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October 2026



Outdoor Living
Keeping it Personal
Celebrating 80 years in Drama

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WELCOME

Whether its endings or beginnings, or even something in between, marvellous October is here at last... not too hot, and not too cold either. The lovely colours of autumn are all around us, the air is crisp, the skies are still blue and there's enough rain to keep the grass green! We can still enjoy the garden - just sitting as well as the many plants and flowers still thriving and showing their blooms at this time of year.

On that note, we spoke to Linda Tolmie about her garden design business and she said that now is good time to talk about designs and planting for your garden ready for a great impact next year.

The terrific Wheathampstead Dramatic Society are celebrating their 80th anniversary this year and we chatted to Chair Julie who told us about the history of the society and their next production later this month.

Any month is a good time to think about getting fit, so why not make it October? We spoke to Paul, Personal Fitness trainer, who explained the ins and outs.

Also, we share some details from the local NHS who are encouraging students to get the MenB vaccine as they go to or start back at university this month.

Have a great October!

Eve X

eve@minimagazines.co.uk

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NEWS IN BRIEF

Useful Phone Numbers

Doctors Surgery: Marford Road
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Dentist: Marford Road 01582
833 408

Gas Emergency: 0800 111 999

Electricity Emergency: 0800
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Power Cuts: 105

Healthline: 111

Police non emergency: 101

Parish Council: 01582 832541

County Council: 0300 123 4040

Local Pharmacy: 01582 832102

Help Lines

Mind: 0845 766 0163

Advice for Mental Health Issues

The Samaritans: Freephone 116123

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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

In Case you Didn't Know...

Forging Friendships, Wheathampstead's own Mens' Shed, are now meeting on Mondays as well as Wednesdays. This friendly group provide an opportunity for those with a variety of interests and a leaning towards making and mending. You will be welcome too for just a regular chat and a cuppa. New members are always welcome and meet at the Old Forge building by the entrance to the Meads at the far end of Meads Lane. For more details see page 27.

30 Years Ago

October 1996 - Palestinian President Yasser Arafat made his first public visit to Israel for talks with Israeli President Ezer Weizman at his private residence.



A Different Kind of War

Almost 70 Years Ago in October 1957 - The Space Age began as the Russians launched the first satellite into orbit. Sputnik I weighed just 184 lbs. and transmitted a beeping radio signal for 21 days. The remarkable accomplishment by Soviet Russia sent a shockwave through the American political leadership resulting in U.S. efforts to be the first on the moon.

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What's On... regularly

• Foodbank

Confidentiality is assured. 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 14th and 28th October, 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

Now welcomes all locals which includes couples as well as single people, 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 1st October, 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 3rd October

Live music from Machine Shed Come on down to the Swan in Wheathampstead Village on Saturday 3rd October, 9pm. Free entry

• Elvis by Candlelight 8th October

Elvis by Candlelight has got us all shook up! Join in at St. Albans Cathedral, for a night of best loved classics, performed live by the UK's leading Elvis tribute act. Featuring a spectacular live band, epic backing vocalists and one of the UK's leading Elvis tributes, don't be lonesome tonight and book your tickets now! We guarantee they won't be returned to sender! 7.30 pm Thursday 8th October St Albans Cathedral Sumpter Yard St Albans. Info and tickets <https://www.stalbanscathedral.org/Event/elvis-by-candlelightwww.hertfordmuseum.org>

• DENS Charity Golf Day 9th October

Alongside 18 holes of golf, there will be delicious breakfast and lunch, exciting competitions, and the opportunity to bid on exclusive experiences and unique items in our charity auction.

