

Wheathampstead Magazine



incl. Gustard Wood & Blackmore End
wheathampsteadmagazine.co.uk

January 2026



**Catch-Up Lunch
Order What You Need
New Year's Resolutions**

FREE COPY



INHERITANCE TAX PLANNING + MITIGATION

Unlock tax-free cash tied up in your home, and preserve more of your wealth for future generations.

A lifetime mortgage may be a suitable option when considering the following:

- Paying off an existing mortgage or other loans.
- Supporting your children with buying a home and life costs.
- Reducing inheritance tax.*
- Upgrading your home.
- Purchasing a high-worth item such as a car/a luxury holiday.
- Increasing your monthly income.

*If you give some of the money from the equity release to your children, they may have to pay inheritance Tax in the future. Always seek expert advice when considering this as an option.

WHY USE US?

Our experts offer impartial advice in plain English to help you make the right decision.

We'll be glad to spend the time discussing your options with you with no obligation or cost.

E hello@jlmwealth.com | T 01462 222 002

EQUITY RELEASE REDUCES YOUR ESTATE'S VALUE AND MAY AFFECT ANY MEANS-TESTED BENEFITS YOU'RE ELIGIBLE FOR. A LIFETIME MORTGAGE IS A LONG-TERM LOAN WHICH YOU DON'T HAVE TO REPAY AS LONG AS YOU LIVE IN YOUR HOME OR DON'T SELL YOUR HOME OR YOU WANT YOUR FAMILY TO INHERIT IT. IF YOU ARE IN ANY DOUBT, SEEK INDEPENDENT ADVICE. Equity Release is a regulated activity. JLM Wealth Management Ltd is authorised and regulated by the Financial Conduct Authority (FCA). JLM Wealth Management Ltd is a trading name of JLM Mortgages Ltd, which is authorised and regulated by the Financial Conduct Authority (FCA) registration number 30606. We are entered on the Financial Services Register at <https://register.fca.org.uk/>. The FCA do not regulate some forms of mortgages.



WELCOME

So that's it then – 2025 is over and a brand new glorious (hopefully) year begins! New people to meet, new places to see and of course a new bucket list to write or, at least, an update of the old one – whatever happens, there's so much to look forward to in 2026! But, looking back, 2025 was an ok year and, although there was a fair amount of turmoil in the world, our village remained a usual warm and friendly place to be in and to visit.

January is a quieter month for most people and that includes us here at Wheathampstead Magazine. Having said that, we learned about an enthusiastic and talented English Tutor who is local and keen to welcome new students; and we enjoyed a catch up lunch at The Potting Shed Café at Carpenter's Garden centre and Farm shop. We also heard a little about the levels of wasted medication in Hertfordshire and confirmed (finally) that the local toilets are actually scheduled for refurbishment this year.

We couldn't help but look at New Year's resolutions and went out and around in the area to find out what local people do about this long held tradition.

Finally, it seems that there's not quite as much happening in January as last month, but I'm already hearing about exciting stuff for February, so watch this space.

Happy New Year!

Eve X

eve@minimagazines.co.uk

ADVERTISING RATES

Based on a six issue booking

Full page £150 per issue

1/2 page £80 per issue

1/4 page £55 per issue

1/8 page £35 per issue

Special positions and sponsorships on request

TO BOOK YOUR ADVERTISEMENT IN THE NEXT ISSUE
CALL 0775 3857012

info@minimagazines.co.uk

www.minimagazines.co.uk

All news items and requests for features and articles will be considered.

Call or email Eve to discuss

For a free listing in *What's On* section subject to space
email: eve@minimagazines.co.uk

**Advert Copy Deadline
For Next Issue...
call 0775 3857012**

Disclaimer: The Wheathampstead Magazine is published in good faith and cannot be held responsible in any way for inaccuracies in reports, articles or advertising that appear in the magazine. The views expressed in editorial may not necessarily reflect the views of the editor. Photographs and material submitted by readers can only be published if permission has been granted by the photographer or originator of the information or intellectual property. We cannot be held responsible for checking all such permissions have been granted.



