

# Wheathampstead Magazine



incl. Gustard Wood & Blackmore End  
[wheathampsteadmagazine.co.uk](http://wheathampsteadmagazine.co.uk)

November 2024



**The Gunpower Plot,  
Fireworks & Bonfires**

**Time to Get Pampered**

**How Does your Garden Grow?**

**FREE COPY**

# THE SWAN

## Wheathampstead

- Lunch served daily 12 till 2.30pm
- Friday evening Hand Battered Cod, Burgers or Pizza
- Monday evening full menu 6 till 9pm
- Pizza served daily, eat in or take away
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- Friday Drinks Raffle



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# WELCOME

That's it, I've been reliably informed that it's official and, even though there is no sign of snow (yet), Christmas is not that many shopping days away so, apparently, it's probably time to start thinking about your preparations - aside from that...

This month we heard from Trish Brewster, the owner of the popular local hair salon Coppertop, about the launch of her new beauty salon, Heavens Above. We also learned from local lady Sarah Hudson about the dangers of planting in the wrong areas and how the right garden design can help to achieve great results.

Local services are also under the spotlight as, according to Thames Link, some train journeys may be cancelled and according to a local resident, our local public toilets leave a lot to be desired.

There's a new service in Hertfordshire to help those with memory loss and Health Matters reviews Kidney Stones, how they develop, various treatments and how to avoid getting them in the first place.

Local residents talked to us about their views on Firework night and, as usual, there's plenty to do and see in and around our area including details of some local firework displays.

Eve

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# NEWS IN BRIEF

## Useful Phone Numbers

**Doctors Surgery:** Marford Road  
01582 832258

**Dentist:** Marford Road 01582 833 408

**Gas Emergency:** 0800 111 999

**Electricity Emergency:** 0800 404 090

**Power Cuts:** 105

**Healthline:** 111

**Police non emergency:** 101

**Parish Council:** 01582 832541

**County Council:** 0300 123 4040

**Local Pharmacy:** 01582 832102

## Help Lines

**Mind:** 0845 766 0163

Advice for Mental Health Issues

**The Samaritans: Freephone 116123**

Confidential non-judgemental emotional support

**Alcoholics Anonymous:**

0845 769 7555

**Stroke helpline:** 0845 303 3100

Advice from the Stroke Association

**Age Concern:** 0800 00 99 66

**Frank:** 0800 77 66 00

Advice about drugs from professional advisers

**Beating Eating Disorders:**

0845 634 1414

**Cruse Day by Day:** 0844 477 9400

Help and support for people who are bereaved

**Macmillan CancerLine:**

0808 808 2020

**Autism Helpline:** 0845 070 4004

## Space... the Final Frontier

A SpaceX Falcon Heavy rocket carrying NASA's Europa Clipper spacecraft launched from NASA's Kennedy Space Centre in Florida on Monday, Oct. 14, 2024. Europa Clipper is the first mission designed to conduct a detailed study of Jupiter's moon Europa to determine if it currently has habitable conditions.



## A Few Days Earlier...

The booster of Elon Musk's SpaceX's Starship was captured by a pair of giant chopsticks as part of the company's efforts to make the system reusable - it really was a sight to see; the enormous machine plucked from the skies, seemingly so easily and accurately.

## Almost 70 years before that...

67 years ago in November 1957 it was Soviet Russia that launched the world's first inhabited space capsule, Sputnik II, which carried a dog named Laika into space.

## Thought for November

A continuing mission?... to explore strange new worlds; to seek out new life and new civilizations; to boldly go where no-one has gone before!

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Aldwickbury Park

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## What's On... regularly

- **Foodbank**  
Confidentiality is assured. We now hold this at the Memorial Hall in Marford Road, still every Thursday but from 11:30am - 1:30pm. Tel: 01727 613019
- **Recreation for the Retired**  
The Chapel Halls Brewhouse Hill All welcome. Various activities available. 2pm-4pm most Fridays
- **Wheathampstead Dementia Friendship and Support Group (WDFS) - Bluebell Club**  
Meets at the Mead Hall every 1st and 3rd Wednesday (except August). All welcome. Enquiries to: Isobel Poole, 07949 630228.
- **W.A.S.P.S. After School Play-Scheme**  
Fantastic, affordable and experienced child-care before and after school each day, Beech Hyde Primary School, www.wasps-asc.org
- **Quiz**  
The Swan Wheathampstead. Wed 13th and 27th November 7.30. For details: 01582 833110
- **Herts Musical Memories**  
Singing for people with dementia & their carers/loved ones. Monday mornings 10.30am - 12.00 midday. Memorial Hall Call Wendy Hyams 07483 307545 or Kerry Brabant 020 8950 5757
- **Harpenden Farmers Market**  
70 + stalls running north bound along the Lower High Street from Sainsburys offering a huge selection of produce and gifts.. It's a great place to browse on the 4th Sunday of every month.
- **Community Library**  
Wheathampstead Community Library Monday - Thursday 2pm - 6pm and Saturday 9am-1pm. Knit Natter & Know Craft group every Wednesday 10am-Noon. Fire Station and Library Marford Road Wheathampstead.
- **Roast & Meat Raffle**  
Weekly Sundays at The Swan, Wheathampstead
- **Seniors' Bingo**  
Amwell Local Fundraisers (ALF) holds monthly seniors bingo evenings in the Mead Hall last Tuesday of the month. If you need a lift to get to bingo, just let ALF know (ring Colin on 07790 639735) They will arrange for you to be collected.
- **Harpenden Riding for Disabled (RDA)**  
Lessons to local people (over the age of 5) with physical disabilities or learning difficulties. Wednesdays 4.15-5.00 pm & 5.00 -5.45pm early Spring through Autumn. Sandridgebury equestrian centre, Sandridge. Contact harpendenrda@yahoo.co.uk and via FB

Please contact event organisers for full details, ticket prices and availability.

