

# Wheathampstead Magazine

by  
MiniMagazines

incl. Gustard Wood & Blackmore End  
[wheathampsteadmagazine.co.uk](http://wheathampsteadmagazine.co.uk)

May 2022



**Great Time to Grow Your Own  
Last Push for Community Gym  
Award for Local Drama Society**

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# WELCOME

I'm convinced that summer is nearly here - well at least it's surely just around the corner. I'm never really sure when summer starts officially, but for me it's when there are buds on all the trees, flowers are beginning to bloom, geraniums are in the shops and there seems to be more birds than ever singing in the trees. But that could just be the eternal optimist in me, but hey ho, it's nearly summer!

Anyway, staying on the flowery theme, this month we paid a visit to Carpenters Nursery and spoke to the people there to get the lowdown on growing your own fruit and veg. We heard about the award won by our marvellous local Dramatic Society and we got an update from the Community Gym Project who told us that they would soon be opening their door to the general public.

The lovely people at JOCA, the Just One Click Away charity told us about their forth coming charity Music Festival to be held at Welwyn Rugby Club - and Computer Friendly, another worthy charitable organisation, explained how they are helping people to become proficient in the use of digital devices.

The *Local Resilience Forum* provided a brief update regarding Covid and vaccinations and *Health Matters* looks at the scary business of moles and melanoma.

Eve Atkins

[eve@minimagazines.co.uk](mailto:eve@minimagazines.co.uk)

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# NEWS IN BRIEF

## Useful Phone Numbers

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01582 832258

**Dentist:** Marford Road 01582 833 408

**Gas Emergency:** 0800 111 999

**Electricity Emergency:** 0800 404 090

**Power Cuts:** 105

**Healthline:** 111

**Police non emergency:** 101

**Parish Council:** 01582 832541

**County Council:** 0300 123 4040

**Local Pharmacy:** 01582 832102

## Help Lines

**Mind:** 0845 766 0163

Advice for Mental Health Issues

**The Samaritans:** Freephone 116123

Confidential non-judgemental emotional support

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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

## May 2nd 2011

It's hard to believe that it was 11 years ago that U.S. Special Operations Forces killed Osama bin Laden during a raid on his secret compound in Pakistan. The raid marked the culmination of a decade-long manhunt for the elusive leader of the al-Qaeda terrorist organization.

Bin Laden had ordered the coordinated aerial attacks of September 11th, 2001, in which four American passenger jets were hijacked then crashed, killing nearly 3,000 persons.



## We've heard that...

If you visit Carpenters Nursery from May 3rd - 31st, you could pick up a free 9in herb pot to take a way and start your very own herb garden - It's a great time to start growing your own produce including herbs. See page 14 for more details.

## Did you Know?

That the daytime high temperatures average 15 C - 16 C (near 60 F) early in the month of May but it's usually warm into the 18 C - 19 C (mid-60s F) by the end of the month. If we are lucky, a few of the warmer days could reach or even exceed 24 C (75 F). Yippee!

## Thought for May...

Eventually all things fall into place. Until then, laugh at the confusion, live for the moments, and know everything happens for a reason.

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## Sale of Small Bric- a Brac and Craft Materials

June 24th & 25th 9am - 4.30pm

Come along and find a bargain from a range of small items of Bric-a-Brac and Craft Materials from paper to Die cutting machines stamps, ink pads, punches and much more.

The WI County Room

29 High Street Wheathampstead, AL4 8BB  
Contact Lorraine on lorraine.mead@  
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Mike Crafer - CTA  
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www.fenlonandco.co.uk

## What's On... regularly

- **Foodbank**  
Confidentiality is assured. Community Centre, Hilldyke 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 Margaret 01582 832368 Isobel 01582 832439
- **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. Fortnightly quiz Wednesday 4th & 18th May. 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 07984 588532 or Kerry Brabant 0208 9505757
- **Harpenden Farmers Market**  
70 + stalls offering a huge selection of produce and gifts. It's a great place to browse on the 4th Sunday of every month Now on Harpenden Common, opposite the public halls
- **Community Library**  
Wheathampstead Community Library Monday - Thursday 2pm - 6pm and Saturday 9am-1pm. Fire Station and Library Marford Road Wheathampstead
- **Roast & Meat Raffle**  
Weekly on Sundays at The Swan, Wheathampstead
- **Seniors' Bingo**  
Amwell Local Fundraisers (ALF) holds monthly seniors bingo evenings in the Mead Hall on the last Tuesday of the month With tea and biscuits and friendly banter on offer, it's a great place to meet and mingle - and you could win a cash prize!  
If you need a lift to get to bingo, just let ALF know (ring Colin on 07790 639735) and they will arrange for you to be collected.

