

# Wheathampstead Magazine



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April 2024



**In Good Company**

**Uplifting Charity Concert**

**It Happens to a Third of Older Adults**

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# WELCOME

I've been looking forward to April, mainly because the optimist in me says that the weather will be fine and we can all finally get out and about more. Looking around, there certainly seems to be lots of signs of Spring with dafs coming out and blossoms of all colours on the trees.

I'm frequently impressed and inspired by the sheer number of local people that give their time volunteering to help others. This month we have looked at charities, both national and local and we went out around our area to get a local view on the topic.

Staying on that theme, we went along to the Thursday Club and spoke to volunteer, Laura Simcott, to find out what happens at the club and what it's all about. We also heard about a charity concert set to take place this month at St Helens Church, featuring the Upbeat Choir. and BBC TV presenter, Pam Rhodes.

Nannies4Grannies, the home care and companionship specialists, are celebrating their tenth anniversary and we heard from them about how it all began.

Health Matters looks into problems with knees and knee replacement and, as the weather warms up, there seems to be plenty to do and see in our area as highlighted in the What's On section.

Eve

[eve@minimagazines.co.uk](mailto:eve@minimagazines.co.uk)

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# NEWS IN BRIEF

## Useful Phone Numbers

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**Power Cuts:** 105

**Healthline:** 111

**Police non emergency:** 101

**Parish Council:** 01582 832541

**County Council:** 0300 123 4040

**Local Pharmacy:** 01582 832102

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Advice for Mental Health Issues

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**Age Concern:** 0800 00 99 66

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Advice about drugs from professional advisers

**Beating Eating Disorders:**

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**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

## We've heard that...

The Parochial Church Council (PCC), the leadership group which makes the important decisions for St Helens Church, is looking for enthusiastic people from a diverse range of backgrounds with variety of skills, experience and knowledge to join them. Meetings are on mid-week evenings, ten times a year for about two hours. For more information speak to the Rector or Churchwardens, or an existing PPC member or visit: <https://sth-stp.org>

## Did you know...

That there's a talented local artist about to offer painting classes for small groups. So, if you are a complete beginner and always wanted to learn, or if you want to improve your skills, check out page 20 for more details.



## We Won

April 2, 1982 - The beginning of the Falkland Islands War as troops from Argentina invaded and occupied the British colony located near the tip of South America. The British retaliated and defeated the Argentineans on June 15, 1982, after ten weeks of combat, with about 1,000 lives lost.

## Thought for April

Optimism doesn't wait on facts, it deals in prospects, Pessimism is a waste of time. Optimism is a happiness magnet. If you stay positive, good things and good people will be drawn to you.

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## What's On... regularly

- **Foodbank**  
Confidentiality is assured. Community Centre, Hillydike Road 12.30 - 2.30 every Thursday. Tel: 01727 613019
- **Recreation for the Retired**  
The Chapel Halls Brewhouse Hill All welcome. Various activities available. 2pm-4pm most Fridays
- **Wheathampstead Dementia Wellbeing Group ('WDWG') Coffee Morning**  
The Mead Hall, every 1st and 3rd Wednesday, 10.30am - 12pm John Gladwin, Chairman, WDWG 01582 834223
- **W.A.S.P.S. After School Play-Scheme**  
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- **Quiz**  
The Swan Wheathampstead. Wed 3rd and 17th April 7.30 For details:: 01582 833110
- **Herts Musical Memories**  
Singing for people with dementia & their carers/loved ones. Monday mornings 10.30am - 12.00 midday. Memorial Hall Call Wendy Hyams 07483 307545 or Kerry Brabant 020 8950 5757
- **Harpenden Farmers Market**  
70 + stalls running north bound along the Lower High Street from Sainsburys offering a huge selection of produce and gifts.. It's a great place to browse on the 4th Sunday of every month.
- **Community Library**  
Wheathampstead Community Library Monday - Thursday 2pm - 6pm and Saturday 9am-1pm. Knit Natter & Know Craft group every Wednesday 10am-Noon. Fire Station and Library Marford Road Wheathampstead.
- **Roast & Meat Raffle**  
Weekly Sundays at The Swan, Wheathampstead
- **Seniors' Bingo**  
Amwell Local Fundraisers (ALF) holds monthly seniors bingo evenings in the Mead Hall last Tuesday of the month. If you need a lift to get to bingo, just let ALF know (ring Colin on 07790 639735) They will arrange for you to be collected.
- **Harpenden Riding for Disabled (RDA)**  
Lessons to local people (over the age of 5) with physical disabilities or learning difficulties. Wednesdays 4.15-5.00 pm & 5.00 -5.45pm early Spring through Autumn. Sandridgebury equestrian centre, Sandridge. Contact [harpenderda@yahoo.co.uk](mailto:harpenderda@yahoo.co.uk) and via FB