J.J. BURGESS & SONS
Independent Family Funeral Directors
Established 1839

01707 262122

Branches in Hertford, St. Albans, Knebworth,
Welwyn Garden City, London Colney

Independent Family Funeral Directors
Established 1839

Personal Service Pre-Paid Funerals Bespoke Funerals



BURGESS MEMORIALS
Independent Family Memorial Masons
Established 1839

ROME
BRAMM

CLEANING • RESTORING • NEW MEMORIALS

01707 262171

NEWS IN BRIEF

Useful Phone Numbers

Doctors Surgery: Marford Road 01582 832258
Dentist: Marford Road 01582 833 408
Gas Emergency: 0800 111 999
Electricity Emergency: 0800 404 090
Power Cuts: 105
Healthline: 111
Police non emergency: 101
Parish Council: 01582 832541
County Council: 0300 123 4040
Local Pharmacy: 01582 832102

Help Lines

Mind: 0845 766 0163
 Advice for Mental Health Issues
The Samaritans: Freephone 116123
 Confidential non-judgemental emotional support
Alcoholics Anonymous:
 0845 769 7555
Stroke helpline: 0845 303 3100
 Advice from the Stroke Association
Age Concern: 0800 00 99 66
Frank: 0800 77 66 00
 Advice about drugs from professional advisers
Beating Eating Disorders:
 0845 634 1414
Cruse Day by Day: 0844 477 9400
 Help and support for people who are bereaved
Macmillan CancerLine:
 0808 808 2020
Autism Helpline: 0845 070 4004

20 Million Arrivals

January 1, 1892 - Ellis Island in New York Harbor opened. Over 20 million new arrivals to America were processed until its closing in 1954. In 2025 things are very different. The Trump administration has paused all immigration applications from 19 non-European countries. According to homeland security an immediate "adjudicative hold" has been placed on all asylum applications regardless of a person's nationality, and directs a review of aliens from "high risk countries of concern" admitted to the US after 20 January 2021, the first day of the Biden administration.



Did you know?

It was January 1846 that the first edition of the Daily News, edited by Charles Dickens was published in London. The paper aimed to provide a Liberal rival to the morning Conservative newspapers, most notably The Times. Dickens remained in post for only twenty days but continued to write occasional columns for the paper.

Thought for January

January 6, 1941 - President Franklin Roosevelt delivered his State of the Union address to Congress. Amongst other things he defined four essential freedoms worth defending: freedom of speech, freedom of worship, freedom from want, and freedom from fear - definitely still worth defending!

Contents

6 What's On

9 Local Toilets

9 Order What you Need

11 Help for Your Child

13 Hert's SEND Strategy

13 Catch-Up Lunch

17 Making a List

19 Clubs & Groups



Local English Tutor

- 31 years in schools & British exam board examiner at GCSE for 10 years
- 1:1 tutoring available for secondary school students KS3, 4 & 5
- All aspects of English covered at KS3
- English Language & Literature GCSEs & A Level Literature
- Outstanding results - 64% achieving grades 8/9 in Literature, 73 % grades 6-9 in Language in 2025
- Help with language & structural analysis, planning responses & how to write an exam answer to gain maximum marks
- Students assessed, sessions tailored to individual requirements
- Experienced with SEN students
- Enhanced DBS



For more information
please email Elizabeth on:
Englishtutor12@outlook.com

Tax problems?
Talk to:

Fenlon & Co

6 High Street, Wheathampstead

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

NO FEE FOR INITIAL
CONSULTATION

Paul Laskier - FCCA
Mike Crafer - CTA
Tel: 01582 831234
Email: laskier@fenlonandco.co.uk
www.fenlonandco.co.uk

What's On... regularly

• Foodbank

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

• Recreation for the Retired

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

• 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. Wednesday 7th and 23rd January

• 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

• Silver Moon Café

New Café, for Seniors, free hot/cold drinks, & cakes. Socialise, meet new people & make friends. Last Wednesday of each month (excl December) 11-12.30 pm, Mead Hall, East Lane,

• 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 15th January, 7.30 with pizza and burgers at The Swan,

• 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 and via FB

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

What's On This Month

• New Years Eve Party 31st December

We couldn't leave 2025 without a mention for the Swan's famous and ever popular party night to see in the New Year. So get on down to a New Year's Eve a party to remember - a night full of fun and plenty of dancing to the excellent disco. Dress to impress. 7.30 - till late, 31st December at The Swan, Wheathampstead Village.