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

## What's On This Month

### • **Kimpton Festival 1st & 2nd May**

The popular Kimpton Festival continues over the May weekend and offers mini tennis, history exhibition, Art show, 5 aside football, Hog Roast Fun Run Pimms Bar plus lots lots more. There is so much to see and do so why not make a day of it. Sunday 1st and Monday 2nd May from 9.30am. For a full line up of events and times plus ticket details visit <http://www.kimptonmayfestival.co.uk/>

### • **Jazz Jam 1st May**

Jazz Jams are pretty special, so come and see what the fuss is all about! Either jam with our excellent house band or sit back, relax and enjoy the products from the well-stocked bar. What better way to spend a Sunday? Doors open 1.30 - 6pm. Sunday 1st May all Musicians, Vocalists, Dancers and Music Lovers are welcome. For details and tickets tel: 07713068490 The Bear Club, 24a Guildford Street, Luton.

### • **St Albans Visual Arts Festival 1st May**

Herts Young Homeless is working with the St Albans Visual Arts Festival this year on an exciting exhibition showcasing some of Hertfordshire's best talent. Local artists are encouraged to submit a piece of art to sell at the exhibition. Also, young people across Hertfordshire (Year 10 - Year 13) are invited to enter their work into a competition to win a painting lesson for 2 with Georgie Mason, whose work has been shown at the Royal Academy Summer Festival. Public viewing and sale 11 am-4 pm, Sunday 1 May Trestle Arts Base Russet Drive St Albans For details tel: 01727850950

### • **Eyes Down 5th May**

Eyes down for the ever popular Bingo night at the Swan PH Wheathampstead Village Thursday 5th May, 7.30 start, pizza available from 6pm - 9pm

### • **A Celebration of Earth 7th May**

An evening of uplifting choral music celebrating Earth's natural wonders, from some of our favourite composers: Parry, Elgar, Britten, Esenvalds, Vaughan Williams, Finzi, Stanford and Whitacre refreshments afterwards! 7.45pm for an 8pm start Saturday 7th May High Street Methodist Church, Harpenden, for tickets [www.musicmakerschoir.wordpress.com](http://www.musicmakerschoir.wordpress.com) tel: 07806727667

### • **Mr Bead Bead Fair 7th May**

Bead show with many semi-precious gemstone beads and pearls like jade, amethyst, coral, carnelian, citrine, lave, jasper, agate etc. Plus the popular bargain price chip beads from £2.50 a string - or 5 for £10. Many new beads just imported into the UK! Free admission, free gifts, and free refreshments to early visitors! 11am to 4pm Saturday 7th May Stockwood Hotel, Castle Street, Luton tel: 07576134264

### • **Bubble Rush Family Fun Run 15th May**

The Fun Run with a difference... Bubbles! Start and end in a sea of bubbles, with 8 bubble stations in between - it's a bubble bonanza...The course is family friendly, so you can walk, run, dance, jog, or toddle through the foam, and it's suitable for pushchairs too! Plus there's no time limit so you can go at your own pace - come join in a bubble fiesta and enjoy the party atmosphere! From 11am. Sunday 15th May Tickets available at [www.stfrancis.org.uk/bubble-rush/](http://www.stfrancis.org.uk/bubble-rush/). Gadebridge Park, Leighton Buzzard Road, Hemel Hempstead, HP1 1DN tel: 01442 869555

### • **43 Mardley Hill - Open Garden for NGS 22nd May**

An unexpected garden created by plantaholics and packed with unusual plants. Focus on foliage and long season of interest. Constantly being developed and new plants sourced. Various areas: alpine bed; sunny border; deep shade; white-stemmed birches and woodland planting; naturalistic stream, pond and bog; chicken house and potted vegetables; potted exotics. 1pm - 5pm Sunday 22nd May. Home-made teas. Open for charity. 43 Mardley Hill, Welwyn, for details and ticket prices <https://ngs.org.uk/>

### • **28 Dale Avenue - Open Garden for NGS 29th May**

A large country garden designed by Heartwood Garden Design, with sweeping central lawn and deep mixed borders with evergreen and perennial plants and grasses. It inc a large island bed with a stepping stone path to a lawned path beneath a large Silver Birch. The border includes herbs, salvias, irises, agapanthus, lavender, eryngiums and many varieties of roses. 12.30-4.30 Sunday 29th May Open for charity. 28 Dale Avenue, Gustard Wood tel: 07977246748 for details & ticket prices.

To add your events please email: [info@minimagazines.co.uk](mailto:info@minimagazines.co.uk)

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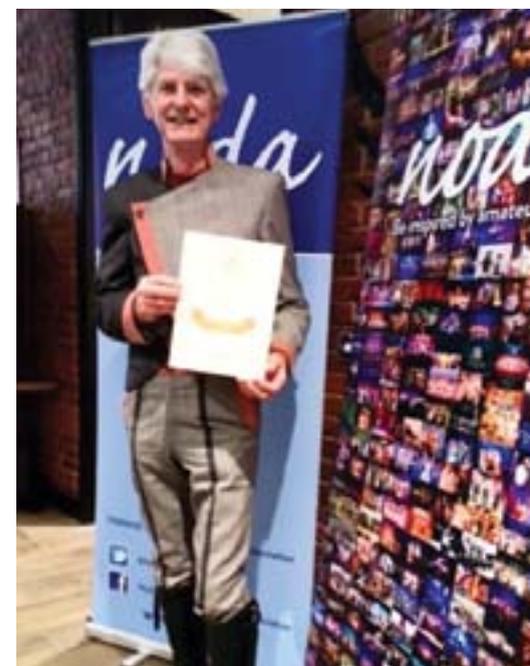


# Local Update

## Award Win for Local Dramatic Society

It's marvellous to note that our Local Dramatic Society is still going strong; choosing and performing plays as well as planning future performances and all that goes with that. In fact, it was in October last year that The Wheathampstead Dramatic Society (WDS) began to perform again.