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

## What's On This Month

- **Easter Egg Hunt at Shaw's Corner 1st April**  
Mr Bee's long winter nap is over! This Easter Monday take delight in helping him wake up the rest of his garden friends. While parents unwind, children are invited to explore the charming garden and take part in interactive activities designed to engage their senses and curiosity. Alongside Mr. Bee, they'll learn how flowers bud and discover the vibrant birdlife that graces the garden in spring. Upon completion, a delicious chocolate egg will be available to collect. Monday April 1st 10.00am to 12.30pm, last entry at 12.00pm, Pre-booking essential. Shaws Corner Ayot St Lawrence, near Welwyn, AL6 9BX tel: 01438820307
- **Active Rhyme Time - 3rd April**  
Free drop in \*NEW VENUE\* Weekly in April on Wednesday 2:15 - 3:00pm Hillydike Community Centre, Wheathampstead,
- **Swan Bingo 4th April**  
It's Eyes down once again for a great night of Bingo Fun at your favourite local pub in Wheathampstead Village 7.30 Thursday 4th April The Swan Wheathampstead.
- **Live Music 6th April**  
Terrific Rock Band Stoneheart back by popular demand playing their brand of live music at the local pub The Swan in Wheathampstead Village Saturday 6th April 9pm - till late.
- **Charity Concert 13th April**  
The Local Upbeat Choir accompanied by skilled pianist Tim Hutton and presented by BBC broadcaster and Songs of Praise presenter Pam Rhodes will provide a free concert in aid of Christian Charity Azalea. 7pm Saturday 13th April St Helen's Church High Street Wheathampstead,
- **Parent Café 18th April**  
Self Weigh Stations- Free drop in 18th Apr 13:30 - 15:00 \* Self Weigh Stations are only for those with babies aged 16 weeks, 20 weeks, 8 months and 12 months Lamer Fields Family Centre, Wheathampstead,
- **St Albans Inflatable 5km 20th April**  
Get ready to bounce your way through The World's BIGGEST and most EPIC Inflatable 5K Obstacle Course! The excitement has been pumped up to the MAX, you'll be jumping, sliding, and bouncing your way to the finish line like never before. So grab your friends, lace up your trainers, and get ready for the ultimate inflatable adventure! 9am - 2pm Saturday 20th April Hertfordshire County Showground, The Showground, Dunstable Road, Redbourn. To buy tickets <https://www.ukrunningevents.co.uk/> Tel: 02033717156
- **The Mill House - Open Garden for NGS 24th April**  
Over 2,000 colourful tulips will greet you as you enter over the mill stream bridge which leads to this romantic walled garden full of spring planting which set off this listed Mill House. Live Music at the weekend. Wednesday 24th Saturday 27th, Sunday 28 th Apr 2-5.30 pm. Home-made teas. For tickets tel: 07813 083126 The Mill House, Welwyn, AL6 9E
- **Wheathampstead u3a 25th April 2024**  
Brian Carline is the U3A speaker for April. His talk, "Days of Dolly Blue and Izal" is a humorous and nostalgic look back about growing up in a large industrial city in the 40's and 50's. Brian is a retired teacher, and was also part of a comedy double act. All welcome at the Memorial Hall 2:00 for 2:30pm Thursday 25th April.
- **Join the Celebrations 27th April**  
Celebrating 10 years, Nannies 4 Grannies welcome all to find out about their services. There will be an holistic therapist present and tea and cakes will be provided in aid of Alzheimer's Association. From 1pm Saturday 27th April Cornelia's café, St Nicolas Church, Church Green Harpenden AL5 2TP

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

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

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# Does Charity Begin at Home?

