

Wheathampstead Magazine



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March 2025



New Initiatives

Getting It Done

Local School Says Thanks

FREE COPY

THE SWAN

Wheathampstead

- Lunch served daily 12 till 2.30pm
- Friday evening Hand Battered Cod, Burgers or Pizza
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- Friday Drinks Raffle



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WELCOME

March is just one of those months where everything seems to get better; skies are a little bluer, crocuses and daffs start to come out, making gardens and some hedgerows look a bit cheerier, the clocks change and somehow, people in general seem happier.

This month we spoke to the people at Chips Away, the car body repair specialists, about their mobile service and Beech Hyde School thank local people for the support they received, which helped them to get the fantastic grant to buy some new playground equipment.

Local band Carnegies celebrated 10 years on the local music scene with a party gig at our local pub, The Swan, and the Rotary Club are once again hosting their very popular Quiz of Quizzes to raise money for some very worthy causes.

We heard a little about local friendship group, the Inner Wheel and talked about the wonder of Mums. Then, in a bit of a detour from our usual topics, we spoke to local residents to get their views about the various initiatives introduced by the current government.

Finally, there's plenty to do and see in and around our area as detailed in the What's On section.

Have a great March and for all the mums out there, happy Mother's Day!

Eve

eve@minimagazines.co.uk

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For Next Issue...

Friday 14th March

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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

Did you know...

British Summer Time begins on 30th March! Yes, that's right, the clocks go forward at 1am on the last Sunday in March. The period when the clocks are 1 hour ahead is called British Summer Time (BST). There's more daylight in the evenings and less in the mornings. It all changes again on the last Sunday in October when the clocks go back 1 hour at 2am.

It's Another Special Time...

For mums on 30th March. Make sure that you don't forget Mother's Day. You can buy some flowers or chocs or why not push the boat out and take your mum out for lunch or dinner, or make her a very special happy Mother's Card?



Not that Long Ago

March 1999 - Poland, Hungary and the Czech Republic became fully-fledged members of NATO (North Atlantic Treaty Organization) less than ten years after exchanging communist rule for democracy and ending their Cold War military alliances with Soviet Russia.

Eight Years Earlier...

March 1991 - The Soviet Republic of Georgia, birthplace of Josef Stalin, voted to declare its independence from Soviet Russia, after similar votes by Lithuania, Estonia and Latvia. Following the vote in Georgia, Russian troops were dispatched from Moscow under a state of emergency.

Thought for March

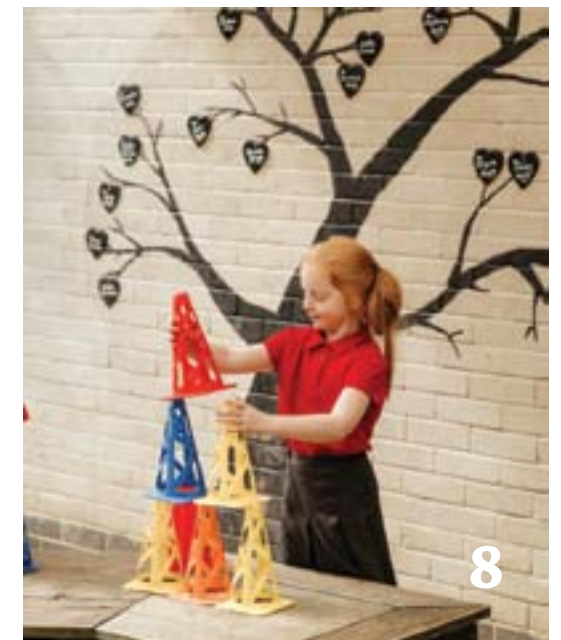
You're only here for a short visit. Don't hurry. Don't worry, and be sure to smell the flowers along the way.

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Tax problems?

Talk to:

Fenlon & Co

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- Accounts for Ltd Companies
- Self Assessment Tax Returns
- Accounts for Self Employed
- Payroll & VAT Returns
- HMRC investigations

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Mike Crafer - CTA

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Email: laskier@fenlonandco.co.uk

www.fenlonandco.co.uk

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 5th & 19th March

• 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

• Swan Bingo

It's Eyes down once again for a great night of Bingo Fun at your favourite local pub in Wheathampstead Village 7.30 Thursday 6th March at The Swan Wheathampstead.

