

Wheathampstead Magazine

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December 2023



Thank You To Local Drivers
Let's Talk New Year Resolutions
Christmas Markets in Full Swing

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WELCOME

The year has flown by and now Christmas is just around the corner with only a few short weeks of shopping opportunity left until the big day.

It seems that December is always mostly about Christmas and this month we have a spotlight on local Christmas markets as well as various other Christmassy things including Christmas Music. 'Wildlife' is in our news too as we hear about a fundraising initiative for the Hornbeam Hedgehog Sanctuary and the launch of Squirrels, a new section for 4- 6-year-olds in our local scout group.

Theres a big thank you from local residents for all the help and support received from Community Drivers who volunteer at the Wheathampstead Community Group, and we hear about Wheathampstead Businesses and their 20th birthday.

With a New Year close by, we went out and about in the local area to talk to people and get their views on New Year's Resolutions and *Health Matters* looks into Bone Health and why it matters.

The *What's On* pages 6 - 7 are jam packed with things to do and see across the area and there's also that list of Christmas markets on page 15.

Finally, I want to take this opportunity to wish you all a very merry Christmas and a healthy and happy New Year. I'd also like to thank all of our advertisers and readers for their constant enthusiastic support for the magazine- it really is appreciated.

Eve

eve@minimagazines.co.uk

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NEWS IN BRIEF

Useful Phone Numbers

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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

A Month of Firsts

December 1791 - The Observer, now the oldest Sunday newspaper in the world, was first published in UK.
December 1846 - Anaesthesia was used for the first time in Britain during an operation at University College Hospital in London.
December 1901 - The first transatlantic radio signal was transmitted by Guglielmo Marconi from Cornwall.
December 1942 - Physicists carried out the world's first successful nuclear chain reaction at the University of Chicago.
December 1990 - England was connected to mainland Europe for the first time.
December 1993 - Israel and the Vatican signed an agreement on mutual recognition, seeking to end 2,000 years of unfriendly Christian-Jewish relations.

Boxing day 2004

An estimated 230,000 persons were killed and 1.5 million left homeless when a magnitude 9.3 earthquake on the seafloor of the Indian Ocean set off a series of giant tsunami waves that smashed into the shorelines of a dozen countries including Indonesia, Sri Lanka, Thailand, India and Somalia.

Did you know...

...that there are Christmas Markets planned in and around our area for most weeks throughout December. These markets are always a great place to browse for unusual gifts, often from local artisans and crafters. Check out the What's On pages 6/7 and our Markets' guide on page15 for more details.


Thought for December

December is a month of lights, snow, coziness, and feasts; time to make amends and tie up loose ends; finish what you started and make your dreams come true.

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What's On... regularly

- **Foodbank**
Confidentiality is assured. Community Centre, Hillydyke Road 12.30 - 2.30 every Thursday. Tel: 01727 613019
- **Recreation for the Retired**
Memorial Hall, All welcome. Table tennis, darts, crib, scrabble. 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 13th and 27th December 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
- **Harpden 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.
- **Harpden Riding for Disabled (RDA)**
Lessons to local people (over the age of 5) with physical disabilities or learning difficulties. Wednesdays 4.15-5.00 pm & 5.00 -5.45pm early Spring through Autumn. Sandridgebury equestrian centre, Sandridge. Contact harpendenrda@yahoo.co.uk and via FB