Charities bring together people who care about a cause so that they can highlight that cause, and somehow make a difference, through volunteering or fund raising, donating, or just simply getting involved in some way. The UK has a large, vibrant and compassionate, charitable sector that covers various causes, including many healthcare, disaster relief and social justice charities.

Whatever it is that you care about, there will be a charity working on it. A charity's aims have to fall into categories that the law says are charitable and they can and do help in lots of different ways, but the main ways are by providing direct help, giving information, or raising awareness of an issue.

According to the Civil Society, the 10 richest charities in England and Wales saw their collective net assets decline by £2.51bn in 2022, while the sector's investments as a whole increased by £9.51bn. The combined assets of all 169,292 registered charities in England and Wales increased to a staggering £251bn from £241bn the year before, a collective growth of 4%. The Wellcome Trust, established in 1936 with legacies from the pharmaceutical magnate, Henry Wellcome, is a charitable foundation focused on health research. Based in London, Wellcome is the richest charity with £34.6bn in net assets. but this is a fall from £36.2bn the previous financial year. It comes after the charity reported its lowest investment returns since 2008. There are lots of well-known charities; some advertise on the TV and others are household names, known and appreciated for the work that they do and include the following :-

- Save the Children... .
- Macmillan Cancer Support... .
- NSPCC... .
- British Heart Foundation... .
- Mind: Advocating for Mental Health
- Shelter: confronting homelessness

Of course, there are so many and it's possible that you support one or more of these worthy causes. But what about smaller charities? Charities that are no less worthy but perhaps don't have the reach or the necessary support to get their



Azalea

names and aims widely known. Below are just a few of the many charities based in Hertfordshire - many with hardworking volunteers and 'unsung heroes' at their heart. There is so much more to each of them than the few lines below, so please do take a look at their

websites if you'd like to get involved or donate or look for more information.

**Wheathampstead Community Group (WCG)** is a registered charity that has been serving Wheathampstead since 1966. WCG aims to provide help and support to any resident of our civil parish. <https://wheathampsteadwcg.org/> look out for details of their annual collection in the May issue of this *Continued on page 11*



- Oxfam: Tackling Global Injustice... .
- British Red Cross... .



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magazine.

**Hertfordshire Community Foundation (HCF)** is an independent charity that aims to encourage local philanthropy, the giving of time, resources or both by local people to help support their local communities. Funding is available to help combat disadvantage and exclusion in Hertfordshire. <https://www.hertscf.org.uk/>

**Azalea** is a Christian charity helping hundreds of women escape sex trafficking. Azalea offers support to women caught up in sex trafficking, taking a holistic approach to the care given to each and every woman who wants support, regardless of their stage of life and wherever they are along their faith journey. <https://www.azalea.org.uk/>



lives of so many people and often drive change on both a local and global scale. We went out and about in our area to get the views of local people on Charities.

Mrs R said: "The truth is I think we all carry on in our sweet way and don't really pay enough attention to charities and the marvellous work

they do. Of course, you hear about the big ones like Cancer UK and Save the Children, but all the local charities not so much. I will look out for the item in your magazine."

Mr P told us: "Maybe I shouldn't say but I do find that all the charity adverts about giving money

to people overseas are a bit of a turn off for me. What about all the people in this country that need help and support, surely they are the ones that we should help first? So yes to local charities, I will look at finding out more."

Mr & Mrs C explained: "The trouble is that there are so many charities and all are very worthy and worthwhile, so it's hard to decide which one to support. We give to Cancer UK and Rethink Mental Illness. But, we probably don't know enough about local charities, and so should definitely change that."

Mr F said: "I would struggle to give anything meaningful money-wise to charity. I know there are many worthwhile ones, but I do give my time in terms of volunteering. I hope that counts."