• 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**• Live Music 1st March**

Live Music from popular local band Odyssey playing rock and pop great from Come on down and join the fun. 9pm Saturday 1st March The Swan Wheathampstead Village

• Barbara Cartland: The Art of Romance 2nd March

From aviation to activism, discover the real story of the woman behind over 700 romantic novels and the artist who brought her book covers to life. Special exhibition at Hertford Museum 18. Bull Plain Hertford SG14 1DT Sunday 2nd and throughout March. For details visit www.hertfordmuseum.org Tel : 01992582686

• Come and Sing Mozart Requiem 1st March

Registration is from 1.30pm and scores will be provided. The workshop will start at 2.00pm and run until 6.00pm with a break for refreshments. There will be a final run through at 5.15pm that friends and family are welcome to attend. Saturday 1st March 1.30pm to 6.00pm with musical director, John Andrews Harpenden United Reformed Church, Vaughan Road, Harpenden For tickets harpendenchoralsociety.org

• Wheathampstead's Got Talent 2nd March

If you are a superstar in the making or think that you could be the next big thing, apply for an audition on Sunday 2nd March at Marford Memorial Hall. To register email Kathryn.briggs@wheathampstead-pc.gov.uk

• Quiz of Quizzes 7th March

The quiz for enthusiasts, organised by Rotary in Harpenden at St George's School. Enter your team now. Email QofQ@rih.org.uk for more information and entry form. Friday 7th March

• Orchestral concert 15th March

With a varied programme of music for orchestra and chorus, including Mendelssohn Trumpet overture Mendelssohn Trumpet overture, Schumann Violin Concerto and much more. 7:30pm Saturday 15th March Tickets on the door or for details and tickets visit www.wgcms.org.uk Tel: 0333 666 3366 St Francis Church, Church Road WGC AL8 6QJ

• Hatfield House for NGS 22nd March

Visitors can enjoy the spring bulbs in the lime walk, sundial garden and view the famous Old Palace garden, childhood home of Queen Elizabeth I. The adjoining woodland garden is at its best in spring with masses of naturalised daffodils and bluebells. 11am - 3 pm Saturday 22 March Hatfield,, AL9 5HX

• Live Music 22nd March

Live Music from Machine Head 5 piece band playing Rock n Roll Covers Come on down and join the fun. 9pm Saturday 22nd March The Swan Wheathampstead Village

• Open Gardens 23rd March

Amwell Cottage is an Informal garden of approximately 2½ acres around a cottage. Large orchard of mature trees, with billows of cow parsley in spring, laid out with paths. Extensive lawns with borders, framed by tall yew hedges and old brick walls. Refreshments Home-made teas are available 2pm - 5pm Sunday 23rd March Admission Amwell Lane, Wheathampstead, AL4 8EA

• Tony Stockwell, psychic medium 25th March

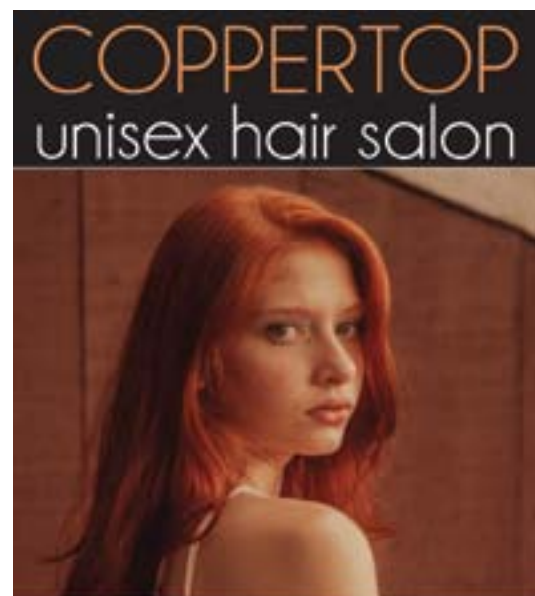
The popular star of TV's Sixth Sense, Street Psychic, Psychic Private Eye and Psychic Academy. Tony Stockwell demonstrates his belief that those who have passed can communicate with their loved ones with detailed messages frequently including names, dates. 7.30pm Tuesday 25 March Campus West, The Campus, Welwyn Garden City, Hertfordshire for details and tickets tonystockwell.com/

• Wheathampstead u3a 27th February

Join U3A at the Marford Hall for their AGM and also the 'Meet the Groups' event. A representative of each group run will be there to tell you all about what each group does. The AGM is an important part of the movement's yearly calendar - which helps to shape our future and we look forward to meeting you. On Thursday 27th March at 2.30pm

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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Local Update

A Big Thankyou from Beech Hyde Primary School

Local School Beech Hyde were so well supported by local residents, that they are delighted to confirm they have been awarded an incredible grant of £1,000 to enhance their playground with brand-new equipment. **The Tesco Stronger Starts Programme provided the grant after shoppers voted for Beech Hyde using the instore blue tokens.