After month's away, due to lockdown and the pandemic, the company was fired up with



energy and enthusiasm as evidenced by their performance of Faith Healer by Brian Friel during that month. The cast had been in rehearsal for more than 3 months and, at the time, Robert Naylor-Stables, (pictured) the director of the play said: "It's fantastic!! We are so excited to be back on stage and performing live again."

The WDS were thrilled to be nominated for a NODA 'Best Play' Award for "Faith Healer" and, early last month, they learned that they had won the Noda East Region Best Drama Award when a WDS spokesperson told *MiniMagazines* that the group were officially delighted with the award, so

a very well done to the whole company. Noda is The National Operatic and Dramatic Association and has a membership of 2500 amateur theatre groups and 1000 individual enthusiasts throughout the UK, staging musicals, operas, plays, concerts and pantomimes in a wide variety of performing venues, ranging from the country's leading professional theatres to tiny village halls. Due to the Memorial Hall building work being brought forward to April, the performance of the comedy Ladies Day, originally scheduled for May 2022, has been postponed to May 2023. But WDS are keen to stage another performance just as soon as the Hall is available again and to that end have planned "Quartet" which is scheduled to take place on Thursday December 1st to Saturday December 3rd. A spokesperson explained: "Quartet is both funny and touching. Full of wicked and saucy humour about growing old and about art. It is a play of hope and confidence for people who, in their retirement, worry they may no longer have much to offer." Sounds like it's worth saving the date!

WDS are always on the lookout for new members, including those with lighting or sound experience, as well as people willing to help with costume, front of house or behind the bar.

To find out more visit:

[www.wheathampsteadramaticsociety.co.uk](http://www.wheathampsteadramaticsociety.co.uk) or contact Len Skilton, Membership Secretary, on [emmandell@ntlworld.com](mailto:emmandell@ntlworld.com) for more details about how to join.

## Last Push from Community Gym

Over the past two years, an exciting village project has been underway to create The Chapel Gym, The Chapel Halls and a Community Kitchen. The project, driven entirely by volunteers, is set to give new life to the disused Victorian United Reformed Church and hall on Brewhouse Hill, which is scheduled to open to the public imminently. Over £110,000 has been raised to restore both buildings and work has continued at pace, thanks to local teams of volunteers as well as local *Continued on page 11*



## ANTIQUES WANTED

### Antiques, vintage and collectable items

- Silver gold and jewellery
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### Looking for part-time or voluntary work?

Katherine Warrington School is currently recruiting for:

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and will shortly be recruiting for:

- **Art technician and Design & Technology technician** – permanent, part-time (start date: September 2022)

For further information please email

[recruitment@kwschool.co.uk](mailto:recruitment@kwschool.co.uk) or

☎ 01582 314777 and ask to speak with

Julie Fox or Zuzana Holmes. For future vacancies please keep an eye on our website.

*Continued from page 9*

businesses and trades people.

A new Charity called Wheathampstead Chapel Community Hub is now up and running and the dream of opening a not-for-profit Gym and Fitness Centre is very nearly a reality. Many local people and businesses have contributed to the project in lots of different ways and now, with a last push for a little more sponsorship and donations to cover the remaining equipment, the Gym is almost ready to open its door to the



community.

Once the flooring was finished and some of the equipment was in place, the first cohort to sign up for advanced membership enjoyed a trial activity day of six back-to-back classes. Wheathampstead Chapel Community Hub Trustee Julie Bell said: "It was a lovely day and a great milestone. Huge thanks to the instructors that gave their time freely and the eager and determined participants. So many people from teens to 70s tell us they are looking forward to coming here. Local residents have donated nearly £49,000, so we are all invested in it being a success."

Although ten spin bikes, the first weights, a donated treadmill and some grant-funded equipment is now in place, the Equipment

Campaign is looking for sponsorship or general donations for items as small as gym balls and dumbbells up to larger pieces such as cross trainers, leg presses and rowers.

Could you help sponsor something for the Gym? There are a range of pieces that require funding, from cross trainers (£2,500) to kettle bells (£200) or a set of dumbbells (£50).