**Emmaus Hertfordshire** is a homelessness charity providing more than just a bed for the night to people who have experienced homelessness and social exclusion. People who have experienced homelessness are offered a place to call home for as long as they need it and meaningful work in Emmaus social enterprises. <https://emmaus.org.uk/hertfordshire>

**James Marshall Foundation** was Founded more than 300 years ago, and works closely with local schools, youth organisations and families to provide funding for education and career development opportunities for under 25's. <https://www.jamesmarshallfoundation.co.uk/>

**The Hornbeam Hedgehog Sanctuary** Is a family run Charity looking after British Wild Hedgehogs. Mother and son, Harriet and Martin are involved on a daily basis and the Charity rehabilitates wild hedgehogs and orphaned baby hoglets that are sick, injured, or underweight. <https://www.hornbeamwood.org.uk/>

Through their tireless efforts, charitable organizations everywhere address important issues and can help to make a difference to the





Mid Herts Golf Club

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# Local Update

## Charity Concert

A special evening has been arranged for April at St Helens Church in Wheathampstead Village featuring the musical talents of the Upbeat Choir, presented by the well-known BBC television and radio personality, Pam Rhodes. The Upbeat Choir offers a great musical experience and covers a broad range of music from classical to pop and world to folk and will feature solo vocalist, Mellisa Norwood, as well as the keyboard skills of the choir's conductor and musical director, Tim Hutton.

Accompanied by Tim on piano, around 25 – 30 members of the Upbeat Choir will present a mixed collection of joyous and uplifting songs over two performances. There will also be an opportunity to enjoy piano interludes from Tim as well as the solo vocal talents of Melissa. Television and radio presenter, Pam Rhodes has been the heart and soul of BBC Television's Songs of Praise since the early 1980s. Pam will share anecdotes, behind-the-scenes stories, and reflections on her various projects in a short Q&A session after the performance. The audience will have the chance to pose questions, to gain insights into Pam's career, her journey in the broadcasting industry, and her passion for music and storytelling.

Admission is free. At the end of the evening a collection will be held to support Azalea, a church charity partner. Christian Charity Azalea was founded 13 years ago by local lady, Ruth Robb, to offer a non-judgemental approach to helping vulnerable people who

find themselves caught up in commercial or sexual exploitation, and want to change their lives and leave exploitation behind, but need help to do it. Azalea is a Christian charity, covering Bedfordshire, Buckinghamshire and Hertfordshire, that wants to see an end to the social injustice of sex trafficking. The concert will be taking place at St Helen's Church, High Street, Wheathampstead, Saturday 13th April, 7pm. (See What's On page 7 for more details)

## In Good Company

Somebody once said that good company on a journey always makes the way seem easier, and that is surely true for members of the Thursday Club.

First opened in 1975 as the Wheathampstead Welfare Group, the Thursday Club now exists to provide facilities for Wheathampstead residents that are over 60 and may be unable to access local facilities without support, and so could be socially isolated.

We went along to the Mead Hall where the club meets each week to talk with Laura Simcott, just one of the club's many volunteers and to find out more about this friendly local club.

Around 16 people were sitting around a big table, all engaged in either playing games, knitting, or simply chatting to the persons or person next to them. There was a friendly buzz in the air as various volunteers were interacting with the members in some way too and everyone just seemed like old friends.

Whilst club members *Continued on page 15*



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have to be over 60 to join, Laura told us that 6 of their members are over 90 years old and one lady member is soon to celebrate her 97th birthday! The members are mostly born and bred in Wheathampstead and so, occasionally, new members may find long lost friends or neighbours and those friendships can begin once again. For most members, it seems to be a great way to get out of the house and socialise with like-minded people and take part or take advantage of the facilities and the obvious social benefits on offer. There are around 8 volunteers - some come for the day, 10 am – 2pm, some stay just for a few hours and some just come to prepare food. Lots of things are organised on a rota basis.

Members are collected by volunteer drivers and brought along to the Mead Hall for a 10am start each Thursday and coffee and biscuits are served right away. Members chat with each other and the volunteers or read magazines, knit, play games like scrabble or rummikub and the time just flies by. All the while, volunteers are preparing lunch, which is always home cooked, traditional English food. Today's menu was Lamb Shank with potatoes and vegetables with trifle for desert (sounds like my sort of lunch). After lunch, is all cleared away and there is usually a raffle where everyone wins something.