## What's On This Month

- **Christmas Gift Shop 1st November**  
Big Christmas event with Christmas gifts, decorations, cards, food, lights and more as well as food tasting from local suppliers. Big discounts for Friends and family club members - join in store. Friday 1st, Saturday 2nd & Sunday 3rd November. Carpenters Nursery and Farm shop, 106 St Albans Road, Sandridge, AL4 9LJ. Tel: 01727 853340 www.carpentersnursery.co.uk
- **Live Music 2nd November**  
Fancy dress Halloween Party + great covers band the Carnegies playing at the Swan. Come along for Pizza and a great evening. Starts at 9 pm everyone welcome Saturday 2nd November The Swan Wheathampstead Village.
- **Wheathampstead Fireworks 3rd November**  
A fantastic night at Beech Hyde School. The night includes a spectacular fireworks display, delicious BBQ, donuts, candy floss and lots more. All proceeds go towards the school, helping to fund extra facilities and activities for all the children at the School and Nursery. Sunday 3rd November 5:45pm Beech Hyde Primary School, Nurseries Road, Wheathampstead, AL4 8TP Find out more: www.tickettailor.com
- **Hertfordshire Firework Spectacular Sunday 3rd November**  
An incredible night at the prestigious Brocket Hall for the Hertfordshire Firework Spectacular! This is more than just a fireworks display - it's an evening of excitement and entertainment for the entire family, set in one of England's most iconic locations - for tickets <https://allevents.in/> Opens at 4:30, Fireworks display at 7pm, parking included with the admission ticket. <https://brocket-hall.co.uk/>
- **Swan Bingo 7th November**  
It's Eyes down once again for a great night of Bingo Fun at your favourite local pub in Wheathampstead Village 7.30 Thursday 7th November at The Swan Wheathampstead.
- **Harpenden Choral Society 16th November**  
Presenting the opening concert of the season featuring Bach's Mass in B Minor. The concert will be conducted by the choir's Musical Director, John Andrews with Soprano soloists Lucy Farrimond and Susanna Fairburn, Alto Olivia Ray, Tenor Robert Forrest and Bass Tim Nelson with accompaniment by the King's Sinfonietta Orchestra. Saturday 16th November 7.30 pm High Street Methodist Church High Street Harpenden AL5 2RU for tickets [harpendenchoralsociety.org](http://harpendenchoralsociety.org)
- **Christmas Craft Market 16th November**  
The Friends of Garden House Hospice Care's annual Christmas Craft Fair. More than 28 stalls selling beautiful hand-made gifts from local makers. Entry is free but donations to Garden House Hospice Care are warmly welcome, and there will be volunteers with donation buckets on hand throughout the day. 12pm to 4pm Saturday 16th November Hitchin Town Hall, Brand Street, Hitchin, SG5 1HX tel: 01462679540. [www.ghhospicecare.org.uk/event/christmas-fair](http://www.ghhospicecare.org.uk/event/christmas-fair)
- **Village Lights Up 28th November**  
Every year in November, Wheathampstead comes together on the High Street to see the sparkly Christmas lights switched on. Includes fairground rides for children, live music and carol singing, Santa's Grotto, food and drink, mulled wine and Christmas markets along both the High Street & Station Road. Wheathampstead Thursday 28th November. Lights switch on 6pm.
- **Talk at u3a 28th November**  
The meeting will start with Emma Loader talking about the charity Herts Musical Memories - this amazing organisation has branches across Hertfordshire and the volunteers deliver fun and stimulating singing sessions for people living with dementia and their carers. Emma's talk will last for about 15 minutes, after which the Clover Singing Club ensemble will give a performance. Memorial Hall at 2:00 for 2:30pm on Thursday 28th November.
- **Folk music 28th November**  
After Lights UP Come on down for some interesting tunes and melodic vocals at the Swan Folk evening with Pizza and mulled wine on Thursday 28th November, The Swan Wheathampstead Village.

To add your events please email: [eve@minimagazines.co.uk](mailto:eve@minimagazines.co.uk)

Please Note: Events, dates and times correct at time of going to press.

# Local Update

## An Enjoyable Performance

According to the show program, it seems that Wheathampstead Dramatic society has lost 'several key members' in recent times, but that certainly did not adversely impact the society's most recent performance of *Two Ladies*, the play by Nancy Harris.



The Play about two First Ladies, one an eastern European ex-model, the other an older woman who has married a much younger man, hears their views on their husbands and men in general. The *Two Ladies*, wives of two world leaders, are effectively sidelined in an upstairs room and, after a frosty start, eventually open up and share their opinions.

There were three other characters who interjected with the ladies; George (Bruce King), the go-between, Sandy (Lousie Donaghy) the PR and Fixer and the cleaner, Fatima (Maria Blyth) who played their parts well, adding to the plausibility of each scene.

However, the stage belonged to the two ladies, Sophia (Julie Gough) and Helen (Georgina Lilly) who ultimately captured the audience with their excellent respective performances.

