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September 2024



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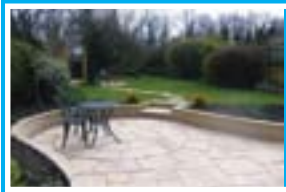
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WELCOME

Once September arrives and the schools go back, it always seems that warm weather has passed and Summer is over, so it's time to knuckle down and get on with things. But, if the weather stays warmish, well, it may just mean that we can feel the lazy days of summer hanging on a little bit longer... let's hope so anyway.

This month we look into growing your own veg or visiting your local farm to buy home grown veg, which somehow always seems to taste better than the packaged up stuff. The new Chef starting at Mid Herts Golf Club this month told us about the events that he enjoys catering for, and we heard about some comfort in the wake of strikes and riots from GPs and Hertfordshire police.

Now that the Olympics are over until Los Angeles in 4 years' time, we went out and about to find out if local people enjoyed the games and if they are already looking forward to next time.

When it comes to *What's On* in and around our area, if you are into singing, there's a taster evening planned by Harpenden Choral Society this month as well as lots of other happenings and events detailed on pages 6 & 7.

Finally, *Health Matters* shines a light on the painful condition of the inappropriately named Tennis Elbow (as you can still suffer with this if you are a writer, a carpenter, a golfer etc. etc) and we look at symptoms and treatments.

Eve

eve@minimagazines.co.uk

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NEWS IN BRIEF

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Famous September Birthdays

British mystery author Agatha Christie (1890-1976) was born in Torquay. She wrote nearly a hundred books including mysteries, dramas, poetry and nonfiction. Another British author William Golding (1911-1993) was born in Cornwall. Best known for Lord of the Flies, he received a Nobel Prize in 1983. Both authors had their books made into films.



Did You Know?

That last September (2023) was Earth's warmest September in 174-years. But in the UK, 100 years ago September 1924 was very wet and also dull, but sunnier in Scotland. In 2024, following a very hot month in August, let's hope we can have a nice, balanced September weather-wise, ie not too hot and not too wet.

We've Heard...

That the Harpenden Choral Society are looking for more members. See the article on page 18 for details of what they do and how to get involved.

Fruit Pie?

With plenty of apples on the trees and blackberries growing all over the place, now is surely a great time to decide to pick some fruit and make an apple and blackberry pie. It will keep for a few days as long as it's stored properly.

Thought for September

Never ignore a person who loves you, cares for you and misses you because, one day, you might wake up from your sleep and realise that you lost the moon while counting the stars.

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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: John Gladwin, 01582 834223.
- W.A.S.P.S. After School Play-Scheme**
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- 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