More coffee is served and the sweet tin (Quality Street, Family Favourites etc.) does the rounds, which gets everyone in the mood for some organised entertainment. When I was there, the Clover Choir were scheduled to sing, although I did hear about the various other things that have either happened recently or are scheduled for the future, such as crooner Stephen Bradley, who sings Frank Sinatra and plenty of the old favourites and a local couple who danced, taught and talked about the Argentine Tango. There is a programme of events planned by volunteer, Liz, where other typical entertainments include Desert Island discs, seated exercise, Bingo, General Knowledge quiz and so much more. I enjoyed my visit to The Thursday Club. Laura told me that she is glad to be involved and loves being a volunteer at the Thursday Club. That is really no surprise as it's quite obviously a happy friendly place to be. If you'd like to join or find out more, see page 27

## Charity at Mid Herts

Mid Herts golf club, its members and executive team have helped to raise thousands of pounds for various charities over the years. Each year, the two Captains decide on which charity they will support over their year and normally elect one *Continued on page 18*





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that is close to their heart.

This year, their chosen charities are the Lymphoedema Support Network and The Willow Foundation. Throughout their captaincy, money is raised through Charity Music Nights, Charity Bridge Days, Charity Golf Days, raffles and auctions.

A charity auction, raffle and game show evening was held last month where over 100 members and their guests enjoyed a tasty chilli supper and did their best to win something. Members of Mid Herts Golf Club are clearly very supportive as donations of some amazing auction lots were offered, including a holiday week in Ilfracombe and one in North Berwick that included a round of golf, as well as many more attractive lots and raffle prizes. The evening in support of both of these very worthy charities raised £3,405 from the Auction and £1,550 from the Raffle.



## Everything Stops for Tea

If you enjoy your tea in a proper cup, served using a lovely tea pot, nip along to Marley's Café in Wheathampstead Village almost anytime, but especially for an Afternoon Tea. Somehow, the tea just tastes nicer and looks more attractive when served using traditional china tea pots and cups and saucers, all of which can be

found in abundance at Marley's.

## Celebrating 10 years

Kay Naden and Shelley Kainth started Nannies 4 Grannies 10 years ago in 2014 with an aim to support older people by offering companionship, help around the home as well as accompanying people to health appointments. Kay explained: "It quickly became clear that, whilst so many older people can still look after their own personal care, the type of services that we offer can be just enough to help maintain a certain independence."

Nannies 4 Grannies started with Kay and it wasn't long before Debbie and Amanda joined, Yve joined in 2015, Louise in 2017, Cecilia, Jane & Carol in 2018 and are all still an important part of the team.

It's a small, friendly company consisting of Mandy and Frankie in the office and a team of 22 conscientious companions/nannies. The team are in constant contact with each other during working hours as it's important that everyone feels well supported at all times.

Kay said: "Nannies 4 Grannies is made up of mainly ladies with a couple of gents. The work is rewarding but it can be demanding working with vulnerable people and then there is the on-line training, policies and clients' support plan that needs to be read regularly to ensure the visit is carried out sufficiently. 10 years has gone by so



quickly, I really wasn't sure where Nannies 4 Grannies would take me short term, never mind 10 years! In the beginning I was working all the time - my family were amazing and supported me always, now we have an amazing team and I can take more of an overview."

Kay told us that she has considered expansion into other areas, particularly as the business

started out in Harpenden and has built such a good reputation there through positive feedback, gaining some great reviews and testimonials along the way.

We looked at the testimonials for Nannies 4 Grannies and have selected a few.



What they say...

*"Thank you very much for the excellent service you and your team provide. It has given my Mum the respite she needs and the opportunity to meet friends for coffee, attend the abbey for a service etc., all in the knowledge that my Dad is being well supported and looked after. A heartfelt thank you to you and your team from all of us." AD, St Albans. February 2024*

*"Mum and my family would like to say thank you for the love and care that you've given Mum. She greatly enjoyed seeing the friendly faces of the ladies that you have provided for every day and she's going to greatly miss them. She is very much hoping that she will return to her own home shortly, and you will be able to continue providing the service that you have done." NM Harpenden. December 2023*

## Heavy Rain

Recent heavy rainfall has seen roads flooded all over the county - causing chaos for drivers. I know that we talked about Flooding in last month's issue. but it seems to be an ongoing problem in the roads across our area. As I drove around, I couldn't help wondering about the

whereabouts of the goats at the end of Lower Luton Road who are usually busy having fun chomping on the greenery in the field, perhaps they were on a slow boat to China as the area seemed to be awash with rainwater.