As a thank you, the group will publicise your business sponsorship in the Gym itself and if you are able to sponsor a large piece of equipment your business name could go onto the equipment. For information about the Gym contact Julie@chapelgym.co.uk

## JOCA Fest - Back after 2 year absence

A amazing charity music festival in Welwyn. Live music, family entertainment, fantastic food & drink but, most importantly, great company and all to support the fantastic work done by Just One Click Away (JOCA). Founded, following the tragic and sudden loss of three young playing members of Welwyn Rugby Club through suicide – three years on, JOCA offers round the clock support for those suffering from Mental Health issues. Totally self-funded and run by volunteers, JOCA can offer immediate access to one of three specialist Counsellors free of charge, something that they are understandably proud of, given that the current NHS wait time for a similar service is 8 to 12 weeks.

Suicide is the biggest killer of young men in the UK, and one every 16 minutes takes his own life, leaving behind a ripple of devastation that affects family, friends, team mates and work colleagues forever.

Come along and support this very worthwhile cause and enjoy a great day out too on Saturday 18th June at Welwyn Rugby Football Club, Hobbs Way, Welwyn Garden City, AL8 6HX. Starts at 2pm. Lots of great local bands will be performing including DJ Beard < Blues On Fire < Hot Tub Steps < Mice With Glasses < Mumble < Allergy < Barnyard Junkies < Miles From Life < Side Car Bob < Dave Foster < Steph Scot < Joey Hanson < Dan Thomas < Troi Parker Roth. For more info visit JOCA Facebook page. For Tickets visit <https://buff.ly/3JWtY2w>

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# Growing your Own? Now is a Great Time to Start

If you've ever thought about growing your own produce, now really does seem like the right time to start.

Growing your own produce can be a simple solution to numerous health, environmental and economic issues. Whether you are growing a single tomato plant or have a large garden,

the benefits are numerous. Growing your own food means that your diet can be more diverse and healthy. Food in its rawest, freshest form is not only the tastiest way to enjoy it, but also the most nutritional too; and somehow, it tastes even

better if you've grown it and cared for it yourself. Gardening is a fun way to get outside for some fresh air and physical activity. It helps to improve flexibility and body strength and can help to relieve stress, anxiety and depression, while boosting energy.

So much of the produce sold in supermarkets goes through a long process of being harvested,

shipped and distributed to stores and, once distributed, the produce can end up staying in storage or on the shelf for an extended period of time before being purchased, which means that much of the nutritional value can be lost.

If you are a newbie (like me) a Garden Centre such as Carpenter's Nursery in Sandridge is a



great place to start. They have a really friendly & knowledgeable team so if you want to grow your own fruit or veg they are on hand to offer advice about what to buy and how to plant things, along with answers to horticultural questions that you might have.

At *MiniMagazines*, we were keen to know more about herbs. According to the helpful people at Carpenter's, herbs are some of the easiest plants to grow and, of course, the most delicious. You can grow them in the garden, on a windowsill or in pots which will help to take your cooking to a whole new level. Herbs are great for kids to grow too – they can look after *Continued on page 15*

## How to Plant Herbs

- Choose a growing position with at least six hours of sunlight per day and enough room for the herb to reach the mature size listed on the label.
- Water the potted herb prior to planting.
- Make a planting hole large enough for the herb and its entire root ball.
- Carefully tap the herb out of the pot.
- Check the roots and gently tease out if

necessary. If you can see lots of roots circling around the base of the pot, use a knife to make three to four shallow vertical cuts at the base of the root ball to encourage the roots to grow out.

- Place the plant in the hole. Make sure it is at the same depth as it was in the pot.
- Backfill around the plant, pressing the soil down firmly.
- Water generously.



## Stunning Bedding Plants

Carpenter's Nursery is your local family run Garden Centre, Nursery & Farm Shop. With the cold weather (hopefully) a thing of the past, now is the perfect time to fill your baskets & containers with bedding plants for a Summer of colour! Discover our widest ever range of own grown bedding & perennials available now.



## From Field To Fork

Our Farm Shop is packed with a stunning range of fresh produce from our own fields & many other local suppliers. If fruit & vegetables are not your thing it's the perfect time to try our honey from the Carpenter's Beehives.



## Free 9cm Herb Plant

Enjoy a free 9cm Herb plant from our wide selection. This offer is subject to availability & valid 3.5.22 to 31.5.22 inclusive. The voucher has no cash alternative, may only be used once, is limited to 1 plant per customer and may be withdrawn at any time.



Join Our Friends & Family Club today to benefit from exclusive rewards, offers & experiences.

106 St Albans Road, Sandridge, St Albans, Hertfordshire, AL4 9LJ 01727 853340  
www.carpentersnursery.co.uk

*Continued from page 13*

their own pot of herbs, helping them to learn about care in growing things. If you are thinking about a herb garden, Carpenter's Nursery have a huge range from Mint to Sage and Parsley to Rosemary as well as all sorts of unusual herbs in between. Herbs not

only provide the chef in you with delicious fresh flavours, they also look great too! If you give your herbs the best possible start you'll be rewarded with loads of produce and very few pests or problems.