This play could have easily been dull, but despite a few sound issues early on, the obvious acting abilities of the two main characters brought the story to life and held the attention of the audience for the duration of the performance and made for an enjoyable telling of a plausible story.

As to the future of this marvellous local group, if you like the idea of treading the boards or getting involved in any way, just go along and give it a go because we are already looking forward to further performances. See page 28 for details.

## Getting Ready

If you are one of those people that likes to start your preparations early for Christmas, then you will be pleased to hear about the big Christmas event at Carpenter's Nursery and Farm Shop during the first 3 days of November. It really is a one stop Christmas shop, full of gift ideas to suit everyone.



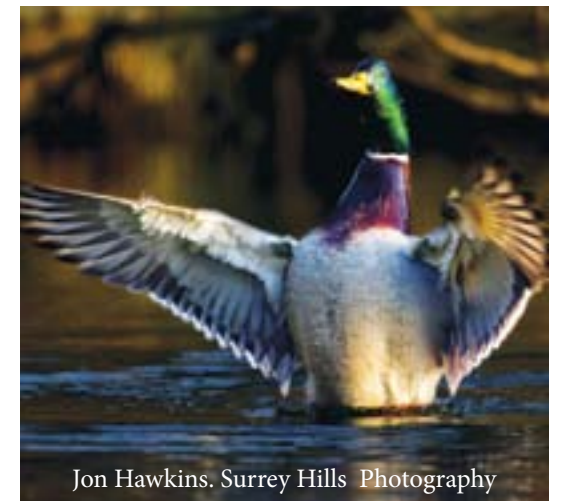
If you are a member of their Friends and Family club, you can enjoy a very nice 20% discount on lots of Christmassy things and that includes gifts, decorations, lights and cards too. If you're not a member, don't worry, just ask to join for free when you arrive at Carpenter's.

There will be some food tasting too as well as nibbles to sample as you wander around their store and nursery.

For more information, see *What's On* page 7.

## Family-Friendly Film

Herts and Middlesex Wildlife Trust is partnering with St Albans Cathedral and St Albans Film Festival to screen the family-friendly film, *Migration*, within the majestic setting of St Albans Cathedral. The film, which follows the capers of a family ducks as they set off on a trip of a lifetime, will be shown as part of the Alban Film Week which celebrates the 10th Anniversary of the St Albans Film Festival. The Trust hopes the film and the fun activities on offer alongside it will help to generate a new generation of nature-lovers to look out for and protect wildlife. The Trust have forged a relationship with the Cathedral in their joint interest of the Peregrine Falcons that have bred at the Cathedral since 2022. To celebrate this, the huge Peregrine puppets, which made their debut in the Alban Pilgrimage earlier this year, will be at the Cathedral's West End entrance to greet film-goers. To add to the experience, the charity is encouraging attendees to dress up as their favourite animal and will award a prize for what is judged to be the best outfit on the day! Excited children will be kept amused before the film



Jon Hawkins. Surrey Hills Photography

starts with an on-screen nature quiz and there will be information booklets and giveaways available, as well as opportunities for families to take up Family Membership of the Trust. For more information on the event and to book tickets, visit <https://www.stalbanscathedral.org/Event/migration> - and for more information about the Trust go to <https://www.hertswildlifetrust.org.uk/> *Continued on page 11*

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## New Service for Herts Residents

A new community dementia service for residents experiencing memory loss has launched in Hertfordshire. Memory Support Hertfordshire is a new service that is funded by Hertfordshire County Council and will be run by a new partnership between Alzheimer's Society, Age UK Hertfordshire and Carers in Herts.

The service is available to Hertfordshire residents aged 18 years old and above who may have memory concerns whether they have a diagnosis of dementia or not. It is also open to carers. Those using the service will benefit from:



- a single point of information and advice where users can get advice on all aspects of local support for memory loss and dementia
- access to a range of groups offering a range of activities to support people with Mild Cognitive Impairment and dementia and informal carers
- tailored individual support to help people to live well with dementia
- carer support groups and advice – a chance to relax and share ideas with a group who can relate to your experiences
- young onset dementia support – tailored support for those who are living with or supporting someone with dementia who is under 65, as well as other rarer forms of dementia
- Admiral Nurses – when things get challenging or difficult, Admiral nurses work alongside the family carers of people with all types of dementia giving them one-to-one support, expert guidance and practical solutions
- training – courses and information sessions to carers and people with dementia, and to those who work with them. Training will also be

available to people and organisations who wish to become more dementia aware

- dementia friendly communities – working with the new dementia friendly Hertfordshire accreditation scheme, supporting communities and businesses to make Hertfordshire a place to live well with dementia

The service works with partners in the community, as well as with health and social care partners, to best serve the interests of the people who use community support services. People can self-refer into the service via the Memory Support Hertfordshire website.

Health and care professional can refer their patients into the service using an online referral form which can also be found on the Memory Support Hertfordshire website.

Alternatively, people can telephone 0300 1313946, Monday to Friday, between 9am and 4pm or email [info@memorysupportherts.org.uk](mailto:info@memorysupportherts.org.uk)

## Feeling Pampered

Having your hair styled, whilst a great feeling, can be fairly mainstream, but step into the realms of beauty treatments and it can be a whole new world. Trish Brewster, the Owner of Coppertop Hair Salon and its newly relaunched sister company, Heavens Above Beauty, explained that whatever age you are, feeling pampered is something that we all deserve, and I certainly agree with that.