• New Year's Day celebration 1st January

The 2026 St Albans Symphony Orchestra's New Year's Day celebration concert in St Albans Cathedral presents a rich and varied feast of works by North American (USA) composers. including Fanfare for the Common Man and The Stars and Stripes Forever. 7pm Thursday 1st January For tickets. St Albans Cathedral, Sumpter Yard, St Albans. Visit the Box Office desk in the Cathedral Welcome Centre. Telephone: 01727 890290.

• Scottish Dancing 13th January

Scottish country dancing is great fun, very sociable and keeps you fit! If you're looking for a new fitness activity which gives both you and your brain a workout, why not come along and find out just how good it is? You don't have to be Scottish, wear a kilt or have a partner. You'll get a warm welcome at our club. 7pm to 8.15pm. Tuesday 13th January, Sele Farm Community Centre, Perrett Gardens, Hertford, www.rscdsherts.org/south-east-herts

• Harpenden & Wheathampstead Gang Show 13th January

The annual multi-award winning spectacular of song, dance and comedy returns to the EMC for its 76th show! More than 140 talented Cubs, Scouts and Explorers aged 9-18 put on six fabulous performances. It's recognised as one of the best of its kind across the UK, making it a 'must-see' show! The Eric Morecambe Centre, Harpenden, Tuesday 13th - Saturday 17th January for tickets Box Office: 01582 767525

• Meat Loaf By Candlelight 16th January

Direct from London's West End, join us for an unforgettable night of Meat Loaf Anthems, performed in the beautiful St. Albans Cathedral, by candle light. Featuring a live cast of West End singers including stars of the West End production of Bat Out of Hell, accompanied by an incredible live rock band, experience the music of Meat Loaf, like never before, book your tickets now! 7.30 Friday 16th January at St Albans Cathedral, Sumpter Yard, St Albans.

• Rock Choir 19th January

With no singing audition or need to read music, anyone can come along to a FREE taster session and see why the Welwyn Garden City choir members recommend their friends! 7.30pm. Monday 19th January, Creswick Primary School, Sir John Newsom Way, Welwyn Garden City, book online: www.rockchoir.com/join/welwyn_garden_city_late_session

• Folk Night 22nd January

Come along to your favourite local pub the Swan for an evening of folk music - great company and excellent atmosphere. 8pm, Thursday 22nd January, The Swan, Wheathampstead Village.

• Wheathampstead u3a 22nd January

The speaker at the January meeting Zoe Jasko and she will talk to us about her specialist subject of "Joyce Grenfell". Zoe was Creative Director of Felici Opera and she now produces an exciting programme of events combining music, literature, history and the arts. Memorial Hall at 2:00 for 2:30pm on Thursday 22nd January.

• Live Music 31st January

Popular Local Band Carnegies will play their usual brand of excellent covers at Saturday, 31 January, Plough and Harrow, Southdown, Harpenden.

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

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

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
- Live Music, Quiz and Bingo
- Sunday Meat Raffle
- Friday Drinks Raffle



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

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

News Update

Local Facilities

It was just over a year ago following comments from readers, that I contacted St Albans council about the poor state of the public toilets in the village. A council spokesperson told me at the time that the refurbishment - i.e. painting of the walls etc. had originally been scheduled for 2024.



Whilst I have noticed that there is scaffolding around the toilet block building, I have also noticed that nothing has changed inside. Recently, I've been reminded by a number of local residents that, despite the passing of a full year, nothing much has happened regarding internal refurbishments to improve things. Readers have told us that the loos are still in a very poor state of repair and feel damp and generally unpleasant and so really do still need a coat or two of paint.

On checking back to St Albans Council website and their estates page, it does actually seem that the toilet block in Wheathampstead is one of 15 that is set for refurbishment this year, as this extract below confirms - let's hope it actually

happens in 2026.

Works to Refurbish Local Toilets Coming Soon

Work will be starting soon to refurbish many of the toilets in the District. Through a £220,000 programme funded through the UK Shared Prosperity Fund, the Council will be upgrading 10 toilet blocks in local parks and cemeteries and throughout the District.

Our project team is working up the plans for this over the summer and work will begin in the autumn with most refurbishments completed by the end of March 2026.

There are 15 public conveniences located around the district, which are operated and managed by St Albans District Council.