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

What's On This Month

- **Christmas Carol Escape Room 1st December**
'A Christmas Carol'? Your team will bring the characters to life in an original half escape room / half immersive theatre experience..Complete challenges and puzzles to drive the story in search of the true meaning of Christmas. 1st December 2023 - 3rd January 2024 Mill Green Mill & Museum Bush Hall Lane Mill Green Hatfield AL9 5PD For Tickets tel: 07960 087848 or visit welwyn.pierpressure.co.uk/escape-room/a-christmas-carol/
- **Carols and Cake Christmas Concert 2nd December**
Award winning choir will give a short Christmas Concert to celebrate the season. The choir will sing all known Christmas Songs -ticket price includes a hot or cold drink and cake. Collection to support the work of The Hospice of St Francis. Everyone is welcome. Doors open 1.30. Concert starts 2pm. Saturday 2nd December Visit website for Eventbrite tickets. www.caritasharmony.co.uk Methodist church, High Street, Harpenden, AL5 2RU Tel: 01582 873465
- **The Snowman film and The Wrong Trousers 2nd December**
Special performance featuring two of the UK's best-loved and iconic animated films, The Snowman and Wallace & Gromit: The Wrong Trousers, with live accompaniment from an outstanding professional orchestra. Ages 3-103 3.15pm and 6.30pm Saturday 2nd December. St. Albans Cathedral Sumpter Yard, St Albans, AL1 1BY Tel: 01727 890210 www.carrotproductions.com/snowman
- **Tewin Arts & Crafts Sale 2nd December**
Sale of Arts, Crafts and produce made by local craftspeople Including jewellery, candles, wood turning, soft furnishings, ukuleles, paintings and prints. Perfect for unique Christmas presents. Cake stall and refreshments Free entry 10am - 4pm Saturday 2nd December Tewin Memorial Hall, Tewin, Hertfordshire AL6 0JX
- **Meet Santa Clause Early 9th December**
Come on down and meet that special person who will be popping in for a visit before the big day, Join us at The Swan from 3pm on Saturday 9th December and meet Santa Claus. 3pm Saturday 9th December at The Swan Wheathampstead Village
- **Signal Box and Garden, Open Day 10th December**
There's lots to see and do at St Albans South Signal Box and garden Open Day including: -watching Thomas the Tank Engine and friends on the garden railway, pull the levers to make the signals work, ring the bells and experience life as a railway signaller. Tea and coffee available. Free entry. All Donations gratefully received. 2pm to 5pm Sunday 10th December, Ridgmont Road, St Albans, Hertfordshire AL1 3AJ www.sigbox.co.uk
- **A Christmas Cracker 13 December**
An hour of joyous and reflective music with carols and readings, followed by seasonal refreshments - the perfect start to Christmas. The Fayrfax Consort's 8 voices, directed by David Ireson.8pm Wednesday 13th December at St Mary's, Marshalswick, St Albans for Tickets Tel: 01727 852364.
- **Christmas Bingo 14th December**
Eyes down for a great night of Christmas Bingo and Pizza 7.30 Thursday 14th December The Swan Wheathampstead Village
- **Live Music 16th December**
Best live music around with excellent local Band The Carnegies who will be playing this great venue once again Starts at 9pm. Saturday 16th December The Swan Wheathampstead Village
- **Boxing day with St Albans Mummings 26th December**
Performances at various spots and pubs around the city on Boxing Day each year since 1967.Boxing Day 2023 usual five spots around the city - witness scenes of conflict, life, death and resurrection plus some awful jokes, but all in the best possible taste ! www.stalbansmummings.org.uk/ Tel: 01707 883476
- **Eight till Late on NYE 31st December**
Get along and enjoy the great party atmosphere of the New Years Eve disco at your local pub. Starts at 8. Sunday 31st December The Swan in the Village

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




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All 'Turkey'd' Out?

By the time you get to the end of December, you could be forgiven, perhaps, for feeling filled to the brim with Turkey and all the inevitable trimmings that go with it, but it's always good to leave a little space for New Year's Eve.

Although, because of timelines, the actual day happens at varying times throughout the world, New Year's Eve (also known as Old Year's Day in many countries) is something that is celebrated in most countries. Tonga and Kiritimati (Christmas Island), part of Kiribati, are examples of the first places to welcome the New Year while Baker Island in the United States of America is among the last.

Celebration is always the theme, although methods and styles differ with social get together's, parties, fireworks and religious services being popular; all taking place depending on culture and customs. The celebrations generally go on past midnight into New Year's Day.

And then there are New Year's Resolutions which are a promise, or indeed promises on the first day of the new year that you make to yourself to start doing something good, or stop doing something bad, or both.



The ancient Babylonians are said to have been the first people to make New Year's resolutions, some 4,000 years ago. They were also the first to hold recorded celebrations in honour of the new year. During a massive 12-day religious festival, they made promises to the gods to pay their debts and return any objects they had borrowed. These promises could be considered the forerunners of our New Year's resolutions. If the Babylonians kept to their word, their (pagan) gods would bestow favour on them for the coming year. If not, they would fall out of the gods' favour - a place no one wanted to be. As time went by, it seems that for early Christians, the first day of the new year became the traditional occasion for thinking about one's past mistakes and resolving to do and be better in the future.

