

Martyn's Lights

We are delighted to confirm that Martyn's Lights will be decorating Puckeridge High Street again this Festive Season.

After a phenomenal fundraising campaign last year where so many people supported the continuity of this lovely community venture we have been able to buy new lights which are brighter, easier to install, more reliable, easier to store and cheaper to run.

It will look a bit different but we hope in a good way. If we can continue to fundraise the new system can easily be added to - but we're NOT pro-actively fundraising this year as everyone was so generous last year.

If you like the lights and would like to contribute there is always a pot in the Crown and Falcon.

Especially this year we thank the home owners who provide power and those who allow us to attach the lights to their properties.

Martyn's Lights were originally purchased in tribute to Martyn Dawkins who ran the village Store. He was a much loved member of the Local Community and this is how we remember him.

A group for those whose partners have passed away

New Seasons is a group for those whose partners have passed away, either recently or many years ago. We are mostly ladies but always welcome gentlemen. We meet on the third Thursday afternoon of each month in Standon Village Hall at 3pm until 5pm. There is always a warm welcome with a cup of tea and delicious cakes! It's a time to share our thoughts or have a chat, a laugh and make new friends.

If you would like more information please phone Heather on 01763 287469 Rita 01920 821722 or email heatherjackson24@yahoo.co.uk

A Service of Nine Lessons and Carols

Thursday 22 December at 7pm at St Mary's Church, Standon

Come and enjoy carols old and new, some sung by the choir and others for all to join in. Listen again to the story and message of Christmas told through traditional bible readings.

Details from Michael Smith 01920 821281. mprsmith388@gmail.com

New choir hits the ground running

The September edition of PS News saw a call for new singers to form a new community choir for Standon and Puckeridge. More than thirty people have now attended the first two rehearsals and are now singing several songs enthusiastically and expertly!

Rehearsals are welcoming and friendly, especially for those who are new to singing or yet to realise that anyone can enjoy singing in a large group.

The choir meets each Wednesday 7.30 – 8.30 at St. Mary's Church, Standon High Street. Please just turn up if you'd like to give it a try. Contact David Ranford for information – ranfordd@gmail.com

Christmas Concert

Thursday 15 December, 7.30 St. Mary's Church, Standon

Come and listen to our new community concert, performing a varied programme with two other Standon based choirs:

The Benefice choir is a longstanding choir supporting worship within the United Benefice of Standon and the Mundens with Sacombe.

Rib Singers are a small chamber choir of experienced singers, meeting each month to sing pieces of mixed genres.

So

Sixty or more singers in three local choirs, performing together and separately.

Entry is free, with a retiring collection for The High Sheriff's Fund, Hertfordshire Community Foundation.

Pop-up Choir for Carol Service

Do you enjoy singing Christmas carols? Sunday 18 December at 6pm

Once again Braughing Church will be organising a pop up choir to sing at our Carol Service.

You don't need to be a church goer, you just need to enjoy singing and to be able to attend most of our rehearsals

Practices will be held on Thursday evenings 1, 8, 15 Dec in church from 7-8pm We will be learning 1 or 2 choir pieces plus the descants to popular carols.

More information from churchoffice@btinternet.com or just come along.

Coming to Colliers End Village Hall

Pop-Up Exhibition on the History of Colliers End

2-5 February, opening times to be confirmed.

Keep your eyes peeled on the Facebook Groups: Spotted Puckeridge, Spotted Standon and Puckeridge, and Spotted TWHXC (Thundridge/Wadesmill/HighCross/ColliersEnd)

If you have any questions, want to be involved, or have any information or artefacts that could be included in the exhibition, email Molly, exhibition curator: molly.anderson01@outlook.com

Do you have difficulty reading PS News?

If so try the online edition at www.psnews.org.uk. Click on the link on the right hand side for the latest edition and increase the size of the print on your tablet, computer, etc.

Patient Participation Group Buntingford and Puckeridge Medical Practice

As we merge the Buntingford and Puckeridge surgeries it is clear that procedures are more straightforward with reporting, data analysis and contracting now simpler to manage. There has been no negative impact on patient care and in the eight weeks to 11 September 19,264 telephone calls were made to the practice. There have been 15,700 appointments, 10,545 of which were face to face reflecting an upward trend and 7890 were with a GP. The practice is preparing for the winter months by arranging additional nurse and doctor cover.

The completion of the Puckeridge building upgrades have been delayed, however, these are almost complete and the practice would like to thank everyone for their patience during this time. Once the move is complete the new telephone system will be installed which will provide callers with their position in the call queue and a possible call-back option during particularly busy times. On average, the waiting time for a call to be answered is five and a half minutes. This will be longer at peak times like Monday mornings and before 10am but the general advice is that if you are holding for more than twenty minutes you should hang up and dial again as something has gone wrong.

The practice website is now much easier to navigate using the menu bars. From

November patients who have registered for the NHS App will be able to access their medical records. To register for the NHS App google or search on the App Store. This will send a request to the practice to activate the various features.

Invitations to make an appointment continue to be sent out to anyone with long-term, ongoing health issues and half of the reviews are now completed. Flu and Covid vaccinations are underway with appointment links sent via mobile phone and calls are being made to those who may not have digital means. This year both these jabs can be done at the same time and the programme has been a huge success with over 1300 vaccinations carried out on one Saturday in September – a huge feat of organisation by the whole team. Thank you! Historically, the practice reaches appx 85%+ of over 65s for their vaccinations but have a lower response from vulnerable 18 to 64 years old. If you are eligible, get the jab is still the message. Please note, just because the practice has your mobile phone number it does not automatically mean you will get text alerts. You have to complete the consent form on the electronic communications section at the bottom of any page of the practice website. Text alerts are the fastest and easiest way to know what is happening at any one time and for the practice to get messages to you quickly. If you change your contact details please let the practice know.

We had some discussion regarding the recent change to the government's Health

Secretary and her new initiatives. It was agreed that these will be difficult to achieve without considerable extra resources and that the validity of some of the targets seem questionable. The practice are proud to have maintained an acceptable timeframe for routine matters, with routine pre-bookable face to face and telephone appointments available with doctors, nurse practitioners, nurses, phlebotomists and physiotherapist within 2-3 weeks across both sites. A significant part of practice capacity is taken up with providing on the day access via our triage service for urgent problems. Please consider carefully whether you really do need to be seen the day you call or whether your problem could wait until tomorrow or later in the week as same day appointments are finite. Similarly, if you wish to see a specific doctor then you may need to wait until they have a clear slot. The practice continues to provide extended access into the evening which can also provide a flexible option for face to face appointments and telephone reviews in the evening.

Two well-received online presentations have been made in the Cancel Out Cancer programme.

So, please register your consent for text alerts if you haven't already done so and apply for online access if you wish to access your records when they become available. Get the jabs if you can and stay as fit and healthy as possible as we go into the colder and darker months of autumn and winter, Jenny Dingley.

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Lights of Love

ISABEL Hospice is inviting people to help spread light and warmth throughout their community by attending one of its Lights of Love services this winter.