Only Order What You Need

Did you know that 1 in 10 medicines given out aren't needed or used? In Hertfordshire and West Essex, £millions are wasted every year on unused medicines like inhalers, painkillers, and creams. That's why the local NHS is encouraging everyone to check before they order to help the NHS spend money where it's needed the most. Ordering medicines when they aren't needed can mean *Continued on page 11*



Could a Personal Assistant make life a little easier?

The affordable alternative to home support, where you choose who supports you.

Hub Personal Assistants can help with:

- Domestic tasks
- Meal preparation
- Personal care
- Social support/companionship
- Shopping
- Respite
- Live-in care
- Assistance to appointments

Your Care | Your Choice | Your Hub



Interested in joining the Hub community and becoming a PA with the Hub? We'd love to hear from you too!

01727 482 502 | www.hubcaresupport.co.uk
midherts@hubcaresupport.co.uk

From
£20ph



click & collect

WWW.GJWTITMUSSLTD.CO.UK
 or call 01582 833883

buy in-store
 New Mill, Lamer Lane,
 Wheathampstead,
 Herts, AL4 8RG



DOG & CAT FOOD & SUPPLIES
 HORSE FEED, BEDDING & TACK
 HAT & BODY PROTECTOR FITTING
 WELLIES & OUTDOOR CLOTHING
 POND FOOD & TREATMENTS
 WILD BIRD FOOD
 FISHING BAIT
 SMALL ANIMAL FOOD & SUPPLIES
 HOME & GARDEN PRODUCTS
 FARM & POULTRY FOOD

you end up with more than you need in your cupboard. Small changes in managing our medicines can make a big difference and help reduce medicine waste. Medicine waste and throwing medicines away incorrectly not only costs money but also harms the environment. Help the NHS to stop waste and check what medicines you have at home before you place an order and only order the medicines you actually need.

Does Your Child Need Help?

If your child is consistently struggling with homework, grades, or confidence, or when they need a challenge to reach their full potential planning and writing GCSE essays, it's probably time to find a tutor. A good tutor is patient, adaptable, and has

strong communication skills, enabling them to explain concepts clearly and tailor their



teaching style to the student's needs. Tutoring can be a good step to help fill knowledge gaps and build confidence in any subject. We met up with Local English Tutor, Elizabeth, to find out how it all works.

We asked Elizabeth why she started her private tutoring business and she explained that after 31 years of teaching in a range of different secondary schools, she decided that she wanted to manage her own time more efficiently and have a real impact on students' progress that 1:1 help provides.

Elizabeth has been teaching for 32 years in total, and started tutoring privately last year, offering English Language and Literature up to A Level, both online and in person, either at her home or she will travel to the student.

Each session is an hour. Elizabeth told us that 1:1 is much more effective for the student as each student's needs are different - some just want short term help; others need *Continued on page 12*

Herts Hearing
 Your Local Independent Audiologist

Hearing tests, hearing aids, wax removal and custom ear plugs

Tel: 07495 65 50 84
www.hertshearing.co.uk
catherine@hertshearing.co.uk

Please phone or email for a no obligation hearing check.

St Albans Sparks

Local electrician

Excellent results, minimal disruption, fair pricing, good time-keeping.

Ben Hooper 07815 119790
stalbanssparks@gmail.com
www.stalbanssparks.com

assistance throughout GCSEs, whilst some need a quick revision session now and then. Following discussions with parents/carers and the student, Elizabeth looks at current English work. Also, initially each student sits a short English assessment which provides a baseline to help to determine an individual's needs.

With an Enhanced DBS,
31 years' teaching in
schools and 10 years
marking for a major British exam board
for GCSE English and a year's tutoring
already, Elizabeth is clearly highly trained
and very qualified for the task. She has a
BA Hons English Literature degree from
the University of Wales and a PGCE from



Westminster College,
Oxford.

She also tutors students who are unable to attend school due to medical conditions and those who are home schooled.

Elizabeth works Monday – Friday until 6.30 pm. There are no set number of sessions or block payments, making the tutoring services on offer very flexible.