*Continued on page 12*



We chatted to Bianca, the highly trained and experienced Heavens Above beautician, initially about facials and she explained that facials and deep exfoliation, can smooth the skin, improve the skin's ability to retain hydration and overall even out skin tone. All the massage and exfoliation from regular facials can reduce fine lines and age spots, and the use of antioxidants can slow down the aging process and will make your skin feel healthier, smoother and more radiant- sounds wonderful doesn't it?

Trish who has owned and run Hairdressing Salon Coppertop in Wheathampstead Village for many years, told us that their usual traditional values along with a modern customer first approach



is also reflected in the Heavens Above beauty. Urged to relaunch the beauty therapy side of the business by their happy existing hair salon clients, Trish told us that the upstairs beauty studio of Heavens Above has been fully refitted with luxury in mind and offers everything from facials to massage, eyebrow shaping to tanning, nail enhancement to wedding and occasion make up and all sorts in between. Using state of the art equipment and high-end quality products, the new beauty salon seems to be 'the' place to go if

you'd like to feel pampered.

So, when you are looking for some 'me' time, spend some time being pampered at Heavens Above, because whichever treatments you choose, it will get you right on track to relax.

## E-Scooters - Know the Rules

When it comes to their local use, it seems that, in general, the jury is still out on the benefits of E Scooters. But when we asked around for opinions, surprisingly, many people that would consider using an E-Scooter don't actually know the rules. According to news reports, E-Scooters are being seized and destroyed by police in Hertfordshire, so if you are thinking about getting and riding on an E-Scooter, it's best to know the rules.

The most important thing to note is that E-Scooters are classed as motor vehicles under the Road Traffic Act 1988. This means the rules that apply to motor vehicles, also apply to E-Scooters, including the need to have a licence, insurance and tax.

It's not currently possible to get insurance for privately owned E-Scooters, which means it's illegal to use them on the road or in public spaces. If you're using a private E-Scooter, you risk the vehicle being seized under S.165 Road Traffic Act 1988 for no insurance.

If you cause serious harm to another person whilst riding an e-scooter, the incident will be investigated in the same way it would if you were riding a motorcycle or driving a car.

### Rental E-Scooter trials

Trials of rental E-Scooters are taking place in the UK. Anyone using a rental E-Scooter on a public road or other public space, has to comply with the relevant road traffic legislation or they face potential prosecution.

### To rent an E-Scooter you must:

- meet the minimum age limit; these can vary depending on the provider, so please check with them
- hold the correct driving licence (category Q or P/M)
- create an account with the rental company

E-Scooters can only be used in approved areas.



## Train Delays

Although staff and drivers have been awarded the pay rises that they requested, it seems that there are still problems. It seems that recently, a train operator warned of delays and cancellations to services due to a "shortage of train crew". Passengers who need to travel were advised to leave an extra 30 minutes to complete their journeys.

It was a few weeks ago that Thameslink said services on multiple routes would be disrupted and advised customers to check if their journey would be affected, with alternative routes available at no extra cost.

The routes affected;-

Brighton/Three Bridges to Bedford/Cambridge (via London St Pancras)

Horsham/London Kings Cross to Peterborough

Moorgate to Welwyn Garden City

Hopefully these delays and staff shortages have all been sorted out by now, but it's probably best to check before you travel.

## Local Loos

We really can't recall the exact date, but it seems that it was some time ago that a lone trouble maker or a group of trouble makers had set fire to our local public toilets. Since then,

as far as I know, refurbishment of some sort has begun as the attached images show. However, a local lady told us that the loos are still in a very poor state of repair and feel damp and dank and generally unpleasant and so really do need a coat or two of paint.

So over to your parish council...



# Fireworks and Bonfires



it was dangerous to be Catholic: many plots and rebellions against Elizabeth I were led by Catholics, which led to severe reprisals. Priests who were caught leading secret services were tortured and executed.

To all outward appearances, the Fawkes were a law-abiding Protestant family, until Edward Fawkes died when Guy was 8 years old. His mother remarried, this time to a Catholic, Dionysius Bainbridge. The young Guy was drawn strongly to his stepfather's religion, and although he knew of the dangers, he converted to Catholicism.

With the new monarch on the throne, Catholics across the country apparently hoped for the end of the religious persecution that they had suffered for so long. But they were soon disappointed as the Protestant James I wasn't a tolerant King. So it was that a group of conspirators, with Guy Fawkes among them, decided on a drastic measure. The plan was to blow up Parliament during its State Opening on 5 November, when

November 5th is fireworks night or some call it Guy Fawkes Day, but whatever you call it we have bonfires and set off fireworks which essentially commemorates the Gunpowder Plot of 1605, when Guy Fawkes and fellow Catholic conspirators attempted to blow up Parliament and kill James I of England and the royal family. Guy Fawkes was born in York in 1570, the son of Edward, a church lawyer and prominent Protestant in the city, and Edith, whose family included secret Catholics. He had two brothers, John and Christopher. At that time,



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James I, the Queen and his heir would also be present, and so all would be killed. It seems that apart from Fawkes, an explosives expert from his military days, no one in the group knew much about gunpowder. Of course, Fawkes was chosen to set the fuse in the cellars underneath the Houses of Parliament. The plan very nearly succeeded. It was only thanks to an anonymous letter to the authorities, received in late October, that the King, his family and his Protestant ministers were not all murdered. Royal guards searched The House of Lords at midnight and in the early hours of 5 November, Fawkes was discovered in the cellars, with a fuse, a small lamp, a box of matches and 36 poorly-hidden barrels of gunpowder. To this day, there is still a ceremonial search before the State Opening of Parliament, when the Yeomen of the Guard look for hidden explosives in the cellars of the Palace of Westminster. In January 1606 James I passed a thanksgiving act to celebrate the failure of the Gunpowder Plot and his deliverance from danger. Called the Observance of 5 November Act 1605, it involved a special church service, bonfires and fireworks. It remained in force until 1859, although we still celebrate firework night today. We went out and about in our area to find out if people still celebrate firework night and, if they do, how they spend the evening.

