

South Woodham Ferrers

CECO EXCELLENCE:
Woodville Primary School
Celebrates National
Accreditation

Latest book reviews

**Interview with Paul J King -
Funeral Directors**

Competitions

Property of the Month

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Issue
12

FREE



To view the full menu
ourtownswf/menus

WOODHAM FISH BAR

FISH

Cod	Medium £9.50 Large £11.00
Cod Bite (3pcs)	£7.50
Rock	£9.90
Haddock	£9.90
Skate	£13.00
Legend Box (Cod)	£15.00
Cod & Chips with creamy garlic sauce, coleslaw, onion rings & lemon	
Legend Box (Haddock)	£15.00
Haddock & Chips with creamy garlic sauce, coleslaw, onion rings & lemon	
Legend Box (Rock)	£15.00
Rock & Chips with creamy garlic sauce, coleslaw, onion rings & lemon	
Scampi	£8.00
Fish Cake	£3.00
Calamari (3pcs)	£5.00
Cod Roe	£3.50
Chips	Medium £3.50 Large £4.50
Peri Chips	Medium £4.00 Large £5.00
Chips Roll	£4.50



SAUSAGE

Sausage	£2.80
Battered Sausage	£2.80
Saveloy	£2.80

PIES

Chicken & Mushroom	£4.00
Stake & Kidney	£4.00
Minced Beef & Onion	£4.00
Spring Roll	£2.90



FRIED CHICKEN

1 Pcs Fried Chicken	£2.00
2 Pcs Fried Chicken	£3.50
3 Pcs Fried Chicken	£5.00
4 Pcs Fried Chicken	£6.50
5 Pcs Fried Chicken	£8.00
Make it Meal (Chips & Drink)	£3.90



HOT WINGS

4 Pcs Hot Wings	£4.00
6 Pcs Hot Wings	£5.50
10 Pcs Hot Wings	£8.50
Make it Meal (Chips & Drink)	£3.90

CHICKEN STRIPS

4 Pcs Chicken Strips	£5.00
8 Pcs Chicken Strips	£9.00
12 Pcs Chicken Strips	£14.00
Make it Meal (Chips & Drink)	£3.90



NUGGET CHUNKS

6 Pcs Nugget Chunks	£6.00
12 Pcs Nugget Chunks	£10.00
Make it Meal (Chips & Drink)	£3.90

POPCORN CHICKEN

10 Pcs Popcorn Chicken	£5.00
20 Pcs Popcorn Chicken	£8.00
Make it Meal (Chips & Drink)	£3.90



BURGERS

1/4 Pounder Burger	£6.00	£6.50
Large beef patty & burger sauce		
1/2 Pounder Burger	£9.00	£9.50
Large beef patty & burger sauce		
Chicken Fillet Burger	£6.50	£7.00
Chicken fillet & sauce		
Woodham Stacker		£9.90
Chicken fillet, Ham, Bacon, Cheese, Onion & Mayo		
The Flamer	£6.50	£7.00
Spicy chicken fillet with spicy sauce and lettuce		
Halloumi Burger		£6.00
Lettuces, tomatoes & mayo		
Veggie Burger	£6.00	£6.50
Lettuces & mayo		
Add Halloumi		£2.00
Add Fried Onion		£0.50
Add Mushroom		£0.50
Add Pineapple		£0.50
Make it Meal (Chips & Drink)		£3.90

LUNCH-DEAL

Available from 11.30 to 1.30pm

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& Chips

£9.90



1/4lb Cheese
Burger & Chips

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Burger & Chips

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5pcs Cod Bites
& Chips

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2pcs Chicken
& Chips

£5.00



Any Sausage
& Chips

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AFTER SCHOOL

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1pc Chicken
& Chips

£4.00



3pcs Nugget
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3pcs Chicken
Strips & Chips

£4.00



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& Chips

£4.00



1 Kid Burger
& Chips

£4.00



Any Sausage
& Chips

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2 Pot of Sauces
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Sharing #3

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2 Chips, 3 Pot of Sauce,
Bottle of Drink

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Sharing #4

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Bottle of Drink

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Thursday	14:00 – 23:30
Friday	12:00 – 12:00 midnight
Saturday	12:00 – 12:00 midnight
Sunday	14:00 – 23:30

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WELCOME

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OUR TOWN BLOG

Hi everyone,

Quite a lot has happened over the last month. We were issued a Red Heat Health Alert, which came into effect on 24 and 25 June 2026. As a result, many events were cancelled, so it is always best to check with organisers directly in situations like this to make sure events are still going ahead. We also have lots of advice on our website to help you stay cool and safe during these extreme temperatures.

Another big event taking place is the World Cup, with plenty of ups and downs for the England team. Fingers crossed for their continued journey into the next rounds!

You may have noticed some of the Facebook and Instagram posts we have been sharing on behalf of our business partners. This is something included within our pricing packages. Some of our partners do not always have the time or confidence to manage their own social media, so we can take care of this for them — helping them get even more promotion and value for their money.

Please keep sending in your photos! This month's theme is South Woodham Ferrers, and the competition is open to everyone. If we receive enough entries, we may even look into producing a calendar for next year. Don't forget to keep sending in your photo captions too, and enjoy reading last month's entries.

A big shout-out to SWF Men's Shed, who recently held their AGM. You can catch up with all the details on page 22. However, they are still looking for more people to step forward and help run their community hub. If you can spare some time, please get in touch with them.

The South Woodham Ferrers Community Hub also has Citizens Advice Voluntary Advisers available at all the sessions listed on page 14, so do take a look if you need any support or advice.

Do you have any views on the Mobile Breast Clinic? Many of you have said you would like to see it reinstated. Take a look at the letters page and let us know your thoughts.

Don't forget to check out the latest book reviews from The Book Nut, along with our weekly updates on the website.

If you would like to get in touch, please contact us by email, message, or phone.

Thank you for your continued support.

e: info@ourtownmagazine.co.uk

t: 01245 203123

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Wednesday	9.00am - 7.00pm
Thursday	9.00am - 7.00pm
Friday	9.00am - 7.00pm
Saturday	8.00am - 6.00pm
Sunday	10.00am - 4.00pm

BABIES FIRST HAIRCUT IS FREE

Price List:

HAIR CUT & HOT TOWEL	£7.50
HAIR CUT, SHAVE & HOT TOWEL	£20.00
CHOP & LUNCH	£15.00
SHAVE	£7.50
BEARD TRIM	£10.00
HAIR CUT, SHAVE & HOT TOWEL	£20.00
SHAVE & HOT TOWEL	£10.00
HAIR CUT & SHAVE	£10.00
HAIR CUT & SHAVE	£10.00
BEARD TRIM	£10.00
BEARD LINDING	£10.00
THREADING	£10.00
HAIR WAX	£5.00
HAIR TOWEL & SHAVE	£20.00
FACE MASK	£10.00

May's Competition Winners

CAPTION CORNER - WHAT A FANTASTIC ENTRY SEE BELOW!