Tomatoes are pretty easy to grow too it seems - planting them out in grow bags is best, apparently, as the roots like to spread. You can buy little plants to begin with but remember to support them with canes

from the start and water regularly, feeding the plants as the first flowers appear to ensure a good crop of proper tomatoes. We learnt that now is a good time for salad crops too, like lettuce and rocket, although the advice is to plant them in rows and stagger

the planting times, perhaps a couple of weeks in between each planting which will ensure that you have salad when you need it rather than loads of it all at once. When it comes to summer fruits, you can't really beat strawberries. They are relatively easy to grow in pots or baskets and will come back year after year if you look after them. Now that you've got your lettuce and tomatoes organised, put some thought into what else you

would like to grow. If you have any doubts, ask one of the knowledgeable team at Carpenter's for inspiration, they can talk you through what else might be good to go with your strawberries and salad and offer advice about planting and care. *MiniMagazines* talked to the team at Carpenter's Nursery, and we couldn't resist asking them about



bedding plants like geraniums and pansies and they told us: "This year we have grown around 13,000 bedding plants by hand and about 8,000 perennials too. It's a big undertaking and takes a lot of organisation,

but it means that we can be very confident in the quality of the plants that we sell." Carpenter's Nursery is an impressive place all around. Not only do they sell umpteen varieties



of plants, bushes, trees, and herbs, they also carry stocks of pots, houseplants, a wide range of gifts and crafts, a whole section of home grown and local artisan food products in the Farm Shop and they have a café too which prepares, cooks and serves

their produce. You could spend hours here just wandering around looking at the inviting displays of good quality produce on sale and no doubt you'll find something to tempt you along the way. *MiniMagazines* was pleased to note that they are about to launch a loyalty card scheme too, which will offer discounts, specials and more. So watch this space, or better still, pay Carpenter's Nursery a visit.



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Thursdays 1.30pm - 4.30pm  
Marshalswick Baptist Free Church  
Sherwood Avenue, AL3 9QL

Saturdays 2.00pm - 4.30pm  
Islamic Community Centre  
145/147 Hatfield Road, AL1 4JY

### HARPENDEN

Thursdays 9.45am - 12.15pm  
12 Southdown Road  
(Quakers Meeting House),  
AL5 1PD

### FLAMSTEAD

Wednesdays 10.30am - 12.30pm  
(First Wednesday of each month)  
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# Local Charity Helps With Technology

Are you a bit of a technophobe? Do you have a fear or dislike of advanced technology or complex devices, especially computers? It's a surprisingly common concern and, in fact, it's quite possible that we all suffer at least a small amount of nervousness when confronted with new technology. In today's rapidly changing world, it can be easy to feel out of touch.

Computer Friendly is a "not for profit" registered local charity, supported by St Albans District Council, wanting to help adults in St Albans and surrounding areas to feel included and less isolated by being better skilled on digital devices to meet the demands of the ever increasing online world.

Computer Friendly has been in existence since 2002 and has around 50 volunteers performing different roles; - 11 Trustees, about 15 drop-in experts, 10 tutors and similar number of technical helpers, whilst others help with bookings and admin.

With decades of computer/digital experience behind them, the friendly trainers and helpful backup team are suitably qualified technical experts and have in-depth experience of Microsoft and Apple Computers as well as iPad and Android Tablets and Smart Phones along with a clear understanding of the operating systems and applications.

There are various ways that Computer Friendly can help you to get to grips with computers, tablets and smart phones and other digital devices and get hands-on help and advice,

including scheduled courses and one to one sessions, or you can visit one of their many, free drop in sessions.

Computer Friendly services are understandably popular and, whilst they usually can accommodate most people, sometimes you may have to wait for the next round of courses. Pre-booked Courses are around 2 hours per session and tend to run once per week. Drop in sessions take place at various locations around the area including Harpenden and Marshalswick.



As well as delivering around 60 courses for digital beginners and intermediates, they also offer training on specialist internet-based leisure courses such as staying safe online,



Facebook, and researching your family history. They also train on basic and advanced Windows, Word, Excel and PowerPoint. Computer Friendly has been recognised for its fantastic work with various awards, including the Queen's Award for Voluntary Services

in 2020. This is equivalent to an MBE for a voluntary organisation. A Computer Friendly spokesperson told *MiniMagazines*: "We do this work because we care about the community and want to ensure people are not left isolated in the ever expanding digital world. During Covid, when face to face meetings were not possible, we offered help and courses via zoom. Additionally, we refurbished over 500 devices to offer to schools for children to continue their education from home. This scheme has expanded to include other organisations that have a digital need."