Despite the tradition's *Continued on page 11*



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religious roots, these days, instead of making promises to the gods, New Year's resolutions tend to be people making resolutions to themselves. In general, it seems that those resolutions focus on self-improvement, which may explain why such resolutions seem so hard to follow through on. Apparently, while as many as 45 percent of people say they usually make New Year's resolutions, only 8 percent are successful in achieving their goals.

We went out and about in our local area to chat to people about their New Year's Resolutions and to find out if they are usually successful in achieving them.

Miss F explained that she is always determined to

make at least a few resolutions. "Last year I told myself that I would join the local gym and get fit. I did join the gym and I did go quite a lot to start with. I still go now, but perhaps not quite as regularly and am I fit? ... the jury's still out on that one."

Mr and Mrs S just looked at each other and laughed. "We talk about walking more and getting back to nature more, you know, picnics and

gardening and so on. The reason that we laughed is it's that we always have the same New Year's resolutions, but never quite seem to be able to stick to them."

Mr C said: "Actually, I never make resolutions at New Year. I used to, but I found that I never stuck to them. Now I just try to do better at any time when I think I can achieve it."

Mrs E said: "I resolve to eat more cake! And bake more cakes too. How bad can that be?"

Whether you are eating more cake, staying home, visiting friends, watching fireworks or out celebrating in some way, we wish you and yours a very happy and healthy New year.



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Local Update

Help for Wildlife

Hornbeam Wood Hedgehog Sanctuary is set in about 10 Acres of woodlands, fields, and hedgerows, with special pens and gardens for the hedgehogs which are protected to avoid any harm or disruption from people.

The Sanctuary is based in Harpenden/ Wheathampstead and located on the same lands that made up Grahame Dangerfield's Animal Sanctuary and still uses many of the original pens and cages. The sanctuary is home to all kinds of local wildlife including barn owls, bats, deer, foxes, hedgehogs, rabbits and more.

The family run local charity was established in 2015 by Martin and Harriet who, with help from the local community, are involved on a daily basis, currently rehabilitating up to 70 hedgehogs

are always looking for ways to improve what the sanctuary has to offer.

At the moment they are planning on creating a new wildlife pond which would provide homes to a range of animals including newts, frogs, toads, dragonflies and many other invertebrates.

Martin told us: "We have decided to look for funding for the new wildlife pond via Crowdfunding. Any amount that people can donate will be a great help. If we can reach £5,000 then Hertfordshire County Council will also match fund £2,500."

If you would like to help please visit: <https://www.crowdfunder.co.uk/p/wildlife-pond-in-hertfordshire>.

For more information, or to make a general donation, please visit the web site at:

www.hwhs.org.ukor

email: hogs@hwhs.org.uk

New Group for Youngsters

Whether it's Beavers, Cubs or Scouts, it's a great place for young people to make new friends, have amazing adventures and learn new skills. It's all about building confidence and self-esteem, learning important life skills and leadership skills, team building, outdoor adventure, education, and fun!

Now 1st Wheathampstead Scout Group, our local group, is opening a new section called Squirrels in order to offer the same benefits that they already see from scouting to children from a younger age group. Open for boys and girls from the age of 4 to 6 years old, the Squirrels sessions will run for 1 hour per week on a Tuesday from 4.45pm.

Karen Oxley from the group explained "The opening date of the Squirrels section is the 16th January 2024. There has to be a minimum of 3 adults to run the section, of which two of them have to be warranted leaders. The maximum number of children in the section will be 20, the same as our Beaver

Continued on page 14



at any one time. Whilst looking after sick and injured Hedgehogs is probably a full-on labour of love for the mother and son team that run the Hornbeam Wood Hedgehog Sanctuary, they

Colony. As with all our sections, the aim is for the Squirrels to achieve badges through fun play/learning activities. We have spent the past few months preparing the scout hut by erecting a fence around the hut to enable us to run outdoor activities in a secure environment for the Squirrels, as well as allowing all our other sections to now camp in tents outside too.” It seems that Squirrels can achieve anything they set their minds to – and have lots of fun along the way. The one-hour sessions will be a great opportunity for young people to take their first step into being part of Scouts. Sessions will be packed with outdoors activities, fun, games, badges, laughter, and so much more to help the youngest members learn the skills they need for life. Of course, none of it would be possible without the support of the amazing leaders who plan and deliver such an inspiring programme. If your child would like a place, to be added to the waiting list, please contact: wl1stweathampstead@outlook.com