- Macbeth at The Living Theatre 1st September**
Join the group in the battle hardened world of Shakespeare's classic tragedy. This Summer, The Living Theatre brings you Macbeth. A tale of power and betrayal set against the backdrop of war encampments, fire pits and the wilderness of Medieval Britain. Showtimes: 7:00 PM (Fri & Sat) 4:00 PM (Sundays) 1st - 15th September, 2024 The Living Theatre Whitwell The Living Theatre, Whitwell, Hitchin, SG4 8BP For tickets www.thelivingtheatrewhitwell.org/
- St Stephens Avenue Gardens - Open Garden for NGS 1st September**
Only five doors apart, these two town gardens have been developed in totally different but equally inspiring ways, from an innovative drought tolerant front garden full of Achilleas, Eryngiums and self-seeding perennials, to paths winding through borders packed with richly scented roses, clematis, flowering shrubs and hardy plants. 2.30-5.30 Sunday 1st September Home-made teas. St Stephens Avenue Gardens, St Albans, Hertfordshire AL3 4AD For more details findagarden.ngs.org.uk/garden/21057/21057
- Swan Bingo 5th September**
It's Eyes down once again for a great night of Bingo Fun at your favourite local pub in Wheathampstead Village 7.30 Thursday 5th September at The Swan Wheathampstead.
- Church Open Day 7th September**
Beautiful church open every year for the National Trust's Heritage Open Day scheme. Traditionally decorated for the Harvest Festival Service, the following day at 11.15am. Delicious home-made preserves in aid of both the church and the Hertfordshire Air Ambulance. 10am to 5pm. Saturday 7th September. Donations welcome St Peter's church Ayot St Peter AL6 9BG www.ayotstpeter.com
- Live Music 7th September**
Great rock covers band Stoneheart playing at the Swan Come along for Pizza and a great evening. Starts at 9 pm everyone welcome Saturday 7th September The Swan Wheathampstead Village
- Taster Evening 10th September**
Harpenden Choral Society are holding an Open Rehearsal of Bach's B Minor Mass. Admission is free and scores and refreshments will be provided. Tuesday 10th September 7.45pm for 8.00pm, until 10.00pm United Reformed Church, Vaughan Road, Harpenden AL5 4ED For further information contact Melanie, Membership Secretary, membership@harpendenchoralsociety.org
- The Poldark Show - El Mistico 14th September**
El Mistico, featuring Poldark and Angus Baskerville in a never-before-seen show, bringing magic, mind reading and comedy hypnosis. El Mistico is mystical; a unique unforgettable performance; it's mesmerising, it's spellbinding. Will blow your mind! Recommended guideline 14+ accompanied by an adult. Show Start 7.30pm / Finish 10.30pm (approx) Saturday 14th September. Campus West, The Theatre, Welwyn Garden City, AL8 6BX For tickets poldarkshow.com/index.php/events-list/
- DogFest Hertfordshire 22nd September**
Join us for a jam-packed visit where each ticket includes entry into the nation's favourite dog-friendly festival (for you and your dogs) action-packed demos, expert consultation and the chance to enjoy a variety of activities including: The Big Dog Walk, Behaviour Zone, Play Zone. The Fun Dog Show, Have-a-go Agility Course, Live Music, and much more! 9:30am-5:00pm each day. Saturday 21st & Sunday 22nd September, Knebworth House. Knebworth, Stevenage, SG1 2AX for tickets www.dogfest.co.uk/hertfordshire
- Talk at the u3a 26th September**
Tricia Thompson is the speaker for September. Tricia will be talking to us about "Leeches to Laxatives - Victorian Medical Quackery". With a background in teaching and performance Tricia is an experienced public speaker presenting talks around the country to groups of all sizes. From Leeches to Laxatives is a fun glimpse at some of the weird and wonderful cures that promised miracles to the Victorians - thankfully, most have disappeared, but surprisingly some still exist today 2:00 for 2:30pm on Thursday 26th September. Memorial Hall. Wheathampstead.

To add your events please email: eve@minimagazines.co.uk
Please Note: Events, dates and times correct at time of going to press.

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Olympics: Gone But Not Forgotten

The 2024 Summer Olympics, branded as Paris 2024, the international multi-sport event that took place from mid-July to early August in France, has come to end with GB winning a marvellous 65 medals across numerous sports. Whilst GB were 7th in the gold medal table, we were 3rd. in the numbers of overall medals won, which is a significant achievement for our little country.

The Olympic Games have become a significant global event, fostering international cooperation and cultural exchange. At the same time, hosting the Olympic Games can also bring significant economic benefits and challenges to the host city, affecting infrastructure, tourism and local communities. The Games also provide an opportunity for the host city and country to showcase themselves to the world.

The origin of the Olympics is shrouded in mystery and legend, with one of the most popular

myths identifying Hercules and his father Zeus as the originators of the Games. According to legend, it was Hercules who first called the Games "Olympic" and established the custom of holding them every four years. The myth continues that after Hercules completed his twelve labours, he built the Olympic Stadium as an honour to Zeus.

The modern Olympic Games feature summer and winter sports competitions in which thousands of athletes from around the world participate in a variety of competitions. The Olympic Games are considered the world's foremost sports competition, with more than 200 teams, representing sovereign states and territories, participating.