Lights of Love is an uplifting, inclusive occasion offering the opportunity to come together to remember those who are no longer with us but who hold a special place in our hearts.

Charlotte Carder, Isabel's Acting Head of In-Patient Services, said: "If you haven't attended before, Lights of Love is a chance to get together with the wider 'Isabel family'; people who have been touched by our work, or simply want to gather with others to remember someone special at this time of year.

"There will be readings and carols as well as a moment of reflection for those we have loved and lost, or who have inspired us or given meaning to our lives in some way, before the magical moment when we illuminate the Lights of Love tree, which we know marks the beginning of the festive period for many local families."

Services are taking place on:

Saturday 3 December at 4.00pm – Hertford Castle, Hertford

Sunday 4 December at 4.00pm – Market Square, Bishop's Stortford

Tuesday 6 December at 6.30pm – Living Well with Isabel Community Hub, Hall Grove, Welwyn Garden City

Saturday 10 December at 4.00pm – The Green at Campus West, Welwyn Garden City

Sunday 11 December at 4.00pm – Halsey Masonic Hall, Cheshunt

Families can make a dedication to someone special via www.isabelhospice.org.uk/lightsoflove and are encouraged to make a donation to support the life-changing care and support Isabel Hospice offers to people facing the darkest of times.

The money raised through Lights of Love helps ensure that more people like Pearl Roots, who was cared for by the charity's In-Patient and Hospice at Home teams before she died, can have an expert professional by their side, someone who is not only highly skilled but who cares and wants to make a difference.

Pearl's daughter Jayne said: "Mum stayed in the In-Patient Unit for a week and the quality of the care was so much better than what we'd experienced up until that point. She felt safe and cared for and I visited her every day and was able to stay for as long as I wanted. We were able to take her outside for little walks around the garden and they even cooked her a steak dinner after telling them it was her favourite food.

Isabel continued to care for Pearl when she was discharged, with the Hospice at Home team supporting the family.

"Not having the Hospice involved to support us all doesn't bear thinking about. I would have struggled and Mum

wouldn't have had the care that she needed and deserved.

"My mum was so loved and I'm just so thankful that the Hospice was there when we needed them."

Braughing Get Together

Friday 2 December - we will be enjoying our Christmas Get Together in the Church hall. Once again Gill from Cater-Hire will be cooking us a delicious 2 course dinner and getting us in the Christmas mood. Cost is £26 pp.

Friday 10 January - Bingo night in Braughing Church Hall.

Friday 10 February - Talk given by Sue Shanahan, Trading Standards, on current frauds and scams and how to avoid them.

Tuesday 7 March - our second outing by coach to The Clink Restaurant in Brixton Prison for lunch cooked by some of the offenders who are training for a better life. The cost is £60 pp including coach travel. If you would like to go please contact Cynthia.

Friday 10 March - Talk Kristina Putsover, an optometrist working for the Royal College of Optometry will talk to us about her work in the optometry units in Africa; 'Africa Through My Eyes'.

All talks will take place in the Church Hall, entry is £4 on the door. Doors open at 7.15 and there will be a licensed bar.

Contact Cynthia Matthew scynthiamatthews44@gmail.com or 01920 822230 or 07933 202547

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Friends of the Rib & Quin

We were honoured to be a nominee for the Campaign for the Protection of Rural England (CPRE) Herts Awards for 2022. FORQ Chairman and founder Mark Wilkinson joined other groups at the presentation evening at County Hall in Hertford in October.

CPRE Herts ambition for the awards is to recognise and celebrate people engaged in activities which enhance and protect the Hertfordshire countryside. It was inspiring to hear of the efforts being made by so many people keen to enhance and protect their local environment.

Mark also had the opportunity to talk with Cllr Annie Brewster, Leader of Herts County Council, on the problems of abstraction and pollution that impact the Rib and Quin.

We were thrilled to receive a Gold Award in the Improving and Protecting the Environment Category. Mark was also honoured with a Special Award, with Clare Gooden of the Hiz Conservation Group, in recognition of their contributions to protecting Hertfordshire's chalk streams. We are extremely grateful to Cllr Andrew Huggins for nominating Friends of the Rib & Quin.

October 1st saw reports coming in on Facebook and by email saying that there were lots of dead trout in the River Quin at the main ford in Braughing.

The first point of call is to report it to the Environment Agency (EA), via their hotline (0800 807060), this had been done by at least one concerned resident.

My husband is one of FORQ's Riverfly Monitors (RFM) monitoring several sites around Braughing, he took some water samples whilst he was out walking the dog. He tested the samples when he got home, all were normal for both nitrates and phosphates. This indicated it probably wasn't a sewage discharge that had caused the issue.

He then had a long chat with the EA, via the hotline, and with the landowner at one of the Riverfly Monitoring (RFM) sites, who told him there were dead fish there as well as at the main ford. We headed out to look at the RFM site. Whilst we were out we bumped into somebody from the EA who was testing the water at various points around the village. His results agreed with my husband's.

Early the next day my husband and Mark did a full RFM session at one of the Braughing sites, mainly to see if the

invertebrates had also been affected. The count was slightly lower than normal.

I took the dog for his morning walk and met someone from Thames Water at the main ford. He told me they had tested the water quality and the foul water drains. We were later advised that all the foul water drains were clear and that their testing was not showing anything untoward, also that the river had improved during the day.

After contacting the landowners for the other Braughing RFM sites, my husband was given permission to walk the river through their land to see if he could find anything that would help in the investigation. Upstream from Gravelly Lane ford he found large trout swimming happily – again indicating that the cause was unlikely to be a discharge from Dassels STW.

He also contacted Sarah Perry (Living Rivers Officer for Herts and Middlesex Wildlife Trust (HMWT)). Sarah has been involved with several initiatives in Braughing in recent months. Sarah was understandably concerned and involved one of her contacts at the EA in her response.

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Sarah suggested that it could have been an Anoxia (oxygen depletion) incident. This can be caused when a long hot dry period of weather is followed by heavy rain, which washes fine particle dust and grit into the river.

We will probably never know what caused this dreadful incident. Sarah's suggestion of Anoxia seems the most plausible. Invertebrates are more resilient to oxygen depletion than fish, which explains why the RFM session gave near normal results.

Events such as this show how valuable citizen science is. The EA is woefully under resourced, so the work FORQ do, on the Rib and the Quin, and the other groups recognised by CPRE at the awards ceremony, becomes even more important.

In the last few months FORQ have also held three RFM sessions on the riverbank with the Beavers, Cubs and Scouts from 1st Braughing Scout Group. We've also presented on the Rib & Quin and Herts Chalk streams to the Hertfordshire Heavy Horse Association, to Chipping & Buckland Parish Council and to Thundridge & High Cross Society.

Pauline Ayres, Communications FORQ
forqcomms@gmail.com
<https://friendsoftherib.wordpress.com/>

Village Lunch

What a pleasure it was to see diners and helpers again when we restarted the Village Lunch in January.

We decided to experiment with a menu of sandwiches and cakes. Everyone seems to like this format; it certainly leads to a more relaxed atmosphere. Over some of the winter months we will be ringing the changes by serving home-made soup and bread instead of sandwiches.