Christmas Music

When it comes to starting Christmas properly, Christmas music, carols, and readings, performed by the Fayrfax Consort's 8 voices, is a great place to start. This December, their Christmas Cracker performance will include an hour of reflective music and will be followed by seasonal refreshments. First formed in 1967, the Fayrfax Consort, directed by David Ireson, grew to be a choir of around 18 voices performing in Hertfordshire and, more widely, around the country. The group made two records in the 80s, one of Magnificats (Bach, Schutz and Fayrfax) and the other entitled Sacred and Secular. The current 8 voice consort was formed in the late 90s being known locally for the regular Christmas concerts in St Albans and Buckinghamshire. It also currently performs other seasonal or special event concerts in St Albans Cathedral and annually at the Palladian church in Ayot St Lawrence. The group covers a wide repertoire, from the 15th century to contemporary music. David said: "The Consort is looking forward to singing again in St Mary's. The candlelit and atmospheric evening starts Christmas off properly for many of us and many of our



audience have been coming for years.”
For event details see What's On, page 7.

Pictured above: Fayrfax Consort at Ayot St Lawrence 2022 - David Ireson top right

Thank You

Wheathampstead is lucky to have lots of groups of people that are keen to support others that may need help or assistance in some way, and most of those clubs or groups are listed in our dedicated section starting on page 27 of this magazine. We are always pleased to hear stories and accounts of how the various groups are supporting our community such as the feedback we recently received as below. The Wheathampstead Community Group offers to help people in the parish that need assistance by providing volunteers to drive people to and from hospital, doctor's appointments and more. It's a service that is so very helpful for anyone that is struggling to get to their appointments, and it seems that there are many grateful people out there that want to let those drivers know just how much they are appreciated. We heard from one local lady who told us just how marvelous and helpful these community drivers are, and she asked us to include some words of thanks in this Christmas edition of the magazine, which we are, of course, very pleased

to do. She explained: "I just want to say thank you to the community drivers that give their time and patience to myself and all the other people that undoubtedly benefit from the services that they offer. The drivers are so friendly and cheerful and have a 'nothing is too much trouble' attitude. The drivers will take you to your appointment, wait with you for as long as it takes, even if there's a queue, and will drive you home afterwards. I'm just so grateful to have that service to call on and I wanted to say just how much I appreciate it." I'm sure that there are many other people that feel the same and will join me in thanking the volunteers from all the local groups that do so much to help and support our community.

Unmistakeable Yo Ho Ho!

The festive season is upon us and what better way to enjoy all that it has to offer than by exploring some of the Area's best Christmas markets? Over recent years, I've been pleased to note that Hertfordshire is home to some incredible Christmas markets, selling lots of unusual festive gifts and delicious food and drink. It's worth noting too that our regular weekly or monthly markets tend to get extra 'christmassy' during the month of December, so they are worth



a visit too.

Usually, just wandering around the stalls in a market at this time of year can be an uplifting experience, because there's often twinkling lights, mulled wine, a festive atmosphere and fantastic gifts. Sometimes, you could even catch the unmistakable Yo Ho Ho from that famous chap in red Mr S Claus – if you are lucky that is! However, these days, according to the media, we are spending more time and money on the internet than ever before, so we checked out some statistics supplied by experts, Statista. Apparently, in the UK, over 80 percent of the population makes e-commerce purchases, or to put it in other words, over four in five UK consumers are digital buyers. Over the last couple of decades, online shopping has become common place in the UK and, indeed, around the world, and the numbers are still growing. By 2025, for example, the penetration rate among the country's consumers is expected to reach a projected 90 percent.

Around six in ten British digital shoppers had purchased at least one item of clothing in the past 12 months. While clothes *Continued on page 18*

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Gifts & Homeware

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and footwear were the most popular categories, shoppers liked buying several kinds of products, including electronics, food and drinks, cosmetics, furniture and more. Before buying anything, however, more than half of UK consumers would do some research on the internet first. Many also found reading customer reviews very helpful. In fact, over 90 percent of consumers in the UK stated that they typically avoided buying from a business below a 4-star rating, making it vital for e-retailers to provide quality products and customer-friendly service.