The Olympic Games are held every four years. Since 1994, they have alternated between the Summer and Winter Olympics every two years during the four-year

Continued on page 11






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Olympiad. The evolution of the Olympic Movement during the 20th and 21st centuries has resulted in numerous changes to the Olympic Games. Some of these adjustments include the creation of the Winter Olympic Games for snow and ice sports, the Paralympic Games for athletes with disabilities, the Youth Olympic Games for athletes aged 14 to 18, the five Continental Games (Pan American, African, Asian, European, and Pacific), and the World Games for sports that are not contested in the Olympic Games. The IOC also endorses the Deaflympics and the Special Olympics. World Wars I and II led to the cancellation of the 1916, 1940, and 1944 Olympics; large-scale boycotts during the Cold War limited participation in the 1980 and 1984 Olympics; and the 2020 Olympics were postponed until 2021 as a result of the COVID-19 restrictions. The Olympic Movement consists of international sports federations (IFs), National Olympic Committees (NOCs), and organising committees for each specific Olympic Games. As the decision-making body, the IOC is responsible for choosing the host city for each Games, and organises and funds the Games according to the Olympic Charter. The IOC also determines the Olympic programme, consisting of the sports to be contested at the Games. There are several Olympic rituals and symbols, such as the

Olympic flag, torch, and opening and closing ceremonies. Over 14,000 athletes competed at the 2020 Summer Olympics and 2022 Winter Olympics combined, in 40 different sports and 448 events. The first-, second-, and third-place finishers in each event receive Olympic medals: gold, silver, and bronze, respectively. In four



years' time, it will be America and Los Angeles that host the Olympic games.

We went out and about locally to hear the views of local people about the Olympics and to ask if they are already looking forward to next time.

Mr & Mrs C said: "We loved the Paris Olympics. We were glued to the TV during the excellent BBC coverage and, to be honest, we actually rather missed it when it stopped. There were so many exciting moments and didn't we do well too. Yes, definitely looking

forward to Los Angeles.

Mr K said: "Yeah I really enjoyed watching the Olympics. The swimming was my favourite. I really thought that guy Adam Peaty was going to win Gold, but anyway, it was all very exciting. The diving was good and the synchronised swimming was just amazing. Los Angeles next time, oh yes, that should be good."

Miss L and Miss D told us that they found the games so very inspiring. "Particularly by some of the stories of peoples almost deciding to give up and then coming back and winning. We watched it a lot and loved to see Tom Cruise at the closing ceremony – he is still so hot!"

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Local Update



New Chef for Mid Herts

A chef is an individual who is trained to understand flavours, cooking techniques, create recipes from scratch with fresh ingredients, and to have a high level of responsibility within a kitchen.

So, it's exciting information for foodies as we can say hello to new chef, Earl Scarlett, who starts work at Mid Herts Golf club later this month. Having trained at Westminster College, Earl has 40 years' experience working in various places including Wembley Stadium and Garner Merchant where he was head chef and he also ran his own franchise for 16 years.

Earl will undoubtedly be developing menus, although we did ask about his style of cooking and he told us that he has plans to incorporate different cuisines including English, Caribbean, French, Italian, Indian, and many more. Earl told us: "I am here to please, for all of your catering needs, working to make it a memorable experience just for you."

Earl explained that he enjoys cooking for events and he gave us some examples of the food that could be on the menu; 'A la carte night: Fillet of beef or chicken with a wild mushroom sauce, sliced potatoes cooked in a garlic cream with a melange of vegetables. Caribbean Night: Stuffed Jerk Chicken (spicy marinated chicken pieces stuffed with plantain, slowly cooked with a spicy jerk sauce).

Whilst lunch service will normally be open to the public, sometimes non-members can also attend evening events at Mid Herts and those events will be advertised in advance. Social membership is also available which allows non-golfers to enjoy all catering options at the club.

GPs Still Care

GP services across England are now subject to collective action for an indefinite period but patient care continues.

The collective action does not affect the core services that GPs provide to patients. Practices will remain open during their usual hours and patients can continue to

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Taster Evening

Harpenden Choral Society is a thriving amateur choir with an active and committed membership of about 75 singers. They get together every Tuesday during term time at the United Reform Church in Vaughan Road, Harpenden and perform locally around 4 times per year.

The choir would like to recruit new members in all voice sections as they make exciting plans for their 50th Anniversary in 2025. With an equal mix of men and women and ages ranging from 25 – 85, singers can be sure to find challenge and inspiration as well as having great fun singing with a friendly group of people.

The choir's 2023-2024 season included enjoyable performances of Handel's Dixit Dominus,



make requests as usual by phone, on-line or by walking in. It is vital that patients still attend their appointments unless they are told otherwise.

The nature of the action means that the impacts will vary at different GP practices. Although the collective action officially started from 1 August, GP practices who chose to take action might not do so immediately and the action they take might not result in a noticeable change to services for their patients.

