07485 721393 [westsuffolk@jojingles.co.uk](mailto:westsuffolk@jojingles.co.uk)

## Monday

### Dunmow Baby Club Ltd.

The Maltings Museum, Dunmow  
10-11am Developing young minds  
through baby massage, baby  
sign & Montessori based  
sensory play.

E: [hello@dunmowbabyclub.co.uk](mailto:hello@dunmowbabyclub.co.uk)  
W: [www.dunmowbabyclub.co.uk](http://www.dunmowbabyclub.co.uk)

### Toddler Steam

Saffron Walden 9:30am  
Free STEAM (Science, technology,  
engineering, art and maths) sessions for  
babies and toddlers. M: 07708 157326  
IG @sandrattoddlersteam

### 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: [claireneville@sweatymama.com](mailto:claireneville@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

Fitch 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](mailto: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

### Baby Massage Herts

Bishops Park Community Centre  
11:30-13.00  
Offers baby massage, baby yoga,  
pregnancy yoga and post-natal yoga  
both virtually and in-person.  
M: 07944 416572  
E: [pennybrown1@hotmail.com](mailto:pennybrown1@hotmail.com)  
W: <https://www.babymassageherts.co.uk>

### Mini Mindfulness outdoors.

9.15 – 10.15 a.m. Term time.  
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)

### Tappy Toes

South Mill Arts, South Road, Bishop's  
Stortford. 9.30-10am Tot Toes (2.5-5 years)  
10.15-10.45am Toddle Toes (walking to 2.5  
years) 11-11.30am 6 months to walking  
Multi award winning baby and toddler  
dance and movement classes. Tappy  
Toes is a fun and engaging class using a  
variety of upbeat music, colourful props  
and musical instruments. Give your child  
a head start with a Tappy Toes class.  
T: 01279 718216 E: [info@tappytoes.com](mailto:info@tappytoes.com)  
W: [tappytoes.com/toddler-classes-bishops-stortford](http://tappytoes.com/toddler-classes-bishops-stortford)

## 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)

### Boogiewoogies

United Reform Church, Saffron Walden  
from 9:30am. Unique music and  
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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)

### Wonder of Why

Education prep for school or nursery  
The Wonder Barn, Much Hadham,



classes run in 6-week blocks

T: 07866 45759

W: [www.wonderofwhy.co.uk/consultations](http://www.wonderofwhy.co.uk/consultations)

### **Ruggerbugs Saffron Walden**

Teaches basic Rugby skills and movement for babies and toddlers. Saffron Walden, Dunmow and Bishops Stortford 9:05-11:15

T: 01279 797777

E: [andyp@ruggerbugs.co.uk](mailto:andyp@ruggerbugs.co.uk)

W: [www.ruggerbugs.co.uk](http://www.ruggerbugs.co.uk)

### **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. T: 07415 945195

W: [www.kidslingo.co.uk](http://www.kidslingo.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. M: 07485 721393 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. T: 07415 945195

W: [www.kidslingo.co.uk](http://www.kidslingo.co.uk)

#### **Mini Mindfulness Outdoors**

Noakes Grove Nature Reserve, Sewards End, Saffron Walden 9:15-10:15

Playing, interacting and exploring in nature via all 6 senses. Sessions end with learning calming and settling methods for the whole family. M: 07966 579345

E: [nikkisammons.co.uk](mailto:nikkisammons.co.uk)

W: [www.nikkisammons.co.uk](http://www.nikkisammons.co.uk)

#### **Happy Toes**

Bishop's Stortford dance class

Ages from 6months - 5 years

T: 01279 718216 E: [info@tappytoes.com](mailto:info@tappytoes.com)

W: [www.tappytoes.com/franchisees/toddler-classes-bishops-stortford/](http://www.tappytoes.com/franchisees/toddler-classes-bishops-stortford/)

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Email: [themusicalbox.elmdon@gmail.com](mailto:themusicalbox.elmdon@gmail.com)

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Tel: 01279842614 Oudle Lane Much Hadham Hertis SG10 6DQ

## Antenatal and postnatal

### Mummy MOT

A woman's health check with physio  
Contact: Fiona,  
M: 07757 609091  
E: hello@fionaolearlyphysio.co.uk  
W: www.fionaolearlyphysio.co.uk

### Hypnobirthing

Birth Easy with Georgia  
Bishop's Stordford  
T: 07919 158070  
E: georgia@birtheasy.co.uk  
W: www.birtheasywithgeorgia.co.uk

### Born to Birth.

Hypnobirthing and caesarean section  
classes. T: 07828 866198  
E: ellie@borntobirthcompany.com  
W: www.borntobirthcompany.com

### Children's Centres

**Conkers Children's Centre**  
Cathodoeon 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

### Fairycroft Children's Centre

T: 01799 521602  
W: www.essexcentre.info/Fairycroft

### Accuro

Supporting young people with disability in  
West Essex  
T: 01279 870297  
W: www.accuro.org.uk

### Herts Family Centres

T: 0300 123 7572  
W: www.hertsfamilycentres.org



### What we do

Utlesford Foodbank provides seven days' worth of emergency food and essentials to those in crisis across the whole of Utlesford. 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 Utlesford Foodbank, please call Utlesford 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 [utlesford.foodbank.org.uk](http://utlesford.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@utlesford.foodbank.org.uk](mailto:info@utlesford.foodbank.org.uk).  
Facebook: [utlesfordfoodbank](https://www.facebook.com/utlesfordfoodbank)  
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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

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The Good Schools Guide, 2021



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