The rainy weather led to roads being closed, blocked and flooded across the whole county, it seems, which resulted in traffic and congestion building. We found standing water on a few parts of Wheathampstead Road and there were places where Lamer Lane was completely submerged, as there seems that there is nowhere for the water to go to once the adjoining fields and soakaways are already sodden. So, whilst it's not really very satisfactory, we must say, motorists beware According to Herts County Council, when it comes to drain cleaning, they say: "We empty, clean and maintain around 188,000 drains on public roads. We sometimes call these "gullies". We monitor drains to find out how often we need to empty and clean them. We empty and clean drains every 6, 12, 18 or 24 months, depending on factors like the type of road or whether someone's reported a problem. If we can't empty a drain, we'll schedule another visit."

## Don't Worry, it Happens to a Third of Older Adults

There are many underlying causes of hearing loss, which include environmental damage, such as exposure to loud noise, accident, disease or genetic causes. Although it must be said that age-related hearing loss is the most common form of hearing loss and usually comes on gradually as a person grows older. Age-related hearing loss usually occurs in both ears, affecting them equally and, because the loss is gradual, people affected may not realize they have lost some of their ability to hear.

So, if you are one of the many people that have begun to notice that you are often asking people to repeat what they are saying, or struggle to hear what is being said when there is back ground noise, or have to have the TV up so loud that others complain, it may be time to accept that you could benefit from an hearing aid. But don't worry, as about one-third of older adults have hearing loss of some kind. There are currently no medicines or [Continued on page 20](#)

# Local Services

other therapies available to prevent hearing loss or restore hearing to how it used to be. It wasn't that long ago that if you had a hearing problem, the NHS offered a hearing test and, after a quick discussion, an ear mould was done and a one type fits all hearing aid supplied. Now it seems that there has been significant advancements in technology for the development, functionality and flexibility of hearing aids, so it's likely there will be something out there that will suit you and serve to improve your hearing.

Getting it right can be a big deal, so it's really worth speaking to someone that will devote the proper time to testing for the problem and discussing your needs.

We spoke to hearing specialist, Cath Felthouse,



a former NHS Audiologist to find out a bit more about the range of support available. It all starts with a hearing test and at Herts Hearing, Cath will start with a comprehensive hearing assessment to determine your levels

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of hearing loss. Then, Cath will spend all the necessary time learning from you which ways you would like your hearing to improve and where you feel you need the most support i.e. watching TV, in conversations, in meetings, when socialising with friends, and so on. There are various hearing aids to suit the many types of hearing loss, from aids that impact background noise to aids that amplify sounds from one deaf ear to a hearing ear and lots in between. (See Over)

Using her skill and experience, Cath will match the appropriate hearing aids to your needs and, if you agree, she will arrange for you to try them. Then, like so many other people, you will notice the improvements and feel more confident in social situations and so will be happy with the results.

Just so you know, Cath is qualified to masters degree level in Audiology and is an Audiological Scientist. She is a member of the British Academy of Audiology and British Society of Hearing Aid Audiologists and a registered Audiologist/ Hearing Aid Dispenser with the Registration Council for Clinical Physiologists and the Health

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barbara@yogapathway.co.uk

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Care Professions Council.

Do give Cath a call and make an arrangement for a no obligation hearing check.

## Types of Hearing Aids

**Receiver-in-Canal (RIC):** a small casing worn behind the ear and a thin wire connecting the casing to a receiver (speaker) placed inside the ear canal. Small, discreet and rechargeable.

**Bluetooth:** Connects wirelessly to devices like smartphones or TVs, allowing for direct streaming of audio. Offers convenience and improved sound quality for phone calls.

**Smart:** Utilise advanced technology, such as artificial intelligence, to automatically adjust settings based on the user's environment. May also offer features like fall detection or health monitoring.

**CROS:** Designed for individuals with unilateral hearing loss, meaning they have normal hearing in one ear and significant hearing loss in the other.

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Mike Crafer - CTA  
Tel: 01582 831234  
Email: [laskier@fenlonandco.co.uk](mailto:laskier@fenlonandco.co.uk)  
[www.fenlonandco.co.uk](http://www.fenlonandco.co.uk)

## Useful Contacts

### Emotional & practical support

[www.hertshelp.net](http://www.hertshelp.net)

03001234044

### Health advice and information

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

### Local council services

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

### Domestic abuse

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

Hertfordshire Domestic Abuse helpline

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### Financial Advice

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

Citizens Advice

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

National Debtline

0808 808 4000

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

### Avoiding Scams

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### Volunteering

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

# Knee Replacement

The knee usually moves smoothly because the ends of the bones are covered with a layer of tough tissue called cartilage. If the cartilage is worn away by osteoarthritis or damaged by an injury, the bones rub against each other, making your joint painful and stiff.