Your practice should inform you of any changes to services and tell you when these changes will happen. Please continue to check your practice's website for information about any changes to the service that your practice is providing and how to get help if you need it. NHS teams have worked hard to plan for disruption and to mitigate this where needed to avoid knock-on effects for patients.

You should continue to use 111 for urgent medical help when your GP practice is unavailable and call 999 if it is a serious or life-threatening emergency.



Scarlatti's St Cecilia Mass, Haydn's Nelson Mass and the Durufle Requiem. The choir also held their popular annual Christmas carol concert and collaborated with the excellent Onyx Brass for their summer concert.

Harpenden Choral Society is fortunate to have John Andrews as its Musical Director. Alongside nearly twenty years with Harpenden Choral Society, John has

Continued on page 16



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conducted many of the UK's leading orchestras and ensembles, including the BBC Symphony Orchestra, the BBC Concert Orchestra, the Royal Scottish National Orchestra, the BBC Singers, BBC Philharmonic, The Orchestra of Scottish Opera, and the Bournemouth Symphony Orchestra. He is Principal Guest Conductor of the National Symphony Orchestra and Artist-in-Association with the English Symphony Orchestra.

Spokesperson Sheila Mitchell said: "I really enjoy being in this choir as it's friendly and fun and, of course, the music is marvellous. I always look forward to singing. and sometimes we get together for social events too.

The choir are holding an Open Rehearsal of Bach's B Minor Mass on Tuesday 10 September. Admission is free and scores and refreshments will be provided.

For further information about the taster evening, please contact Melanie, the Membership Secretary: membership@harpendenchoralsociety.org

Specially Grown

Growing your own vegetables is rewarding, healthy and fun. But it can be daunting to know how and where to start. Of course, it's good to try to grow what you like to eat but, it's also worth noting and finding out in advance how easy or difficult something is to grow so you have a good chance of success.

It's probably best to grow crops that require little maintenance and suffer few pests and diseases. These include crops like courgettes, beans, rocket, radish, chillies and potatoes.

Choose a sheltered, sunny spot for growing veg,



although some salad leaves and herbs spoil in full sun, and so will do better in partial shade. You can always check the packet if you are using seeds or ask the experts at the garden centre.

Only grow what you have space for. If you don't have a large garden you can grow salad crops in window boxes, pots or growing bags.

But if this all sounds like too much bother, head over to Carpenter's Farm shop which is full of home grown produce that has been specially grown by David and his team at Carpenter's Nursery.

At the moment, the farm shop at Carpenter's has salad & cherry tomatoes, rainbow chard, spinach, kale, courgettes, cucumbers, beans and the famous own grown Carpenter's carrots. Everything is planted by hand and harvested daily to ensure the best quality and freshest possible vegetables. Produce from the farm shop is integrated into the menu used by their in-house Café the Potting Shed.

We spoke to Centre Manager James Petrie who explained: "The Potting Shed Café menu is inspired by our own grown produce; some highlights include the signature confit tomatoes & eggs Florentine. Our Autumn & Winter crops are well on their way too, including 100's of pumpkins ready for carving for Halloween."

New Constituency

New boundaries for parliamentary constituencies were produced as part of the 2023 boundary review process. These are intended to reflect