Out Clubbing - Phil Armand

Balls Away - Claire Ridgwell

Decided to go for the 'water hazard' look today. Hope my swing is as good as my fashion sense! - Kaylen Burton

Somewhere out there, a dolphin just yelled 'FORE!' - Jayne Harrington

The best chip in South Woodham Ferrers? - Chris Breen

A PAR TO FAR - David Ashton

I'll be swinging when I'm winning - Daniel Ashton

Oops!! It's gone the wrong way! - Brian Ashton

Up up and away! - Frances Ashton

Trying to hit these floating balls is a nightmare - Paul Barry (Winner)

Best get out of here before Nessie comes! - Rosie Shurmur

Ok ball, if you fancy a swim, that's fine - Sue Nichols

Oh no! The lake! - Natalie Park

My caddie has started handing me armbands! - Liz Baker

Fore! And maybe shore! - Gareth Clark

At least the fish are impressed! - Sophie Pierson

Golfing on the edge...literally! - Sam Clark

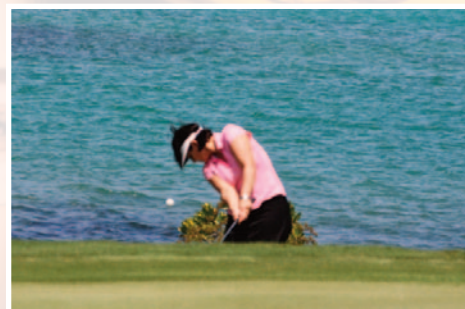
I came. I swung. I searched for my ball - Laraine Clark

Golf: where you pay good money to get frustrated in beautiful places - Darren Butcher

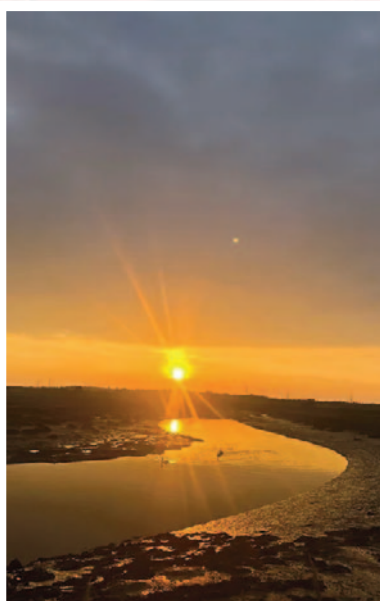
Paul Barry - Winning caption - Trying to hit these floating balls is a nightmare!

Emily Taylor - £20 winner photo competition

Christine Walker - £10 second prize photo competition



May's Caption Photo



Winner - Emily Taylor



Second place - Christine Walker



**For more competitions
see page 30**

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**SOUTH WOODHAM FERRERS
TOWN COUNCIL**

UPCOMING EVENTS SUMMER 2026

**11
JUL**



COUNTRY & WESTERN FAYRE

This year, we're bringing the party to William De Ferrers Playing Field. Get ready to dust off your cowboy hats and boots... because this year's theme is a Summer Hoedown you won't want to miss!

**14
JUL**



HEART OF THE COMMUNITY

We're delighted to introduce Heart of the Community, a brand-new quarterly event bringing together local groups, organisations, charities, support services and residents at Champions Manor Hall.

**29
JUL**



PLAY IN THE PARK

With sunny weather on the way, why not make the most of it with some free outdoor fun for the kids? Join us at Saltcoats Park for "Play in the Park" – a fantastic day with an inflatable Pirate Galleon funded by your Town Council for local families to enjoy.

**03, 10, 24
AUG**



FAMILY FUN AT THE POOL

Come and enjoy a Family Fun Session in the pool at SWF Leisure Centre. These will be bookable slots but free to attend. More information will become available nearer the time.

**ALL
THURS
AUG**



FUN AT CHAMPIONS

Our Summer programme starts on Thursday 6th August and every Thursday through August 2026. 1-3pm at Champions Manor Hall.

**17
AUG**



INFLATABLE FUN AT THE POOL

Come and enjoy an Inflatable Fun Session in the pool at SWF Leisure Centre. All participants to be over 8 and pass a swim test of 25m. These will be free to attend bookable slots. More information will become available nearer the time.

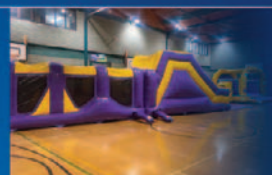
**18
AUG**



PLAY IN THE PARK

With sunny weather on the way, why not make the most of it with some free outdoor fun for the kids? Join us at Saltcoats Park for "Play in the Park" – a fantastic day playing Dragon Ball funded by your Town Council for local families to enjoy.

**07 & 28
AUG**



OBSTACLE & BOUNCY CASTLE SESSIONS

Join us for an exciting session featuring an inflatable obstacle course and a bouncy castle at SWF Leisure Centre! While slots will be available for booking, attendance is completely free. Stay tuned for more details as the event approaches.

Please keep an eye out for more details of each event on our social media pages, website, town notice boards, or in the Focus and Our Town publications.

FOR MORE INFO:

01245 321817

www.southwoodhamferrestc.gov.uk



PROPERTY OF THE MONTH



130 Inchbonnie Road, South Woodham Ferrers, CM3 5ZW

OIEO £575,000

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- It is the third floor however where this house really shines, offering a Parents Paradise, with a large Master bedroom attached to a large dedicated dressing room and en-suite bathroom, with a further double bedroom to use as desired. Enjoying a popular and convenient location with integral garage, off street parking and a low maintenance rear garden. The layout of this impressive family home is highly conducive to a variety of lifestyles and larger family requirements and early viewing is recommended to avoid disappointment.



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SOUTH WOODHAM RESIDENT LAUNCHES COMMUNITY FITNESS MOVEMENT WITH A SIMPLE MESSAGE: "SHOWING UP IS ENOUGH"

A South Woodham Ferrers resident is on a mission to help people rediscover fitness without the pressure, intimidation, or expectations often associated with traditional exercise.

Wes Chimmunchlam, founder of Motiv8 Fitness Community, has launched a new outdoor fitness community built around one simple belief: Showing Up Is Enough.

The community-based sessions are designed for people of all ages, abilities, and fitness levels. Whether someone is taking their first steps towards becoming more active, returning after a break, or simply looking for a welcoming group to exercise with, Motiv8 aims to create a space where everyone feels they belong.



"Fitness can be intimidating for many people," said Wes.

"Over the years I've met so many people who think they need to get fit before they start exercising, but that's completely backwards. We want people to know they don't need to be fit to join us. They don't need expensive gym memberships, fancy kit, or experience. They just need to show up."

Motiv8 Fitness Community has already attracted local residents from a wide range of ages and backgrounds, creating a supportive atmosphere that focuses as much on community and connection as it does on exercise.

Sessions combine simple, scalable exercises with encouragement, laughter, and team spirit, ensuring everyone can work at their own level.