Tesco have partnered with the charity Groundwork on a mission to help children to thrive by funding healthy food and fitness activities to improve physical health and mental wellbeing - from breakfast clubs to playground equipment, football kits to gardening classes. At Beech Hyde School, enthusiastic student 'Play Champions' were involved in selecting the new equipment, which arrived in February. The new additions include balls, stilts, stacking bricks and blocks and all have enhanced the playgrounds into even more vibrant spaces for students to play, learn, and thrive.

Kat Logan from the Beech Hyde Association said: "There is a buzz of excitement on the playground as the new equipment is bringing such joy and energy to our school community. We'd like to extend our heartfelt thanks to every friend, neighbour, and supporter who voted for us while doing your Tesco shop. This initiative was actioned by the Beech Hyde Association (parents of Beech Hyde children). If you're part of another community group looking to make a difference, we highly encourage you to explore the Tesco Stronger Starts Programme. You can find more information and apply for funding at www.tescopl.com/strongerstarts."

**The scheme is open to all schools, registered charities and not-for-profit organisations, with priority given to projects that provide food and support to young people. Examples of eligible applications with a focus on food security,

children and young people could be:

A school providing pupils with food for breakfast clubs or snacks throughout the day.

A school wanting to buy equipment for outdoor or indoor activities.

A school wanting to develop a food growing area.



Quiz of Quizzes



Rotary in Harpenden's will host their annual Quiz of Quizzes once again in March this year. This is always 'billed' as a quiz for real quiz enthusiasts, with the Rotary's own quiz master preparing the questions, which are general knowledge. There are 8 rounds of 10 questions and 2 'table' rounds: the question sheet is left with the teams and not collected until after the interval. Each has 20 questions, usually pictorial. There are around 34 teams that take part, each with six players and during the interval a hot meal is provided by the renowned Godfrey's, famous for its marvellous fish and chips. The winning team holds the Quiz of Quizzes Cup for a year. Each team member also receives a bottle of wine, and second place gets a prize too. The Rotary staged the first Quiz of Quizzes in 1995 and many thousands of pounds have been raised for good causes since then. The profit from the bar and the proceeds from a raffle are donated to charity. The principal beneficiaries last year were the Redbourn Community Food Club and Rotary Foundation, Rotary's own charity which funds all kind of humanitarian projects worldwide, including End Polio Now, aimed at the total eradication of Polio disease. This year, Rotary Foundation again shares the proceeds but this time with Harpenden Partnership Plus, which is integral to the organisation of all events involving schools in Harpenden and surrounding villages. It also offers a free and confidential service to parents, carers and families of children who attend the Partnership schools. Check Out What's On page 7 for more details.

Love for Mums

There is no doubt that mums are very special people. A mum is often the epitome of unconditional Love. Mums do whatever they

can to keep us going, making countless sacrifices along the way. Most of it goes unnoticed, but that doesn't stop them from doing everything in their power for us while not expecting anything in return.

But, at least there is one day every year when we are more likely to appreciate our mums because Mother's Day is in the news, and hopefully, that shines a bright light on what our mums do for us and encourages us to remember to stop and think how lucky we are to have such a great mum.

Held on the fourth Sunday in Lent, exactly three weeks before Easter Sunday, it was originally a day to honour and give thanks to the Virgin Mary, also known as Mother Mary. Such celebrations required people to visit their 'mother' church - the main church or cathedral in a family's area.

These days, Mother's Day is a day to acknowledge the unquantifiable and selfless contributions of every mother in her children's success. It is also a day to thank her for that. On this day, children, partners and other family members show their love and gratitude to their mother by giving her gifts, cards and other nice things.

Whilst it's more commercialised than ever, Mother's Day does focus on celebrating mums everywhere, and that can't be a bad thing. As well as receiving gifts, it's a day when mums are encouraged to put their feet up and let the rest of the family take the strain. That could mean cooking and cleaning, or it might mean taking mum out for lunch or dinner or afternoon tea - which of course means that you won't have to do any cooking or cleaning up either.

Mother's Day is Sunday March 30th







The Window Man

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 and doors and
 if necessary, he
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johnthewindowman@gmail.com

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Mar / Apr 2025			
Location	Course & Fees	Course Details	Class Dates
Clarence Park Cricket Club Pavilion	Family History £40	5 weeks – Wednesdays 14:00 – 16:00	5 th March – 2 nd April
Harpenden Indoor Bowling Club	Starting Off With Apple iPads & iPhones £20	4 Weeks – Wednesdays 11:00 – 12:30	12 th March – 2 nd April
Starting Off with Apple iPad / iPhone A new course in Harpenden aimed at those with Apple mobile devices and with little or no experience of Google or email, this will give a sound grounding in the basics of these devices - both iPad and iPhone users are equally welcome.			
	Call us to book! 01727 617359 email courses@cfsta.org		
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Promoting True Friendship

