

Wheathampstead Magazine



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August 2026



The Elite 90+ Club
The Heatwave & Net Zero
Another Award for Local Academy

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WELCOME

The weather really is a key topic of conversation for most of us at the moment and the heat in general is causing havoc in many ways, indeed as I write this, a large farmer's field opposite is literally on fire and our wonderful Fire Service is in attendance. Now that the summer is in full swing, gardens should probably be on everyone's radar whether they're your own or looking at the various open gardens in our area as featured in our What's On section. If it is your own garden, it's worth checking out the planting advice on attracting bees and butterflies to your garden from the people at Carpenter's. We've taken the opportunity to write a little about the Heatwave, Net Zero and the threat to 'ban' Air -conditioning at home and our local fencing academy shared their news about winning another award.

We spoke to Chrissie Chadney, the chair of our local u3a who told us all about a great idea to celebrate members over 90 and the first event for 'Elite 90+ Club' and we also heard from the Hospice of St Francis who explained the details behind their Summer of Care Appeal. Finally, our front page this time is the Swan in the village, and I can confirm that the sofas outside amidst the flowers really are a great spot to sit and have a toast to summer. Stay Cool!

Eve X

eve@minimagazines.co.uk

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NEWS IN BRIEF

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Advice for Mental Health Issues

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advisers

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Macmillan CancerLine:

0808 808 2020

Autism Helpline: 0845 070 4004

Did you know...

It was August 1969 that Woodstock began in a field near Yasgur's Farm at Bethel, New York. The three-day concert featured 24 rock bands and drew a crowd of more than 300,000 young people and Joni Mitchell sang 'we are stardust, we are golden

Still Going Strong?

Unfortunately, no, Woodstock does not happen as a regular recurring festival. While there have been occasional anniversary events such as Woodstock '94 and Woodstock '99 there is no annual Woodstock festival. An official 50th-anniversary festival planned for 2019 was cancelled.

Bombs That Led to Peace

August 6, 1945 - The first Atomic Bomb was dropped over the centre of Hiroshima killing over 105,000.

August 9, 1945 - The second Atomic bombing of Japan occurred at Nagasaki killing an estimated 70,000 persons and destroying about half the city.

August 14, 1945 - Believing that continuation of the war would only result in further loss of Japanese lives, delegates of Emperor Hirohito accepted Allied surrender terms.

Thought for August

It's a time of endless daylight, carefree fun and lazy afternoons with friends. Adventures big and small hide around every corner, and optimism hangs in the air. So, of course, summer feels like a strong contender for the best season of all – let's make the most of it!

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What's On... regularly

• Foodbank

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• 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 5th and 19th August, 7.30.

• 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

Alone/divorced/widowed/isolated, we welcome any age, free hot/cold drinks, & cakes. Socialise, meet new people & make friends. 11-12.30 last Wednesday of the month, Mead Hall, East Lane.

• Community Library

Monday - Thursday 2pm - 6pm and Saturday 9am- 1pm. Knit Natter & Know Craft group every Wednesday 10am-Noon. Story time Weds 3-3.30pm for children 2-4 years old. Fire Station and Library Marford Road Wheathampstead.

• Roast & Meat Raffle

Weekly Sundays at The Swan, Wheathampstead

• Swan Bingo & Pizza

It's Eyes down once again for a great night of Bingo Fun at your favourite local pub in Wheathampstead Village 6th August, 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 harpendenrda@yahoo.co.uk and via FB

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

What's On This Month

• Live Music 1st August

Live music from Bad Penny Come on down to the Swan in Wheathampstead Village on Saturday 1st August 9pm. Free entry

• The Faery Trail 1st August

Step into a world of wonder this spring! As the woodland wakes up, the Fairies of Celtic Harmony Camp have returned to their secret village. You're invited to bring your little explorers to take on a magical challenge and discover the hidden secrets. The Quest takes approximately one hour to complete and there's a Special gift for every child that completes the Quest. 10:30 - 15:30 1st August and Saturdays and Sundays throughout the month Celtic Harmony Camp Brickendon Lane Brickendon Herts SG13 8NY Tel: 01438 718 543 celticharmony.org/product/faery-trail/