The business has grown quickly since launching, with early membership packages already being snapped up and plans underway to expand into additional Essex locations including Chelmsford, Maldon, Wickford, Rayleigh and Stanway.

For Wes, however, the mission remains simple.

"We're not trying to create the fittest community. We're trying to create the most welcoming one. If someone leaves feeling happier, more confident and excited to come back next week, that's a win for us."

How To Join

Motiv8 Fitness Community sessions currently take place in South Woodham Ferrers.

Everyone is welcome regardless of age, fitness level or experience.

For more information, session times, or to join the community:

Email: wez@motiv8fitnesscommunity.com

Facebook: Motiv8 Fitness Community

Instagram: @motiv8fitnesscommunity

Showing Up Is Enough.



CHILDREN'S PARLIAMENT' EVENT AT COLLINGWOOD SCHOOL



Town Mayor Bob Massey with MP Sir John Whittingdale with pupils from Collingwood School

On Friday 12th June the Town Mayor, Cllr. Bob Massey was delighted to be invited to a 'Children's Parliament' event at Collingwood School.

The event was part of a campaign to commemorate the murder - nearly five years ago - of Southend MP David Amess; he was accompanied by our Town's MP, Sir John Whittingdale and former Southend MP Anna Firth.

The objective of the afternoon was to elect two pupils to represent Collingwood School at the Children's Parliament.

The Children's Parliament seeks to place young people at the heart of democracy, giving primary-aged pupils a meaningful voice and early experience of debate, participation and public life.

As he arrived, pupils were casting their votes for their preferred candidates, who had each prepared excellent campaign videos.

The Town Mayor was honoured to act as returning officer and announce the results and the successful candidates, along with their peers from other primary schools around South Woodham, made their formal declarations.

Eleanore Stapleton (Yr 4) was elected MP for Collingwood School, and Jenson Cooke (Yr 5) her Deputy.

It was a wonderful afternoon, and a great introduction to the principles and processes of our electoral system.

The Town Mayor wishes every success to all the elected representatives, and looks forward to following their future political careers.

For more information check the website here:
<https://childrensparliament.uk/>

https://www.southwoodhamferrerstc.gov.uk/_VirDir/Content/News/Display.aspx?id=84713





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The Healthy Mind Hub offers free, welcoming spaces across Mid and South Essex where you can connect, reflect, and grow. Whether you're looking to reduce isolation, make new connections, explore what is available to you in your community or engage in our meaningful activity programme is designed around what matters to you.

The six-week programme builds on the 5 steps to mental wellbeing

1. Friendly peer support
2. Workshops and activities
3. Discover local projects, services and groups
4. Accessible venues in your local area, or join an online group
5. Pathways into volunteering, employment, and further support

Run by your local independent charity for mental health and wellbeing, Trust Links, our friendly staff and volunteers are here for you. Want to get started? Check out the 'Trust Links: Wellbeing App', which is free to download now!

No referral needed. Just reach out and start your journey to better mental health.

Let's build a healthier, more connected community. Together.

You can register to become a Trust Links member and access the Healthy Minds Hub by completing an adult registration form using the link below. A project worker will contact you to find out about your needs, and link you into support that is right for you. Go to <https://www.trustlinks.org/referrals/> and click on 'Healthy Mind Hub'





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Dr John Cormack recently wrote to NHS England (re: Whatever happened to the Mobile Breast Screening Unit Ref. issue 10) and this is the Q&A below:

QUESTIONS: The mobile breast screening unit which used to regularly visit the town hasn't been seen for some considerable time and I have been told that it has now been cancelled. Is this correct? If so, given that an undertaking was given that all existing services would be retained when the healthcare facilities in SWF were 'reorganised', what plans are there to resurrect the service and what is the timescale for this?"

DECISION: NHS England holds some of this information. The Chelmsford and Colchester Breast Screening Service has been trying to find an appropriate site in South Woodham Ferrers for the mobile breast screening unit. So far, the team has not been able to find a site which both meets their requirements and which they have permission to use. The mobile unit is 12.1 metres long and takes up about five parking spaces, and a further two parking spaces are needed for staff. The Service would have to install electrical and water connections for the mobile unit. The Service would need to be able to stay in place for about three months every three years. Because of the lack of a suitable site, this year, they have had to invite women to be screened either at Broomfield Hospital or at the mobile unit at the Chelmsford Sports and Athletics Centre. Breast screening is commissioned by NHS England and would not have been part of a reorganisation of healthcare facilities in South Woodham Ferrers. The site that was used three years ago is no longer suitable. The Service has continued to look for a suitable site in South Woodham Ferrers, but there are no timescales at present for when one might be found. Essex ICB has flagged their concerns about this situation to NHS England and the issue remains under active review. Further information would be held by Essex ICB, whom you would need to request this from directly.

We have also had two readers letters on the subject. To recap:

Hi Wendy

In a recent issue of Our Town, Dr Cormack wrote about the loss of the mobile breast screening unit from the town centre, which has resulted in a number of women being unable to access potentially life saving screening. Having been invited to attend a breast screening appointment myself at Broomfield hospital recently, I found that the round trip from my home to the hospital by bus (recommended by the hospital due to difficulties in parking) would take five hours.

I rang the screening department and asked if there was a closer location I could attend because of the difficulties in attending Broomfield by bus, and was offered Witham or Colchester! The practitioner advised that another option, which some women had taken because of transport problems, would be to defer the appointment until an alternative site for the mobile

unit was found in SWF, but she was not hopeful of this happening as talks had already been ongoing for 3 years. When I expressed concern that women were being denied potentially life saving screening because of inadequate provision in SWF, she suggested that it would help them to do what they had been trained to do if I added my voice to the people who are already campaigning to get the breast screening unit returned to South Woodham Ferrers. - Anon

and

Hi Wendy,

I was pleased to see that Dr. John Cormack has highlighted the disappearance of our breast screening unit.

I clearly remember the town meeting where the proposal to move all GP services to the new CVMC was discussed. Promises were made that we would have better access to services without having to travel so far.

I drive for the local Community Care Scheme, I have spoken to a number of ladies who have received appointments for the screening unit in North Melbourne, Chelmsford.

The ladies had no idea where North Melbourne is and were disappointed to discover that you cannot get there easily on public transport from SWF. - Anon

Resident Christina Booth wrote to SWF Sainsbury's and got the following reply:

Dear Christina,

Thank you for your email. I am responding on behalf of Simon Roberts.

Sainsbury's is committed to making a positive difference in our local communities and, as you can imagine, we receive a high volume of requests each day.

Please note that support of this nature is at store discretion. As you have already spoken with the Sainsbury's South Woodham Ferrers store, we are unfortunately unable to provide any further support with your request.

I am sorry not to be able to share more positive news on this occasion.

Kind regards,

*Katie Powell | Executive Office, J Sainsbury plc 33 Charterhouse Street London EC1M 6HA
katie.powell@sainsburys.co.uk*

Since then Dr Cormack has received another reply to his 'Freedom of Information' requests.