When you read this we will be preparing for our December lunch, which thanks to generous support from the Mayday committee and other friends will be rather special.

As the year ends, a big hurrah goes to our large band of amazing helpers, those you see at the lunch and those in the background, for their hard work and time.

If you are not involved yet and would like to join the band as either a diner or helper please get in touch.

Merry Christmas and Happy New Year.

Helena 01920 822177 and Brenda 01920 822293

Labour Party

East Herts Rural Branch

We now have the ward boundaries for East Herts, which has a considerable effect on our area. A new ward of Braughing and Standon, with two councillors, will take in the villages of Standon, Puckeridge and Braughing. The Buntingford ward is enlarged to include some of the villages around it, including Cottered and Hare Street, and will have three councillors. The Mundens ward, instead of including Cottered, is extended southwards to Chapmore End, with one councillor. The Little Hadham ward is extended northwards to include all the Pelhams and Anstey, still with one councillor. High Cross and Thundridge are now in the new ward of Ware Rural, which crosses the constituency boundary into Hertford and Stortford constituency to include Widford and Wareside.

For the Labour Party, these changes mean that ward of Puckeridge is subsumed into Braughing and Standon and the ward of Buntingford is enlarged. Puckeridge and Buntingford are the only two East Herts wards in the NE Herts constituency which we have come close to winning in the past. This now becomes more difficult. It is reasonable to argue that Standon and Puckeridge should be in the same ward as the town of Buntingford. David Bell.

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The Sadleir Tombs Refurbishment Project

The magnificent tombs of Sir Ralph Sadleir (1507-1587), his eldest son Thomas and the latter's wife Gertrude are a part of the rich heritage of St Mary's Church, Standon. Described on his memorial as "faithful to the state and beloved of his country", Sir Ralph served three monarchs, Henry VIII, Edward VI and Elizabeth I as courtier, soldier and statesman. The passage of over 400 years had left the memorials sorely in need of cleaning, repair and refurbishment and his return to public notice as a result of the acclaimed Wolf Hall trilogy by Hilary Mantel, in which he features prominently, acted as a spur to get the work started.

In late 2020 an appeal was launched for funds to undertake the work. Generous donations came from descendants of Sir Ralph and from people with a connection to Standon. We received grants from the Leche Trust, the Bedfordshire and Hertfordshire Historic Churches Trust and ChurchCare supported by the Pilgrim Trust. With these funds secured, Sally Strachey Historic Conservation started work on the cleaning and repair in August 2021 and finished within eight weeks.

The final part of the refurbishment was the re-gilding of the tombs. Michelle Pepper began this in October 2022 and it was completed in November. The monuments now look resplendent and stand once again as a fitting tribute to this great man and his family. If you are in the village do visit the church and take a look at them.

Thank you to the many people who have either donated to this project or given support in other ways. We couldn't have done this without you.

The Project Committee was sad to hear of the recent death of Dame Hilary Mantel. She kindly agreed to act as patron for the project. Her name, her books and her benevolent interest added impetus and made the task of fundraising considerably easier. It is a sad irony that her death occurred just a day after we placed the contract for the gilding. She will never see his tomb, but she will be remembered in Standon as the person who brought Sir Ralph Sadleir back to life.

Toby Spencer on behalf of The Sadleir Tombs Refurbishment Project Committee



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If you wish to register with us to join classes please email us on admin@buntingfordschoolofdance.co.uk for more information.

All new pupils get a no obligation trial in the classes they wish to join.

'Baby Boppers' NEW For 2 and 3 year olds

Buntingford School of Dance Ltd is excited to reintroduce 'Baby Boppers' from January.

'Baby Boppers' a dance class for 2 – 3 year olds/confident walkers (Boys and Girls) accompanied by a parent (or carer).

'Baby Boppers' is a fun class and an introduction to dance, movement and music for parents and young children to do together.

The class will be held at Hornead Village Hall, Great Hornead on Saturday Mornings from 11.00 – 11.30am

Come and join us at a no obligation trial on Saturday 7 January

For a place please register on our website Contact page.

Places will be allocated on a first come first serve basis.

No special dancewear required just something that is easy to move in and trainers or securely fastened shoes.

From three years old children can transfer to Baby Ballet and Dance Mash Minis

If you know anyone with young children please spread the word about this new class.

Email admin@buntingfordschoolofdance.co.uk
Website www.buntingfordschoolofdance.co.uk

Hertford Museums

Hertford is my Home

16 November– 26 March

Thanks to funding from National Lottery Heritage Fund, Hertford Museum has recorded the stories of people who have made a home here.

Discover what drew people to Hertford and how they have settled in to and contributed to our communities.

Visit the second phase of the exhibition at the museum and ONLINE at www.hertfordmuseum.org

The Proof of the Pudding Stone

16 December– 16 April

Utilising Hertford Museum's extensive geology collection, including Hertfordshire's native puddingstone, to help understand the past, present and future of the earth's climate.

It's Free! Donations welcome!

Standon MayDay 2023

Will take place on Monday 1st May.

Our planning has already started and we would love to hear from anyone who feels they can help us in even a small way and we hope that all those invaluable people that volunteered to help us last year will be again up to the task. Our special thanks go to programme sellers, stall holders and our early morning teams which are the mainstay and really set us up for the day.

The Committee have approved a donation to the Standon Village Lunch and have contributed to the leavers hoodies at Roger de Claire School. The Committee would still like to contribute to local good causes needing a donation. Please email any requests to info@standonmayday.co.uk for consideration by the Committee before the end of 2022.

We hope to create a plaque in the centre of Standon in remembrance of Rae Pinkney the founder of May Day and a donation to charity in her name in due course.

I would like to remind everyone that we are a cash festival. We are also avidly looking for land close to the High Street to hire for the day for car parking. We would supply security to manage it.

Sue Spalding
info@standonmayday.co.uk



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Standon and Puckeridge Bowls Club

Winter is upon us and as we look back over a successful 2022, our thoughts also turn to making 2023 even better!

Last year we increased our numbers and all our new members have become enthusiastic bowlers and club players. So, looking ahead, we want to make sure that anyone who thinks they might be interested can come along and have a go!

A DATE FOR YOUR DIARY – SATURDAY 22 April– this will be our OPEN DAY. Come and talk to us and find out what it’s all about.

If you want to learn to play, we are there to help; if you are looking for a friendly club with a range of competitions – look no further.

We are a small and friendly club with room for all of you who want to enjoy everything that Lawn Bowls has to offer

For more info why not visit our Facebook page, or our website.

Also, for experienced bowlers looking for a new home we can access East Herts Association & League Knock Out matches, we play in the East Herts League and will make sure you have the

opportunity to play in Association & League games.

We are always looking for new members – so if you fancy learning more, check out what we have been doing – sign up to our Facebook page Standon & Puckeridge Bowls Club or visit our website at <https://standonpuckeridgebowlsclub.wordpress.com/> it’s fully up-to date and there are a lot of pictures of us winning (and losing) matches!!