Inner Wheel is one of the world's largest women's international voluntary service organisations with branches in over a hundred different countries. Founded 100 years ago, the club exists to promote true friendship and to encourage the ideals of personal service. Inner Wheel clubs have an outstanding record of service to the community. Initially, members provided goods, quite often homemade, to the poor of their communities. The ethos spread rapidly through the country and then abroad. Inner Wheel has adapted to the needs of the country as society has changed. Some members still knit and clubs collect tons of useful goods for the needy, but much is now sent abroad. In this country, members support refuge centres for abused women, hostels for the dispossessed, child centres and drop-in centres, school breakfast clubs and much more. All this is carried out in

the spirit of friendship. Clubs meet regularly and have a full and varied programme through which friendships form and flourish. Visiting other clubs and joining in their activities broadens the opportunity to make new friends. Spokes person Julia explained: "Our local club mainly consists of members from Harpenden and Wheathampstead. We meet socially and enjoy doing a variety of interesting things together, including fund raising activities, service within the community, outings, evening meals and monthly walks." Why not save the date and attend their afternoon tea at The Mead Hall on Saturday April 12th. For tickets email: iwchvenquiries@emaildodo.com or to find out more about joining the club contact Liz Bull at iwchvenquiries@emaildodo.com or visit <https://innerwheel.co.uk/>

Carnegies-10 Years & Counting!

After 10 years, local band Carnegies are pretty well known as they perform quite regularly in many and various local venues where good live music is always appreciated. They started out all those years ago with a gig at the Swan and so, perhaps it was a natural decision to celebrate being together for 10 years back at the same iconic live music venue. And what a performance! It was quite clear that Carnegies are an amazing bunch of lads that always give their best to every event. It was obvious from the reception they received that many in the audience had already seen them countless times and probably intend on seeing them more in the future. *Continued on page 12*



Band members Rob (Guitar), Andre (Vocals), Jules (Bass), Andy (keys) and Matt (Drums) play every gig with huge amounts of energy which spills over into the crowd, making every gig something special, but somehow, this 10 year celebratory gig just smashed it! With covers of music from Coldplay to Thin Lizzy and Stereophonics to Blondie and plenty in between, there's always going to be something in the mix to get the party going – and this gig was no exception.

Popular local venue, The Swan, was packed with a cheering, dancing and generally appreciative audience who moved along to the excellent music. It was a great night all around.

If you want to catch the music from Carnegies for yourself they plan to play the Marquis of Granby in Harpenden on March 1st.

Smiles of the Future - have your say on dental care for children

Healthwatch is working with the ICB to help improve dental services for children.

An Integrated Care Board (ICB) is a National Health Service (NHS) organization that plans and manages health services for a local population. ICBs are responsible for allocating NHS resources and budgets, and working with local NHS providers to improve health outcomes. If you are a parent or carer in Hertfordshire,



Healthwatch Hertfordshire want to hear your experiences on getting dental care for your children and young people. Healthwatch wants to find out how often children are visiting the dentist and identify what may be stopping them get the dental care they need.

The research will also look at ways dental surgeries can be more child and family friendly and find out what information, support and



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resources would help parents look after their child's oral health.

The key aims of this research are to:

- Understand how frequently children are visiting the dentist.

- Identify barriers that may prevent access to dental care.

- Explore ways to make dental practices more child- and family-friendly.

- Determine what information, support, or resources would help parents better care for their child's oral health.

Please share your experiences and thoughts by taking part in the Healthwatch survey. It should only take ten minutes to complete and will remain open until 7 April.

Please visit : <https://www.smartsurvey.co.uk/s/HwHOraHealth/> to complete the survey. The feedback will be invaluable in helping to shaping improvements to dental services and ensuring more accessible, family-friendly care.

We've Discovered...

We wanted to go out and around to explore and find more discoveries to share with you, but honestly, the weather over the past few weeks has been so wet and windy which, frankly, discouraged us a little. But having said that, we still used a great local service called LDH. It started on Friday when our oven just didn't get warm. Luckily, I was planning to cook a stir fry but I still had a grill and small top oven that I could use if necessary. Anyway, I called LDH - Leigh Hibbon Domestic Appliance Repairs and Leigh agreed to visit on Monday Morning. Of course, Leigh arrived right on time and set about repairing the oven. He seems to carry lots of parts for the various appliances that he fixes and thankfully, he had all the necessary parts on his van for our oven too, so just a one visit

job, done in good time and at a good price too. Certainly, beats using just the top oven or buying a new oven.