Flossy and Mrs P told us: "We have a few sparklers in the garden and my husband saves some logs for us to set up a bonfire, but apart from that we often go to the St Albans Fireworks display as it really is so marvellous. Flossy sits on her dad's shoulders so she doesn't miss a thing."

Miss C and Mr F said: "We love firework night and over the past few years we have had a bonfire party at home, inviting a few friends who each bring a box of fireworks. Tom sets them off and we drink flaming punch and toast marsh mallows. It's great fun, but it all changes if it rains, so fingers crossed for lovely non rainy weather this year."

Mr & Mrs D said: "Of course we know about the gun powder plot, when we were young we used to make a 'Guy' using old clothes stuffed with straw to make a 'guy'. The guy would sit ontop of the bonfire and just go up in smoke - but those traditions seem to be long gone now. But it's become a bit of a tradition to take our grandson to a fireworks display somewhere, there are usually some very good ones around here."

Mrs R said: " Fireworks night? No, I can't say that I celebrate it. I make sure that my cats are indoors because it can be scary for them. I do look out of my window through, as my neighbours often seem to have fireworks."





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# Local Services

## How Does your Garden Grow?

I'm always delighted when something that I've planted grows well and begins to blossom. But when it comes to knowing which plants grow best in wet conditions, sunny conditions or shady areas, unfortunately, I really don't know what's what. So, when you consider our ever-changing climate, it can be a big challenge to plan a successful planting scheme for your garden.

If, like me, you've bought plants in the garden centre without giving a thought to where they will go only to find after planting, they very



quickly wilt or die off completely, which probably means they have been planted in the wrong spot or the conditions don't suit them.

So, it's a good idea to enlist the help of someone that knows just what to do. We spoke to local lady Sarah Hudson, who set up her gardening business four years ago and is expanding her 'Planting Design' service to help us breathe life and imagination into our *Continued on page 21*

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outside spaces. With years of hands-on experience, coupled with formal horticultural/garden design training at Capel Manor and Shuttleworth College, Sarah can use her knowledge to work with you to turn your garden and planting ideas into reality, to create spaces in your garden which add colour, structure, seasonal interest and help wildlife thrive.

Sarah told us: "We have all probably heard the saying "right plant right place", a plant that thrives in heavy clay soil may not be so happy in sandy or chalky conditions. Equally, there are plants that need hours of sunshine with just as many craving a cool shady border. By creating a bespoke 'planting design', plants, shrubs, trees and bulbs are carefully selected to thrive in the conditions that they will be planted."

So, whatever your soil type, orientation of the garden, whether you have a penchant for a formal statement full of clipped conifers and statues, a cottage style full of bellowing perennials and grasses, an oasis of calm or need to brighten up a particular border in your garden, Sarah can create a planting design especially for you.

So, if you fancy sitting back and enjoying the rewards of a well-planned garden, in the long run a planting design will save you time and money.



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## Useful Contacts

**Emotional & practical support**

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03001234044

**Health advice and information**

[www.nhs.uk/coroavirus](http://www.nhs.uk/coroavirus)

**Local council services**

[www.hertfordshire.gov.uk/coronavirus](http://www.hertfordshire.gov.uk/coronavirus)

**Domestic abuse**

[www.hertssunflower.org](http://www.hertssunflower.org)

**Hertfordshire Domestic Abuse**

**helpline**

08 088 088 088

**Financial Advice**

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**Citizens Advice**

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

**National Debtline**

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[www.nationaldebtline.org](http://www.nationaldebtline.org)

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## Health Matters

# Kidney Stones

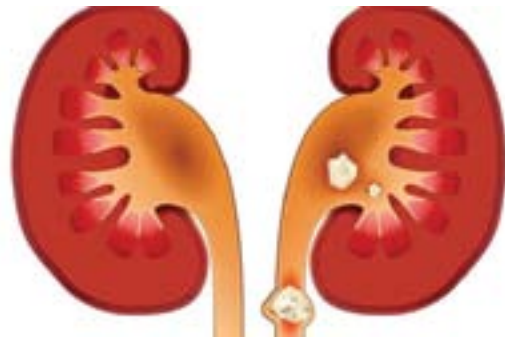
**K**idney stones are small mineral deposits formed in your kidneys, also made up of acid salts.

According to Bupa UK, Kidney stones are common – five to 10 in 100 people are affected by pain associated with kidney stones at some point in their life. Most people who get kidney stones for the first time are aged between 20 and 50. The human body has two kidneys, which ‘clean’ your blood by filtering out water and waste products to make urine. Kidney stones can form when there’s a build-up of salts or minerals in your urine. These minerals form crystals, which are often too small to notice and pass harmlessly out of your body. However, over time, the crystals can build up inside your kidney to form a kidney stone.