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THE SWAN

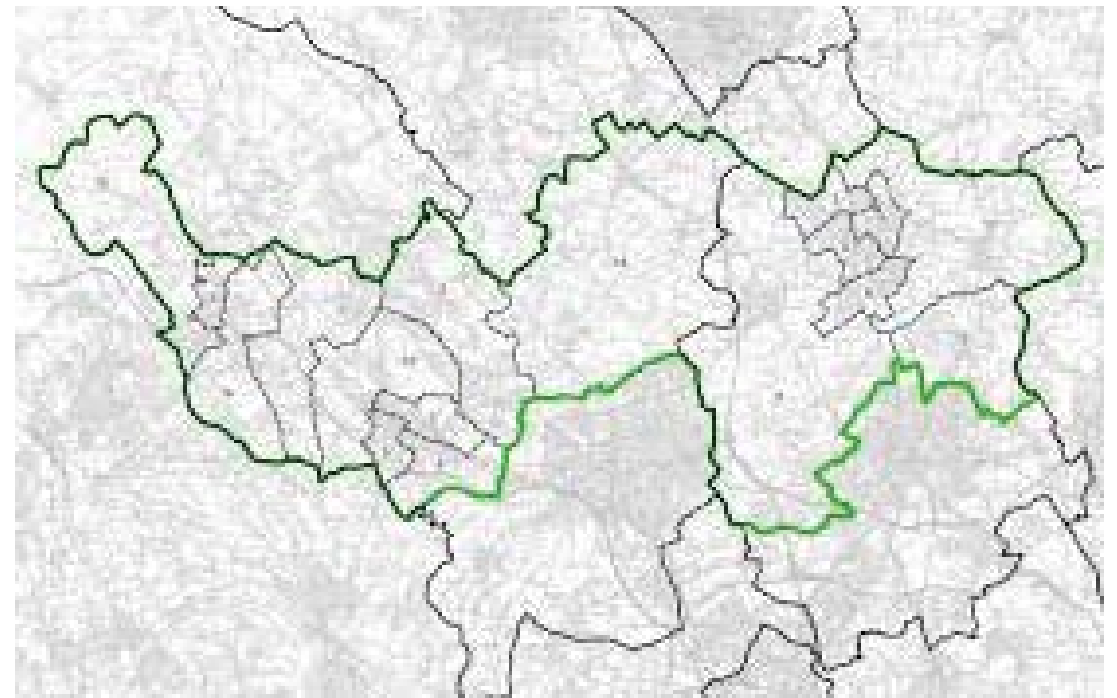
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population changes since the last constituency changes in 2010. Boundary reviews were held in both 2013 and 2018, but no changes were made due to political opposition.

Local Constituencies across our area were shaken up after the Boundary Commission for England submitted its final recommendations for changes. The Commission was tasked with changing constituency boundaries to ensure that seats contain similar numbers of voters.

In Hertfordshire, the biggest changes saw the Hitchin and Harpenden constituency split up, with a new Hitchin constituency stretching over the border into Bedfordshire, and Harpenden joining Berkhamsted and Tring in another constituency. Now Harpenden and Berkhamsted has been created using parts of three different seats. It will cover Redbourn, Sandridge and Wheathampstead from the now-abolished Hitchin and Harpenden constituency, as well as Tring and Berkhamsted from South West Hertfordshire - and some rural parts of Hemel Hempstead.

New MP for New Constituency

Liberal Democrat Victoria Collins has been Elected as the first MP for the newly created

constituency of Harpenden and Berkhamsted, which includes Wheathampstead.

Collins studied history at Van Mildert College at Durham University from 2006 to 2009 before completing a master's degree in international economic policy. She has previously worked



on economic and environmental policy in the European Parliament, and was a contributor on Forbes's website. She has also worked as an independent consultant on sustainability.

On election she said: *Continued on page 20*

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“My priorities are to fix our broken health and social care, help families and businesses with the cost-of-living crisis and end the sewage scandal. I know, however, you have many more concerns including: a failure to support children with special educational and disability needs, unsolved crimes or the expansion of Luton. I will be your local champion fighting for your causes on a national stage.”

In one of her first votes in Parliament, the first MP for the new constituency of Harpenden & Berkhamsted, supported a King’s Speech amendment calling for a cross-party commission on social care.

Victoria and the Lib Dems called on the Government to introduce a package of measures focused on improving the health and care system, notably a cross-party commission, free personal care in England and better support for carers. The Liberal Democrat amendment to the King’s Speech also urged the new Government to tackle the cost of living crisis and to stop the scandal of sewage dumping, against which the previous administration failed to take action, including by replacing Ofwat with a new regulator.

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Fellow opposition parties, the Conservatives and SNP, both failed to vote for the measures put forward by the 72-strong Liberal Democrat grouping in Parliament.

Commenting on one of her first votes in Parliament, Liberal Democrat MP for Harpenden & Berkhamsted, Victoria Collins said: “I was proud to use one of my first votes in Parliament to support an amendment that put policies to fix the health and care crisis, get our economy back on track and end the sewage scandal at the heart of it. Whether it is a plan to fix the sewage scandal or more support to fix our NHS, I’m now making the case for change here in Parliament itself and I am hopeful that this new Government will listen to our concerns and give people the fair deal they deserve.”