Leigh fixes, ovens, Hobs, washing machines, dishwashers and all sorts of other appliances, so if you have an appliance that is broken or not working as it should, it's really worth giving him a call before you decide to buy a new one. LDH Services 08841652496

Become a board member of Healthwatch Hertfordshire

Do you want to be part of an effective and impactful countywide charity? Do you want to make sure that the views and experiences of the public shape health and social care in Hertfordshire?

Healthwatch Hertfordshire is recruiting committed trustees (including a Treasurer) to help them to fulfil their role as the local independent consumer champion for health and social care.

For more information email info@healthwatchhertfordshire.co.uk, by telephone on 01707 275978, or by post to Kings Court, London Road, Stevenage, Hertfordshire, SG1 2NG [mark as urgent]



Healthwatch Hertfordshire is the independent health and social care champion. They listen to your needs, experiences and concerns about local health and social care services so that they can speak out on your behalf. For more information about Healthwatch Hertfordshire visit: www.healthwatchhertfordshire.co.uk/

New Initiatives

When it comes to new initiatives, new plans or process designed to achieve something or solve a problem, today's government have certainly made plenty of announcements. Have they been well received?

Whether it's reforms to employment rights,

ambitious housing targets or plans for increases to the minimum wage, when it comes to achievements and problem solving, has the government got it right or is it all just a bowl of albran?

Some would argue that there is some good stuff there, but there are many, many, fierce opponents to scrapping the winter fuel allowance for pensioners, increasing NI for businesses, slapping on inheritance tax for family farms and paying out billions to give away

sovereignty for the Chagos islands.

Apparently, the reasoning behind the first three of these points – scrapping winter fuel payments, increasing NI and adding inheritance tax is all to raise funds, but what about paying Mauritius to take sovereignty of the Chagos islands... what's that about?

It was October 2024 when the UK government announced it would give sovereignty of the

Chagos Islands to Mauritius whilst stating that it would maintain a 99year lease over the UK-US military airbase on the largest island of Diego Garcia.

One well known national newspaper suggested that the payments by the UK government to

Mauritius could go from from £9bn to £18bn, but this has been denied by the UK Foreign Office who have apparently said that the figures being quoted were "inaccurate and misleading," although, of course, they don't tell us what the actual figures are.

"The UK will only sign a deal that is in our national interest," a spokesperson said. That's comforting to know, but why is it in the national interest at all? The pundits say it's all rather perplexing and

apparently, some senior figures in government are opposed to the deal, describing it as a terrible deal and impossible to understand.

Meanwhile, we can't help but wonder how we can spend billions of pounds to give something away when there's no money and indeed British pensioners, farmers and businesses are paying the price of the government's drive to raise funds. Anyway, it seems that progress on the deal has



been paused while the UK government consult US President Donald Trump over the proposed agreement.

It's all a bit of a heavy topic, but with so many people feeling the impact of these fund-raising plans, we spoke to some local people who seemed very happy to share their views.

Mrs P said: "I can't believe all the rubbish that this government spouts on about. They clearly haven't done any proper research on family farms and how they will be adversely effected by this tax. There could be food shortages It will come back to bite them on the proverbial... just you wait and see."

Mr F told us: "The trouble with politicians is that they never answer a straight question with a straight answer, it's mostly all waffle and the current lot are still blaming the previous government. Why

don't they just get on and do the job rather than trying to blame everyone else? I don't agree with anything they are doing, the winter fuel payments, extra NI for business – it's a scandal

- how can they expect growth?" Mr and Mrs C said: "It's tough but the government have got to get the money from somewhere and tax of one sort or another is the only



place that they can get it from, isn't it?"

Mrs R said: "I suppose I understand some of the negative stuff they are doing, because if a government is short on money, it's got to come from somewhere. Having said that, whilst I don't know all the ins and out, paying money, billions of

pounds to give the Chagos islands away seems rather stupid to me, how can that possibly be a good deal for British people?"



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March Gardens

March is apparently a good month to plant perennials, sow hardy annuals such as marigolds, and plant summer-flowering bulbs, including lilies and gladioli.

But, if you are keen, there are all sorts of jobs that you can do in your garden during March.

For example, you can pick off any developing seedheads on daffodils and other spring bulbs, and finish pruning roses early in the month. Tidy up borders, removing established and newly-germinating weeds and Mulch borders generously with garden compost and plant new roses and other shrubs and climbers.

But if you are more into looking at lovely gardens than working on them, we've found these gardens that are open for the National Garden Scheme in March.