Most people who have a knee replacement have pain and movement problems caused by osteoarthritis (a condition that causes joints to become painful and stiff) or maybe gout and sports injuries. A knee replacement may be recommended if knee pain is having a big effect on your life and alternatives to surgery have not worked.

Knee replacement surgery involves replacing damaged parts of your knee joint with metal or plastic parts and is most commonly used to treat pain and stiffness in the knee joint. Surgery replaces parts of injured or worn-out knee joints

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[www.lorrainewebb.wixsite.com/podiatry](http://www.lorrainewebb.wixsite.com/podiatry)

The College of Podiatry | HCPC | Lorraine Webb is a member of the College of Podiatry and a qualified Podiatrist on the Government's Register of Healthcare Professionals.

and can help ease pain and make the knee work better. To decide whether a knee replacement is right for you, a surgeon checks your knee's range of motion, stability, and strength. X-rays help show the extent of damage. The right artificial joints and surgical techniques for you depend on your age, weight, activity level, knee size and shape, and overall health.

Surgery may be recommended if other treatments or lifestyle changes have not worked and knee pain is affecting your daily life. Depending on the damage to your knee, Surgery can be used to replace all of your knee joint (total knee replacement) or some of it (partial knee replacement).

### Treatments to try before surgery

Before having a knee replacement, your doctor will usually talk to you about alternatives and non-surgical treatments to help with your knee pain.

These may include lifestyle changes and some types of pain relief, such as:

**Weight loss** to reduce the strain on your knee if you're overweight

**Low-impact exercise** such as swimming, walking or cycling, and muscle strengthening in the knee

**A physiotherapist** may advise and support you with exercising

**Using walking aids**

## Health Matters

**Wearing special footwear** or insoles for your shoes

**Pain relief medicines**, gels or creams

**Hydrocortisone** (steroid) injections – an injection into the knee joint to help with pain and swelling

It's possible that, although you have tried to do all these things, the pain in your knee may still persist which will likely mean that your doctor may talk to you about surgery to repair or strengthen the knee or having a knee replacement.

Whilst they are not suitable for everyone, there are other types of surgery that your doctor may want to talk to you about including:- :

**Arthroscopy** – where fluid is flushed into the knee joint to clear out any loose bone and cartilage

**Osteotomy** – where the shape of your shin bone is changed to reduce pressure on the worn or damaged part of your knee

**Microfracture** – where small holes are made in the surface of the bone to help new cartilage grow

### The Surgery

You'll either have a general anaesthetic (you're asleep during the

*Continued on page 24*



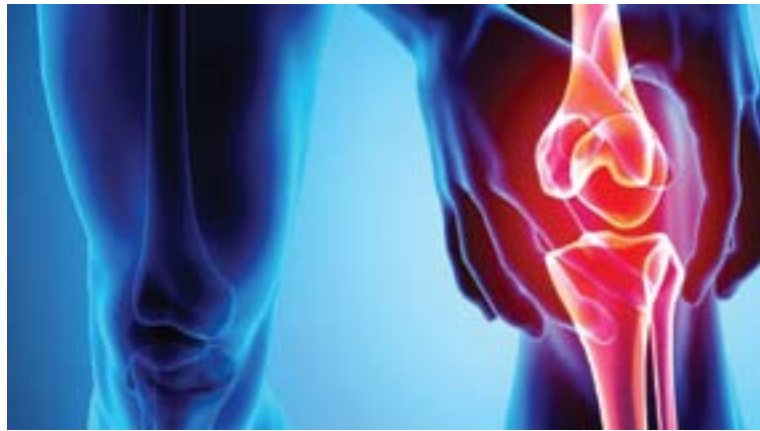
operation) or a local anaesthetic in your spine (you're awake but will have no feeling from the waist down). The operation usually takes about 1 to 2 hours.

The type of surgery you have depends on things like how damaged your knee is, your age and your general health.