We asked Elizabeth what she likes most about

being a tutor and she explained:
"I studied English Literature at university
because I loved the subject. After
graduating I didn't know what to do
next, so I decided to get my PGCE
(teacher training), as I wanted to work

in a profession where I could use English Language and Literature every day. I started teaching in 1993 and have enjoyed seeing students' exam success at GCSE, iGCSE and A level each year. Helping at KS3 and preparing pupils for the demands of GCSEs is hugely enjoyable and rewarding. I used to be in charge of KS3 English within a department, planning schemes of work and monitoring progress. Now, I like the impact and effect on a student's confidence and work that 1:1 sessions provide. It is easy to get swallowed up in a class of 30 and needs can be overlooked. 1:1 is tailored exactly to what the individual requires." We understand that Elizabeth still has a few places available for January. For contact details see page 6.

Have Your Say on Hertfordshire's SEND Strategy

Local people are being invited to have their say on an ambitious new draft strategy for special educational needs and disabilities (SEND).

Directly informed by more than 1,000 voices, Hertfordshire's ambitious draft three-year SEND strategy is driven by feedback from children, young people and their families, along with professionals

from education, health and voluntary sectors. It sets out how the local area SEND partnership – led by the ICB and Hertfordshire County Council – will work together over the next three years, reflecting a shared commitment to improving outcomes for children and young people with SEND.

The ambitions have been shaped through extensive consultation and designed to make a tangible difference to children and families, delivering better outcomes and service experience. Read Hertfordshire's draft SEND strategy on the county council's website at <https://www.hertfordshire.gov.uk> and find out how to take part in the consultation.

The consultation will run until 6 February. Children and young people, parents and carers, and professionals in schools, health, and social care are invited to share their views to help refine the strategy and identify priorities for action

Great Place for a Catch -Up Lunch

On a visit to Carpenter's garden centre and farm shop, whether you look around at the huge variety of plants and gifts before you have lunch or coffee or afterwards probably depends on how hungry or thirsty you are.

My friend and I went along to the Potting Shed at Carpenter's in Sandridge to both have a wander around, to do a little shopping and for a catch-up lunch.

We had a brief look around before taking our seats at the table that I had reserved for lunch in the Potting Shed café, agreeing to have a further look once lunch had finished.

Plenty of space around the tables
and a homely *Continued on page 15*



Computer problems?

We can help...

We are your stress free route to problem free IT
Jargon free advice & no job too big or too small
Whatever your IT problem, we've got it covered

Call now on 01438 833671



info@spectrumitsupport.co.uk
www.spectrumitsupport.co.uk



We can help you with any of the following services
Hardware • Software • Cloud • Wi-Fi/Networking • IT Security • Websites



Jessamine Motor Company



- Servicing for all makes and models
- Diagnostic and electrical fault finding
- Bulbs, wipers and batteries all in stock
- Puncture repairs just £20 inc VAT
- Free collection and delivery in the local area
- MOTs only £45 - just mention this advert

Call now on
01582 832212

15 High Street
Wheathampstead

info@jessaminegarage.co.uk
www.jessaminegarage.co.uk



atmosphere set the scene well in this busy and obviously popular restaurant and we were soon served with drinks that we ordered from the friendly staff on hand. There was plenty to choose from on the fairly extensive lunch menu which offered all sorts of tasty sounding dishes from pie of the day to fish and chips, and sausage and mash to home-grown beetroot squash salad. There were also a few more things to look at on the specials board.

My friend chose the lamb flatbread, which I seem to remember is a Potting Shed classic and I ordered the beef stew from the specials board.

Lost in our catch up conversation, our

food seemed to arrive just when we were ready to eat it, and, apart from needing a spoon to ensure that I was able to consume all of the delicious gravy, my stew had everything in one bowl - plenty of very tender beef, lots of vegetables and plenty of the afore mentioned gravy. My friend really enjoyed the lamb flatbread too, although

it was a very large portion with lots of delicious lamb and apricot & coriander couscous. She did tell me that perhaps some crispy flatbread on the side would have made it even better!

We were forced to decide reluctantly that there really was no room for dessert, although on our way out, we looked longingly at all the delicious looking cakes on display in the new café area adjacent to the Potting Shed whilst we stole a look at the separate menu available in the cafe which included loaded jackets, quiche of the day, smashed Avocado and more.

There's also a bakery counter offering a selection of fresh baked bread and a deli counter with various salads, Pizzas and quiche slices to eat in or take away.

After all that tasty food, a leisurely walk around and a little shopping therapy was a smashing end to our catch-up lunch and, in fact, we even wondered about going back to the café for a coffee and cake to finish things off. Maybe next time.