• The Walled Garden - Luton Hoo 7th August

The five-acre Luton Hoo Estate Walled Garden was designed by Capability Brown, in the late 1760s. The Walled Garden partnered with the RHS and Historic Houses and is the focus of an incredible volunteer project and continues to be researched, restored, repaired and re-imagined for the enjoyment of all. Friday 7 August Open Garden for NGS 11am-5pm The Walled Garden, Luton, Bedfordshire LU1 4LF Tel: 01582 721443

• Bhaktivedanta Manor - 14th August

A chance to visit the unique and beautiful gardens surrounding Bhaktivedanta Manor at the Hare Krishna Temple. Our gardens consist of the peaceful George Harrison Garden-dedicated to the late Beatle, a woodland, and a rose garden. Visitors can enjoy a guided tour and meet the Head Gardener. You will also get the chance to meet our cows at the Farm. A hot lunch is inc in your booking. Friday 14 August 11am - 3pm Bhaktivedanta Manor, Watford, Herts WD25 8EZ Open Garden for NGS findagarden.ngs.org.uk/garden/48537/48537

• Summer Tree Identification Workshop 11th August

Join this workshop to learn how to identify trees in their summer state. Start off by spending the morning in the classroom at the Mission Room, learning to identify trees using leaf, bud and twig characteristics. Then walk around Hertford Heath to put into practise the morning's learning and identify the trees. Tuesday 11 August 10am - 3.30pm Hertford Heath, Hertford, Book tickets <https://www.hertswildlifetrust.org.uk/events>

• Live Music 15th August

Live music from popular local blues rock band, Blues on Fire. Come on down to the Swan in Wheathampstead Village on Saturday 15th August 9pm. Free entry

• Flamstead Scarecrow Festival 21st August

This annual village fundraiser attracts large crowds. Wander the village to spot creative scarecrows while enjoying community food, drink, and entertainment. Located just a 10-minute drive (approx. 4 miles) from Wheathampstead, Friday 21st - Sunday 23 August .Flamstead Village.

• Folk Night 27th August

Live Folk music in the ever popular Folk Night. Come on down to the Swan in Wheathampstead Village on Thursday 27th August 8pm. Free entry

• Wheathampstead u3a 27th August

The speaker at the August meeting will be Steve Lester. His talk is entitled "That's a Wrap" in which he will entertain by lifting the "smoke and mirrors" of the world of TV and Film "Luvvieland". Steve is a jeweller, fine art valuer and auctioneer, and actor - and has been in numerous game shows, TV and feature Hollywood and Bollywood film productions. It all sounds fascinating! Thursday 27th August in the Memorial Hall at 2:00 for 2:30pm.

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

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



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Local Update

u3a Elite 90+ Club

You've probably already heard about the u3a, but for those of you that haven't, Wheathampstead u3a is a thriving local group whose aims are the education and stimulation of mainly retired members of the community — those in their third "age" of life.

Wheathampstead u3a provides a whole range of activities and experiences for nearly 400 retired or semi-retired residents of our village, embodying the national u3a motto of 'Learn, Laugh, Live.'

Membership covers a wide age range. but recently Chrissie Chadney, Chair of the u3a, was thinking about the number of members aged 90 plus that she was encountering. So Chrissie decided to invite all members born in 1936 or before to join a new group – the 'Elite 90+ Club'; a club which would meet twice a year for an afternoon tea and the chance to chat and have some kind of activity.

Chrissie was pleasantly surprised to receive twenty-one responses, all were active u3a members, attending groups, speaker's meetings, outings or other social events and the oldest was 98. Several had slightly younger partners and it was agreed that these 'underagers' could accompany members to events.

Chrissie said: "I really felt we should celebrate our members reaching their

nineties and demonstrating that it is possible to thrive, learn new things and enjoy an active life."

The first event took place at the Marford Hall in July where the u3a members were joined by sixth formers studying history from Katherine Warington School, organised by Chris Laing, Head of KWSixth.

