

Wheathampstead Magazine



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April 2025



The Bells Of St Helen's

Screening Drive For Herts

Local MP Supports WASPI Women

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WELCOME

I'm a great fan of April, mainly because everything is brighter and better, somehow. So, this month, we had to ask 'what's so good about April?' We couldn't help but investigate and highlight all the good things about the month and then we went out and about to get the views of local people on the subject.

We heard from the Friends of St Helens Church about fund raising and repairs for the very old bells in the church, as well as a little about the bell ringers.

We spoke to the lovely people at our very special local Dramatic Society who explained that they are keen to invite new members to join and we heard from local author, Susan Norman, about her latest book, which has just been published.

It was also good to hear that five brand new electric buses have been launched by operator Uno and there's a wealth of tips and tricks for getting your garden growing this April.

Health Matters concentrates on the lesser known lung condition of Atelectasis, while also touching on help to quit smoking and looking at hidden high blood pressure.

As usual, there seems to be plenty to do and see around our area, or within easy reach, highlighted in our What's On Section.

Happy Easter!

Eve

eve@minimagazines.co.uk

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Still fit for purpose

April 4, 1949 - Twelve nations signed the treaty creating NATO, the North Atlantic Treaty Organization. NATO's founding member countries were Belgium, Canada, Denmark, France, Iceland, Italy, Luxembourg, the Netherlands, Norway, Portugal, the United Kingdom and the United States. The nations united for common military defence against the threat of expansion by Soviet Russia into Western Europe.

Did you know that...

It was April 4th 1964 that The Beatles filled the first five places in the US singles chart with "Please Please Me", "I Want to Hold Your Hand", "She Loves You", "Twist and Shout" and "Can't Buy Me Love".



Meat & Beer

If you like a good raffle, get on down to the Swan in the village and join in their famous Meat Raffle every Sunday at 5pm and the Beer Raffle on Fridays from 6pm Good Luck!

Thought for April

Easter starts this year with Good Friday on April 18th. Hoping your Easter is full of the sweetest things in life – smiles, family, and, of course, plenty of chocolate.

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What's On...
*regularly***• Foodbank**

Confidentiality is assured. We now hold this at the Memorial Hall in Marford Road, still every Thursday but from 11:30am - 1:30pm. Tel: 01727 613019

• Recreation for the Retired

The Chapel Halls Brewhouse Hill All welcome. Various activities available. 2pm-4pm most Fridays

• Bluebell Memory Cafe

Activities for those people living with memory-related conditions and their supporters 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 3rd & 16th April

• 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

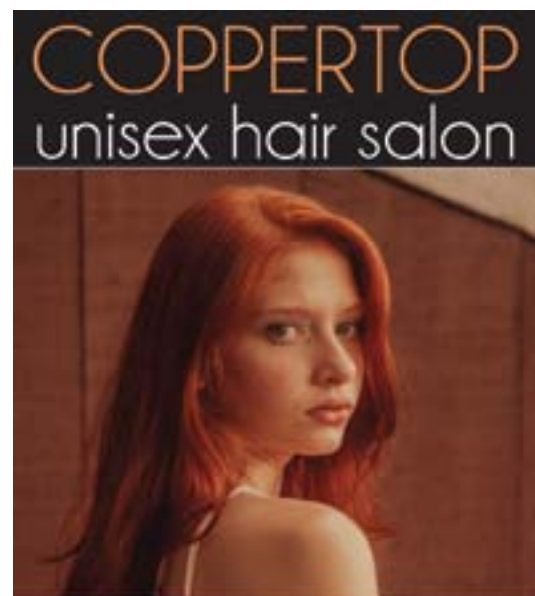
• Swan Bingo

It's Eyes down once again for a great night of Bingo Fun at your favourite local pub in Wheathampstead Village 7.30 Thursday 3rd April 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.