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# Resilience Forum

**M**iniMagazines has received the following Local Resilience Forum (LRF) update, via Healthwatch Hertfordshire, the consumer champion for health and social care.  
NB: information correct at times of going to press

Although COVID numbers and statistics are no longer headline news, it seems that the virus is still having a huge impact on our county. According to the local resilience forum, health and care services across the region are struggling to deal with the combined effects of high numbers of patients and service users with the virus, as well as staff absence due to sickness and COVID isolation. This picture is reflected nationally too. Hertfordshire's GP practices, the ambulance service which serves our region and the county's two 'acute' hospitals, Watford General and the Lister Hospital in Stevenage, are severely impacted, as is Harlow's Princess Alexandra Hospital, which serves many

- In Hertfordshire more than 1,150,000 people have received at least one vaccination and over 1,000,000 have had two doses
- 866,522 Hertfordshire and West Essex residents have had at least three doses
- 3,110,449 doses in total given across Hertfordshire and West Essex
- Over 43.8 million people vaccinated across England

thousands of Hertfordshire patients. It's worth remembering that you can contact 111 online or by phone if you can't get in touch with your surgery or if you have a health problem that you feel needs attention. Don't forget you can ask your Pharmasist for advice too. Whilst mask wearing is *Continued on page 21*

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[southherts@visiting-angels.co.uk](mailto:southherts@visiting-angels.co.uk)

*Continued from page 19*

no longer mandatory, most health care providers still require visitors to wear a face covering. Although tests are no longer available for free, the public are still encouraged to use their common sense and remain at home if they feel that they have any Covid symptoms.

### COVID vaccination update

New district-by-district guide to vaccination locations is now live online. It is now even easier to see the full range of vaccination options in each district or borough council area on the Hertfordshire COVID vaccination site, <https://covid.healthierfuture.org.uk/> which is updated regularly by staff from NHS East and North Hertfordshire CCG. The 'COVID-19 vaccinations near you' section of the website brings together information about which pharmacies, GP practices, large vaccination centres and mobile and pop-up services are available. Visit <https://covid.healthierfuture.org.uk/covid-19-vaccinations-near-you> for more information.



### Spring Boosters

To protect people most at risk from COVID-19, a spring booster dose of the COVID-19 vaccine is now being offered to adults aged 75 and over, residents in care homes and individuals aged 12 years and over who have a weakened immune system. The NHS will contact those who are eligible to make a spring booster appointment, starting with those who have had a bigger gap since their last dose. Everyone who is eligible will be offered a top up around six months after their previous booster dose.

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# Local Services

## Anyone For Tennis?

It's common knowledge that regular exercise, like playing tennis, holds plenty of physical and mental health benefits. Apart from simply having a good time out on the court, playing tennis is an excellent way to raise your heart rate and it's a healthy way to pass the time too. Many people dread working out, but if you find a sport that you love you will start to enjoy and look forward to physical activity. Tennis burns a lot of calories too.

According to the Lawn Tennis Association, (LTA) Tennis is an amazing sport. Anyone can play; whatever their motivation or ability, from all communities and backgrounds. At any age and for a whole lifetime, tennis provides physical, social and mental rewards both on and off the court.

So, if you've always wanted to learn, don't be put off, there's never been a better time to learn how to play tennis. Just take a look at Tennis Coach Neil Maple.

Neil has been coaching in Wheathampstead

since 2005 and, when the previous head coach stepped down in 2020, Neil took over the role. Neil is based at Wheathampstead Tennis Club in the village where group lessons and most one to one coaching sessions take place, although Neil also coaches at St Helen's school for extracurricular activity at lunchtime and can visit private tennis courts at people's homes if the need is there.

Neil is a level 3 LTA licensed coach and has been coaching continuously since 2003, ensuring that he maintains his licence by attending recognised LTA courses every year. He works alongside a fellow coach who is LTA level 2 qualified, which means that they share the coaching duties as appropriate.

Neil is keen to welcome people of all ages and abilities from beginners and upwards, believing that anyone can learn to play tennis if they want to and are prepared to put in the time. There are group lessons or, perhaps, one to one sessions would suit you better, however if you want to



learn to play, Neil will do his best to help. *MiniMagazines* asked Neil what he liked about being a Tennis Coach and he explained: "I've been coaching in Wheathampstead for quite a few years - the familiarity helps keep a consistent client base. I want to be able to reach out to the people who may not be members of the club but would like to use the coaching facilities available. Aside from that, there is nothing better than being outdoors in the fresh air. I also enjoy watching clients succeed in their tennis goals."

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# What is Melanoma? Health Matters

**M**elanoma, the most serious type of skin cancer, develops in the cells (melanocytes) that produce melanin — the pigment that gives your skin its color. You have an increased risk of melanoma if you have lots of moles on your body, particularly if they're large (more than 5mm) or unusually shaped. For that reason, it's important to monitor your moles for changes and avoid exposing them to intense sun. The first sign of a melanoma is often a new mole or a change in the appearance of an existing mole although its fair to say that cancerous (malignant) moles vary greatly in appearance. The exact cause of all melanomas isn't clear, but exposure to ultraviolet (UV) radiation from sunlight or tanning lamps and beds increases your risk of developing melanoma. Limiting your exposure to UV radiation can help reduce your

risk of melanoma. The risk of melanoma seems to be increasing in people under 40, especially women. Knowing the warning signs of skin cancer can help ensure that cancerous changes are detected and treated before the cancer has spread. Melanoma can be treated successfully if it is detected early. Melanoma can appear anywhere on your body, but they most commonly appear on the back in men and on the legs in women. It can also develop underneath a nail, on the sole of the foot, in the mouth or in the genital area, but these types of melanoma are rare.