Most kidney stones (about four out of five) are made up of calcium salts (calcium oxalate or calcium phosphate or both). They can also be made up of other substances including uric acid, cystine and struvite. They vary in size from very small stones under 2mm to large ones over 1cm. Kidney stones may stay where they’re first formed. But they can move out of your kidney into your ureter – the tube that carries urine from your kidney to your bladder. If they get stuck

*Continued on page 24*





Uric acid stones, usually caused by a large amount of acid in your urine

**Symptoms**

A person with kidney stones doesn't experience many symptoms until the stone is moving around in his/her kidney or passes through the ureter, which is the tube connecting the kidney and the bladder. In such cases, amongst the symptoms are:

- Severe pain in the side and back, below the ribs and pain in the lower abdomen and groin
- Painful urination
- Urine that's pink, red or brown
- Urine that smells very foul
- Nausea

**Prevention**

The best way to prevent kidney stones is to make sure you drink plenty of water each day to avoid becoming dehydrated. To prevent stones returning, you should aim to drink up to 3 litres (5.2 pints) of fluid throughout the day, every day. You're advised to:

- drink water, but drinks like tea and coffee also

in your ureter, they can cause severe pain, known as renal colic. Depending on a stone's size and position, it can stop you passing urine easily and lead to infection.

**Types of kidney stones**

Kidney stones come in a variety of sizes, shapes and colours. Some are like grains of sand, while in rare cases others can grow to the size of a golf ball.

**The main types of kidney stones are:**

Calcium stones, the most common type of stone  
 Struvite stones, usually caused by an infection, like a urine infection

**Health Matters**

- count
- add fresh lemon juice to your water
- avoid fizzy drinks
- do not eat too much salt



Keeping your urine clear helps to stop waste products getting too concentrated and forming stones. You can tell how diluted your urine is by looking at its colour. The darker your urine is, the more concentrated it is. Your urine is usually a dark yellow colour in the morning because it contains a build-up of waste products that your body's produced overnight. Drinks like tea, coffee and fruit juice can count towards your fluid

intake, but water is the healthiest option and is best for preventing kidney stones developing. You should also make sure you drink more when it's hot or when you're exercising to replace fluids lost through sweating.

**Treating kidney stones**

Most kidney stones are small enough to be passed in your pee, and it may be possible to treat the symptoms at home with medication.

Larger stones may need to be broken up or removed with surgery.

It's estimated up to half of all people who have had kidney stones will experience them again within the following 5 years.

You should contact a GP or NHS 111 immediately if:

- you're in severe pain
- you have a high temperature
- you have an episode of shivering or shaking
- you have blood in your urine

*Information supplied by, Bupa, Guts UK and NHS*





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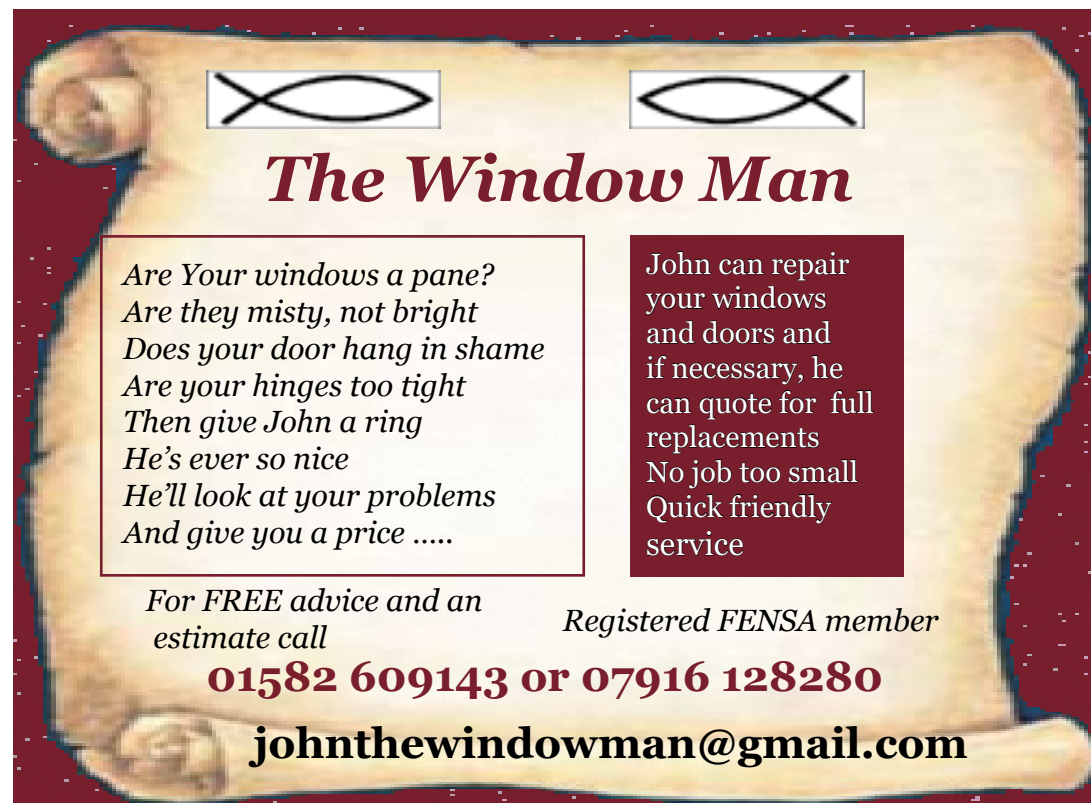
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# Local Clubs and Groups