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What's On This Month**• Local WI 1st April**

What does your WI mean to you? Free session 10:30 - 12 pm Tuesday 1st April Memorial Hall Marford Road Wheathampstead

• Live Music 5th April

Live Music from terrific band Stoneheart back by popular demand. An exciting 4-piece alternative Rock Band covering songs from the late 80s thru to the 00s. Come on down and join the fun. 9pm Saturday 5th April, The Swan, Wheathampstead Village

• Great Puppet Catwalk 5th April

Take part in the Great Puppet Catwalk! No previous puppetry experience required, no cost, and no booking - just bring yourself, your friends and your family! Bring a puppet, create one on the day or borrow one of ours! All ages welcome! 11am - 3.30 Saturday 5th April at St Albans Museum AL1 3DH

• Afternoon Tea 12th April

Inner Wheel Club are pleased to invite you to a full afternoon tea at Mead Hall, East Lane, Wheathampstead, between 2.30 and 4.30 in aid of Rennie Grove Hospice and Literacy in a Box. You will be sure of a friendly, warm welcome as well as some delicious homemade treats. 2.30 Saturday 12th April For Tickets iwchvenquiries@emaildodo.com

• Rock and Roll Bingo 12th April

It's eyes down for rock and roll bingo and an evening filled with fun and music. 8 pm start Join the fun on Saturday 12th April, The Swan, Wheathampstead Village

• De Havilland Model Railway Exhibition 12th April

The exhibition features two floors of exhibits all accessible to those with limited mobility. Over a dozen layouts in various gauges. Our famous club layout Havil Junction will be running together with Shabbey Road our infamous Underground Ernie layout for children and adults 10 am - 5 pm Saturday 12 April www.dhmrs.co.uk Tel: 07989 688750

• HFWI 3 Counties Quiz 14th AprilThe annual 3 Counties Quiz - the preliminary round Teams of 3 people for prizes and tickets <https://www.ticketsource.co.uk/> Bring your own refreshments, tea/coffee available, Monday 14th April, Marford Memorial Hall, Marford Road, AL4 8AY**• Mosaic Making Workshop Easter Holidays 16th April**Enjoy selecting colours of glass and embellishments to make a truly unique design. Working with local mosaic artist, Audrey from Montet Designs, learn how to use professional mosaic making tools to snip tiles and produce a seasonal mosaic. All children must be accompanied throughout, with a limit of 1 adult per child. Adults without children are also welcome to participate. 16th April Verulamium Museum, St Michael's, St Albans, AL3 4SW For tickets <https://www.stalbansmuseums.org.uk/whats-on/>**• Easter Adventures at Shaw's Corner: Bugs Life 17th April**Whether you're introducing small children to the wonders of nature or seeking a peaceful outing with older adults and grandparents, our springtime adventure promises fun for all the family. The trail includes an Easter trail sheet, bunny ears and dairy or vegan and Free From* chocolate egg. Booking is essential. Thursday 17th and Monday 21st April, from 10.00am to 12.30pm, with last entry at 12.00pm. for tickets www.nationaltrust.org.uk/visit/essex-bedfordshire-hertfordshire/shaws-corner Shaw's Corner, Ayot St Lawrence, Hertfordshire AL69BX**• Wheathampstead u3a meeting 24th April**

Speaker Brian Carline was a teacher for forty years, having worked in schools in Essex and also in Inner London. On retirement he wrote three books on life in teaching and undertook some consultative work, helping those who aspire to senior management as well as tips on how to survive in the classroom aimed at teachers new to the job. His talk is a collection of humorous anecdotes which allow you to appreciate what happens on the shop floor of schools today. 2:00 for 2:30pm on Thursday 24th April Memorial Hall.

To add your events please email: eve@minimagazines.co.uk

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

Local Update

The Bells at St Helen's Church

There is something special and heart-lifting about the sound of church bells.

Church bells ring throughout the year to mark important occasions in the life of individuals, the church and the country. The bells of St Helen's Church in Wheathampstead have rung out for over 300 years on Sundays, for weddings, celebrations and funerals and to mark great moments in our history.