Freedom of Information Request 11797

OUR RESPONSE: There have been ongoing difficulties in securing a site in South Woodham Ferrers for a while.

We have engaged with estates, QA, the ICB and the Town Council to identify a suitable site, but no site has yet been confirmed. Discussion has taken place with local supermarkets, who have been unable to support provision of a site and with two GP practices who were unable to help.

Further discussions are planned with the Town Council and GP practises to explore potential options for a suitable site either within or near a GP surgery.

In the meantime, screening for South Woodham Ferrers women is being provided in Chelmsford 10 miles away.

We are now not due to be in South Woodham Ferrers for another three years, so hopefully will be able to find a solution before our next visit.

FOI Team, East Suffolk and North Essex NHS Foundation Trust. FOI@esneft.nhs.uk

Dr Cormack is writing back to both to raise the following points:

"You say: "The Chelmsford and Colchester Breast Screening Service has been trying to find an appropriate site in South Woodham Ferrers for the mobile breast screening unit" for the past three years. With respect, it doesn't seem to have been trying very hard.

The residents were given an assurance that ALL the facilities that were provided in the town centre would transfer to the new premises on the periphery of the town - no matter who or what commissioned them. Moreover the GPs (me included) repeatedly emphasised the importance of providing a suitable bay as part of the new CVMC premises. Travel to the distant locations you describe is NOT a satisfactory solution.

It is obviously totally unacceptable to deny SWF this service for a further three years. It seems that the residents of SWF are being penalised for the inadequacy of those making the decisions and holding the purse strings.

You say: "The site that was used three years ago is no longer suitable." It's no longer suitable because it was sold off for a pittance to the private sector - without a public consultation and in contravention of [the wishes of the residents as expressed in a survey that preceded the sale](#). It has left a large proportion of the elderly population who moved to properties within easy walking distance of what was the central 'health hub' (including the town centre Health Clinic) finding it [much more difficult to access primary healthcare than hitherto](#).

To blunder into a situation like this emphasises the fact that the whole process was not well thought through either by the NHS decision makers or those involved in the planning process."

Given that you don't appear to have got a grip on the situation, here are two videos: a rough and ready [video made while the unit was in the Health Clinic car park](#) (skip the advert) shows the size of the unit and the connections needed - and [a recent video showing possible sites for the Mobile Breast Screening Unit](#) (including the Fire Station where there is [a precedent for provision of health services](#))"

+++

It's important that the town gets behind this project. So have your say and let us know your thoughts. We must not let this drift on indefinitely. - Editor

The text highlighted in blue are links that are fully accessible in the article posted on the online magazine www.ourtownswf.co.uk

M&A FOOTBALL ACADEMY
SOCCER SCHOOL

MONDAY 3RD AUGUST	TUESDAY 4TH AUGUST	MONDAY 10TH AUGUST	TUESDAY 11TH AUGUST
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SOUTH WOODHAM FERRERS COMMUNITY HUB



More Community Café sessions! Come for company and a chat

Citizens Advice Voluntary Advisers will be present at all the sessions listed below. SWF Health & Social Care Group will always be present to help. We will announce the attendance of other organisations as they are arranged.

**citizens
advice**

SWF Community Café at the SWF Community Hub, 19 Woodham Halt, South Woodham Ferrers, CM3 5JB, has the following sessions from 1330 to 1600 on:

- Tuesday 14 July
- Tuesday 21 July
- Tuesday 28 July
- Wednesday 5 August
- Tuesday 11 August
- Tuesday 18 August
- Tuesday 25 August

Come along for a cuppa and chat. As well as SWF Health & Social Care and SWF Creatives, a social prescriber and other advisers will be there sometimes. These sessions are free and open to anyone who'd like some community time. Hot and cold non-alcoholic drinks and biscuits will be available. There'll also be a couple of volunteers there. Any representatives of other support organisations, offering advice, guidance and support, will be very welcome.

Please come and tell us what you want at and from this new concept of a Community Support / Guidance Café? What sort of support and guidance would you like to be present and available? What sort of community activities would you like to enjoy? This is your space and facility. We want this to develop in terms of frequency and activities. We look forward to seeing you.



CAR BOOT SALE



**Sunday 12th July 2026
from 10:30am**

**Morris Farm, Woodham Road,
STOW MARIES, CM3 6SD**
[what3words – [forgot.racing.lawns](https://www.forgot.racing.lawns)]

Sellers' cars - £10 each
Sellers' vans/car+trailer - £15 each
**(Gates open for sellers @ 8:30am –
pitch reservation not required)**

Buyers - £1 per adult

Refreshments available. Toilets on site.

For further details visit: <https://www.stowmaries-village.org.uk>

Proceeds to St. Mary & St. Margaret Church & The Smythe Hall, Stow Maries

Do you need a venue for an event or children's party?

To book The Smythe Hall, Stow Maries from £15, visit the
above website or email: Tifftoff2@hotmail.com

**Bradwell-on-Sea
Flower Show
& Dog Show**

SATURDAY 1 AUGUST 2026

Bradwell-on-Sea Village Hall
1:00 - 5:00 PM

CONTACT DETAILS

01621 776588

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

Facebook [Bradwell-on-Sea Flower Show & Dog Show](https://www.facebook.com/bradwellonseafflowershow)

<https://e-voice.org.uk/bradwell-on-sea-flowershow/>



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THE BEST BOOKS FROM JUNE

by Hazel Murrell

I hope you have all been enjoying the glorious weather that June offered. We have certainly had a wonderful time in our bookshop getting to know our local readers and book-lovers. Some of the highlights have included the first meeting of our monthly book club who enthusiastically discussed 'The Names' by Florence Knapp, a book I would thoroughly recommend to all readers. We also held our first author evening with local writer Michelle Harrison as she shared her new adult thriller with us 'Two Little Liars', a fantastic and eerie mystery set on 'Blackwater Island' (a nod to Osea Island). We are also enjoying our art group and silent reading socials, opportunities to meet new people and talk about our love of stories. We even had the wonderful B A Paris kindly pop in to sign copies of her books before she held a successful and popular talk at our town library.

Our community loves a good story, and that is evident from my daily conversations over the counter. So let us look back at some of the best books that have been published in the month of June. You might find your next read amongst them.

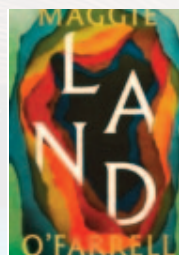
Children's book sees the arrival of a new series, **'Bone Head: Guardian of the Underworld' by Jamie Gregory (9780702348822)**. The beginning of a brilliant new series that will appeal to fans of Bunny Vs Monkey and the Loki book series. Bone Head promises to be engaging for even the most reluctant of readers. With two-colour illustrations throughout we follow Bone Head (aka Demise) who is trying to impress his boss, Hades. Unfortunately, his attempt to get noticed backfires disastrously and he is demoted to dog-sitting duty for Cerberus, the three-headed dog of the underworld. What could possibly go wrong.