## Tennis

Wheathampstead Lawn Tennis Club with 3 all-weather floodlit courts, a short tennis court and a clubhouse located in the heart of Wheathampstead on Marford Playing Fields, just alongside Brocket View. Wednesdays at 6.30pm every week, or Sundays at 10am most weeks. Visit the website for further information [www.wltc.org.uk](http://www.wltc.org.uk)

## Thursday Club

The Thursday Club is a friendly, volunteer-run companionship and support Club for Wheathampstead residents who are over 60 and unable to access other activities without support. The Club meets every Thursday from 10am-2pm. Tea/Coffee is provided upon arrival, followed by a home cooked meal and then we finish with some form of entertainment. Transport to and from the Mead Hall can be arranged. To find out more, or if you have any questions, call Val Hughes on 01582 629682 or Michael Corley on 01582 833018.

## The Village Surgeries PPG.

The objective of the group is to contribute wherever possible to the health improvements in Wheathampstead and Harpenden. We are now arranging monthly medical talks on-line. There are also newsletters 4 times a year where members can gain information about local initiatives. We are always looking for new members and it is free to join and participate. To be included and receive the newsletter and get details of the talks please send a request to [chair@thevillagesurgeriesppg.co.uk](mailto:chair@thevillagesurgeriesppg.co.uk)

## Archery

Wheathampstead Archery club was founded in 1956, and has about 70 members. Always happy to welcome newcomers; beginners or experienced. Beginners will need to complete a beginner course run by our Archery GB qualified club coaches. There is a Junior Section for under-18s, but the minimum age is 10.  
<http://wheathampsteadarchery.org.uk/>

## Forging Friendship Club

Affiliated to the Men's Sheds Association, this new club has recently formed in Wheathampstead. Members meet socially and form friendships while facilitating creativity, passing on skills and learning from each other. Meet weekly on Wednesday at 10am to 12 pm in the Old Forge building near the entrance to the Meads.

To join or find out more email:  
[forgingfriendshipsclub@gmail.com](mailto:forgingfriendshipsclub@gmail.com)

## Wheathampstead Baby & Toddler Group

We are a relaxed and friendly group for 0-4 year-olds and their parents and carers, run by parent-volunteers. We provide toys, craft, music, snacks, hot drinks and the chance to get to know other local people. We meet every Friday during term time, 9:45-11:15am at The Memorial Hall on Marford Road.

Find us on Facebook or contact  
[wheathampsteadtoddlergroup@gmail.com](mailto:wheathampsteadtoddlergroup@gmail.com)

## Wheathampstead Community Group (WCG)

WCG seeks to support anyone in the Parish of Wheathampstead who is looking for assistance. If you or anyone that you know needs help, or you wish to volunteer for WCG, please call 07539 176481.

If you need transport to hospital or the doctor, please call 07918 136870.

[www.wheathampsteadwcg.org](http://www.wheathampsteadwcg.org)  
email: [Secretary@wheathampsteadwcg.org](mailto:Secretary@wheathampsteadwcg.org)

*Continued on page 28*

## Kimpton Bowls Club

Bowling for everyone- Come and try bowls. 'Beginners Welcome' Friendly members to help you play. Woods provided but flat shoes please. Come and have fun on Sunday 23rd April 2023 from 2pm. Kimpton Bowls Club, Recreation Ground, Kimpton.  
For further details contact John 07785960353

## Business Group

Wheathampstead Businesses (known as WEB) has a mission to Promote, Protect & Support local businesses and the local community. BILLY the Bee is our mascot promoting Buy It Locally. Twice monthly networking meetings provide an opportunity to collaborate, learn from each other and gain customers. For more details contact Ginny Cooper, Chairman:  
chair@wheathampsteadbusinesses.co.uk

## Cricket

Wheathampstead Cricket Club has five adult teams and an expanding colts section. Cricket is played on Nomansland Common on Saturday and Sunday throughout the season, with occasional mid-week



and evening fixtures. WCC really is a club on the up and we now have some of the best cricket facilities in the county. New players and spectators are always welcome. [www.wheathampsteadcc.hitscricket.com](http://www.wheathampsteadcc.hitscricket.com)

## Wheathampstead Dramatic Society

The Dramatic Society is always looking for new members who would like to join this friendly group. For information about our next planned production visit our website:  
[www.wheathampsteadramaticsociety.co.uk](http://www.wheathampsteadramaticsociety.co.uk)

## Wheathampstead & District Preservation Society

The aims of the group are to protect what's best about the village, make the best use of its assets, object to inappropriate planning applications and take part in community initiatives. The more members we have, the louder is our voice. To join, please see our website:  
[www.wheathampsteadpreservation.org.uk](http://www.wheathampsteadpreservation.org.uk) or call 01582 833789.

## Mead Quilters

We are a long established, forward looking and friendly quilting and patchwork group who meet at the Mead Hall in East Lane, Wheathampstead, AL4 8BP.

We meet on the first Tuesday morning of each month 10.00-12.00noon, and the 3rd Tuesday evening 7.30-9.00pm. Visitors are welcome at both sessions. For further information see our website [www.meadquilters.org](http://www.meadquilters.org)



## Wheathampstead W.I.

Lively, interesting and varied meetings. Every 2nd Wednesday 7.30pm at the Mead Hall in East Lane W/stead. Social events and outings throughout the year. See W.I Noticeboard in the High Street for more information or contact our Secretary Gillian Keen:  
[wheathampsteadwicommittee@outlook.com](mailto:wheathampsteadwicommittee@outlook.com)  
New members always welcome.