Don’t worry if you haven’t got any equipment or don’t know what to do – we will show you the ropes and lend you equipment until you know if you like the game or not

All about us:

We are a small and friendly club that encourages all ages and abilities to get involved in Lawn Bowls.

We play friendly matches, usually at weekends and a whole range of club competitions throughout the season

The Men’s team play in the 3rd Division, East Herts Bowls League and we are looking for more lady members so that we can aspire towards a lady’s league team as well. – And we are nearly there

In addition, our Club Tournaments are always a highlight of the season, and our



Finals Day is a great end to the season.

Lawn Bowls is a sport which is open to everyone, and it is one of the only sports where age is no barrier, and anyone (male or female) can contribute to the success of the team. Our club house and ground set in the Station Road Playing Fields, close to the Community Centre is a great place to play with 4 rinks that see a lot of healthy competition over the summer months.

We are always looking for new members and would encourage ANYONE (young

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or old) who enjoys competitive sport to think about trying Bowls. Like golf it is a game where hand and eye co-ordination play a vital part in ensuring that you can get the bowl close to the jack, and it's just as addictive as golf!!

If you are interested in playing bowls, we would love to hear from you – and we can always set up a taster session – just contact us through our website <https://standonpuckeridgebowlsclub.wordpress.com/> Facebook Page - Standon & Puckeridge Bowls Club or email standonandpuckeridgebowlsclub@gmail.com or why not write to us at Standon and Puckeridge Bowls Club, The Playing Field, Station Road, Standon Herts SG11 1TF

Mind & Music – songs to aid memory and wellbeing

Standon and Puckeridge Community Centre, Station Road, Puckeridge SG11 1TF

Each Thursday 2.00 – 3.00

Bringing people together to sing a variety of well-known and loved songs, in a fun and friendly environment.

Mind & Music welcomes everyone, especially those affected by dementia and their carers, as well as those concerned about their memory.

For information please contact David Ranford ranfordd@gmail.com 07888 398336 01920 739762

Tea Time Talks in 2023

For our first talk of the year on 14 January - "Who Was Ralph Sadleir?" we took the unusual step of taking bookings only and the talk is now sold out.

We have two other fascinating talks lined up for February and March however, both at 3.00pm in Standon Village Hall.

Saturday 18 February Hertfordshire's 18th Century Workhouses by Sheila White

This talk will look at how Hertfordshire came to have parish workhouses, what these institutions might have been like and what became of them in later years.

Saturday 18 March Where to Watch Wildlife Locally by Jonathan Forgham

A look at the best nature spots within a 5 mile radius of Bishop's Stortford illustrated with Jono's photos taken at sites such as Thorley Wash Nature Reserve and Stansted Airport Lagoons.

The talks will be followed by tea and cakes and entrance is £5 payable on entry. We look forward very much to seeing you.

For more information contact Trish on 01920 821069 or Helena on 01920 822177

Trish Street and the T3 Team

St Mary's Church Braughing

Our Vicar, Julie Gawthrope, retired at the beginning of August and our parish, along with Furneux Pelham and Stocking Pelham, is now in Vacancy.

This means that the Parochial Church Councils (PCC's) of each church are carrying out the work of the Church as best they can. However as we are reliant on visiting priests and lay readers to carry out services, our service schedule has changed. In general our services follow the following pattern:

1st & 2nd Sundays: Service in Braughing at 10.30am

3rd Sunday Café Church, Furneux Pelham 9.30am

4th Sunday Service at Furneux Pelham 10.30am

5th Sunday Service at Stocking Pelham 10.30am

In addition there is a service of Morning Worship in Braughing on the 3rd and 4th Wednesdays of the month.

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Standon and Puckeridge Community Cafe

It has been lovely to see everyone at Community Cafes on the first Wednesday of each month. The October Cafe raised a fantastic £115 for Macmillan Cancer Support. A big thank you to everyone who came along.

We will continue to open 9.30am to 11.30am on the first Wednesday of each month: 7 December, 4 January, 1 February, 1 March, 5 April.

All ages are welcome. We even have a box of toys to keep toddlers amused!

Our December Cafe will be in support of the Alzheimer's Society, with stalls and a raffle. We hope to see you there!

There will be a 'Recycling for Good Causes' box at each Cafe, for old jewellery; coins & currency and stamps; mobile phones; cameras and gadgets. Proceeds will be donated to Cancer Research UK. But please, no cables or plugs, cases or boxes, thank you.

We also have a separate box for recycling your old printer cartridges, so please bring them along too.

We have recently raised £57.50 from the recycled phones, stamps, coins etc. and a tremendous £54.75 from old printer cartridges, all going to Cancer Research UK. Thank you.

Lorraine and Helena and I look forward to seeing you in the coming months.

Best Wishes, Alison.

East Herts Aviation Society

Over the last few months, the Society has enjoyed a visit to Bentley Priory Museum, HQ of Fighter Command during the Battle of Britain and a small group joined up with the Sawbridgeworth Historical Society for a guided tour of the site of Sawbridgeworth Airfield. Lysanders operated from here during the Second World War. Recently talks have covered the issues faced by the RAF in 1942 and recently Andrew Barber gave a presentation on the Airlander airship project.

Our November meeting saw Howard Cook of the Historic Aircraft Association giving a talk on 'How the Hurricane came to be' (pictured). After the Christmas break, we will be back on 30 January when fellow Society member, Philip Birtles, will be presenting 'The History of the Harrier'.

Meetings are held in Braughing at the Axe and Compasses pub and start at 8pm. Anyone with an interest in aviation is welcome to join us and the entrance fee is just £3. If you would like to attend one of our meetings, please contact me in advance at stevemorgan125@btinternet.com.

To find out more about the Society, please visit www.Braughing.org.uk and click on village organisations.

Steve Morgan
Society Secretary



Coffee Culture

Here's something for the days ahead. Grab an OS map or OS app and either walk or cycle from Standon/Puckeridge to Dane End. Walk to Old Hall Green, just before Levens Green go down Beggermans Lane, either through High Trees Farm or the Trenchern Hills on to the road to Dane End. Bike: Old Hall Green, Levens Green, on to Dane End.

Your destination is the Boot Pub, Dane End. On Monday/Tuesday/Wednesday/Friday and Saturday between 10am and 3pm the pub transforms into the Bootea cafe serving good coffee, real homemade cakes and doorstep sandwiches.

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Braughing WI programme

- Thursday 19 January Anne Styles craft evening
- Thursday 16 February Analiza Jones - The making of handwoven bags from the Philippines with a selection of bags to purchase.
- Thursday 16 March. Graham Cramer - Bodyguard to the Royal Princes William and Harry.
- Thursday 20 April. To be decided

Meetings will be held in the church hall Braughing 2.30-4.30pm. Raffle, refreshments. New members welcome.

Contact secretary, Kate Fish, for further information 01920 822327

Buntingford Adult Learning for Fun

Scandals Make for Good History

Our 10 week Winter Course starts on 18 January. 10.30am

Scandals make for good history. They are about changing rules or mores in society. What one person thinks he or she can get away with, another finds intolerable. The result is a cover up. This course will deal with four major scandals across the ages.