Bell ringing is almost unique to the United Kingdom and in St Helen's, interestingly, the bells are rung from the floor rather than from a ringing chamber part way up a tower. This was a consequence in Victorian church reforms of church leaders wanting to improve the standard



of ringing and, above all, to ensure proper and reverent behaviour in the ringing chamber. Many churches had the floor of the ringing chamber removed and the ropes lengthened so that the ringers now performed in full view of the congregation, as is still done in St Helen's. Ben Quinn, Bell Captain, explained that each set of bells is unique to its building, its age and condition and needs specialist care. In St Helen's there is a set of 8 bells, - the first set of 4 was mentioned in an inventory in 1548, in 1717 they were recast into a ring of 6 and then in 1971 they were augmented into a ring of 8, which is the current configuration we hear being rung today.

Ben said: "We need new bell ringers to supplement the existing band and continue this long tradition in Wheathampstead. Ringing is good exercise, mentally challenging and fun. It is a team exercise and is ultimately incredibly rewarding." Please contact Ben to find out more. quinnb@btinternet.com or 07802 800014). Recently, maintenance and repairs to the frame that the bells are hung from has been carried out, with funding supplied by The Friends of St Helen's Church, but more money needs to be raised to enable the chiming mechanism (clock and clock hammer) striking the hours to come back to life. To enable this to happen, the Friends of St Helen's are planning a special fund-raising event on Sunday 29 June at 4 pm in the Marford Halls - an afternoon tea and the critically acclaimed Noël Coward cabaret by Stefan Bednarczyk. More details will be publicised later in the year but please put the date in your diary. For more information about this contact Hazel Ireson on 01582 832312 iresondandh@gmail.com

Sewage Leak

It seems that a few weeks ago, there was some kind of sewage leak in the field close to the Lower Luton Road.



We understand that Thames Water have worked to fix the leak, which meant that tankers had to access the sewage pumping station at the end of Meads Lane, apparently causing all sorts of

congestion as they had difficulty turning into and out of East Lane by the Bull.

The last we heard is that Thames Water have now replaced the ancient sewer piping that burst several meters below ground and plan to flush through the new pipework to ensure that it's all water tight.

New Zero-Emission Buses

It seems that Herts County Council is becoming more interested in greener travel as five brand new electric buses have been launched by local operator UNO, owned by the University of Hertfordshire.

These zero-emission buses will serve the University's campuses and park-and-ride site, and marks the start of a 27-bus rollout over the next 12 months.

The scheme aims to cut emissions, improve air quality and provide a quieter, more comfortable experience for passengers. Each single-deck bus can carry up to 93 passengers and travel over 300 miles on a single charge. The next batch of buses will arrive in September 2025, with the full fleet expected by April 2026.

Phil Bibby, Executive Member for Highways at

Hertfordshire County Council said: "These new electric buses are more than just vehicles, they represent cleaner air, lower emissions, and a better travel experience for university students, initially, but for all Hertfordshire residents eventually."

Screening Drive for Herts



Women in Hertfordshire could get cancer detected earlier as a result of the NHS' first breast screening awareness campaign. The



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campaign has launched with a new advert across TV, radio and online to highlight that screening can detect any cancers as early as possible, while also providing reassurance and relief to the millions of women who get the all-clear. In 2023-24, more than 7,000 women in the East of England (7,146) were referred for further checks following screening, and as a result 1,812 women had a cancer detected, which may not have been diagnosed and treated until a later stage. You can access your local breast screening service on the <https://www.nhs.uk/service-search>

Who's invited for breast screening?

- Anyone registered with a GP as female aged from 50 up to their 71st birthday will be invited for NHS breast screening every 3 years. You'll get a letter in the post inviting you.
- You'll automatically get your first invite for breast screening between the ages of 50 and 53.

Then you'll be invited every 3 years until you turn 71.