In adult books we have seen **'The Artist' by Lucy Steeds come out in paperback (9781399819589)**. This award-winning book takes the reader to sun-drenched Provence in the 1920s where reclusive painter Edouard Tartuffe resides in a remote farm house with his visiting niece Ettie. Aspiring journalist, Joseph, is invited to visit and is determined to make his name by interviewing the great Artist, however in the sweltering heat of the summer and the darkness of the warm nights, secrets are uncovered. A phenomenal book and perfect for reading in the summer sun.



Also, a new book from the popular writer of 'Hamnet', **Maggie O'Farrell brings us her new historical fiction, 'Land' (9781472289087)**. This is a haunting and atmospheric story set in



1865 shortly after the Great Hunger, when a father and son work on the great Ordnance Survey project to map the whole of Ireland. Determined that his maps will be a record of the disaster, Tomás and his family find that their lives are forever changed by an unsettling encounter in a copse. It falls to his ten-year-old son to finish the mapping before the British Soldiers arrive, and get them both home.

Fresh from winning the Women's Prize this month, **'The Correspondent' by Virginia Evans (9781405971553)** is out in paperback. A story about a 73 year old lady who is always writing letters, despite slowly losing her sight, she writes to family, friends, her doctor, favourite authors, a journalist. Her correspondence are witty and rich with everyday concerns. However, there is one letter that she has never sent and to do so, Sybil must find forgiveness within herself. The reader is taken through the story told through the letters making it engaging and memorable.



Freida McFadden has had a busy few weeks, with the paperback release of 'The Divorce' and now the novella 'The Housemaid's Wedding' (9781628861891). From this popular and bestselling author comes a short story that is set between The Housemaid's Secret and The Housemaid is Watching. The main character is engaged and will be getting married in just a few short hours. However, someone does not want her to live long enough to say her vows. Including exclusive content from McFadden's upcoming book, this is not to be missed.



And finally, in non-fiction we have **'A British Childhood: How our Children Live Now' by current Children's Laureate, Frank Cottrell-Boyce (9781035080755)**. He travelled the country, meeting children and young people where they were: in schools and libraries, in young offenders' institutions and prisons, many of them living in extremely precarious conditions. As he met these children, he began to reflect on stories from his own childhood and on children's lives in Britain during his lifetime – the imaginative connections we make and the sense of community that are so vital to our future adult selves. It is at once a searing condemnation of our failure to look after the nation's most vulnerable citizens, and a call to arms to all of us to protect the innocence, and the imagination, of childhood.



Take a look at the Our Town Website for weekly book updates, or pop into The Book Nut where we are regularly taking deliveries of newly published books.

Until next time, happy reading.



WFSC SUE NEWBY CLUB CHAMPIONSHIPS



We decided to dedicate our annual Club Championships event to Sue Newby, our Club Secretary, who sadly passed away in August 2025.

The event saw over 40 of our junior members take part, there were a mix of individual races and team relay events. We had lots of fun, with great swims and good laughs! Well done to our swimmers and thank you to all of our volunteers, we couldn't run these events without you!

BPSC Dave Warinner meet (photo above)

Well done to our swimmers that attended the Dave Warinner meet hosted by BPSC!

Lots of great swimming, PBs and even some Winter Championships qualifying times.

A big well done to Sonny for carrying on with his 200m Freestyle after losing his goggles!

SENIOR'S COACH TRIP TO TIPTREE JAM



The Senior's Coach Trip to Tiptree Jam Factory and Tearoom on Sunday 7th June 2026 was very fortunate with the weather and everyone had a great time.

The Deputy Mayor, Cll.r Lisa Kelly as always made the journey fun with games like bingo.



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PAUL J KING FUNERAL DIRECTORS INTERVIEW - Part 1

Meet Paul King, a professional funeral director with a passion for his profession serving South Woodham Ferrers and the surrounding areas. A family business offering compassionate support when you need it most. Providing professional funeral services with dignity, care, and respect for every family.



What is your journey into how you became a Funeral Director in South Woodham Ferrers?

My family have been involved in our profession since 1832, possibly before, as builders and undertakers. When I left school I did my apprenticeship with a local builder and Funeral Director, albeit on the building side, qualifying as a bricklayer.

I then moved into funerals and monumental masonry with the Co-op but could see the opportunity of offering a more bespoke and personal offering. I looked at various towns to start and chose South Woodham Ferrers in 1995

What attributes do you think you need to be a good Funeral Director?

Be committed to putting others first- plus being empathetic and a willingness to serve families on the hardest journey of their life

How has the funeral industry changed in recent years, especially with shifts in memorial preferences or eco-friendly requests?

The profession has changed vastly in recent years, from the DIY funerals in the early 90's, followed by Green burials, and now Direct Cremations. However, the traditional send-off is currently by far the most popular way of celebrating a life.

Funerals can be very expensive? What is the average price now for a traditional burial?

The average traditional funeral is around £4,000 - £5,000. The cost of the actual grave is outside our control and ranges from a few hundred pounds up to several thousands depending where the grave is. Typically, within the London Boroughs where we sometimes go they are tens of thousands.

Are you finding that people are tending to opt more for direct funerals now because they are cheaper?

20% of the nation's funerals are now Direct Cremations where there is no service or attendance of families. They are low cost but the choice to do this type of funeral is rarely just about saving money. It is a big topic that has different views. Personally, a funeral is a way of closure for those left behind, this extends beyond the immediate family but is also for friends and neighbours too.

What are the advantages or disadvantages of direct funerals to traditional funerals?

Advantages are that they are cheaper and there are no choices for a family to make, they don't have to think about favourite music, coffins, flowers etc. Direct Cremations normally take place very early in the morning when there is more availability at crematoria.

Disadvantages are that some national providers advertise on television and tell a story that is very much misleading and the deceased travels a long way to be cremated. This gives local funeral directors less opportunity to explain the exact process that direct cremation follows.

For the bereaved the main disadvantage is no opportunity for proper closure – the coming together of friends and family to support them. I appreciate people don't want to go to a funeral, but it serves a much-needed opportunity to say goodbye. We have yet to learn what the long-term effects on the bereaved might be.

Do you believe in life after death?

Not entirely sure either way. I would like to think there is something beyond this life.

Could you tell us what your routine is on the day of a funeral?

My day generally starts around 6.00 am and I am usually in full work mode at my desk from 7.00 am, often until late in the evenings, most days beyond 9.00/10.00 pm.

The evening before a funeral I call the family to put their mind at ease and answer any last-minute questions they may have so it gives them chance to have a relaxed and peaceful evening.

Shoe cleaning is my first task, followed by checking my uniform is ready for the day ahead and top hat brushed. Then I check all paperwork is in order. The staff will be busy polishing the vehicles whilst office staff are receiving flowers from our in-house florist or others.