All funds raised supports DENS to provide its vital work for supporting people across our community facing homelessness, poverty and social exclusion. 7.30am-4pm Friday 9th October Stocks Golf Club, Stocks Road, Aldbury, Tring, HP23 5RX info and tickets www.dens.org.uk/event/golf-day el: 01442800268

• Letter of Wishes Workshop 12th October

Your will says what happens. A Letter of Wishes explains why. There are an estimated 10,000 disputes relating to wills every year in England and Wales - and most involve decisions that were never explained. A Letter of Wishes doesn't prevent a dispute. But it gives your executor context, your family clarity, and your decisions a voice - long after you're no longer here to explain them yourself. While you still have a voice, you have a choice. 2 hour Workshop. Monday 12th October 7.0pm. Hertfordshire University, De Havilland Campus, Mosquito Way, Hatfield AL10 9EU tickets.co.uk/events/letter-of-wishes-workshop

• Mead Quilters Patchwork and Quilting Exhibition 17th October

Mead Quilters Patchwork and Quilting Exhibition with Quilts, Tombola, Sales Table, Raffle, Trader, Refreshments, Homemade cakes. Tickets on the door Under 12's free. Free Parking 9.30am - 4pm Saturday 17th October, Memorial Hall.

• Wheathampstead Dramatic Society 22nd October

The autumn production of Di and Viv and Rose, by Amelia Bullmore is a frank, funny and consistently engaging portrayal (or reminder – if you happen to have been young at the time!) of the ups and downs of student life in the days of Thatcher, Boy George and ra-ra skirts. Memorial Hall on October 22nd, 23rd and 24th. Tickets from Manor Pharmacy, or ticketsource.co.uk/Wheathampstead-dramatic-society.

• Wheathampstead u3a 22nd October

The speaker at the October meeting will be Keith Baldwin and his topic will be "When Doctors and Policemen Begin to Look Young". Keith was formerly a soldier in the Household Cavalry and then a Police Officer in Hertfordshire. He works from time to time as a voice-over actor. Keith greatly values the power of laughter and good humour and we are looking forward to him bringing this to us in his presentation. Thursday 22nd October in the Memorial Hall at 2:00 for 2:30pm.

• Halloween Party and Live Music 31st October

Halloween fancy dress and Live music from Joyrider Come on down to the Swan in Wheathampstead Village on Saturday 31st October, 9pm. Free entry

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

80th for Local Drama

Local amateur dramatic groups are terrific for bringing communities together, as well as offering a fun, creative outlet for people of all ages. Drama groups also provide the opportunity to meet a new and diverse mix of people that you might never cross paths with otherwise. Rehearsals and show nights give a strong sense of belonging and purpose and working toward a common goal can create a warm, family-like atmosphere. We are lucky to have our very own Wheathampstead Dramatic Society which celebrates its 80th year of bringing community theatre to the village. We spoke to Julie Field, Chair of the Society, to find out more about the history and what's next for this amazing group. Julie explained that it all started in 1946 when the Local Education Authority asked

local resident Lady Clare Hoskins-Abrahall to start a drama group in the village in order to 'boost morale' in the period of post-Second World War austerity. Local doctors, community and church leaders, as well as like-minded villagers, were all enlisted to help.

The first production, A Quiet Weekend by Esther McCracken, followed in the spring of 1947, performed in the prefabricated building of St Helens School where the stage was made from trestle tables and the lighting transported by hand. There are reports from these early days of ill-measured backcloths unable to fit onto the small stage, actors battling with jammed doors and unsuspecting backstage helpers suddenly revealed to the audience as the stage curtains stuck together!

The Society was proud to be asked to put on the play Queen Elizabeth Slept Here, by Talbot Rothwell, to inaugurate the newly-constructed *Continued on page 11*



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Marford Memorial Hall in 1961 and to be consulted about the stage and other facilities required to perform drama there over the years. Fundraising efforts provided a workshop adjacent to the hall in which sets could be stored and constructed, and this is still in use today.

Wheathampstead Dramatic Society has staged over 200 productions since 1946, with recent successes including *The Thirty-Nine Steps*, *Educating Rita*, *The Weir*, and a sell-out production of *Calendar Girls*. The Society is affiliated to the National Operatic and Dramatic Association and is proud to have received a number of recent nominations and awards in the local region. Up next is the autumn production of *Di and Viv and Rose*, by Amelia Bullmore, which plays at the Memorial Hall on October 22nd, 23rd and 24th. (See *What's On* page 7)

Di and Viv and Rose introduces us to three very different young girls who meet at a university in the north of England to start their first term in the autumn of 1983 – a time when they can have no idea how closely their lives are going to become intertwined over the next thirty years. The play is a frank, funny and consistently engaging portrayal (or reminder – if you happen to have been young at the time!) of the ups and downs of student life in the days of Thatcher, Boy George and ra-ra skirts. Partying, romance, and the occasional demands of academe jostle for attention with the practicalities of communal living – what to do when the laundry basket is full and there is nothing left in the kitchen cupboard but a tin of marrowfat peas and a box of poppadums. If you'd like to become a member, or just find out more, visit:
<https://wheathampsteadramaticsociety.co.uk/>

We say...