- You need to be registered with a GP practice to be invited for breast screening.
- If you have not been invited for breast screening by the time you are 53 and think you should have been, contact your local breast screening service.
- If you have been invited for breast screening but missed or did not book an appointment you can still contact your local NHS breast screening service to arrange one, even if you were invited weeks, months or years ago.

We found the Beds & Herts breast screening service (<https://bhbs.nhs.uk/home.aspx>) in Luton who invites around 60,000 women from across the Bedfordshire and Hertfordshire region each year for screening.

The Puppet Walk

We've heard about the Young People's Puppet Theatre which is a charity that helps to boost children's confidence, resilience and creativity through large-scale puppetry projects. For more than 10 years, the charity has run around 150 projects with over 4,500 children in Hertfordshire and surrounding counties. They work mostly with primary schools and also offer a summer camp in St Albans every year. The charity is run by father and daughter team, Jeremy and Caitlin Duschenes. Productions are entirely child-led, with all *Continued on page 12*






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puppets and sets created by the children. The children also take all roles in rehearsals and performances, from voice acting and puppetry to lighting, sound and stage management. Now, you can take part as over 350 puppets 'walk' the catwalk in the Assembly Room in St Albans Museum + Gallery! You'll be able to bring your own puppet along, make your own puppet on the day or borrow one of the puppets to walk down the catwalk!

This event takes place on 5th April 11 am. See *What's On* Page 7 for more details.

New Book for Local Author

It was a few years ago in 2018, to be precise, that we came across a book entitled *Wonderful Whimsical Wheathampstead* - an unusual and fun book about the village, what's in it and its surroundings - I can still remember it well. NOT a standard guidebook, but rather a unique



pictorial tour highlighting many of the little things seen every day, from signs to landmarks, stone crosses to animals and all sorts of 'wonderful and whimsical' things in between. Still beneficial, although probably more serious, the same author, Wheathampstead resident, Susan Norman, has recently had a new book published by Watkins publisher: *Speed Reading Faster*. (pictured above) Susan has been teaching speed reading with her co-author, Jan Cisek, for 25 years and this is their second book

together. Susan has had more than 45 books published, mostly about accelerated learning and language learning, as well as her book about Wheathampstead, published in her married name Susan L'Estrange.

Both books are available on Amazon.



It's All About Drama

Being a member of any club is a great way to be a part of something and make new friends. Drama, in particular, is excellent for building self-confidence, learning new skills and it's great for getting involved with other people in the community, too.

Our local drama group, The Wheathampstead Dramatic Society (WDS) has been performing locally for more than 70 years and members still get together regularly to plan performances or get out and about socially.

The great thing about WDS is that if you want to become a member, you don't need to have any experience, just a desire to take part, have fun and get involved with a friendly group that love to welcome new people.

Whether you'd like to have a go at acting, help create and build sets, design costumes, assist with stage make-up and hair, or seek out some props, there's definitely a place for you within the team. You can commit as much or as little of your



time as you like - you choose your level of commitment! From helping to sell tickets for a few hours on a production night, to a main part on stage, and everything in between! The group are planning the next production for October and are keen to involve some new members and see new actors at the next readings and auditions.

So, if you fancy trying something new and love theatre, but you're not sure where to start, the WDS always welcome new faces, both on stage and behind the scenes. To find out more or get in touch, www.wheathampsteadramaticsociety.co.uk or contact chairwds@outlook.com

MP for WASPI Women

Following an independent report that found some women had suffered an injustice due to a failure to properly inform them of pension age changes, our local MP, Victoria Collins, voted for a Bill paving the way to give compensation to WASPI women. The Women Against State Pension Inequality (WASPI) campaign group

has held protests about the issue and lobbied successive governments.

Victoria said that she was "proud" to vote for the bill that has the opportunity to right a "gross injustice".

She went on to express her "immense disappointment" that Conservative and Labour MPs had failed to back it and promised to "keep fighting" until the 5,060 WASPI women in the local area got the compensation and justice they were owed.