Pandemic Influence

Given that the coronavirus (COVID-19) pandemic has had a strong impact on the daily lives of individuals, it comes as no surprise that it also influenced their shopping behaviour. When asked whether the crisis had caused them to buy more, less, or the same amount online, roughly 70 percent of British respondents stated that their online purchases had increased compared to before the pandemic. This increase in shopping online applied to several industries, including the food retail sector. In fact, the share of food retail sales made online in Britain had doubled and remained relatively stable since the first lockdowns. In that vein, a considerable share of surveyed shoppers in the UK believed they would continue shopping for food and groceries online,

even after COVID-19 subsidies.

It's interesting reading, and I suppose the convenience of it all dictates that most of us will buy at least some things using the internet. Honestly though, I'm still not convinced that anything online can beat browsing around a good Christmas market.

To help you to decide, we've listed below a few of our favourite markets taking place this year.

Regular Markets this December

Antique and Vintage Market 17th December

St Peters Street and Market Place, St Albans, Herts AL1 3DH 17th December

A much loved and celebrated monthly exciting, inspirational and vibrant street market full of some of the very best traders in Antique and Vintage this country has to offer. Join our visitors and traders from far and wide and spend the day immersed in all things aged in the amazing ancient city of St Albans.

Harpenden Farmer's Market 17th December

Happening on the 3rd Sunday this month to avoid the Christmas period.

Each Market finds a huge selection of produce available including: meats, pies, sausages, game meats, preserves, pickles, jams and honey, cheeses, vegetables dry herbs and spices, flowers and plants, fresh bread, cakes, pastries, eggs and



- 10:00 till 16:00 for 2 days until Sunday, 3 December

St Albans Market

St Peters Street
Another highlight of the festive season is the St Albans Market. St Albans Market is open on Wednesdays and Saturdays between 9am and 4.30pm and on the second Sunday of each month between 8am and 2pm.



organic produce.

Lower High Street, Harpenden, AL5 2RU

Christmas Market at Luton Hoo Estate 10th December

Put a note in your diary – This year Luton Hoo will be hosting their first Christmas Market here at Luton Hoo Estate. All stalls will be inside the stunning conservatory and food and edible treat stalls in the historic Walled Garden – Visits to Father Christmas are already fully booked and the Woodyard Coffee Shop will be open for hot and cold drinks, snacks and seasonal treats. The Woodland walk will be suitably dressed for the season and parking and entry is FREE!! Stock up on your seasonal necessities and Christmas gifts.

Shop Small St Albans - Christmas Market 2nd December

St Albans Museum & Gallery 11am - 4pm

An incredible Christmas Market full of local, small, creative businesses. Shop everything from candles to ceramics, jewellery to clothing and everything in-between. Do all your Christmas shopping under one roof while making Small Businesses smile!

St Albans Museum & Gallery, St Peter's St, AL1 3DH

Hertfordshire Christmas Fair 2nd & 3rd December

Hertfordshire County Showground, Dunstable Road, St Albans, AL3 7PT

"Christmas Craft Fair" Celebrate all good things for Christmas from Food and Drink to Arts Crafts and Gifts. You can enjoy browsing, sampling and buying from a mouth watering array of stallholders Saturday, 2 December 2023

Redbourn Christmas Market Sunday 3rd December 11am until 5pm

Delicious food and handmade crafts from local makers. Visit the pretty, historic, village of Redbourn and indulge in a wealth of local crafts, fabulous food and entertainment, to kick off the festive season in style! Redbourn Christmas Market is a not-for-profit event organised by volunteers for the benefit of the community. All funds raised are used to put into running the event and paying for the Christmas light display. Overflowing with delicious food, beautiful crafts and gift ideas, seasonal music and Yule raffle.

The Engineer Christmas Market 1st December

A lovely collection of small indie businesses to shop from whilst enjoying some festive drinks! The Engineer Pub in Southdown, Harpenden will be hosting their Christmas Market this year, on 1 December 2023, from 4pm to coincide with Lights Switch On!

There will be a mix of indoor and outdoor stalls for everyone to enjoy at this magical Christmas venue.

Christmas Market at Standalone Farm 9th & 10th December

Join us at Standalone this Christmas for a fun-filled Festive Market complete with music, food and shopping. Our animals will even make an appearance!