Congratulations and well done to Wheathampstead Dramatic Society for reaching the incredible milestone of 80 years and thank you for all the effort and all the team work by society members and thank you too for all the joy that performances have given to local people over the years – long may it continue!

Keeping It Personal

It seems that we all like the idea of being fit and many of us wonder what to do to achieve fitness.

Perhaps you have a busy life and, although you know that you need to look after yourself, spending hours in the gym is just not for you. Still, you want to become stronger, lose some weight and improve fitness.

We spoke with local *Continued on page 13*



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What they say...

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"What sets Paul apart isn't just what happens in the session, it's everything that happens before it. He consistently goes above and beyond to research and plan between sessions, so that every hour you spend training is genuinely effective."

Personal Trainer Paul Mutlow to find out about his business and to hear about his thoughts on personal fitness. Paul explained that he played football from a young age and later got into running, but as he got older his interest moved much more towards strength, movement, injury prevention, longevity and quality of life. A qualified Personal Trainer, Paul started working as a personal trainer in 2015 and completed qualifications in nutrition, strength and conditioning and PT Mastery. Recently Paul has gained a qualification in Exercise Therapy which allows him to take a much more detailed approach to exercise and movement and tailor exercise to each individual accordingly. Paul keeps things on a personal level with most training being carried out on a one-to-one basis, so everything is tailored very specifically to the person concerned. We asked about the structure of a session and Paul told us that every session is slightly different because it depends on the individual. "Normally we'll start with a quick catch-up and then some appropriate mobility or movement preparation including corrective exercise. I also look at

the bigger picture outside the gym — things such as daily activity, nutrition, habits and exercises clients can do between sessions." If this sounds like a good fit for you, you can start with a two session trial which means you can talk to Paul about what you'd like to achieve and you can experience how the sessions work for you and go from there regarding future commitment. See Page 18 for contact details.

Café Update

When it first started The Silver Moon café encouraged anyone that was on their own to visit the café to make friends and meet new people, but following popular demand, the café now welcomes all residents of Wheathampstead, which



of course includes couples as well as single people.

Each month there's a special feature planned and this month there's a talk about the history of the Old Railway Station. The café is self-funded, meaning everything is free which includes free tea, coffee and cold drinks as well as home-made cakes too. So, if you'd like to meet some new people or say hello to old friends and neighbours, do go along to the Silver Moon Café on last Wednesday of the month at the Mead Hall, East Lane. See *What's On* page 6.

New Trust Chair for HPFT

Hertfordshire Partnership University NHS Foundation Trust (HPFT) has announced the appointment of Andrew van Doorn OBE as its new Chair. Following an extensive recruitment process, he will take up the role in February 2027.

HPFT supports people with mental ill health, learning disabilities and autism across Hertfordshire, Buckinghamshire, Norfolk and Essex and employs around 4,500 people who deliver these services within the community and in inpatient settings.

Commenting on the appointment, HPFT Chief Executive Officer Karen Taylor said: "I am delighted Andrew has been appointed as our next Chair. He brings a wealth of knowledge of working with people with mental health needs, learning disabilities



and autism as well as extensive experience of working at board level across the public and charitable sectors. I am looking forward to working with him as we focus together on improving the care and outcomes for people living with mental illness and those with learning disabilities."

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Sarah Betteley, the Trust's current Chair will step down at the end of January 2027 at the conclusion of her two terms as Chair. She said: "This is a fantastic appointment for the Trust, Andrew brings great knowledge and commitment to the role and I know he will provide thoughtful and compassionate leadership. I very much look forward to supporting him as he transitions into this role, which it has been my great privilege to hold for the last six years."