Ms Collins has also signed a parliamentary motion calling for the government to honour the recommendations of the Ombudsman and produce an effective compensation plan, and she has questioned the Department for Work and Pensions on what next steps can be taken. Women's State Pension Age (Ombudsman Report and Compensation Scheme) Bill will progress to its second reading, which is a step closer to WASPI women receiving the compensation and justice they deserve. For latest information visit <https://www.waspi.co.uk/>



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What's so good about April?

From Church to Chocolate Eggs & Spring Gardens to Pay Rises

The fourth month of the year represents the very height of spring in the UK. It really all starts with better weather; skies are bluer and there are more flowers, bright blooms and even the grass seems greener too.

There are daffodils, of course, but with such a

staggering array of different colours and shapes it's hard to class tulips as just one of the types of flowers in season in April. In fact, tulips are some of the most diverse in-season flowers April

has to offer. Then, of course, there are marigolds, Rhododendron and Hyacinths, all a fairly common sight in spring. The days are getting longer too, the sun starts to rise earlier and set later, which definitely can promote a feel-

good factor across the days. All that just means it's time to get out in the garden and do those jobs that you've probably been meaning to do, but decided to wait until the weather warmed up.

Well, now's your chance and, for inspiration, take a look at our gardening tips on page 19.

Easter is one of the principal holidays, or feasts, of Christianity, which is happening in April this year. Easter celebrates the events that Christianity is based on, The Crucifixion and Resurrection of

Jesus. Easter can be a time to attend church services, give thanks and review the Easter story, although it has become a holiday involving Easter egg hunting, the Easter bunny and lots of chocolate.



It can be a good reason for families and friends to get together to share a meal or have a celebration. Some people even buy two turkeys at Christmas and save one to cook and eat over the Easter holidays. But chocolate in one form or another is

very plentiful over this period.

According to government sources, April pay rises are set to boost the pockets of millions of workers. Over 3 million

Continued 17page 17



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workers in shops, restaurants and workplaces across the UK are set to receive a significant pay boost from April, putting thousands of pounds back in the pockets of working people every year. The pay boost is, apparently, worth £1400 for eligible workers. As a result of these changes, a further 4 million workers could benefit from the positive spill-over impacts of the rate increases.



- The National Living Wage for those aged 21 and over will rise from £11.44 per hour to £12.21 per hour.
- The National Minimum Wage for 18 to 20-year-olds rises from £8.60 to £10.00 per hour.
- The apprenticeship rate, for 16 to 17-year-olds rises from £6.40 per hour to £7.55 per hour.

The Government hope the pay increases in April will improve living standards and drive growth.

We went out and about to get the views of local people.

well, so I do agree with that.”

Mr. B told us: “I’m a builder and April is a great time for business, so I like it, but not just for that. There’s just a feel good factor about April, somehow.”

Mrs. A said: “Just don’t get me started on Chocolate and Easter Eggs, there are always so many to choose from for the grandchildren. We try to have an egg hunt most years, it’s always great fun. Aside from that, yes, I do like April, the weather is improving and everything is growing, it’s a lovely time of year.”

Mr. & Mrs. W said: “We tend to spend more time in the garden during April, although the services at St Helens are marvelous at Easter and this time of year.”



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Local Services

Beer Traps and a Fleece for April Gardens

We spoke to the lovely people at Carpenters Nursery & Farm Shop to ask them for tips about what to do in the garden during April. Carpenter's Plant Area Manager, Darren Major, supplied lots of information which includes both what to plant and when, as well as how to prevent pests and more. We are very pleased to share what Darren told us. Darren explained: "As the days are getting longer and the weather is warming up too, it's great news for our gardens as everything starts to really



come to life. Deciduous shrubs are breaking bud, and herbaceous perennials are on the rise, well hopefully! If you have had some casualties over winter, then now is a great time to plant some replacements. However, when planting young perennials, you may need to ensure you have your slug control in place. Even perennials that are returning from last year are very tempting for slugs and snails, so now it's time, vital to take steps. Applying slug pellets, beer traps or using biological control with nematodes are all ways to reduce slug damage. As well as protecting your plants from pests, remember we are not necessarily clear from late frosts yet, so keep that horticultural fleece close to hand in just in case. April is also the time of year to take preventative measures against black *Continued on page 20*