The u3a members and students were paired up and enjoyed a 'living history' discussion about life in the 1930 and 40s, whilst the over 90s were able to quiz the young people

about being a teenager in the 2020s!

The Elite 90+ group looks forward to another meeting and stimulating activity in the early autumn. Chrissie told us: "The response from everyone has been great and, at this event, sharing with the lovely young people from KWS, gave us all hope for the future."

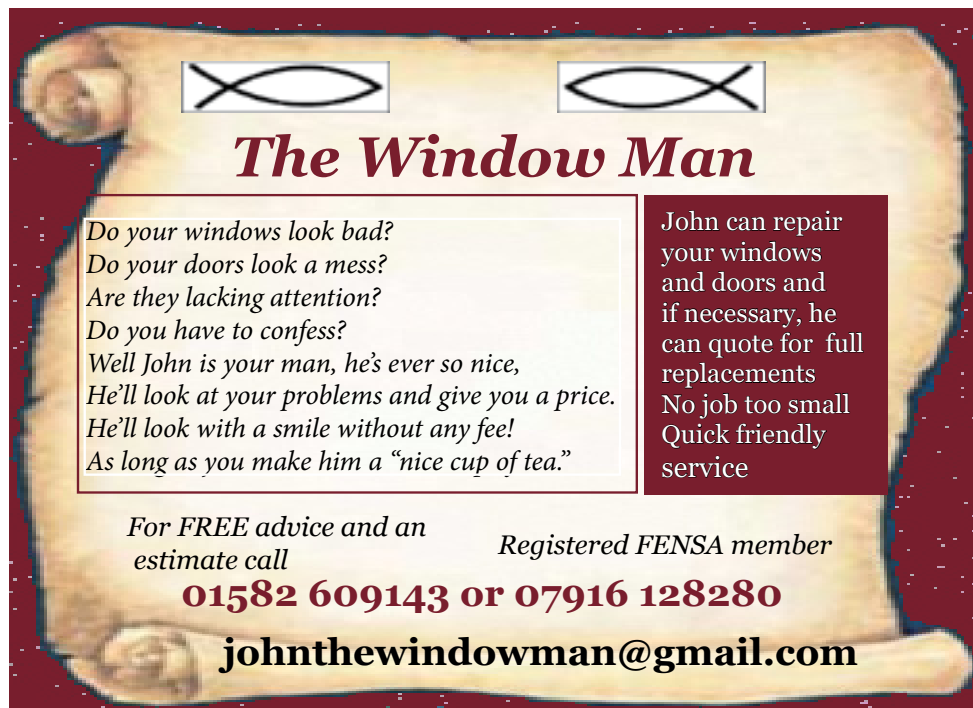


Attention Gardeners

If you are a keen gardener or you are just keen to learn more about gardens, it's worth planning to get yourself along to the talk by Gardeners World presenter Nick Bailey scheduled for the evening of September 2nd at the Memorial Hall at 7:30.

Organised by Wheathampstead Horticultural Society (aka The village gardening club)

Continued on page 11



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So don't forget to save the date and contact whortsoc@gmail.com to reserve your place.

Local Academy Wins Another Award

Paul Davis Fencing Academy has once again been recognised on the national stage after being named British Fencing Club of the Year at the 2024–25 British Fencing Community Awards. The award marks the fourth time the Academy has received the prestigious title, including three consecutive years, which is a remarkable achievement among more than 400 fencing clubs across the United Kingdom.

Based in Hertfordshire and working extensively across Hertfordshire and North London, Paul Davis Fencing Academy was recognised for its "scale and reach" as well as its commitment to community outreach and school partnerships.

In their comments, the awards panel praised the Academy's work in giving young people access to opportunities they may otherwise never have experienced, highlighting its strong coaching structure, extensive school links, and commitment to

developing the sport at all levels. The Academy delivers fencing programmes in a growing number of local schools including Beech Hyde, St. Helans, Stahs, and Alwdwickbury schools in Wheathampstead and community settings, helping introduce children and young people to the sport while supporting confidence, resilience, discipline, and personal development. Speaking following the announcement, Paul Davis said: "We are incredibly proud to receive this recognition once again. This award reflects the strength of the partnerships we have built with schools and communities across Hertfordshire and



North London and our shared commitment to providing high-quality opportunities for young people through sport." The Academy says it remains focused on continuing to grow participation in fencing and inspiring the next generation of athletes across the local community.