Outdoor Living

If you've ever thought about having your garden professionally designed, it seems that now is a good time to do it. Designers know how to make small or awkward areas feel open, accessible and useful and can tailor the layout to your exact needs, whether you want a safe play area, a low-maintenance retreat, or an outdoor dining space. A designer picks flowers, shrubs, and trees that match your local soil, sunlight, and drainage so they thrive all year-round. We spoke to local designer Linda Tolmie to find out how it all works.

Once she started her training in Garden design, Linda enjoyed it so much that she decided to go on and complete her diploma and, after being commissioned



to work on a newly renovated cottage in Wheathampstead last year, the business, Linda Tolmie Garden Design, was up and running.

Linda told us that late summer/early autumn is a great time to start thinking about what you want your garden to be like in the next year. It gives time to assess what's currently working (or not) in the existing garden and planting is ideally done in autumn to give the plant's roots a chance to establish before going dormant in winter. Spring is the next best time to plant as the plants can establish before the heat of the summer arrives. Discussions about designs can start at any time of year, but it is always advised to wait until a sensible time to do the planting. The landscaping build can be completed at most times of year.

The design process, it seems, comes in several stages, starting with a free no obligation discussion on the phone with Linda followed up with a questionnaire. Next there would be a paid visit to the garden to meet and establish the brief. Then there's measuring and using the information from the questionnaire, the initial meeting and site survey, one or two concept designs would be produced. Terms and conditions are agreed on before any design is started and an estimate given for that stage.

We asked Linda how *Continued on page 16*



she decides what design will work best for a garden and she told us:

"This is the exciting part. All garden designs are different as are the clients, but some basics involve assessing how the client wants to use the garden - do they want to use it for seating and eating, a play area, how much planting and what style do they like, do they need it to be low maintenance, do they need new paving/structures or want me to work round the existing paving/structures, do they need to manage changes of level, how sustainable do they want to be? We then discuss the feel of the garden, colour schemes and time scales. From this a brief for the design is agreed upon. It's then my job to bring this to life."

That does sound exciting!

So if you can imagine a better layout and more plants, flowers and shrubs in your garden, it seems that a great way to achieve it could be to use a local garden designer.

For contact details see page 18.

Second MenB Dose

Eligible students are being urged to book their vital second MenB* vaccine (meningococcal B) dose ahead of going back to uni.

Nearly a quarter of a million doses have now been administered nationally, with more than 37,000 jabs given in the east of England

Two doses, at least 28 days apart, are needed for full protection, and NHS vaccination leads are urging young people to book their second jab now, as freshers' weeks begin in the coming weeks. And for those who haven't yet had their first jab, it's not too late to start getting protected.

This is a time-limited offer (with first doses offered until 31 December 2026 and second doses offered until 31 March 2027), to enable late attendees, and international

students who arrive in the UK after the summer months, to accept the offer of 2 doses.

Dr Eleanor Powers, Head of Public Health Commissioning (Immunisation) for NHS England – East of England, said: "The bacteria that cause MenB can be spread through close contact with an infected person, such as sharing a drink, a vape or a kiss. It can even just be from prolonged close contact with the person, such as living in the same home. "If you haven't got yours yet, do. This vaccine needs two doses to be most effective, so if you're eligible, please come forward and book as soon as possible to give you the best protection you can. Anyone who is eligible can now book online via the NHS National Booking Service at <https://www.nhs.uk/nhs-services/vaccination-and-booking-services> for appointments at community pharmacies or to contact a participating pharmacy to book



an appointment. Search <https://www.nhs.uk/nhs-services/vaccination-and-booking-services> for appointments at community pharmacies or to contact a participating pharmacy to book an appointment. Search <https://www.nhs.uk/nhs-services/vaccination-and-booking-services>

*The MenB vaccine is an injection that protects against serious and life-threatening illnesses, such as meningitis and sepsis, caused by meningococcal group B bacteria.

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Within Easy Reach

When October comes around, whilst warm days and especially heatwaves are a thing of the past, this month does bring some stunning autumn scenery. It can be a great month for stomping around outside in those vibrant autumn leaves, while you enjoy the crisp October weather.

There are a few key dates worth noting too, such as World Food Day (16 October): which marks the founding of the UN Food and Agriculture Organization to highlight global hunger efforts, World Mental Health Day (10 October) which is a global initiative led by the World Health Organization focusing on mental health advocacy and Diwali (17 October), the Hindu festival of lights celebrated with traditional lamps, sweets, and family gatherings.