I then do the final closure checks in the Chapel of Rest and seal down the lid ready to load the coffin onto the hearse.

Once we are ready to leave all staff get briefed of routes, details of parking at the house and church.

Then away we go by paging (walking in front of hearse) away from the Chapel of Rest, we page again to and from the house and finally at the crematorium/church. This in an historic tradition and shows respect as well as functioning as traffic control to lead the cortège safely to its destination.

Once the family are returned home or to a venue of their choice the cars return to our garages to be cleaned and valeted ready for the next service or the next day.

Any debriefs are then discussed with the team.

Whatever time is then left is desk time and phone calls ready to support the next family who entrust us with their loved one.

If a funeral cortège involves horses pulling a carriage for the coffin, how much more organisation does this take and we all know horses can be unpredictable, how do you deal with those pressures?

We use horses regularly across the business and bring in the skills of a coachman and his team who are ex-Royal Mews and have the experience of state occasions and ceremonial duties. This all takes detailed planning which indeed does add more pressure as we need to get things right absolutely every time.

It's not everyone's cup of tea to work in your industry, do you find it hard to get the right staff?

We take our time when recruiting but largely recruit on attitude. There is great need to have respectful staff at such a sensitive time and I can't be more proud than I am of my team

Are there certain times of the year when you are busier than usual?

Traditionally winter used to be busier but nowadays there is no real pattern. People imagine we are always busy but there are times we are not, at these times we catch up on tasks left for quieter periods as well as looking at growth opportunities

After all the funerals you have been a part of, has there ever been a moment, or connection you've had with a client that you



Paul King

will never forget and can you tell us about it and how it affected you?

There are literally hundreds, possibly thousands of funerals I have carried out over the last three decades in South Woodham Ferrers that I remember well and have been affected by. I am human with emotions and whilst we have to distance ourselves professionally it sometimes affects you - taking the burden of peoples' grief and guiding them on this journey. This is my business but also my passion so I treat families in a way that is dignified and respectful, to make that final journey special for the deceased and their family. The biggest joy I get is when I see previous families we have looked after and get an approving "nod" across the street or more often at a funeral service they are attending. Children's funerals are always difficult which goes without saying.

I had quite a traumatic experience when my Mother was buried. On the morning of the funeral when the grave digger went to dig out her grave, we were told there was someone already in that grave.

I) Have you ever experienced anything like that?

In the past yes, but never on the day as we prepare things well ahead and often have records in Churchyards of where graves are.

II) How would you explain the situation to the family and hopefully get it sorted?

Should this ever arise, we liaise with the burial authority i.e. Church or cemetery and suggest they, with our help find a resolution with the family. In over 17,000 funerals I can only recall a similar situation we had out near Colchester but it was a simple issue where the vicar had marked the wrong grave to be dug. We did need to discuss with the family and arranged the correct grave to be dug the following day. - *to be continued*

Paul J King

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Word Search

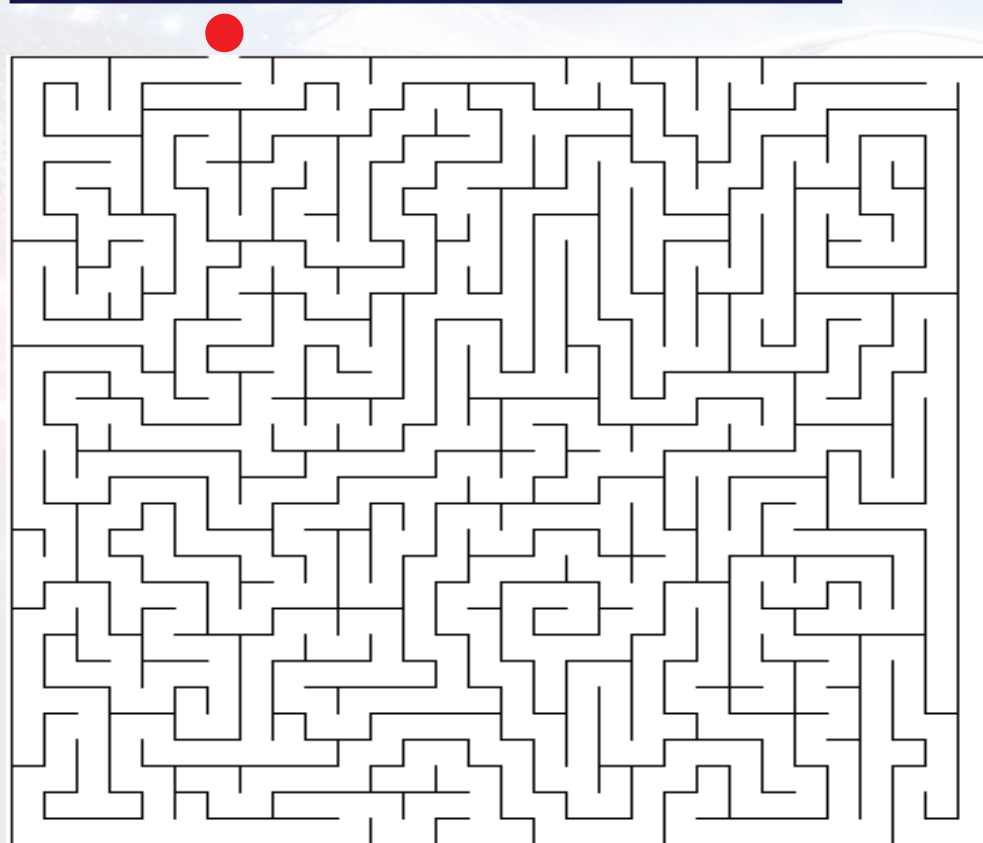
Here's a World Cup Teams Word Search Puzzle.

Find the team names hidden horizontally, vertically, and diagonally.



TEAMS TO FIND:

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PORTUGAL
ENGLAND
GERMANY
MOROCCO
SENEGAL
BRAZIL
FRANCE
CANADA
MEXICO
SPAIN
JAPAN



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BIG CHANGES AHEAD FOR SWF MEN'S SHED!



Tea made, the biscuit shared out, ready for the meeting!

We recently celebrated our third AGM on Sunday, 14th June. It was fantastic to see such a great turnout of members. Thank you to everyone who came along! However, we still need more people to step forward to help us run our community hub. If you can spare some time, please get in touch.

The Big Move to Marsh Farm

Our major news is a planned move to Marsh Farm. We will pay a tiny 'peppercorn' rent there. This saves us from the horrendous £15,000 we currently pay! Once planning permission is cleared, we will work with the farm team to lay foundations for our new sheds.

When the base is ready, we will need volunteers to help assemble the metal garages that will form our new building. We will launch a community appeal closer to the time. If you can help—especially if you run a local construction company—please put your name down with us now!

In the Workshop

Stow Maries Council asked us to refurbish their town sign, but sadly, this project is too big for us to take on, but we are always open to other local commissions.