Amwell Cottage

Informal garden of approximately 2½ acres around a cottage. Large orchard of mature trees, with billows of cow parsley in spring, laid out with paths. Extensive lawns with borders, framed

by tall yew hedges and old brick walls. Daffodils early in the year. Many roses in beds, borders and a tunnel. Stone seats with views, woodland pond, greenhouse, vegetable garden with raised beds and fire-pit area. Refreshments Home-made teas are available

Hatfield House

Visitors can enjoy the spring bulbs in the lime walk, sundial garden and view the famous Old Palace garden, childhood home of Queen Elizabeth I. The adjoining woodland garden is at its best in spring with masses of naturalised daffodils and bluebells.

For dates and details see What's On Page 7 Tickets are sold in aid of the National Garden Scheme (NGS) who say: "We don't just open beautiful gardens for charity, we are passionate about the physical and mental health benefits of gardens too. We also support charities doing amazing work in gardens and health and grant bursaries to help community gardening projects"

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It could be rust spots, or scratches, or even little dents that have a negative impact on the way your car looks. If you just haven't got around to organising those repairs yet, there's really no need to put it off any longer as the friendly people at Chips Away, the car bodywork repair specialists, can come over to your place to fix it while you just get on with your day at home. It's all very simple and starts with getting a quote for the work that needs to be done. You can do that by sending in photos of the damage, or calling them up asking for Brian, the proprietor. Brian will make an arrangement to call on you to check out your car and what needs to be done. Then, once the quote is all agreed, just fix a convenient date for a Chips Away technician to get the job done. The technician will arrive on your driveway at the appointed time and will start by erecting a gazebo over your car before getting on with the repair. It's really an all weathers service and, provided that it's not too rainy or windy, Chips Away will carry out repairs whatever the weather and still achieve the same amazing finish at your home or office, as long as there is off street parking and access to electricity. They are so confident with the quality of their work that Chips Away offer a lifetime ownership guarantee on all work for as long as you own the car.

Chips Away began offering a mobile service when the business started in 2013, with Brian doing the repairs himself for the first 18 months. This enabled Brian to have a good understanding of how a repair should be carried out and to set the very high standards that they continue to offer today.

Chips Away director, Amanda Palmer, told us: "Repairs for large dents and significant damage do need to be carried out in the workshop, but for smaller jobs, such as bumper repairs, scratches, scuffs and little dents, a visit from our Mobile technician is usually the best option all around. All our paint team are capable of carrying out mobile repairs and we currently have 2 dedicated mobile technicians that we have trained ourselves in house to ensure they carry out the repairs to

our high standards and expectations."

What They Say

"Their communication was excellent. They arrived on time and did a wonderful job at a reasonable rate. Very happy customer. I have used them before and they are still as good as they always were. Would recommend them to anyone."

"Absolutely amazing job on my car. Now looks like a brand-new car. This is the second time I have used Chips Away. Finn came to repair the damage to my car and he did an excellent job. Efficient and an Expert.. Would definitely recommend. Thank you Finn and Chips Away."

"I dropped in without an appointment to get the damage viewed and repair cost quoted. This was done immediately, and a date agreed for the repair to be completed on my own driveway in a few days' time. On that date the repairer arrived exactly on time, and did an excellent job within the timescale given. Friendly and efficient, an excellent job on my car costing as quoted. Perfect."



Useful Contacts

Emotional & practical support

www.hertshelp.net

03001234044

Health advice and information

www.nhs.uk/corovavirus

Local council services

www.hertfordshire.gov.uk/coronavirus

Domestic abuse

www.hertssunflower.org

Hertfordshire Domestic Abuse helpline

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Volunteering

www.volunteering.org.uk

Cancer: Chemotherapy & Radiotherapy

Cancer is a condition where cells in a specific part of the body grow and reproduce uncontrollably. The cancerous cells can invade and destroy surrounding healthy tissue, including organs.

Cancer sometimes begins in one part of the body before spreading to other areas. This process is known as metastasis.

1 in 2 people will develop some form of cancer during their lifetime. In the UK, the 4 most common types of cancer are breast cancer, lung cancer, prostate cancer and bowel cancer. There are more than 200 different types of cancer, and each is diagnosed and treated in a particular way.

Spotting signs of cancer

Changes to your body's normal processes or unusual, unexplained symptoms can sometimes be an early sign of cancer.

Symptoms that need to be checked by a doctor include:

- a lump that suddenly appears on your body
- unexplained bleeding
- changes to your bowel habits

But in many cases your symptoms will not be related to cancer and will be caused by other, non-cancerous health conditions.

Waiting times

Accurately diagnosing cancer can take weeks or months. As cancer often develops slowly over several years, waiting for a few weeks will not usually impact on the effectiveness of treatment.