The first concerns Frederick, “The Grand Old Duke of York”, son of George III and lover of Mary Anne Clarke. The second is a familiar scandal, the Profumo affair. We’ll then look at a scandal from the 1920s, Teapot Dome. This was an audacious and for a time successful attempt by the US oil industry to control the president, Warren G Harding. The fourth scandal can be “customer choice”. It can either be the Dreyfus affair in France, which has anti-Semitism at its heart, or the Jeremy Thorpe affair, which has close links with Profumo.

The Venue is Buntingford Community Centre, Luyne Rise. We start at 10.30 until 12.

For information phone Julia on 01763-272584 or Joan on 01763-273341

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We are a local school catering for children from 3-9 years of age. We are proud to be part of our local three tier system, working with other first schools, the two middle schools (Ralph Sadleir and Edwinstree) and Freman College.

We are a Church of England school and our Christian vision and values are at the heart of everything we do. We are proud to be inclusive, welcoming families of all faiths and none and supporting children with a diverse range of needs. Every child is special and unique and every child contributes something special to our school family.

Central to our curriculum offer is that children should be as active as possible throughout the school day. We therefore build up from the importance of play in the Early Years Foundation Stage and weave this throughout the National Curriculum in the older years. From Year 1 upwards, all children receive two hours of high-quality PE per week, as well as additional time for further physical activity. Our Headteacher, Mrs Woods, is proud to work with colleagues from across the Local Authority to advocate for high quality PE in primary schools. This work involves liaising with the Youth Sports Trust and Sport England - two organisations which we have a close working partnership with.

Our curriculum delivery is available on our school website where parents can view 'Curriculum Maps' for all ages and stages and subjects. In addition to the areas of learning as set out in DfE documentation, we are proud to offer a 'Wellbeing Curriculum' which encompasses work on growth mind-set, mindfulness, outdoor learning and behaviour. This is timetabled into the school day to offer further support to our children as well as broaden their curriculum experiences.

Most recently we have introduced 'The Roger de Clare Way' – our code of conduct and expectations for all parents, pupils, staff and visitors. It builds on 5 important strands: Learning, Kindness, Manners, Environment and Growth Mindset and sets the expectation for behaviour around the school. Children are encouraged to 'show the Roger de Clare Way' in all they do and to take this out into their homes and the wider community.

We currently have vacancies in some year groups and our admissions window for Nursery and Reception places in 2023 is now open. Further details can be found on our website. If you are interested in seeing our school in action, please contact the school office (admin@rogerdeclare.herts.sch.uk) to book a tour with our Headteacher. In the meantime, why not like us on Facebook and Twitter for regular updates and information about our school.

Slimming World Referral

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Log onto www.oviva.com/uk/hertfordshire and complete the questionnaire to find out if you are eligible. You'll be contacted and receive a code to bring to group to access this fantastic discount. Remember in 12 weeks you could lose 2stone, wouldn't that be wonderful!

Our Puckeridge group runs every Tuesday at 7pm in the Standon and Puckeridge Community Centre on Station Road. My name is Sophie, and you can contact me on 07855 079070 for assistance.

Best wishes, see you very soon. X

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Puckeridge Karate Club



Update on 2022, it's been a good year for the club with only minor disturbances due to Covid (fingers crossed that continues to be the case), we've had quite a few new adult and junior members join, had successful gradings and a lesson for the seniors from a visiting instructor.

Hanshi Mick Billman and the members of the Puckeridge Karate Club held a one minute silence in September to mourn the passing of the Queen.

Puckeridge Karate Club has been in the village for over 28 years and is based in the Community Centre.

The club was started by Hanshi Mick Billman 9th Dan when he was a resident of Puckeridge and has continued to grow in strength and experience ever since.

Puckeridge Karate Club has a great instructor:student ratio and a huge depth of knowledge that the black belts are keen to pass on to the other students. If you would like to try something different and get fit at the same time, contact us to see if we have any spaces available.

The club is a traditional Shotokan club and focuses on discipline, fitness, and technique.

Mick is supported at the club by:

Clive Bowen 6th Dan
 Alex Matthews 5th Dan
 Lewis Matthews 4th Dan
 Tracy Gardner 4th Dan
 Dana Bowen 3rd Dan

Training times are:

Tuesdays: 20:30 - 21:30 Seniors
 Thursdays: 19:00 - 20:00 Juniors
 Thursdays: 20:00 - 21:00 Seniors

email: puckeridge.karate@ntlworld.com
 Facebook: www.facebook.com/PuckeridgeKC

For further information contact Clive Bowen on: 01763 231132

Lastly, we'd like to wish all our past, present, and future students a very Happy Christmas and a Happy New Year.

have treated people with agoraphobia, driving phobia, fear of public speaking, phobias of cows, worms, dogs, spiders, wasps, moths, millipedes, birds, heights, vomit, thunderstorms, blood/needles, high-cistern water closets, and so on. A successful treatment is liberating.

If you have a phobia and you wish to address it, get in touch to see if I can help. Age is no barrier. I cannot guarantee success, but if you are determined enough, I am skilled enough. There will be no charge, but if it works, we can agree a donation for an agreed amount, to a charity of our choice.

Dr Timothy Acton
 Chartered Clinical Psychologist
 Tel: 020 7183 7123

Phobias

Phobias are deeply unpleasant. They are to do with panic attacks being triggered by situations, insects/animals, or objects.

Panic attacks (as you will know if you've had one) are the most unpleasant experience imaginable - they are supposed to be. A panic attack is nature's way of trying to stop you from exposing yourself to a feared situation. If you've had one, you will know that there is only one thing worse than having a panic attack - having more than one panic attack.

Notwithstanding the sheer awfulness of panic, phobias are very straightforward to treat. In my long career in mental health, I



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Four Acres Estate Little Hadham



It's early November and it's the nicest time of year. The grapes have been harvested and the juice is in the Tanks fermenting. It's always a huge relief when we reach this time of year.

This year we started with a late frost which burnt the new shoots and we thought it would be a disastrous season but the amazing summer turned everything round and we ended up having a really good season. We managed to harvest two tons of grapes which for a 'Bijou' vineyard and winery is quite a good result. The farmers with large vineyards will tell you that vineyards have to be South Facing, ours is North and the vineyards have to be on chalk, ours is on clay and gravel. The fact that that we spend a great deal of time looking after our vineyard and it's in a sunny position really saves the day.

Wine Tours and Tastings

My wife and I and several volunteers take care of the vineyard the 200 tree apple orchard and the purpose built winery but when it comes to the wine we have an award winning wine maker who comes up to four acres and makes the wine. I can tell you our sparkling wine and cider is amazing and many people in the Ash

Valley have become fans - but why don't you come up and taste the wine for yourself.

Vineyard Tours: Friday 9 and Saturday 10 December

We are planning two dates to do a tour of our vineyard and apple orchard and a tasting in our winery. We limit the groups to twelve people and we don't charge. If you are interested in attending email me on info@fouracresestate.co.uk or telephone me on 07802 313075.