## Unusual moles that may indicate melanoma

To help you identify characteristics of unusual moles that may indicate melanomas or other skin cancers, think of the letters ABCDE:

- A is for asymmetrical shape.** Look for moles with irregular shapes, such as two very different-looking halves.
- B is for irregular border.** Look for moles with irregular, notched or scalloped borders — characteristics of melanomas.
- C is for changes in color.** Look for growths that have many colors or an uneven distribution of color.
- D is for diameter.** Look for new growth in a mole larger than 1/4 inch (about 6 millimeters).
- E is for evolving.** Look for changes over time, such as a mole that grows in size or that changes color or shape. Moles may also evolve to develop new signs and symptoms, such as new itchiness or bleeding.

## What Melanoma Looks Like

Melanoma may begin in a mole or on skin that was previously clear. Have a doctor check any mole or pigmented area that shows one or more of the following ABCDE characteristics:

	<b>Asymmetry.</b> One half does not match the other half.
	<b>Border is irregular.</b> The mole's edges are ragged, notched or blurred.
	<b>Color is uneven.</b> Mole may appear shades of black, brown, tan, red, gray, white, pink or blue.
	<b>Diameter is larger than 6 millimeters (mm) or ¼ inch,</b> about the size of a pencil eraser. Any sudden or continued increase in size is of special concern.
	<b>Evolving.</b> The mole or lesion is changing in size, shape or color.

*Continued on page 26*

# Coronavirus: Useful Contacts

## Emotional & practical support

[www.hertshelp.net](http://www.hertshelp.net)

03001234044

## Health advice and information

[www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus)

## Local council services

[www.hertfordshire.gov.uk/coronavirus](http://www.hertfordshire.gov.uk/coronavirus)

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## Avoiding Scams

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[www.hertfordshire.gov.uk/updates](http://www.hertfordshire.gov.uk/updates)

## Volunteering

[www.volunteering.org.uk](http://www.volunteering.org.uk)

*Continued from page 25*

### Risk factors

You're more likely to develop melanoma skin cancer if you have:

- A close relative who's had melanoma skin cancer
- Pale skin that does not tan easily
- Red or blonde hair
- Blue eyes
- Several freckles
- Previously damaged your skin through sunburn or radiotherapy treatment
- A condition that suppresses your immune system, such as diabetes
- Or you take medicines that suppress your immune system (immunosuppressants)
- A previous diagnosis of skin cancer

The risk of developing skin cancer also increases with age.



### Diagnosis

A diagnosis of melanoma will usually begin with an examination of your skin. Some GPs take digital photographs of a suspected tumour so they can email them to a specialist for assessment. As melanoma is a relatively rare condition, many GPs will only see a case every few years. It's important to monitor your moles and return to your GP if you notice any changes. Taking photos to document any changes will help with diagnosis.

You'll be referred to a dermatology clinic for further testing if melanoma is suspected. You should see a specialist within 2 weeks of seeing your GP.

A skin specialist (dermatologist) or plastic surgeon will examine the mole and the rest

of your skin. They may remove the mole and send it for testing (biopsy) to check whether it's cancerous. A biopsy is usually done using local anaesthetic to numb the area around the mole, so you will not feel any pain. If cancer is confirmed, you'll usually need another operation, most often done by a plastic surgeon, to remove a wider area of skin. This is to make absolutely sure that no cancerous cells are left behind in the skin.

### Further tests

You'll have further tests if there's a concern that the cancer has spread into other organs, bones or your blood. If melanoma spreads, it will usually begin spreading through channels in the skin (lymphatics) to the nearest group of glands (lymph nodes). Lymph nodes are part of the body's immune system. They help remove unwanted bacteria and particles from the body and play a role in activating the immune system.

### Surgery is the main treatment for melanoma

If you have melanoma skin cancer you'll be cared for by a team of specialists that should include a skin specialist (dermatologist), a plastic surgeon, a specialist in radiotherapy and chemotherapy (oncologist), an expert in tissue diseases (pathologist) and a specialist nurse.

When helping you decide on your treatment, the team will consider: the type of cancer you have the stage of the cancer (its size and how far it has spread)



## Health Matters

your general health

Your treatment team will recommend what they believe to be the best treatment option, but the final decision will be yours. Before going to hospital to discuss your treatment options, you may find it useful to write a list of questions to ask the specialist.

In most cases, once the melanoma has been removed there's little possibility of it returning and no further treatment should be needed. Most people (80 to 90%) are monitored for 1 to 5 years and are then discharged with no further problems.

### Follow-up

After your treatment, you'll have regular follow-up appointments to check whether:

There are signs of the melanoma coming back  
The melanoma has spread to your lymph nodes or other areas of your body

There are signs of any new primary melanomas  
Your doctor or nurse will examine you. They'll ask about your general health and whether you have any questions or concerns.