The National Institute for Health and Care Excellence (NICE) has produced referral guidelines for suspected cancer. <https://www.nice.org.uk/guidance/ng12>

You should not have to wait more than 2 weeks to see a specialist if your GP suspects you have cancer and urgently refers you. In cases where cancer has been confirmed, you should not have to wait more than 31 days from the decision to treat to the start of treatment.

Reducing your risk of cancer by making some simple changes to your lifestyle can significantly reduce your risk of developing cancer. eg; healthy eating, taking regular exercise, not smoking.

Cancer treatment

Surgery is often the first treatment to try for most types of cancer, as solid tumours can usually be surgically removed. 2 other commonly used treatment methods are:

chemotherapy – powerful cancer-killing medicines

radiotherapy – the controlled use of high-energy X-rays

Chemotherapy

Chemotherapy is a cancer treatment where medicine is used to kill cancer cells.

There are many different types of chemotherapy medicine, but they all work in a similar way.

They stop cancer cells reproducing, which prevents them from growing and spreading in the body.

Chemotherapy can be carried out in many different ways, depending on your circumstances. If you're diagnosed with cancer, you'll be cared for by a team of specialists. Your care team will recommend chemotherapy if they think it's the best option for you, but the final decision is yours.

Making this decision can be difficult. You may find it useful to write a list of questions to ask your care team.



type of cancer you have and what the aim of treatment is.

How chemotherapy is given

In most cases, chemotherapy is given directly into a vein.

This is known as intravenous chemotherapy.

This usually involves medicine

being given slowly from a bag of fluid that's attached with a tube to one of your veins. This can be done using :-a cannula – a small tube that's placed into a vein in the back of your hand or lower arm for a short time, a peripherally inserted central catheter (PICC) line, a small tube inserted into a vein in your arm that usually stays in place for several weeks or months, a central line – similar to a PICC, but inserted into your chest and connected to one of the veins near your heart, an implanted port – a small device inserted under your skin that's kept in place until your treatment course finishes; medicine is given using a needle inserted into the

Continued on page 24

Health Matters

If you agree with your care team's recommendation, they'll start to plan your treatment once you've given your consent to treatment.

Tests and checks

Before chemotherapy begins, you'll have tests such as blood tests and x-rays to check your general health and make sure the treatment is suitable for you.

Your treatment plan

Chemotherapy involves several treatment sessions, typically spread over a few months and before treatment starts, your care team will make a plan that outlines: the type of chemotherapy you'll have, how many treatment sessions you'll need and how often you'll need treatment. After each treatment you'll have a break before the next session, to allow your body to recover. Your treatment plan will depend on things such as the

device through the skin. The time it takes to get a dose of intravenous chemotherapy can range from several hours to several days. You usually go into hospital for the treatment and go home when it's finished.

Tablets (oral chemotherapy)

Sometimes chemotherapy is given as tablets. This is known as oral chemotherapy. You'll need to go into hospital at the start of each treatment session to get the tablets and have a check-up, but you can take the medicine at home. Make sure you follow the instructions given by your care team. Taking too much or not enough medicine may reduce its effectiveness and could be dangerous. Contact your care team if you have any problems with your medicine, such as forgetting to take a tablet or being sick shortly after taking one.

Other types of chemotherapy

Less commonly, chemotherapy may be given as injections under the skin, known as subcutaneous chemotherapy, injections into a muscle, known as intramuscular chemotherapy, injections into the spine, known as intrathecal chemotherapy, a skin cream.

Chemotherapy can cause a range of unpleasant side effects such as tiredness, nausea and hair loss. For more information visit <https://www.nhs.uk/conditions/chemotherapy/side-effects/>

Deciding to have treatment

If you're diagnosed with cancer, you'll be cared for by a team of specialists. Your team will recommend radiotherapy if they think it's the best option for you, but the final decision is yours.

Making this decision can be difficult. You may find it useful to write a list of questions to ask your care team.



Radiotherapy may be used in the early stages of cancer or after it has started to spread. It can be used to try to cure the cancer completely (curative radiotherapy) and/or to make other treatments more effective – for example, it can

be combined with chemotherapy or used before surgery (neo-adjuvant radiotherapy). Radiotherapy may also reduce the risk of the cancer coming back after surgery (adjuvant radiotherapy) and /or relieve symptoms if a cure is not possible (palliative radiotherapy). Radiotherapy is generally considered the most effective cancer treatment after surgery, but how well it works varies from person to person.

Types of radiotherapy

Radiotherapy can be given in several ways. Your doctors will recommend the best type for you.

The most common types are:

External radiotherapy, where a machine is used to carefully aim beams of radiation at the cancer; radiotherapy implants (brachytherapy), where small pieces of radioactive metal are (usually temporarily) placed inside your body near the cancer.