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spot on your roses. As soon as the leaves are open, fortnightly spraying with a general-purpose fungicide should help to reduce the chance of getting black spot on your roses. While spraying, keep a close eye out for early aphid attacks too, as they like nothing more than the new succulent growth on roses and acers too!

It is always lovely to see the plants waking up at this time of year, but remember, this goes the same for weeds too. Regular weeding, whether it's digging out or hoeing, will help to keep them at bay and reduce the spread of them throughout the season. 'Hairy Bitter Cress' can germinate, grow, flower and seed within a week!!

For the perfect lawn, good prep work should be undertaken this month. Scarifying any residual moss from the winter first will determine whether any over-sowing is required. If not, then feeding can start now. There are several granular feeds available, but for a more instant greening up, liquid feeds always bring faster results. They will need to be routinely applied throughout the growing season, whereas granular applications are generally once a year.

As winter flowering shrubs come to the end of

their flowering, it's the perfect time to prune back any old fading flower stems and general shaping. Plants such as Viburnum tinus, Sarcococca and Witch-hazel will all respond well to a prune now to help encourage a stronger and more floriferous



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flowering structure for next year. Nesting birds are super busy at this time of year, so ensure your feeders are clean and well stocked to help them grab some vital energy as they look to rear their first batch of young. High energy suet cakes, mealworms and seeds are best for this time of year. It may also help them if you leave out nesting material, tumble dryer fluff from the filter, animal furs from brushing and even old basket liners can all be utilised in the making of the perfect nest.

Just in case you are more interested in looking at gardens than working on them, we've found a few open gardens that are open for the National Garden Scheme in April (NGS)

St Paul's Walden Bury Gardens

6th April
 Whitwell, Hitchin, Hertfordshire, SG4 8BP
 Spectacular formal woodland garden, Grade I listed, laid out 1720, covering over 50 acres. Long rides lined with beech hedges lead to temples, statues, lake and a terraced theatre. Seasonal displays of daffodils, camellias, irises, magnolias, rhododendrons, lilies. Wildflowers encouraged - cowslips, bluebells. This was the childhood home

of the late Queen Mother. Children welcome. Dogs on leads.



Ashridge House Gardens

Berkhamsted, Hertfordshire, HP4 1NS
 27th April
 The Grade II gardens were designed by Humphry Repton, in 1813, and modified by Sir Jeffrey Wyattville. The 190 acres inc formal gardens, a large lawn area leading to avenues of trees and arboretum. In May, the highlights of the garden are the azaleas and spring bedding displays. Free garden introduction talks available on the day.

For more about NGS [https:// ngs.org.uk/](https://ngs.org.uk/)



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Useful Contacts

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www.volunteering.org.uk

Atelectasis

If you've never heard of atelectasis, it's something that may come up if you ever find that you must have a chest X-ray. Put simply, when some of the alveoli in your lungs don't fill with air, it's called atelectasis. Your airways are branching tubes that run throughout both your lungs. When you breathe, air moves from the main airway in your throat, sometimes called your windpipe, to your lungs. The airways continue branching and get progressively smaller until they end in little air sacs which are called alveoli. Your alveoli are where your body exchanges the



oxygen in the air for carbon dioxide, a waste product from your tissues and organs. In order to do this, your alveoli must fill with air. Depending on the underlying cause, atelectasis can involve either small or large portions of your lung.

What are the symptoms?