## Football

Wheathampstead Wanderers was formed in 1990 by a small group of families from the village to promote and support youth football for the benefit of children and young people in Wheathampstead and surrounding areas. An FA Charter Standard Club, granted in 2008, with around 300 boys and



girls playing football.

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

## ALF Over 60's Socials

ALF raises money at Amwell Day at the Elephant and Castle to fund social events for the over '60s. ALF Bingo is in the Mead Hall (last Tuesday of most months - transport available). Other highlights are the summer outing (for example cream tea at Flatford Mill in Constable Country) and the Christmas party (food, drink, a great entertainer and more). Details from Colin, Amwell Local Fundraisers charity, on 07790 639735.

## Wheathampstead Dementia Friendship and Support (WDFS) - Bluebell Club

Social group for those living with dementia and their carers. 1st and 3rd Wednesday of each month, 10.30 to noon at the Mead Hall, East Lane AL4 8BP. Call Isobel Poole, 07949 630228 All Welcome

## Brownies and Rainbows

1st Wheathampstead Brownies meets at St. Peter's in Gustard Wood on a Tuesday.

3rd Wheathampstead brownies meet at the Scout Hut on a Thursday.

1st Wheathampstead Rainbows meets at the Scout Hut on a Monday. There are currently spaces available so, if you would like your daughter to join please visit: [go.girlguiding.org.uk](http://go.girlguiding.org.uk) to register your interest.

One of the leaders in the village will be in touch when a space becomes available. Registering your daughter earlier rather than later will mean she

*Continued on page 31*

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## Beavers, Cubs & Scouts

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 Beaver Colony Wednesday 5:15 to 6:15  
 Mead Cub Pack Tuesday 6:30 to 8:00  
 Delaport Cub Pack Wednesday 6:30 to 8:00  
 Lamer Scout Troop Friday 7:30 to 9:00  
 Explorer Scouts Tuesday 8:15 to 10:00  
 If your child would like a place, please contact: w11stwheathampstead@outlook.com

## Music and Singing

Introducing the Clover Singing Club, a new concept in ensemble singing for ladies, with emphasis on laughter and relaxation. Try us out - first session free. No need to read music. Sessions are term time on Mondays 1.15-3.15 p.m., Mead Hall, Wheathampstead.  
 Contact Charlotte 07791 741233.

## The Hardynges Choir

The Hardynges Choir is keen to help people experience the joy of choral singing, and welcomes new members, whatever their previous expertise, especially Altos, Tenors and Basses. We rehearse on a Monday evening 7:45pm and 9:45pm during school term time at the School Hall of St Helen's C of E Primary School, Brewhouse Hill, Wheathampstead.  
 Call Primrose Watts on 01582 460092  
[www.hardyngeschoir.org](http://www.hardyngeschoir.org)

## Wheathampstead U3A

Wheathampstead U3A is open to anyone who is retired or semi-retired. No qualifications are needed, and none are given. Make friends, learn new skills or refresh old ones through our wide range of interest groups. Enjoy first-rate speakers at monthly meetings in the Memorial Hall and participate in organised outings to places of interest. Find out more at:  
<https://u3asites.org.uk/wheathampstead/home>

## Wheathampstead History Society

The society meets at 7.15pm, the third Wednesday of each month, in the Mead Hall, East Lane.

It offers a programme of talks promoting local history & heritage, undertakes research projects and encourages and supports members' research. For further information visit our website [www.wheathampsteadheritage.org.uk](http://www.wheathampsteadheritage.org.uk)

## Wheathampstead Warriors

Your local running club, all abilities welcome! The best way to find out more about the Warriors is to come and join one of our club runs on a Tuesday or Thursday evening. Currently all runs need to be booked in advance but please contact us on [wheatwarriorsmembership@gmail.com](mailto:wheatwarriorsmembership@gmail.com) and we'll be able to arrange for you to join us for a run.

More information can be found on our website - <https://wheathampsteadwarriors.co.uk/>

## Positive Movement

On-line classes twice per week (term time) via Zoom, Tuesdays at 2pm and Thursday at 10.30. Classes are for those with reduced mobility. Gentle, chair-based exercises to improve Posture, Balance, Strength and Stability. Call Lynn on 07866 168242 to arrange for a trial class.

## Horticultural Society

Meets: St. Helen's School, Wheathampstead AL4 8AN. 7.30pm, first Wednesday of the month. A friendly village gardening club welcoming everyone of all ages and enthusiasm - even armchair gardeners! A wide range of speakers [some selling plants], socials, visits to interesting gardens, a Plant Sale on 3rd Sunday in May - all are on the agenda. Affiliated to the R.H.S. Occasional meeting on Zoom. For more information please email [whortsoc@gmail.com](mailto:whortsoc@gmail.com) or phone Jill on 01582 460394

## The Community Kitchen

Open to everyone of all ages. The Community Kitchen comes together to prepare a three-course restaurant style meal with up to three choices from a freshly prepared menu. You can help to cook and/or mix and mingle with diners and volunteers. Working on an anonymous, pay what you can afford basis, the group meet on the last Tuesday of each month (unless specified), arrival from 5.30pm to eat at 6pm at The Chapel Halls, (behind the Chapel Gym), Brewhouse Hill, Wheathampstead, AL1 4AG. Call or text Maria on 07727 207818 to book your place or with questions.



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