To contact your local MP email:
victoria.collins,mp@parliament.uk

Police Prepared

Riots and disturbances of one kind or another seemed to have happened regularly over the month of August. Whilst, at the time of writing, there had not been any disorder in our county of Hertfordshire, it was comforting to know that our police service was still on alert and ready to act if the situation changed. Hertfordshire Constabulary had and possibly still has additional resources on duty despite no confirmed evidence of any ‘gatherings’ locally. The Fire Service and Ambulance Service in Hertfordshire are also fully resourced and ready to respond if required. We learned that Police are increasingly hopeful that we are past the peak of the situation, although they confirmed that they are not at all complacent and are continuing to work closely to monitor the situation locally and ensure that

they are ready to respond should there be any developments.

Spokesperson David Barlow said: “We are acutely aware of the impact the scenes we’ve witnessed elsewhere in the country will be having on those living and working within our county and beyond, and I want to assure you that we understand these concerns and that we continue to stand united against racism and violence. We hope people will be reassured by the swift and firm action being taken by police and courts across the country to quickly bring



people involved in violent disorder to justice. We know that rumours continue to circulate online, and we would ask that you please keep in mind the ongoing work we are doing and encourage people to follow official sources of information for updates. We are also asking that people refrain from sharing information about so-called ‘gatherings’ in any way as it may only serve to increase fear and tension within our communities. Please report any disinformation or criminal behaviour to the police on 101 or by calling 999 if there is a crime in progress.

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Health advice and information

www.nhs.uk/corovirus

Local council services

www.hertfordshire.gov.uk/coronavirus

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Hertfordshire Domestic Abuse helpline

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Citizens Advice

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www.hcas.org.uk

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www.nationaldebtline.org

Avoiding Scams

Sign up for scam alerts

www.hertfordshire.gov.uk/updates

Volunteering

www.volunteering.org.uk

Tennis Elbow

Tennis elbow is a condition that can result from overuse of the muscles and tendons in the elbow. Tennis elbow is often linked to repeated motions of the wrist and arm, but you don't have to be a tennis player to suffer with this condition.

Despite its name, most people who get tennis elbow don't play tennis. Some people have jobs that involve repeated movements that can lead to tennis elbow. These include plumbers, painters, writers, carpenters and butchers. However, often tennis elbow has no clear cause.

The pain of tennis elbow occurs mainly where the tough, cord-like tissues of the forearm muscles attach to a bony bump on the outside of the elbow. The tissues are known as tendons. Pain can spread into the forearm and wrist. The tendon most likely affected in tennis elbow is called the exterior carpi radialis brevis. Tennis



elbow is usually diagnosed in people between ages 30 and 50.

Rest, pain medicines and physical therapy often help relieve tennis elbow. People for whom these treatments don't help or who have symptoms that get in the way of daily living might have a



procedure, such as a shot or surgery used to treat tennis elbow.

What is tennis elbow?

Tennis elbow (lateral epicondylitis) is swelling of the tendons that bend your wrist backward away from your palm.

Symptoms

The following are the most common symptoms

Health Matters

of tennis elbow. Although you may experience different symptoms.

At first you may have pain, burning, or an ache along the outside of your forearm and elbow. Over time, the pain gets worse. If you keep doing the activity that caused your condition, the pain may spread down to your wrist, even at rest. Pain or an ache may also persist when you place your arm and hand palm-down on a table, and then try to raise your hand against resistance. You may also feel pain when you try to lift and grip small objects, such as opening a jar or even holding a coffee cup. A weak grip is another symptom of tennis elbow.

Diagnosis.

Your GP can often diagnosis your tennis elbow with a physical exam. In some cases, you may have certain tests, such as:

- **An X-ray.** This is to look at the bones of your elbow. It is done to see if you have arthritis or other problems in your elbow.