The symptoms of atelectasis range from non-existent to very serious, depending on how much of your lung is affected and how fast it develops. If only a few alveoli are involved or it happens slowly, you might not have any symptoms. If you are seeing signs and symptoms of atelectasis, they may include:

- shallow breathing
- rapid breathing
- fever
- chest pain
- wheezing or crackling sounds
- coughing
- sputum (phlegm, or thick mucus) production
- less chest expansion

When atelectasis involves a lot of alveoli or comes on quickly, it's hard to get enough oxygen to your blood. Having low blood oxygen can lead to:

- trouble breathing
- sharp chest pain, especially when you take a deep breath or cough
- rapid breathing
- increased heart rate
- blue-colored skin, including the lips, fingernails, or toenails

Atelectasis happens when alveoli can't inflate properly, which means blood, tissues and organs may not get oxygen. It can be caused by pressure outside of your lung, a blockage, low airflow or scarring. The most common cause of atelectasis is surgery with anesthesia. If you haven't had a chest or abdominal surgery recently, atelectasis can indicate an obstruction of your airway that's causing a partial or complete collapse of your lung. Atelectasis usually resolves after treating the underlying cause.

What are the three main types of atelectasis?

There are three main types of atelectasis: compressive, resorptive (obstructive) and contraction.

Compressive atelectasis

Compressive atelectasis is when something around your lung — like fluid, air, blood or a tumor — pushes against it, causing it to collapse.

Health Matters

Resorptive/obstructive atelectasis

Resorptive atelectasis happens when the oxygen and carbon dioxide in your alveoli move into your bloodstream and no new air moves in. This causes your alveoli to collapse. Surgery that requires anesthesia is a common cause of resorptive atelectasis.

Something blocking the inside of your lung, keeping air from coming into the alveoli, can also cause resorptive atelectasis. Also called obstructive atelectasis, the blockage can be mucus, a tumor or an object that you accidentally inhaled.

Contraction atelectasis

Lung scarring (fibrosis) causes contraction atelectasis. Scarring keeps the alveoli from opening properly.

Conditions like chronic obstructive pulmonary disease (COPD) or acute respiratory distress syndrome (ARDS) and respiratory infections like COVID-19 or pneumonia can lead to atelectasis.

How is atelectasis diagnosed?

Chest X-rays are the first step in diagnosing atelectasis. Your doctor may use a (CT) scan to get more detailed pictures if necessary.

In some cases, your doctor may look at the inside of your lungs using a small camera attached to a tube that goes down

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Your lungs are a complicated and important organ. They need to get airflow in and oxygen to your blood so that your tissues and organs work properly. Atelectasis is something that can happen when one part of that system isn't working quite as planned. Fortunately, while "collapsed lung", even just a partial one sounds scary, in most cases, atelectasis isn't a life-threatening condition.

Information from Healthline, NHS, Cleveland and Mayo clinics

your throat (bronchoscopy). Blockages may be removed during bronchoscopy.

How is atelectasis treated?

Many cases of atelectasis get better without treatment, under careful monitoring by your doctor or healthcare provider.

Other treatments depend on the cause and extent of the collapse but could include:

Deep breathing exercises, Removing obstructions in your lung (usually using bronchoscopy). Physical therapy to help promote expansion of your lung, Inhaled medications to open up your airways (bronchodilators), Treatment of tumor or chronic lung conditions.

Is atelectasis serious?

While atelectasis is usually not serious itself, some cases can have serious complications:

Low blood oxygen level (hypoxemia). If air can't get into the alveoli because of collapse, it can't get into your blood or out to your tissues and organs. Pneumonia - Mucus sitting in collapsed airways can cause an infection.

Respiratory failure. Severe cases of atelectasis (like an entire lung collapsing) can cause respiratory failure, which is life-threatening. Most of the time, atelectasis is reversible once the cause is treated. Most people recover quickly and have no serious lasting effects. In people who have a long-lasting (chronic) condition, further treatment may be needed to manage the underlying cause of atelectasis.

Are you a Smoker?