Attract Butterflies & Bees

Einacea is a great addition to any sunny border in the latter summer months.

More commonly called the 'Cone Flower' their colours range from paler pastel pinks to vibrant punchy purples, oranges and yellows.

Large daisy-like flowers with prominent orange-brown

Continued on page 13



centres on stiff stems appear from June to September. It's a tough plant and makes an excellent cut flower.

These long-flowering plants will cope well with adverse weather conditions, except drought. Try it dotted through a sunny, mixed border or in bold drifts among grasses where it will extend the season of interest.

Echinacea is attractive to bees and

butterflies and provides a vital food source at this time of year.

The seed heads are attractive too and are a valuable food source for birds during the cooler months, so avoid cutting them back (to just above soil level) until late winter. Carpenter's Nursery have a fabulous range of what they consider to be the very best grown in Europe!! A bold statement from the Plant Manager, however, he does have over 25 years of experience and says he knows a great plant when he sees one!

Summer of Care Appeal

In the UK, a hospice is a specialized healthcare facility or service that provides palliative care for people with terminal illnesses or life-limiting conditions. It focuses on pain and symptom relief, and offers comprehensive emotional, psychological, and spiritual support for

both the patient and their family. Care is not just medical; it includes therapies, counselling, practical help, and bereavement support for families. Care is not restricted to a hospice building. It can be provided in your own home, in a hospital, or in a specialized residential hospice.

Hospice care is completely free for patients, carers, and family members. It is funded by a combination of NHS contributions and public charitable donations.

The Hospice of St Francis, which covers our area, helps 2,000 people each year to live their precious lives well. The Hospice's free care has many forms – care at home, in their outpatient health and wellbeing Spring Centre or through specialised individual care in one of the Hospice's beds - and is defined by each person's need, which includes needs that may change over time.

The Hospice of St Francis is asking the public to support their Summer of Care Appeal as they deliver relief and comfort to patients with life-limiting illnesses during the warmer months. The Hospice's care services, face unique challenges during the summer. Hot weather can exacerbate symptoms and create additional physical, emotional and practical challenges for patients. At the same time, donations to fund the Hospice's free care typically decrease over the summer months.

Community Team Lead and Nurse, Hannah Smith, shared some of the challenges hospice patients may face: "The

hot weather can make changes happen quite rapidly with a patient's condition. Any change in the atmosphere can alter someone's breathing status. We look out for dehydration which could lead to deterioration, and we always adapt to what they need." In summer, the clinical teams at The Hospice of St Francis work hard to ease patients' symptoms, provide practical and emotional support, while also helping patients to enjoy the season. Occupational therapist, Amy Smissen, described how she supports patients at home: "We help by making the environment more comfortable, supporting with hydration and fatigue

management, as well as assisting patients so they can achieve their goals. Those goals might include getting outside into their garden or planning a day out with friends or family."

While the Hospice's services are available year-round, summer is the time of year when donations to their free care often drop. That's why

they're now appealing to the public to support their services through the Summer of Care Appeal.

Donations to the Summer of Care Appeal will help ensure local patients and families continue to receive expert care, practical support and relief throughout the summer months. A donation of £40 could fund around six hours of medication on the Hospice's Inpatient Unit, providing immediate symptom relief and peace of mind.

You can donate and find out more at: www.stfrancis.org.uk/appeal



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Heatwaves, a Ban on Air -Con £4billion's worth of Net Zero...

What's Going on?

According to the Met Office, a heatwave is an extended period of hot weather relative to the expected conditions of the area at that time of year, which may be accompanied by high humidity. That may be the official explanation, but it really doesn't come close to saying just how hot it's been. Apparently, it's been so very hot that some people have actually died due to the high temperatures.