We sell our wine and cider direct to the consumer and for English sparkling wine it's substantially cheaper than can be found in Supermarkets. Our cider is also very special, it's sparkling and Champagne style with two fermentations and presented in Champagne bottles.

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Buntingford Action on Climate Change and Sustainability (BACCS)

How far would you go?

You will probably have seen on the television or in the press that environmental activists, Just Stop Oil, have been making the news with controversial actions designed to raise the alarm about the climate and ecological crisis. What has your reaction been? Horror at the throwing of tomato soup on Van Gogh's "Sunflowers" (actual painting protected by glass so no damage done)? Annoyance at roadblocks? Dismay at activists hanging around in hammocks on the Queen Elizabeth bridge at the Dartford crossing?

Whatever your thoughts about their actions and consequences, have you

thought about WHY they are taking these steps? This is the big question and as an environmental campaigner for 30 years, I feel their frustration. World leaders have been aware of the consequences of burning fossil fuels for over 30 years!

Since the first United Nations Earth Summit in Rio de Janeiro in 1992, countries around the world have been negotiating on how we are going to combat "dangerous human interference with the climate system" and despite all the talk, emissions are still rising. In 2018 the IPCC report said we needed to halve emissions by 2030 to avoid the worst effects of climate change but we are going the wrong way. Also on the news, you may have seen scenes of devastating floods in Pakistan and Australia, of terrible droughts in East Africa, resulting in millions becoming homeless and hungry, even dying from starvation because of failed crops – all as a result of the changing climate. These events may feel distant from our lives and, even as we may struggle with our own anxieties with the current cost of living crisis, these events are a reminder of how vulnerable we are to the changing climate.

The environment and biodiversity seem to be very low down on our government's list of priorities and yet it is the one thing that unites us. We all live on the same planet, which sustains us and yet is finite, so surely it should be of highest priority to protect our source of life. The idea of "growth, growth, growth" is just not sustainable – how can it be?

People acting as part of Just Stop Oil, Extinction Rebellion and Fridays for the Future understand the urgency of our predicament and are simply asking the government not to make things worse by opening up more oil and gas fields and surely Insulate Britain had a point –

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doesn't it make sense to insulate our homes to reduce energy consumption and lower our bills rather than extricate more oil and gas, which costs us more in both money and environmental damage?

But why so extreme, you may ask? Unfortunately, governments are in the habit of only thinking in the short term, which is why they have been kicking the environmental protection can down the road for so long – the problem (particularly in the wealthier northern hemisphere) has always seemed to be something to worry about in the future. But the future is HERE, and the effects of climate breakdown are happening NOW. We can't afford to kick the can down the road any longer, so someone has to shout loud and the more of us who listen and call on our government to act for our long-term benefit, the better for us and for future generations.

If you feel that our government should be doing more, I urge you to write to our MP, Sir Oliver Heald at oliver.heald.mp@parliament.uk – the more people he hears from, the more likely he is to voice our concerns.

Madela and team
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[@BACCSBuntingford](https://www.facebook.com/BACCSBuntingford)
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Website: <http://BACCS.uk>

Spins Pre-School welcomes Seasonal Change.

We were delighted to welcome back both existing and new families, all of whom have settled in really well.

It was clear that our current cohort interest was in all types of working vehicles. This led the way in to visits from Ellie and her tractor and all kinds of Dazzling Diggers that were in our sand play area, we also experienced diggers at work within the community.

Autumn was our focus and taught the children that change can be beautiful, watching the green leaves change in colour, which organically led to the developing knowledge of colour recognition. Leaves turned from green to brown, red, pink, yellow, orange and gold.

The gentle Autumn breeze helped the leaves float to the ground, allowing the children to collect them, along with sticks, conkers, cones and acorns.

These natural resources were used to create the children's interpretation of an Autumn Trail and what local wildlife's habitat might look like.

Children explored our very own Pumpkin Patch. They had an awareness of what

wildlife enjoyed eating Pumpkin as well as looking at recipes for a hearty pumpkin soup.

We grow pumpkin seeds in a pumpkin, jelly and gloop were used for sensory ghoulish activities and Halloween themed fancy dress was a SCCRREEAAMM !!

Diwali was celebrated by movement to traditional music, the hall was darkened and alight with LED lamps whilst we shared the story of Sita and Rama.

Spins Toddler Group has many events leading up to Christmas. It's just £2.50 entry per child which includes stay & play, craft, snack and a Cuppa for all Parents/ Carers.

The Little Arts Workshop will be attending showing you how to make the perfect personalised Christmas Gift.

Our Elves party tickets will be on sale soon. Offering your Toddler an amazing fun packed Christmas themed experience. Tickets are on a first come first served basis, prepayment is required and are non-refundable/transferable.

We welcome all enquiries. Call Sam or Paula Tel: 07881 533339. Visit our Facebook page or email us on spins.nursery@outlook.com

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Braughing Parish Council – General Update

Resignation of Cllr Nichola Game

We are very sorry to be losing Nichola. She and her family are moving to the West Country. In her short time on the council, Nichola did a huge amount to improve rubbish collection from the bins in the parish and was also a valuable link with Jenyns School. We wish her well in the future. Meanwhile EHDC are in the process of advertising the Casual Vacancy and will in due course let us know if we can look to co-opt a new councillor

New Councillor Update

BPC is delighted to announce that Andy Ayres will be co-opted on to BPC in November taking over from Cllr Rob Powell who resigned earlier this year. Andy served as a councillor a few years ago but resigned in 2021. He will be taking over responsibility for IT and Highways

External Audit

This is still with our external Auditors. A resident raised some issues which are being investigated by the Auditors but we hope this will be signed off in the near future.

Death of HM Queen Elizabeth II

Braughing marked the passing of our Queen and the ascension of King Charles III with a Book of Condolence in the Church and a gathering in the Square to observe a minute's silence and sing God Save the King. BPC would like to name something in the village in memory of the late Queen. Suggestions so far have been The Fleece Lane Memorial Gardens and Pentlows Meadow. If you have any other ideas please could you send them to The Clerk as soon as possible? We will be running a Survey Monkey Poll in the next

few weeks to find out which is the most popular venue so please look out for this and have your say.

Dead Fish in the Quin

A number of dead fish were found in the River Quin between the two Fords. This is being investigated by the Environment Agency. We understand that it was NOT linked to a sewage escape from the treatment works at Dassels.

Investigations are ongoing but this does show how vulnerable chalk streams like the Quin are to environmental damage

Footpaths Update

HCC have completed restoration work on two local bridleways which should make it much easier for walkers and riders this winter

Pentlows Meadow

FORQ and a number of volunteers have enabled us to cut the bank. Thanks also to Colin Wootton & his tractor for cutting the rest of the area. BPC will be meeting with Sarah Perry (Rivers Officer for Herts & Middx Wildlife Trust) at the end of November to discuss how we move the project forward. Native Bluebell and Narcissus bulbs have been purchased and planted out in the Meadow.