Visit Standalone on 2nd-3rd & 9th-10th December as their farmyard is transformed into a magical Festive Market. Visitors can enjoy festive food stalls, mulled cider and live music. Browse the various stalls and shop for the perfect gift from the talented makers selling gifts, art and local produce. Little ones *Continued on page 20*

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Continued from page 19

will be able to enjoy festive activities and meet the farm animals.

Standalone Farm, Wilbury Road, Letchworth Garden City, SG6 4JN

Business Birthday

Wheathampstead Businesses celebrated its 20th birthday recently at the Wheathampstead Memorial Hall with a cheese and wine evening attended by 40 people. All the food was bought from local shops. It was 2002 when BBC local news published an article which highlighted the so called 'fading grandeur' of Wheathampstead. The Liberal Democrat district councillor at the time was Chris Oxley and he said: "Unless the local community, including the local authority, takes firm action to stem the slide, then I fear Wheathampstead and many other villages will continue to become more and more like ghost villages."

Fortunately, local man Barry Levison took up the challenge and, working with Wheathampstead Parish Council, he formed an Enterprise Committee and then Wheathampstead for Enterprising Business (WEB) was formed, effectively a trade association for local business who wanted to support each other to ensure that the ghost village predictions did not come true. 20 years on, Wheathampstead High Street is completely different and is a vibrant village destination for local people and local families, as well as visitors to the area who can all enjoy our various shops, cafes, restaurants and pubs. Over the years, that trade association has grown and now has more than 250 members. A mixture of business owners, entrepreneurs and local enthusiasts, the mission behind Wheathampstead Businesses is to promote, protect and support local business and the group spends all its time and expertise in striving to achieve that mission. The group uses the excellent resources of its members and local businesses to offer assistance and promote collaboration. Wheathampstead Businesses is involved with various local events including Lights Up and Village Day and was instrumental in establishing the Heritage Trail, which has introduced so many people to the village. Networking opportunities are at the root of any

successful group and making business contacts as well as increasing local visibility which will always be a benefit. The Wheathampstead Business Group uses its social media platforms and its many local contacts to help to promote the needs of local business too. With 20 years' experience, Wheathampstead Business has both the contacts and the credibility to represent its members in many useful and strategic ways. Gaining a voice in local government, when needed, can be a significant benefit, i.e. establishing and improving better parking parameters and signage, which is a current group initiative. Organising a Crowd Funding campaign is just one more thing that members of the group became involved with in order to help and support the village Post Office. After a robbery left the Post Office short of enough money to install a security shutter, the campaign raised £4600 which contributed to the costs. We spoke to Julie Bell, an active member of the Business Group for the past 15 years who explained: "Both myself and my husband, Richard (Secretary), are passionate about supporting local business and we aim to encourage all local business to take advantage of what the Businesses Group offers." To find out more visit: www.wheathampsteadbusinesses.co.uk

Even More...

Already a veritable treasure trove of all things Christmassy, it was great to hear that Carpenter's Nursery and Farm shop have changed the layout in order to expand what they have to offer across the board. The ever-popular Carpenter's have even more space to showcase a larger range of wines and

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spirits, beers & beer gift boxes plus drinks from new local brewery - New River Brewery in Hoddesdon. The Farm Shop is full of lots of new festive ranges including Edible Christmas gifts from Tiptree preserves & liqueurs & Redbournbury Mill mince pies to retro sweets and chocolate Santas showcasing a wide range of products from many small artisan and local suppliers. There's more room too for a selection of their own grown veg including brussels sprouts, carrots, beetroot, chard, spinach, kale, celeriac and savoy cabbages; grown in Sandridge by Head Grower David Egarr and the Carpenter's team.

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barbara@yogapathway.co.uk

Health Matters

Useful Contacts

Emotional & practical support

www.hertshelp.net

03001234044

Health advice and information

www.nhs.uk/coronavirus

Local council services

www.hertfordshire.gov.uk/coronavirus

Domestic abuse

www.hertssunflower.org

Hertfordshire Domestic Abuse helpline

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Financial Advice

www.hertfordshire.gov.uk/benefits

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www.hcas.org.uk

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www.nationaldebtline.org

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www.hertfordshire.gov.uk/updateme

Volunteering

www.volunteering.org.uk

Bone Health Does it Matter?