It's worth knowing that if you're trying to give up smoking, there is plenty of support available to help you do it. There are life-changing benefits to stopping smoking as well as financial ones. On average, a smoker loses 20 minutes of their life with every cigarette they smoke, and someone is admitted to hospital because of smoking nearly every minute of every day. In England, smoking claims 64,000 lives a year and causes one in four of all cancer deaths.

Healthwatch Hertfordshire (HwH) are an

independent charity committed to understanding your experiences of, and concerns with, local health and social care services in Hertfordshire. We make sure leaders and key decision-makers hear your voice and use your feedback to improve care.

HwH want to hear from people who smoke, ex-smokers, and friends of family of those who smoke, to understand how Stop Smoking Services in Hertfordshire could be improved. By sharing your views and experiences, you will be helping Public Health at Hertfordshire County Council learn how it can improve the support it provides local residents. <https://www.smartsurvey.co.uk/> The survey is available online until Friday 18 April.

Advice to help you give up smoking includes: The NHS Better Health range of free quitting support

<https://www.nhs.uk/better-health/quit-smoking/>

Hidden High Blood Pressure

Have you recently had a diagnosis of high blood pressure – sometimes called hypertension? Did that diagnosis come as a surprise? The Integrated Care Board's (ICB) communications team is looking to speak to people who could tell their story about how they found out about their high blood pressure and encourage others to come forward for a free check at a pharmacy or their GP Practice. One of the ICB's key priorities is to be better at detecting high blood pressure and in supporting people



Health Matters

with a diagnosis to keep their blood pressure within their own target range. High blood pressure doesn't usually have symptoms so there are likely to be many thousands of people living in Hertfordshire who have high blood pressure but don't know it. There are many pharmacies offering free blood pressure checks for over 40s including Manor Pharmacy in the village. So to find out your blood pressure pop in and have a quick check.

If you've recently had a high blood pressure diagnosis, your story could help inspire others to come forward – even if they feel healthy and strong. If you're happy to talk about your experiences, please email the ICB communications team. hweicnenh.communications@nhs.net

When you have a check...

A pharmacist, or member of the pharmacy team, will wrap a blood pressure cuff around your upper arm to measure your blood pressure. They will then share the result with you.

Depending on the result, they might:

- give you advice to support healthy living
- give you a blood pressure monitor to take home with you and return later
- advise you to see a GP

If you're registered with a GP surgery, your blood pressure reading will be added to your GP health record. It will not be shared with anyone unless your blood pressure is very high or very low and you need urgent medical help.

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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

Continued on page 28

Kimpton Bowls Club

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

Business Group

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

Cricket

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



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

Wheathampstead Dramatic Society

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



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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 10.00-12.00noon, and the 3rd Tuesday evening 7.30-9.00pm. Visitors are welcome at both sessions. For further information see our website www.meadquilters.org



Wheathampstead W.I.

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

Football

Wheathampstead Wanderers was formed in 1990 by a small group of families from the village to promote and support youth football for the



benefit of children and young people in Wheathampstead and surrounding areas. An FA Charter Standard Club, granted in 2008, with around 300 boys and girls playing football.
www.wheathampsteadwanderersfc.co.uk

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

Bluebell Memory Cafe

Friendship coffee activities and outings for those living with memory-related conditions and their supporters. 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 *Continued on page 31*

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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.

Squirrels Beavers, Cubs & Scouts

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.



The Hardynges Choir

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

Wheathampstead U3A

Wheathampstead U3A is open to anyone who is retired or semi-retired. No qualifications are needed, and none are given. Make friends, learn

new skills or refresh old ones through our wide range of interest groups. Enjoy first-rate speakers at monthly meetings in the Memorial Hall and participate in organised outings to places of interest. Find out more at:

<https://u3asites.org.uk/wheathampstead/home>

Wheathampstead History Society

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

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

Wheathampstead Warriors

Your local running club, all abilities welcome! The best way to find out more about the Warriors is to come and join one of our club runs on a Tuesday or Thursday evening. Currently all runs need to be booked in advance but please contact us on 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.

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