Play Area

The annual inspection report has been received. There were no serious issues raised but we do need to carry out some remedial work on the equipment which we are in the process of arranging.

Apologies in advance if the Play Area is closed for a short period whilst this work takes place.

Allotments & Shed Club

BPC is most grateful to the Shed Club for building two enclosures close to the

allotments to store woodchips and manure which can be used by allotment holders.

Gigaclear

Gigaclear are still working in and around the village at the moment. They hope to complete the installation of their network shortly. If you have any questions, please contact Gigaclear Network Build Care Team on 01865 591137 or email networkbuildcare@gigaclear.com

Planning

There are no further updates on the land behind the village shop, Ideal Farm or Quinbury. There have been 2 applications for change of use from agricultural to dog walking areas in the parish, one in Braughing and one at Hay Street. These are ongoing.

Residents are all encouraged to check that what is actually being built around the village (new builds and extensions) is actually what was agreed by the planning authorities.

Residents are also reminded that they can object as individuals to any planning application in the Village. Go to the "Planning & Building" page on EHDC website.

Future Meetings (in Old Boys School)

Thurs 9 Jan, 9 Feb, 9 Mar, 13 Apr

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The Hundred Parishes Society

www.hundredparishes.org.uk



Before the middle of the twentieth century most people did not have watches; they relied on public clocks which could be seen at railway stations, post offices and other public buildings - and on church towers. This reminds me of the lines written in 1912 by the homesick poet, Rupert Brooke:

“Stands the church clock at ten to three
And is there honey still for tea?”

The Hundred Parishes has a variety of interesting church clocks. In Furneux Pelham, St Mary's clock is topped by Old Father Time and the words “Time Flies, Mind Your Business”. One wonders what prompted those words to be included.

The bell tower at Sheering has two clock faces which were installed in the 1940s to remember those who served in the War. The north-facing one tells us to “Work and Pray” whilst the west-facing proclaims “Today Is Yours”.

The church at High Wych was built in 1861 to the design of local architect George Edward Pritchett. Its clock is almost as wide as the thin flintstone tower on which it is mounted.

Hinxton possibly has our oldest church clock, believed to date from 1700 AD, albeit extensively renovated in 1809 when a new face was fitted.

Artist Eric Ravilious lived in Great Bardfield and his wood engraving of the

church of St Mary the Virgin clearly shows the enormous clock that was added to commemorate the coronation of King George V in 1912. The engraving is the logo of The Hundred Parishes.

I hope you will keep an eye open for the clocks found in the Hundred Parishes.

The Hundred Parishes Society's trustees join me in wishing you a Merry Christmas.

Ken McDonald, Secretary.

Standon & Puckeridge Tennis Club

Even though the weather is not so good you can still enjoy a game of tennis on our all-weather courts, so find your tennis racket and come to the Community Centre for a game. We have three excellent courts that have recently been refurbished.

PAY TO PLAY is available to all, if you just want to book a court. £8 per hour or £4 for juniors. We even have availability at weekends. Contact Sally Bradshaw on 01920 821152.

COACHING: our Head Coach is Cliff Devonshire, who is LTA level 4 performance coach. Cliff has introduced programs for all types of players from junior to experienced club members. For more information please contact Cliff on 07709 355655 or email him at clifforddevonshire@hotmail.com

ADULT TENNIS: Wednesday morning 10 – 12 and Friday afternoon from 1.45pm. Contact Sally Bradshaw on 01920 821152.

CLUB NIGHT: Tuesday 6pm also Sunday morning from 10am.

We have Ladies, Ladies 60+, Men's and Mixed teams in local leagues and are always looking for new players. Contact Diana Foster 07778 031430.

NEW MEMBERS WELCOME: Special rates for parent/child/family memberships, for details contact Sally Bradshaw 01920 821152.

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Sat 4 Mar 7.45pm

Drill Hall, Ware

Guest conductor: Daniel Hogan

Clyne Masquerade

Dvořák Cello concerto

Elgar Symphony No. 1

Soloist Joely Koos is principal cello with the English Symphony Orchestra, co-principal with the City of London Sinfonia and teaches cello at Trinity Laban Conservatoire. She has also performed as a soloist with several orchestras including the English Symphony Orchestra.

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Tea & Cake for HDAH

To celebrate our 20th Anniversary, Herts Domestic Abuse Helpline is inviting you to take part in Tea & Cake for HDAH. All the money raised will go to supporting those affected by domestic abuse.

Sign-up using the email address below and we will send you a host package with guidance and tips on how to get started. It is up to you to choose when, where and who attends your event. You can host it at home with friends, at work with colleagues or fundraise in your local community. Ideas, resources and full instructions are included in your package. Be sure to take lots of pictures so we can include them in our social media updates!

Herts Domestic Abuse Helpline is a free, confidential support and signposting service. It is often the first port of call for a victim, survivor, family member, professional or perpetrator seeking help. As well as supporting around 2,400 callers a year plus many more through our website, the Helpline runs a confidential email service, holds educational sessions and raises awareness through campaigns and resources within the community.

SIGN-UP TODAY! Email your details to: friends@hertsdomesticabusehelpline.org

We are here to listen:
9am-9pm Monday to Friday and 9am-4pm weekends 9-4pm on bank holidays

Confidential email: kim@mailpurple.org

www.hertsdomesticabusehelpline.org



At the end of October it will be 15 years since Attend2Health started. It's amazing where the time has gone! We are currently looking to get our main staff photo updated as we have had quite a few changes over the years! Louise also has the National Women's Business Awards to go to in November where she is in the final of the Influential Business Woman of the Year category!

This edition the focus is on Chiropody and Podiatry.

Our Podiatrist Matthew Pierce works from the clinic on a Monday afternoon and all day on a Wednesday. Matthew is also looking to start a few Saturday mornings.

We are pleased to announce Tanya Brears a Foot Health Practitioner has also joined the team. Tanya works on a Thursday morning and is able to offer home visits.

Both practitioners can help with Hard Skin, Verrucas, Nail Cutting, Ingrowing Toenails, Corns and Calluses, Reduction of Thickened Nails and Diabetic Foot Checks.

A general appointment at the clinic is £40 but we do offer a free chat if you are unsure if we can help.

Call 01763 87 80 87 for more information.

The Hundred Parishes Society

www.hundredparishes.org.uk

I live in Stansted Mountfitchet. The name is an interesting one: Stansted derives from Saxon language meaning stony place; Mountfitchet is a corruption of Montfiquet, a village in Normandy. A man from there fought with William the Conqueror and was rewarded with land in Stansted.

Several of the Hundred Parishes have names ending in the Saxon STED, STEAD or TED. THAXted refers to the thatch that could be obtained there; BROXted seems to come from BROCK, the old name for badger.

Many of our towns and villages were recorded in the Domesday Book of 1086. Duxford appears as Duchesuorde, or Duc's Enclosure. Duxford has a number of locations where ancient travellers could FORD the River Cam. There are several more FORDs.