Our bones support us and allow us to move. They protect our brain, heart, and other organs from injury. Our bones also store minerals such as calcium and phosphorous, which help keep our bones strong, and release them into the body when we need them for other uses.

There are many things we can do to keep our bones healthy and strong. Eating foods rich in calcium and vitamin D, getting plenty of exercise, and having good health habits help keep our bones healthy.

But if we don't eat right and don't get enough of the right kinds of exercise, our bones can become weak and even break. Broken bones (called fractures) can be painful and sometimes need surgery to heal. They can also cause long-lasting health problems.

But the good news is that it is never too late to take care of your bone.

What Can I Do to Make My Bones Healthier?

It is never too early or too late to take care of your bones. The following steps can help you



improve your bone health:

Eat a well-balanced diet rich in calcium and vitamin D. Good sources of calcium include low-fat dairy products and foods and drinks with added calcium. Good sources of vitamin D include egg yolks, saltwater fish, liver, and milk with vitamin D. Some people may need to take nutritional supplements in order to get enough calcium and vitamin D. Fruits and vegetables also contribute other nutrients that are important for bone health.

Get plenty of physical activity. Like muscles, bones become stronger with exercise. The best exercises for healthy bones are strength-building and weight-bearing, like walking, climbing stairs, lifting weights, and dancing. Try to get 30 minutes of exercise each day.

Live a healthy lifestyle. Don't smoke and, if you choose to drink alcohol, don't drink too much. Talk to your doctor about your bone health. Go over your risk factors with your doctor and ask if you should get a bone density test. If you need it, your doctor can order medicine to help prevent bone loss and reduce your chances of breaking a bone.

Prevent falls. Falling down can cause a bone to

break, especially in someone with osteoporosis. But most falls can be prevented. Check your home for dangers like loose rugs and poor lighting. Have your vision checked. Increase your balance and strength by walking every day and taking classes like Tai Chi and Yoga,

Osteoporosis

Osteoporosis is a condition that weakens bones, making them fragile and more likely to break. It develops slowly over several years and is often only diagnosed when a minor fall or sudden impact causes a bone fracture.

The most common injuries in people with osteoporosis are wrist and hip fractures or fractures of the spinal bones (vertebrae). However, they can also occur in other bones, such as in the arm or pelvis. Sometimes a cough or sneeze can cause a rib fracture or the partial collapse of one of the bones of the spine.

Osteoporosis isn't usually painful until a fracture occurs, but spinal fractures are a common cause of long-term pain.

Although a fracture is the first sign of osteoporosis, some older people develop the characteristic stooped

Continued on page 25



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(bent forward) posture. It happens when the bones in the spine have fractured, making it difficult to support the weight of the body.

Who's affected?

Osteoporosis affects over three million people in the UK.

More than 500,000 people receive hospital treatment for fragility fractures every year as a result of osteoporosis.

Causes of osteoporosis

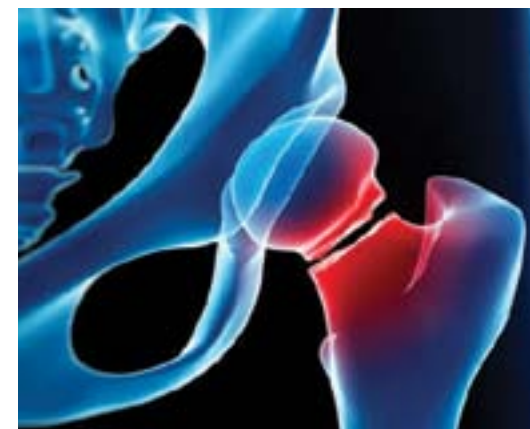
Losing bone is a normal part of the ageing process, but some people lose bone density much faster than normal. This can lead to osteoporosis and an increased risk of fractures.

Women also lose bone rapidly in the first few years after the menopause. Women are more at risk of osteoporosis than men, particularly if the menopause begins early (before the age of 45). Many other factors can also increase the risk of developing osteoporosis, including:

- long-term use of high-dose oral corticosteroids
- other medical conditions – such as inflammatory conditions,
- hormone-related conditions, or malabsorption problems
- a family history of osteoporosis – particularly history of a hip fracture in a parent
- long-term use of certain medications which can affect bone strength or hormone levels
- having a low body mass index (BMI)

Will I Need to Take Medicine for My Bones?