For a Top Class Cut and Style
In comfortable friendly surroundings
Call for an appointment
01582 832119
www.high-st-hair-and-beauty.co.uk

**RICHARD LLOYD
ARCHITECTS**
Chartered Architect

Designs Prepared for:

- Extensions
- Loft conversions
- Garage conversions
- Porches
- Disabled adaptations for local authority planning and building regulation approval.

Advice on the Party Wall Act
and Construction (Design
Management) Regulations

T: 07817489627
E: comberdown@btinternet.com
W: www.richardlloydarchitects.co.uk

ChipsAway Bodyshop & Mobile Repairs

**ChipsAway St Albans - your one stop shop
for ALL your car bodywork repairs!**

SCRATCHES

ANY SIZE DENTS

SCUFFS & SCRAPES

PANEL REPLACEMENTS

MOBILE SERVICES

From small minor damage to ANY size dents and panel replacements - we do it ALL!

Direct Line - 07807 665380
Head Office - 0800 028 7878
Unit 4, Gryphon Industrial Park, Porters Wood, St Albans AL3 6XZ
Winners - Car Care Centre of the Year 2022 Winners - Customer Excellence Award 2022

brian.palmer@chipsaway.co.uk
www.chipsaway.co.uk/brianpalmer

Making a List

New Year's resolutions are traditional goals set at the beginning of the year that are meant to improve oneself, break bad habits, or accomplish a personal goal. Common examples include saving more money, eating healthier, and exercising more, but they can also involve learning a new skill, spending more time with family, or improving mental health. If you are not sure what to aim for, here are a few other headline ideas you could consider; Improve your work-life balance, read more books,



become more organised, or travel to a new place.

It's worth noting that they say in order to increase the chance of success, any resolutions that you make should be specific and realistic and it's helpful to write them down too.

How to stick to your new year's resolutions

Making resolutions is the easy part. Sticking to them is the real challenge - (I'm not sure that I ever have) Anyway, here are a few tips that might help you stay on track:

- Be specific: Instead of 'get fit', try 'go for a 30-minute walk three times a week'. Clear and measurable goals are easier to act on.
- Track your progress: Keep a journal or use an app to monitor your progress. Seeing how far you've come is a great motivator.
- Don't be too hard on yourself: If you slip up, don't give up. Just get back on track the next day.
- Reward yourself: Celebrate your milestones along the way. This helps keep you motivated and makes the process more enjoyable. (and can also involve a cake treat if you are dieting, lol)

Garden & Planting Designs

by
Sarah Hudson

RHS qualified Horticulturist
asksarah-hudson@hotmail.com
www.asksarah-hudson.com



Tel: 07968 670597



Local Print Service

- Leaflet
- Business cards
- Letterheads
- Posters/Banners
- Much More...

D2D www.d2d-print.com
PRINT contact@d2d-print.com
01582 250 001
Low cost, high quality print you can rely on

We went out and *Continued on page 18*

about to ask local people about their New Years resolutions.

Mr S. said: "I never make any resolutions. I used to, but never stuck to them. But if I was going to make some, it would have to be something to do with my finances.. I mean, spending half my salary and saving the rest type of thing. It's a great thought but as I said, I wouldn't stick to it, actually, I couldn't stick to it, I couldn't afford to."

Mrs C told us: " I'm sorry to say that I usually go with the same ones; Eat less, exercise more and say no to things

more often. I do try to achieve those really great aims throughout the year - not really sure if I do."

Mr & Mrs J explained: "I'm a stickler for New Years resolutions. I insist that my husband and I sit down over Christmas and

plan headline stuff that we want to do in the coming year. Things like visit somewhere we've never been before, join a new group or club so we can meet new people, celebrate

good things more often, and probably more. Do we achieve all that every year?... erm probably not, but it's always great fun making a list."



Computer Friendly



Help with your
phone, laptop or tablet



Drop-In for Free Advice

Flamstead
London Colney
St Albans

Harpden
Redbourn
Wheathampstead

We offer low cost training too!