There's also half term, pumpkin picking and decorating as well as Halloween and various spooky events to look forward to.

But if that's not your thing, we can highly recommend a couple of places that are

within easy reach where you can have a day out and maybe see some new things.

Battlers Green Farm

We are always keen to spend some time here because it's easy to get to and there are some small, individual shops to browse around and you can rely on a good lunch or decent slice of cake with coffee. Close to Radlett, it all started with a single farm shop back in 1960, and has grown to become a truly unique shopping experience with over 20 independent retailers on site. Now, there are various distinctive shops, eateries and essential services on offer to visitors. The shopping village is centred around a bustling courtyard of converted farm buildings and provides something for everyone, and once you've browsed around there's the Bull Pen, a great place to have lunch or coffee or whatever you fancy.

Our favourite shop to visit is Destiny Rising which offers a marvellous array of Crystals, Jewellery, books, and dream catchers as well as psychic and tarot

Continued on page 20



readings with very friendly and knowledgeable staff on hand to help as required. Battlers Green Farm Shopping Village is around 13 miles from Wheathampstead and it's easy to get to as its

conveniently located between the A1M, M1 and M25, and offers ample free customer parking.

Woburn Village

We really like Woburn Village because it has a lot to offer. As well as the Woburn Heritage Centre, you'll find the local museum detailing the town's rich history. The village also features a historic Georgian high street lined with independent



boutiques, antique shops, art galleries and specialty stores and plenty of eateries cafes and pubs. There's something for everyone here and once you've wandered around and

worked up a thirst or an appetite, pop into the Woburn Hotel for a bite to eat or glass of wine or a cuppa. It's worth noting that if you fancy getting even more from your day out, Woburn Village is also close to Woburn Abbey and Woburn Safari Park. One of the village highlights and our favourite place to visit is Woburn Gallery, which is always a joy to wander around to look at the many and varied works

exhibited by local artists. There are always lots of different styles and types of art on display, which include paintings, prints, small sculpture as well as glass and ceramics.

The gallery has many artists exhibiting at any one time. There are also special events including music events, gallery birthday events as well as themed exhibitions and feature artists. Woburn Gallery's managers Lisa, Tim and Irene, are all painters and bring a range of styles and mediums to the gallery, including landscape, figurative and abstract works. It's quite clear that the three managers are motivated to contribute to the success of the gallery, both by exhibiting diverse, quality artwork from local artists as well as offering a cultural resource for the local community. They obviously enjoy being a part of a team that cares about art, not least for the love of sharing that with potential customers.

At the moment, paintings by Tim, one of the managers, are being exhibited. (See top right). Tim is a very talented artist and specialises in Landscapes including some austere granite landscapes as well as more vibrant British land and seascapes, so there's bound to be something that will catch your eye.

Woburn is around 23 miles from Wheathampstead, it's easy to get to as it's just a straightforward drive along the M1. There is parking in the main village centre.



Destiny Rising - Battlers Green Farm, Common Lane, Radlett, Herts, WD7 8PH

Woburn Gallery - Market Place, Woburn, Milton Keynes, MK17 9PZ

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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.wltc.org.uk or email us on: wheatltc@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 Monday and 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 24*

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/updateme

Volunteering

www.volunteering.org.uk

Friendly members to help you play. Woods provided but flat shoes please. Come and have fun.

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:

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 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 ages meet at the Scout Hut on Mead Lane, Squirrels (4 - 6 years) Tues 4:15 - 5:15pm Beavers (6 - 8 years) *Continued on page 27*



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 Amwell Scouts (10.5 - 14 years) Mon 7:30 - 9pm
 Lamer Scouts (10.5 - 14 years) Thurs 7:30 - 9pm
 Explorers (14 to 18 years) Tues 8:15 - 10pm
 For more information 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 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@hardyngchoir.org

Wheathampstead U3A

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

Wheathampstead History Society

The society meets at 7.15pm, the third

Wednesday of each month, in the Mead Hall, East Lane.

It offers a programme of talks promoting local history & heritage, undertakes research projects and encourages and supports members' research.

For further information visit our website www.wheathampsteadheritage.org.uk

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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