There are medicines to help prevent and treat osteoporosis. Your doctor may want you to take medicine if your bone density test shows that



Sources of Calcium

Tofu (calcium fortified)
Soy milk (calcium fortified)
Green leafy vegetables (e.g., broccoli, brussels sprouts, mustard greens, kale)
Chinese cabbage or bok choy, Beans/legumes
Tortillas
Sardines/salmon with edible bones, Shrimp
Orange juice (calcium fortified)
Pizza, Bread
Nuts/almonds
Dairy products (e.g., milk, cheese, yogurt)

your bones are weak and that you have a good chance of breaking a bone in the future. Your doctor is more likely to order medicine if you have other health concerns that increase your risk for breaking a bone, such as a tendency to fall or a low body weight.

Information supplied by National Institute of Arthritis and Musculoskeletal and Skin Diseases And NHS CHOICES

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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 Bocket View. Wednesdays at 6.30pm every week, or Sundays at 10am most weeks. Visit the website for further information www.wlts.org.uk

Thursday Club

As part of the Wheathampstead Community Group, the Thursday Club provides companionship and support for Wheathampstead residents who are aged over 60, unable to access other activities without support, or need day to day care either from a carer or family member. The club meets every Thursday in school term time from 10.00.a.m. – 2.00.p.m. Tea/coffee and biscuits are provided on arrival followed by lunch and entertainment. Transport can be arranged. To find out about potential membership, call Val Hughes on 01582 629682 or Peter Woods on 01582 621944.

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/>



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.wheathampsteadwgc.org
email: Secretary@wheathampsteadwgc.org

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Kimpton Bowls Club

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

For further details contact John 07785960353

Business Group

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

Cricket

Wheathampstead Cricket Club has five adult teams and an expanding colts section. Cricket is played on Nomansland Common on Saturday and Sunday



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

Wheathampstead Dramatic Society

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

Wheathampstead & District Preservation Society

The aims of the group are to protect what's best about the village, make the best use of its assets, object to inappropriate planning applications and take part in community initiatives. The more members we have, the louder is our voice. To join, please see our website: www.wheathampsteadpreservation.org.uk or call 01582 833789.

Mead Quilters

We are a long established, forward looking and friendly quilting and patchwork group who meet at the Mead Hall in East Lane, Wheathampstead, AL4 8BP.

We meet on the first Tuesday morning of each month 10.00-12.00pm, and the 3rd Tuesday evening 7.30-9.00pm. Visitors are welcome at both sessions. For further information see our website www.meadquilters.org



Wheathampstead W.I.

Lively, interesting and varied meetings. Every 2nd Wednesday 7.30pm at the Mead Hall in East Lane W/stead. Social events and outings throughout the year. See W.I Noticeboard in the High Street for more information or contact our Secretary Karen Benomran: wheathampsteadwicommitttee@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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Continued from page 29

Beavers, Cubs & Scouts

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

Squirrel Drey Tuesday 4:45 to 5:45

Beaver Colony Wednesday 5:15 to 6:15

Mead Cub Pack Tuesday 6:30 to 8:00

Delaport Cub Pack Wednesday 6:30 to 8:00

Lamer Scout Troop Friday 7:30 to 9:00

Explorer Scouts Tuesday 8:15 to 10:00

If your child would like a place, please contact:

w11stwheathampstead@outlook.com

Music and Singing

Introducing the Clover Singing Club, a new concept in ensemble singing for ladies, with emphasis on laughter and relaxation. Try us out - first session free. No need to read music. Sessions are term time on Mondays 1.15-3.15 p.m., Mead Hall, Wheathampstead.

Contact Charlotte 07791 741233.



The Hardynges Choir

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

Call Primrose Watts on 01582 460092

www.hardyngeschoir.org

Wheathampstead U3A

Wheathampstead U3A is open to anyone who is retired or semi-retired. No qualifications are

needed, and none are given. Make friends, learn new skills or refresh old ones through our wide range of interest groups. Enjoy first-rate speakers at monthly meetings in the Memorial Hall and participate in organised outings to places of interest. Find out more at:

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

Wheathampstead

History Society

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

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

Wheathampstead Warriors

Your local running club, all abilities welcome!

The best way to find out more about the Warriors is to come and join one of our club runs on a Tuesday or Thursday evening.

Currently all runs need to be booked in advance but please contact us on 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.

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

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