Tel: 01727 617359

(Mon, Wed, Fri 10am-1pm)

email: courses@cfsta.org

Call us or visit a Drop-in session for details and mention
Wheathampstead Magazine
Or visit our website.

www.cfsta.org

Registered in England number 04398683. Registered Charity number 1096433

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

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

Kimpton Bowls Club

Bowling for everyone- *Continued on page 28*

Useful Contacts

Emotional & practical support

www.hertshelp.net

03001234044

Health advice and information

www.nhs.uk/coroavirus

Local council services

www.hertfordshire.gov.uk/coronavirus

Domestic abuse

www.hertssunflower.org

Hertfordshire Domestic Abuse helpline

08 088 088 088

Financial Advice

www.hertforshire.gov.uk/benefits

Citizens Advice

03444111 444

www.hcas.org.uk

National Debtline

0808 808 4000

www.nationaldebtline.org

Avoiding Scams

Sign up for scam alerts

www.hertfordshire.gov.uk/updatedeme

Volunteering

www.volunteering.org.uk

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.wheathampsteaddramaticsociety.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.noon, 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.

Herts and Middx Badger Group

We look after badgers and their habitat across the two counties. We are involved in badger rescues, surveys, monitoring, education, advice, campaigning and upholding the law relating to badgers. Meet 1st Tuesday of the month from 8pm in the Mead Hall in Wheathampstead. Emergency line. 07860 210414

Enquiries. info@hmbadgergroup.org.uk or visit <https://hmbadgergroup.org.uk/>

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 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

Continued on page 23

RTI AUTO SERVICES LTD
SPECIALIST IN VEHICLE SERVICING AND MAINTENANCE



FIND US ON FACEBOOK

**NUTWOOD (LEFT HAND GATE)
DOWN GREEN LANE
WHEATHAMPSTEAD, HERTS, AL4 8EB**

CONTACT ROBERT INNES - 07596 454 550

**MOT ONLY £35
WHEN BOOKED WITH
A FULL SERVICE**

**FREE COLLECTION
OF YOUR VEHICLE**

**- SERVICING (ALL VEHICLES)
- MOT's
- TYRES
- BATTERIES**

**- AIR CONDITIONING
- BODYWORK REPAIR
- REMAPPING
- WHEEL ALIGNMENT**

**- WHEEL REFURBISHMENT
- TIMING BELTS
- EXHAUSTS
- DIAGNOSTICS**

FRIENDLY, RELIABLE, INDEPENDENT BUSINESS




**YOUR LOCAL TRADING STANDARDS APPROVED LOCKSMITH
FULLY TRAINED LOCAL FATHER AND SON BUSINESS**

- LOCK OUTS • UPVC DOORS • WOODEN DOORS
- EMERGENCY CALLOUTS • OPEN 24/7

**FAST RESPONSE TIMES
USUALLY WITHIN 30 MINUTES**

**WWW.LOCKSMITHSRUS247.CO.UK
INFO@LOCKSMITHSRUS247.CO.UK**

**WHEATHAMPSTEAD MOBILE
01582 206 004 07917570526**

10% OFF

LABOUR CHARGE
MONDAY-FRIDAY
8AM-5PM
WHEN SHOWN THIS ADVERT



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: wl1stwheathampstead@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 Hardynge Choir

The Hardynge 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.hardyngechoir.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 wheatywarriormembership@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.

Wheathampstead Wine Club

Friendly social group that meets on the last Wednesday of the month at 7:30 at the Mead Hall except for July, August and December. You don't need to know anything about wine. Members can learn about the wines that they are sampling and get wine shopping and price advice too from the various tastings and presentations that take place during meetings. If this sounds like your type of social evening, call Alan 07866 953971 or email wiggintonalan@gmail.com or just come along - you will be very welcome!

Introducing Carpenter's Café...

We are delighted to introduce Carpenters Café - the charming new sister café to The Potting Shed!

Step inside and discover a warm, inviting space filled with rustic character, soft lighting, and the comforting aroma of freshly ground coffee. With cosy corners, it's the perfect spot to relax and savour the moment.

Start your day with a hearty breakfast, cooked to perfection. For lunch, enjoy a selection of freshly prepared dishes — warming soups, jacket potatoes, stone baked pizzas, wholesome salads, and flavourful seasonal specials — all made with produce from our own fields and trusted local suppliers.

Treat yourself to something sweet from our wide range of cakes, pastries, and bakes, lovingly made using quality ingredients from local suppliers. Pair it with a freshly ground coffee and enjoy a taste of true countryside comfort.