- **An MRI.** This can show *Continued on page 25*



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Treatment

It's important to not do the movement that caused your injury in the first place. Treatment may include:

- Rest and stopping the activity that produces the symptoms
- Ice packs to reduce inflammation
- Strengthening and stretching exercises
- Anti-inflammatory medicines such as ibuprofen or naproxen
- Wrapping your elbow in a compression bandage
- Using a Tennis elbow brace

Your GP may talk to you about:

- Bracing the area. This is to keep it still for a few weeks or using a special brace with activities
- Steroid shots (injections). These may help reduce swelling and pain
- A special type of ultrasound (shock wave therapy). This can help break up scar tissue, increase blood flow, and promote healing.
- Platelet-rich plasma (PRP). This treatment injects your own blood platelets into the affected area to promote healing
- Surgery. This is only done in rare cases. But

your tendons and the amount of damage. An MRI of your neck can show if arthritis is in your neck, or disk problems in your spine are causing your arm pain.

- **An EMG** (electromyography). This may show if you have any nerve problems in your elbow that may be causing your pain.

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Health Matters



if symptoms don't respond to other treatment, surgery may be advised.

What can I do to prevent tennis elbow?

- Keep your arms flexible and strong.
- Stay away from repetitive movements.
- Warm up before exercising or using your arms for sports or other repetitive movements.
- If you play a racquet sport, make sure your equipment is right for you.

When should I contact my GP?

Call your GP if you have any of the following:

- Pain or trouble moving affects your daily activities
- Pain doesn't get better or it gets worse with treatment
- You see a bulge or lump on your arm
- Your arm is hot to touch and swollen

Key points about tennis elbow

- Tennis elbow is swelling or tearing of the tendons that bend your wrist backward away from your palm.
- It's caused by repetitive motion of the forearm muscles, which attach to the outside of your elbow. The muscles and tendons get sore from too much strain.
- Symptoms include pain, burning, or an ache along the outside of the forearm and elbow. It may get worse and spread down to the wrist if you keep doing the activity that causes the condition. Your grip may become weak.
- Tennis elbow can be treated with rest and medicines to help with the inflammation. Exercises often help too. In rare cases, surgery may be done to fix the tendon.
- You can help prevent tennis elbow by doing things like warming up before exercise or sports, increasing activity slowly, using the right equipment for activities, and strengthening your arm muscles.

Please note that tennis elbow like symptoms can be caused by other health conditions. Always see your GP for a diagnosis.





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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

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

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 fortnightly on the first and third Wednesday of each month at 10am in the Forge building near the entrance to the Meads. To join or find out more email: 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

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
email: 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

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

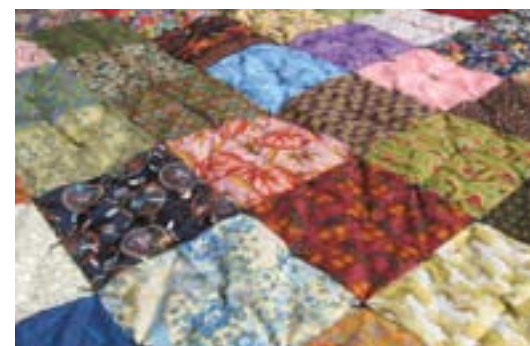
Wheathampstead & District Preservation Society

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 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



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
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

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 John Gladwin, 01582 834223. 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 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 will be added to our *Continued on page 31*

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waiting list and when a place becomes available at the right age, she will be offered a place.

Beavers, Cubs & Scouts

Squirrels, Beavers, Cubs and Scouts are popular in Wheathampstead and meet regularly at the Scout Hut in Mead Lane, Wheathampstead as follows:

Squirrel Drey Tuesday 4:45 to 5:45

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

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

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 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 or phone Jill on 01582 460394

The Community Kitchen

Open to everyone of all ages - families, friends, couples, single people. 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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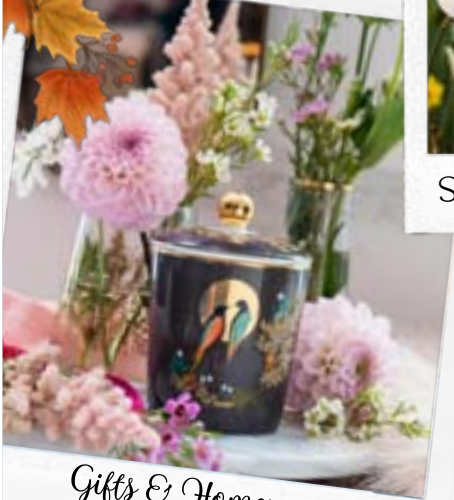
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