If you have any concerns regarding a mole that has got bigger, changed shape, has become itchy or begins to bleed, contact your GP or call 111 for advice and help getting a quick appointment. Info supplied by NHS, Cancer Research UK Mayo clinic

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# Local Clubs and Groups



## Tennis

Wheathampstead Lawn Tennis Club with 3 all-weather floodlit courts, a short tennis court and a clubhouse located in the heart of Wheathampstead on Marford Playing Fields, just alongside Brocket View. Wednesdays at 6.30pm every week, or Sundays at 10am most weeks. Visit the website for further information [www.wltc.org.uk](http://www.wltc.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. Lunch and entertainment are provided. 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](mailto: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/>

## Horticultural Society

Meets: Memorial Hall. 8.00pm, first Wednesday of the month. Also meetings on Zoom giving a wider range of speakers. A friendly, village garden club welcoming everyone of all ages and enthusiasm-even armchair gardeners! An annual Plant Sale on 3rd Sunday in May, socials and visits to interesting gardens are on the agenda. Affiliated to the R.H.S., the Dahlia and Fuchsia Societies. For more information please email [whortsoc@gmail.com](mailto:whortsoc@gmail.com) or phone Jill on 01582 460394.

*Continued on page 31*

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*Continued from page 29*

## Wheathampstead Community Group (WCG)

WCG seeks to support anyone in the Parish of Wheathampstead who is looking for assistance. If you or anyone that you know needs help, or you wish to volunteer for WCG, please call 07539 176481. If you need transport to hospital or the doctor, please call 07918 136870.  
www.wheathampsteadwcg.org  
email: Secretary@wheathampsteadwcg.org

## Kimpton Bowls Club

BOWLING FOR EVERYONE - Come and try bowls. 'Beginners Welcome' Friendly members to help you play. Woods provided but flat shoes please. Come and have fun on Sunday 24th April from 2pm. Kimpton Bowls Club, Recreation Ground, Kimpton.  
For further details contact Bernie 01438 831294

## Cricket

Wheathampstead Cricket Club has five adult teams and an expanding colts section. Cricket is played



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

## Wheathampstead Dramatic Society

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

*Continued on page 33*




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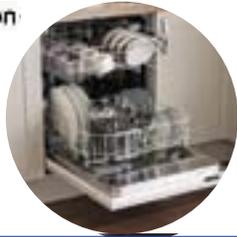

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*Continued from page 31*

## Business Group

The Wheathampstead Business Group (aka "WEB") aims to proactively enhance and secure the long-term future of Wheathampstead as a dynamic trading area for the benefit of the whole community. Local businesses and residents are encouraged to get involved, support businesses locally and help make Wheathampstead a better place to live. The group meet regularly. Contact Ginny Cooper chair@wheathampsteadbusinesses.org.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

The group was formed just over 26 years ago and meet on the first Tuesday morning of each month from 9.45-12 non, visitors are welcome (fees apply) also on the third Tuesday evening of the month from 7.30pm for a guest speaker. Visitors are welcome (fees apply). For further information visit the group's 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 High Street for more information contact our Secretary Karen Benomran at: wheathampsteadwi@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.

## Dementia Wellbeing Group

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 Margaret 01582 832368 or Isobel 01582 832439

## Brownies, Guides 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 guides meets at Mead Hall on a Friday.  
 1st Wheathampstead Rainbows meet at the Scout Hut on Monday evening.  
 2nd Wheathampstead Rainbows meet on a Tuesday at Mead Hall  
 There are currently places available so to join please register your interest at: www.girlguiding.org.uk

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## Beavers, Cubs & Scouts

- Beavers Cubs and Scouts are popular in Wheathampstead and meet regularly at Mead Lane in Wheathampstead as follows:
- Beaver Colony Wednesday 5.15-6.15
- Mead Cub Scout Pack Tuesday 6:30 - 8:00
- Delaport Cub Scout Pack Wednesday 6:30-8:00
- Amwell Scout Troop Monday 7:30 - 9:00
- Lamer Scout Troop Friday 7:30 - 9:00
- Explorer Scouts Tuesdays 8.15 - 10.00

All sections are currently full so please email our waiting list co-ordinator to register your child at [w11stwheathampstead@outlook.com](mailto: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.

## 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](http://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 [wheatwarriorsmembership@gmail.com](mailto:wheatwarriorsmembership@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/>

## 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>

## Art Group Canceled until notified

The art group get together to paint on Wednesday afternoons, 2 - 4 pm, in the Green Room, Memorial Hall, Marford Road, Wheathampstead. Beginners are welcome. Periodically we invite artists along to do demonstrations or workshops. Contact Jean Gatehouse 01582 832952 or Maureen McCaffrey 01582 833719



## The Hardyng Choir

The Hardyng 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.hardyngchoir.org](http://www.hardyngchoir.org)

# THE SWAN

*Wheathampstead*

- Lunch served daily 12 till 2.30pm
- Friday evening Hand Battered Cod, Burgers or Pizza
- Saturday and Monday evening full menu 6 till 9pm
- Pizza served daily, eat in or take away



**Sunday Roasts served 12 till 3.30pm:- choice of Beef, Chicken or Lamb Shank. Meat Raffle at 5pm**



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Function room available to hire  
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