We love repairing things! People drop off all sorts of items, not just chairs and cabinets. We mostly stick to wood, but we will look at almost anything.

Top Tip: If your dining room chair joints are loose or cracked, don't just squirt glue inside! It won't hold. Bring it to us. We take the joint completely apart, replace broken wood, rebuild it, and clamp it securely.

Helping Our Local Wildlife

Our bird box production is still in full swing! Birds often have multiple broods in summer and need new nesting sites. Putting up a box now also prepares birds for next season. Why not try a starling box to keep them out from under your roof tiles? Or a three-section house sparrow box for birds that love company?

You might have heard that traditional bird tables can spread diseases. To fix this, we have redesigned a safer feeder.

Get in Touch

If you want something made, bring us a sketch or a photo. We will see if we can make it at an affordable price. Better yet, drop in and make it yourself!

You can find us at: 19 Woodham Halt, CM3 5SR. For more information, call or WhatsApp us on **07387 159275**.

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URGENT CALL FOR VOLUNTEERS TO KEEP CHARITY'S FUND-RAISING CAFE OPEN



Stow Maries Great War Aerodrome is a unique part of aviation and military heritage – the best-preserved World War One aerodrome in Europe, with 23 Grade II* listed buildings dating back to when the Royal Flying Corps defended the country from Zeppelins.

Now an Accredited Museum and a Registered Charity, it needs £760 a day just to survive, which is where The Airmen's Mess café plays such a vital role. Set in the original, atmospheric building where the pilots and crew of 37 Squadron relaxed between missions, The Airmen's Mess café now serves delicious home-cooked food to raise vital funds to keep the Museum open to the public.

Stow Maries Great War Aerodrome has over 100 dedicated volunteers and has been formally recognised with the prestigious Queen's Award for Voluntary Service – but it is currently desperately short of volunteers able to assist the two paid staff in The Airmen's Mess who prepare and cook everything from hearty fried breakfasts to luxurious celebration meals.

Volunteers at The Airmen's Mess café are the cheerful, customer-facing heart of the operation, taking orders, preparing drinks, serving food and clearing tables as part of a friendly, welcoming team. Volunteers are asked to give a minimum of 10 hours a month, with help mainly required during the day at the weekends – especially at major event such as the Stow Maries Air Show.

Amy Marland, one of the volunteers, says: "Working in the Mess has been one of the best

experiences! Yes, it is hard work, but the rewards have been amazing. I love meeting new people and I have met some wonderful people, kids, and dogs! The mess staff are a great group of people to work with, especially our chef, Rosie. It is exciting to be a part of preserving Stow's history. I call it the best hidden gem in Essex – it is so peaceful and calming, you can just feel the presence of the past."

For those who are planning to start a career in hospitality or are looking for experience to improve their CV, volunteering offers a fantastic foot in the door, with a chance to learn all kinds of practical skills in a busy, professional environment, sure to help with finding work. Meanwhile, if you want to make new friends, do something worthwhile on your days off or start something new in retirement, we can promise a friendly, supportive environment at our beautiful rural location at Purleigh, near Maldon and Chelmsford.

Ian Flint, Chief Executive Officer of Stow Maries Great War Aerodrome, comments: "The Airmen's Mess café is not just a superbly well-preserved piece of World War One history, it's also has a great reputation for the high quality of its food and drink and the warmth of its welcome. As we are coming into the busiest time of the year, with some great events on the horizon, it's vital that The Airmen's Mess café is fully staffed, so we can make the most of its fundraising potential."

Volunteers at the Aerodrome need to be 18 or over and have their own transport, as unfortunately there is no public transport in the area. Full training will be given and temporary placements for students over 18 will be considered.

To find out more, email info@stowmaries.org.uk or sign up for a no-obligation Volunteering Morning, visit www.stowmaries.org.uk/events for details.

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ECO EXCELLENCE: WOODVILLE PRIMARY SCHOOL CELEBRATES NATIONAL ACCREDITATION



Woodville Primary School's eco committee holding the Green Flag Award

Woodville Primary School in South Woodham Ferrers has been awarded the prestigious Eco-Schools Green Flag certification with Distinction, recognising the school's commitment to environmental responsibility and sustainable practices.

The Eco-Schools Green Flag is a nationally recognised award given to schools that demonstrate dedication to improving sustainability and environmental awareness. The programme, which the school has been involved in for over a decade, is driven by pupils and encourages schools to embed environmental action throughout their community, while inspiring positive change beyond the school gates. This is the fourth year in a row the school has received accreditation under the programme's updated measurement.

Sinead Keogh, Geography Coordinator and Eco School Lead at Woodville Primary School, said: "We are extremely proud to have been recognised for our environmental efforts and our pupils' eagerness to improve our planet. This programme doesn't just give pupils eco-friendly activities to complete, but it helps them understand how their ideas can create real and tangible change within their communities. The pupil-led initiatives they have launched have really inspired them, and we look forward to continuing our eco endeavours every year and creating a more sustainable future for everyone."

The school's Eco Committee, formed by pupils from Year 1

through to 6, assessed the school and local community and identified three areas for improvement: biodiversity, energy and waste. Over the last year, the Committee has launched several initiatives to address them. This included 'Cut Your Carbon Month', which saw pupils reduce carbon emissions in their households by walking to school rather than driving, only taking four-minute showers, eating plant-based meals, and litter-picking sessions at the South Woodham Ferrers Village Hall and playing field.

Within school grounds, the Committee monitored classrooms throughout the day to see if lights, computers and devices were being left on and where energy use could be reduced, planted greenery to create habitats for biodiversity, and signed the school up to a battery and shopping bag recycling scheme that the local community can use. To promote their initiatives further, the children created posters to encourage others to take on an eco-conscious attitude.

Charlie, a Year 2 pupil at Woodville Primary School involved with the Eco Committee, said: "I'm so happy to get the eco award! My friends and I have had so much fun, and we've really liked telling people about how we can improve our community and school. Thank you to everyone who has been a part of our activities and has made the world a happier and more sustainable place."

Woodville Primary School encourages its pupils to be environmentally conscious both inside and outside the classroom. Alongside the Eco Committee, pupils can take part in Forest School sessions that help them develop an understanding of the natural world around them while exploring life skills. To learn more about the school, its ethos and its curriculum, visit:

<https://www.woodvilleprimaryschool.org.uk/>

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THE LATEST SCAMS

The scams you need to know about this month, including a fake FCA text and scam TV licence email.

Netflix Scam

A dodgy email impersonating Netflix tells you that your payment to the streaming service has failed and says that your account will be permanently deactivated in three business days.

It goes on to provide a link to update your payment details. Clicking this will lead to a phishing website designed to take your personal and payment information.

Scam emails like this can be reported by forwarding them to report@phishing.gov.uk

Argos account hack

Report Fraud has recently warned of a rise in reports of criminals using personal details of Argos customers, likely gleaned from data breaches, to log in to their accounts with the retailer.