**Total knee replacement**

A total knee replacement is the most common type of knee replacement. This is where the lower end of your thigh bone and the upper end of your shin bone are replaced with metal and plastic parts. They cut away the damaged ends of your shin bone and thigh bone.

New parts are fitted over the ends of both bones



to create the new joint. The parts are usually made of metal and plastic. Some people may also have the back of the kneecap replaced with a new part. The kneecap is put back

into place and the surgeon closes the cut on your knee using stitches or clips and covers it with a dressing and bandage.

You'll have help from nurses and physiotherapists to start walking soon after the operation so you can go home as soon as possible. You can usually go home if your wound is healing well and you can safely get around and most people can leave hospital 1 to 3 days after the operation. You'll need crutches or a walking frame at first. Before you leave hospital, a physiotherapist or

**Health Matters**

occupational therapist will talk to you about managing daily activities and home exercise programmes. Following the exercises early on in your recovery will help with the long-term strength and movement in your knee. A nurse will take out your stitches or clips after about 10 days. You'll also have a follow-up appointment about 6 weeks after the operation to check you're recovering well.

It can take several months or more to fully recover afterwards so it's worth preparing yourself and your home and living routines in advance.

**Prepare for recovering at home**

1. Asking for any help you might need at home with day-to-day activities
  2. Making sure things you use often are easy to reach
  3. Socking your freezer with cooked meals
  4. Arranging transport, as you'll be unable to drive for several weeks after the operation
  5. Speaking to your employer and making a plan for returning to work if you need to
- Knee replacements can last for 20 years or more I've known many people that have suffered



with knee problems and it can be a very painful experience. Usually, those people are very glad once they have had the replacement surgery and the pain is gone. If you are having knee pain, don't suffer in silence, make an appointment to see your doctor.

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# Local Clubs and Groups



## Tennis

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

## Thursday Club

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

## The Village Surgeries PPG.

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

## Archery

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

## Forging Friendship Club

Affiliated to the Men's Sheds Association, this new club has recently formed in Wheathampstead. Members meet socially and form friendships while facilitating creativity, passing on skills and learning from each other. Meet 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](mailto:forgingfriendshipsclub@gmail.com)

## Wheathampstead Baby & Toddler Group

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

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

## Wheathampstead Community Group (WCG)

WCG seeks to support anyone in the Parish of Wheathampstead who is looking for assistance. If you or anyone that you know needs help, or you wish to volunteer for WCG, please call 07539 176481. If you need transport to hospital or the doctor, please call 07918 136870.

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

*Continued on page 28*



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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

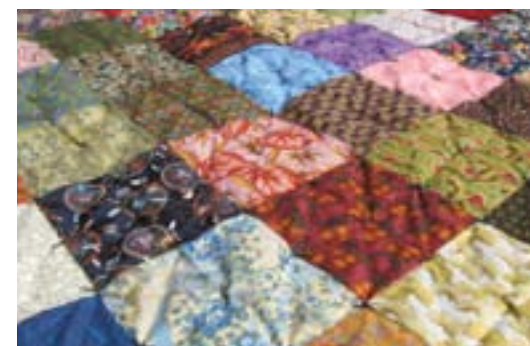
## Wheathampstead & District Preservation Society

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 Karen Benomran: 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

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.

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

*Continued on page 31*

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## 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 Hardyng Choir

The Hardyng 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.hardyngchoir.org

## Wheathampstead U3A

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

## Wheathampstead History Society

The society meets at 7.15pm, the third Wednesday of each month, in the Mead Hall, East Lane.  
 It offers a programme of talks promoting local

history & heritage, undertakes research projects and encourages and supports members' research. For further information visit our website [www.wheathampsteadheritage.org.uk](http://www.wheathampsteadheritage.org.uk)

## Wheathampstead Warriors

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

## Positive Movement

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

## Horticultural Society

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

## The Community Kitchen

Open to everyone of all ages - 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.



# THE SWAN

## *Wheathampstead*

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



**Sunday Roasts served 12 till 3.30pm:- choice of Beef, Chicken or Lamb Shank. Meat Raffle at 5pm**



Showing football on Sky and BT Sport  
Outdoor covered seating area  
Function room available to hire  
Dog friendly

56 High St, Wheathampstead, Herts, AL4 8AR, 01582 833110