Radiotherapy injections, capsules or drinks (radioisotope therapy), where you swallow a radioactive liquid, or have it injected into your blood.

Intrabeam radiotherapy, where radiation is delivered directly at the tumour during breast cancer surgery (this treatment is not available at all NHS hospitals).

Radiotherapy is usually given in hospital. You can usually go home soon after external radiotherapy, but you may need to stay in hospital for a few days if you have implants or radioisotope therapy. Most people have several treatment sessions,

which are typically spread over the course of a few weeks.

Side effects of radiotherapy

As well as killing cancer cells, radiotherapy can damage some healthy cells in the area being treated.

This can cause some side effects, such as: sore, red skin, feeling tired, hair loss in the area being treated, feeling sick, losing your appetite, diarrhoea.

If you agree with your team's recommendation, they'll start to plan your treatment once you have given your consent to treatment.

Planning your treatment

Your treatment will be carefully planned to ensure the highest possible dose is delivered to the cancer, while avoiding damage to nearby healthy cells as much as possible.

You will probably have a CT scan to work out exactly where the cancer is and how big it is.

After the scan, some very small but permanent ink marks may be made on your skin to ensure the right area is targeted accurately each time.

If you're having radiotherapy to your head or neck, a plastic mask will be made for you to wear during treatment. The ink marks will be made on the mask.

Your treatment

Radiotherapy is usually given daily over several weeks.

Before treatment starts, your care team will create a plan that outlines: the type of radiotherapy



Getting advice about cancer:

<https://www.macmillan.org.uk/coronavirus/cancer-and-coronavirus>

<https://www.cancerresearchuk.org/about-cancer/cancer-in-general/coronavirus-and-cancer>

<https://www.nhs.uk/service-search/Cancer-information-and-support/LocationSearch/320>

<https://www.nhs.uk/Service-Search/Cancer-hospice-care/LocationSearch/321>

you'll have, how many treatment sessions you'll need, how often you'll need treatment. Most people have 5 treatments each week (1 treatment a day from Monday to Friday, with a break at the weekend). But sometimes treatment may be given more than once a day or over the weekend.

Your doctor may call each dose a "fraction", although the term "attendance" is sometimes used to indicate how many hospital visits you'll need to make during treatment.

Spotting the Symptoms of Oesophageal Cancer

Would you know how to spot the symptoms of oesophageal cancer?

It is one of the deadliest cancers as symptoms are hard to spot early on, so knowing what to look out for is especially important. February was Oesophageal Cancer Awareness Month, with the aim of making people more aware of possible symptoms and increasing the chances of a timely diagnosis.

Oesophageal cancer is a type of cancer that develops in the gullet, the tube that links the mouth to the stomach. It affects men more often than women, with almost seven out of 10 cases being male, and it's particularly common among white males.

The risk of developing it increases with age, with drinking and smoking. Being overweight also increasing risk. Symptoms include:
difficulty swallowing
heartburn or acid reflux



persistent indigestion
feeling or being sick.

While other health conditions can cause these symptoms, it is important to see a GP to get them checked.

The charity Guts UK! is supporting a campaign to raise awareness of the high mortality rate of oesophageal cancer as well as research into advanced diagnostic tests that could detect the disease earlier. You can find more details on their website.

For information on the support available for people affected by oesophageal cancer, visit Macmillan Cancer Support.

Information supplied by nhs, macmillan, cancer uk



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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 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

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

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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



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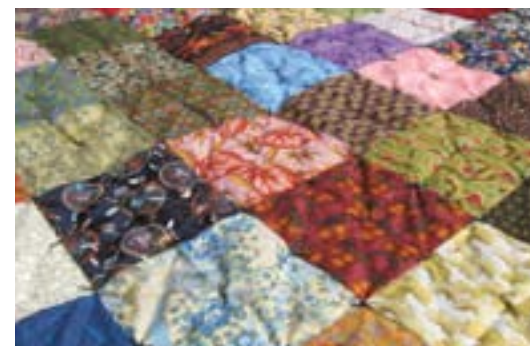
Wheathampstead & District Preservation Society

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 10.00-12.00pm, 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

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 e mail whortsoc@gmail.com or phone Jill on 01582 460394

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 to register your interest.

One of the leaders in the village will be in touch when a space becomes available. Registering your

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daughter earlier rather than later will mean she will be added to our waiting list and when a place becomes available at the right age, she will be offered a place.

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All popular and meet regularly at the Scout Hut in Mead Lane, Wheathampstead as follows:
 Squirrel Drey Tuesday 5:15 to 6:15
 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.

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 wheatywarriorsmembership@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.

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.



The Hardyngge Choir

The Hardyngge 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.hardynggechoir.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

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