Once they have control of the account, they're placing online orders and collecting the items in-person at a physical store. Sometimes, payments are made using details that aren't associated with the victim of the compromised account.

Report Fraud received 652 reports mentioning Argos in May 2026 and 1,175 reports since the start of the year.

Argos has been contacting customers who may have been affected.

Scammers are able to do this due to the use of the same password across more than one account. So make sure you create a strong, unique password for each account you have.

If you have had your account compromised, report it to the retailer using contact details on their official website as well as to Report Fraud or by calling the police on 101 if you live in Scotland.

Postcode lottery scams

Fraudsters are impersonating the People's Postcode Lottery.

Reports claim scammers are contacting people via phone calls and fake social media accounts to promote sham version's of the Lottery.

Which? has previously reported on scam emails and letters impersonating the organisation.

You can only win the People's Postcode Lottery if you sign up, after which you're entered into prize draws every month. The official website is www.postcode lottery.co.uk

You can report scam accounts on social media by selecting the three dots in the top right corner and pressing 'Report'.

Scam calls can be reported by texting the word 'call' followed by the phone number to 7726 on an iPhone. If you have an Android phone, text the word 'call' to 7726. You'll then receive a message asking you for the scam number.

Scam emails can be reported by forwarding them to report@phishing.gov.uk and Royal Mail provides a form that you can use to report scam letters.



Scam FCA text

Text messages claiming to be from the Financial Conduct Authority (FCA) claim that your details were identified in a Report Fraud report and your personal data is at risk due to a data breach.

It gives you a number to call and reports suggest that if you call the number and you will be asked for your first and last name, who you bank with and your current balance.

One report also said they were given a five digit reference code to quote when called by a 'manager' to verify fraudulent activity.

Scams like these typically encourage you to give personal and financial information.

Scam texts can be reported by forwarding them to 7726.

Barclays impersonation text

A scam text message impersonating Barclays

A dodgy text message sent from a spoofed number claims to be from Barclays.

It tells you that your credit card application for £1,500 has been approved and provides a number to call if you didn't make the application.

Calling this number will connect you to a scammer who'll try and get you to reveal personal or financial information. This number has been spoofed in other scam texts

Scam messages can be reported by forwarding them to 7726.

<https://www.which.co.uk/news/article/the-latest-scam-alerts-from-which-aBRly2b02WkC>

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DISCOVER THE RIVER: JOIN WEST WICK YACHT CLUB FOR AN OPEN DAY

Are you looking for a relaxing day out that combines fresh air, great company, and a splash of adventure? Whether you've spent a lifetime on the water or have never set foot on a boat, the local community is invited to discover the West Wick Yacht Club (WWYC) during their upcoming Open Day.

The event takes place on Saturday, 18 July 2026, from 2:00 PM onwards at Fambridge Yacht Haven Marina. The club is opening its doors to the public for an afternoon of discovery and social connection.

A Relaxing Day for Everyone

This is a laid-back, community-focused afternoon designed to showcase what the club is all about. The environment is welcoming, encouraging people from all walks of life to come together to share stories and enjoy the water.

There is a variety of activities available for all ages, including:

On-the-Water Fun: Visitors can get a taste of life on the river with exciting RIB rides, dinghy sailing, and boat tours.

Creative Activities: The day features hands-on fun with activities such as burgee making and live T-shirt printing.

Local Connections: Guests can explore stalls from various local programs and organisations, including the Cirdan Sailing Trust, CAYF, the Essex Coastguard, and many others who will be in attendance.

Social Atmosphere: Guests can enjoy a delicious BBQ, live music, and a bar that will remain open into the evening.

A Community for Everyone

The West Wick Yacht Club is built on a shared love for the water, and the club prides itself on being open to everyone—whether you are an experienced sailor or someone who has never stepped foot on a boat.

The club is home to a diverse group of people who enjoy spending time together both on and off the water. For those who find themselves wanting to be a part of the group more regularly, the club offers three flexible membership tiers tailored to different interests:

Skipper: Designed for those who own their own boats.

Crew: Aimed at those who don't own a boat but would love to join cruises with fellow members.

Social: Perfect for those who simply enjoy the club's vibrant community, social gatherings, and parties.

Regardless of the membership tier, the focus remains on the connections made and the experiences shared among members.

For full details on what to expect and what to bring, including a suggestion to pack a spare change of clothes in case of getting wet—please visit <https://ww-yc.co.uk/open-day>.

For any questions before the event, please contact the team via email at hello@ww-yc.co.uk.

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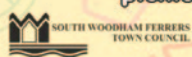
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KEEP BURGLARS OUT OF YOUR PROPERTY

Burglars will use a variety of ways to avoid being noticed.

They don't want to be seen or heard by a neighbour or passer-by because they will feel exposed and identifiable.

Distraction burglars will pretend to be someone they are not, so it's important you are aware of the common methods they will use to get you to let them into your property.

Here's some useful advice, firstly on helping to keep burglars out by giving them no hiding place and, secondly, on how to prevent a distraction burglary.

Keep it visible

You'd think that it would be best to make a property less visible from the street, and to keep it hidden from prying eyes behind overgrown bushes, trees, high fences or walls. In reality, all that this serves to do is make it easier for a burglar to get close to a home unnoticed, and provide somewhere to hide while carrying out a burglary or theft from the property.

* Lower fences at the front around one-metre high are preferable to high fences as they allow for a clear view over the top and don't provide cover for anyone wishing to hide.

* At the rear and sides, taller fencing is recommended to prevent easy access.

* Trellis, thorny plants, or a suitable anti-climb topping such as plastic spikes make it difficult for anyone climbing over a fence or gate.

* Planting prickly or barbed shrubbery along boundaries and fence lines acts as an effective natural barrier.

* Gravel driveways and paths will make sure you hear anyone approach.

Other ways to make it difficult for burglars is to install, CCTV, Alarms, Security lighting. Check out one of our business partners **HD Security Systems** for advice and information.

Distraction burglary

Distraction burglars pretend to be someone they are not in order to gain entry to your home.

Common methods used by distraction burglars

* pretending to be from a care agency, the council or a utility company investigating a gas or water leak



* seeking help to leave a note for a neighbour or even asking for a drink of water if they claim to be thirsty or unwell

* claiming to be in a hurry or emergency and needing to get into your home quickly

* working in teams, with one person distracting you while the other searches your home

How to prevent it

There are a number of things you can do to prevent distraction burglary. Don't be afraid to ask questions about anyone at your door – genuine callers won't mind. Always remember 'if in doubt, keep them out':

* use your door viewer to see who's there

* if you open the door put the chain on first

* always ask for ID and check it with the company before letting somebody into your home

* use the phone number advertised in the phone book or online, as the number on their identity card could be fake. For a utility company, call the customer service department. Close the door while you do this

* if you feel at all unsure, schedule a time for the caller to come back when a friend or relative is there

* for pre-planned appointments with utility companies, a password scheme can be set up

If you feel threatened or in danger by the presence of the caller, call **999**.



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