Extreme temperatures can trigger fatal emergencies like strokes, heart attacks, and respiratory failures, and cause indirect accidental fatalities due to drowning during water-related heatwave activities.

Let's face it, we're just not set up for it. It's a standing joke amongst foreigners that it's always raining in the UK and hardly ever sunny, but clearly that's changed! Then we heard in the news recently that air conditioning would be banned! Understandably, it seems, there has been a huge demand for portable air conditioning units and fans, with suppliers selling out completely in some cases.

We did hear that some homeowners in London have been told by their local authorities to remove air conditioning from their homes and open windows instead, but it seems that that is down to planning permission, which as far as we know is not required for portable units anyway. We checked with the Ministry of Housing to see what they had to say about air conditioning and their web site states: *There has been media coverage suggesting that air conditioning is banned in homes. This is incorrect, air conditioning can be installed in*



both existing and new homes. In most cases, planning permission is not required to install it for a small home if it would not materially affect the appearance of the building from outside.

When it comes to our Net Zero aims, you may be surprised to know that the UK is responsible for less than 1% of annual global emissions of greenhouse gases. That means more than 99% of the annual emissions that are driving the growing impacts of climate change in the UK, such as sea level rise and increases in the intensity and frequency of heavy rainfall and heatwaves, originate from beyond our country's borders.

That means that the UK has a critical interest in other countries cutting their emissions to net zero as soon as possible and can only encourage this by advocating for strong action and leading by example. But according to the official Climate Change Committee (CCC), the cost of net zero will average *Continued on page 17*

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We went out about in our local area to get some views about the weather from local people.

Mr & Mrs D told us: "It's so hot, too hot, and it's been hard to get anything much done. We had big plans to work in the garden but honestly we've ended up just putting it off, promising ourselves we'll get back to it when the weather cools down."

Mr A said: "I don't mind the hot weather within reason, but when it comes to Net Zero, I'm not that keen. Having said that, I

do think it's great that the UK are leading the way on Net Zero, but other countries across the world, particularly the biggest producers, like China and India need to get

on board and do their bit otherwise, it's all a waste of time and a waste of our money!"

Miss F and Miss L explained: "We rather like the warm weather, but we are lucky because we're not working at the moment. Two weeks with no work, just holiday, so we can wander about, sit

around, go swimming to cool off and get a little bit of a tan along the way. What's not to like? So much better than having to stay indoors or wear coats all the time."



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Clubs and Groups

Tennis

We are a friendly Tennis Club with plenty of opportunities to play social and competitive tennis. We offer a comprehensive coaching programme for Adults and Children from the age of 4. Members and non-members welcome. For more information pop down to Club night on Wednesday evening, or to Sunday morning social. Alternatively check out: www.wlctc.org.uk or email us on: wheatlctc@gmail.com. We look forward to seeing you on court soon.

Thursday Club

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 PG.

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.wheathampsteadwgc.org

email: Secretary@wheathampsteadwgc.org

Kimpton Bowls Club

Bowling for everyone- Come and try bowls. 'Beginners Welcome' *Continued on page 20*



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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 Gillian Keen:

wheathampsteadwiccommittee@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

To Advertise call 0775 3857012 Please mention **Wheathampstead Magazine** when responding to adverts

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 Tuesday 5.15 to 6.15. 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 meet regularly at the Scout Hut in Mead Lane, Wheathampstead as follows: Squirrel *Continued on page 23*



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 Lamer Scout Troop Friday 7:30 to 9:00
 Explorer Scouts Tuesday 8:15 to 10:00
 If your child would like a place, please contact:
 w11stwheathampstead@outlook.com

Music and Singing

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

Contact Charlotte 07791 741233.

The Hardyng Choir

The Hardyng Choir is keen to help people experience the joy of choral singing, and welcomes new members of all voices whatever their previous experience. We rehearse on a Monday evening, 7:45pm - 9:45pm during school term time at St Helen's C of E Primary School in Wheathampstead. Email Jenny Burley at: membership@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 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.

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!

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