Domesday includes the manor of Pelham, possibly the home or farm of a man called Peola. The Norman family De Furneux added its name to establish Furneux Pelham, while part of the manor was destroyed by fire in the twelfth century and became 'burnt' or Brent Pelham. Stocking Pelham, seems to have adopted an Old English word meaning 'made of logs', perhaps referring to the parish church. HAM appears at the end of more parish names, suggesting that they also arose from someone's home or farm.

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The parish of Quendon and Rickling was created in the 1940s, bringing together two settlements whose names related to an ancient queen. Quendon is recorded as Kuenadana in Domesday and may come from Old English words meaning a valley owned by the queen. Rickling was recorded as Richelinga and may be derived from Ricula who was the wife of Sledd, a 6th-century ruler of Essex.

Ten parish names end in ING, a Norse word for meadow or enclosure

More origins are discussed in the parish introductions on our website.

Ken McDonald, Secretary

Need help and don't know where to turn?

HertsHelp is here to listen and help you find the support, advice, and information you need to get the most out of life.

Their network of community organisations can help you to make positive changes to your life and feel more in control.

Worry and stress can make you feel unwell, so take the first step towards getting back on track by calling HertsHelp.

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Naming a place...and see if it catches on

So, took my dogs for their evening walk. Good strong stride for 1 hrs 15 - makes me feel so very happy, though exhausted when the heat still persists. Nonetheless has to be done

Tonight as sun setting we were on full march up the hill I have walked many times through all the seasons and sunsets. Mind lost in erasing mind numbing 'work stuff.

At the top is a little bank where of an evening many take a brief respite and drink in the view ...as the sun gently dips behind the trees on the ridge of the valley.

I am now calling this 'Happy Hill' as everyone I have ever come across there is either smiling or vocal in their appreciation of the peace, beauty and surrounds (mind you, some maybe just relieved they made it to the top!)

On this evening, I happened upon a lady sitting on the very bank.

"Hello lovely snail lady!" she said (not sure if I'm entirely happy with that label, but I'll roll with it could be worse like Earwig / Louse lady)

"Umm hello" I said cautiously, not recalling who she was.

My smallest dog went straight over and asked for a stroke and snuggled her, always a good sign as far as I'm concerned.

She then continued "You told me about the lovely Roman Snail colonies around here, you remember?"

I have told many people about them as they are so beautiful and so very perfect as well as an historic connection of encampments of Roman Soldiers who brought them here as 'food on the hoof' kept in leather canisters (we now know them as L'escargot).

Then, in further acknowledgement of herself "Tree Lady?!". Then I remembered who she was.

She had told me when we met before in early spring, when hedgerows were heavy laden with hawthorn blossom, that she has a very stressful job and she comes to this beauty spot, via Happy Hill, to see a specific tree. She has a brief chat with it, touches it, and takes a photo as a record of how it looks at that point in the year. She finds it hugely therapeutic and said nothing matches it in lifting her state of mind, along with the walk, to get to the tree.

Tonight, before I had come along, on the bank on Happy Hill, she stopped for a while, in the quiet, sat very still and three young hares played in front of her.

She said how privileged she felt to be in that moment, and how "money just can't buy that".

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On top of being seen quickly there is a larger range of appointment times covering morning, evenings and weekends, allowing you more time and flexibility on top of our already busy and hectic lives.

Furthermore, as full-time Specialist Musculoskeletal Physiotherapists, we are experts in this field. This means that we treat injuries and disorders that affect our joints, muscles, ligaments and tendons. This also includes sports injuries, painful conditions such as arthritis and pain after surgical procedures like a total knee replacement. Whilst GPs are trained in some of these areas, we deal with these issues all day every day! It is important to note also that we can identify symptoms that might not be due to musculoskeletal causes or those that require a second opinion and can make onward referrals efficiently when required.

At Mike Varney Physiotherapy we want to improve your pain and restore any restriction of movement. We can offer the

use of top of the range modalities and equipment to help you achieve your goals. These include; joint mobilisation and manipulation, acupuncture, massage and electrotherapy. Combining these modalities with a bespoke and progressive rehabilitation program will help to get you back to doing what you love. We also offer specialist treatments that are currently not offered as first line treatment in the NHS: this includes Radial Shockwave Therapy which is a fantastic treatment option for tendon pain; Women's and Pelvic Health physiotherapy; headache and migraine treatment; Diagnostic Ultrasound Scanning to give a quick and accurate diagnosis and prognosis of your issue; and finally Ultrasound-guided Corticosteroid injections to help any of those stubborn and painful issues that are not responding to conventional therapy!

We have two physiotherapy clinics, based in Puckeridge and Harlow. Ring 01279 414959 or book online to have an assessment with one of our experts.

Tales from Brockholds Manor

Hedges and Edges

When our children were young like many families, we would listen to audiobooks and also tapes I would make from recordings of Radio 4's brilliant afternoon theatre output, which used to include a number of plays for children during the school holidays. One such was a short run of plays adapted from the 'Borrower' series of children's books by the wonderful author Mary Norton. There was a scene when the Borrowers were living in the countryside, on the edge of a field and the father says to his daughter, in his broad West Country accent, that he is "going to check all the edges around

the field". She corrects him with "Oh papa you mean Hedges", to which he replies, much to my daughters' delight and jollity, "There are Hedges and Edges, and I mean Edges!" All of this is a very roundabout way of saying now is the time to think about planting hedges and in light of the sweltering summer and our struggling wildlife, please don't be too neat and tidy around the edges.

When we moved to Brockholds Manor we had no secure boundaries and occasionally a lost walker who had strayed from the footpaths would find themselves in our garden and more importantly to us, so did small groups of deer and many Muntjac. Trying to grow trees, shrubs and roses when they are constantly grazed off, is not ideal, so we set about securing the boundaries with deer fencing and planting some hedges. We are on a fairly exposed site and in the winter months, the north wind blows straight across our garden and it can be bitterly cold, not good for our lovely plants. Hedges are by far the best windbreak as they filter the wind and slow it down rather than creating drafts and counter flows.

We have planted over 2,000 individual plants, all UK grow and all bought as bare rooted, mail order. UK-grown plants have not been coddled and are strong and used to our weather, so they are the best choice. Choosing what to plant in many ways is very easy these days, it has to be a native species, as there is little point in planting something as large and permanent as a hedge, that won't support any wildlife. With so many insects struggling to survive I feel it is incumbent on us all to do as much as possible to help them and provide habitats for them. After all, they are at the bottom of the food chain their loss has a dramatic effect on everything else including our food

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production. Most native species of hedging are also very well adapted to our climate. We have planted both mixed and single species choosing beech as the main boundary hedge on our northern side and mix of Alder, Blackthorn, Buckthorn, Dogwood, Elderberry, Hawthorn, Hazel, Rose, and Wild Pear. In the main garden area, we have created 'garden rooms' with formal yew and beech hedges.

Planted in the spring of 2017 some of this hedging has now reached 10ft. We have hardly ever watered it but did take care to plant it well, with what my mother used to call a '50p hole for a penny size plant'. These days the advice from the RHS is not to add compost at the planting stage. The idea is that by adding nothing the roots must work and grow towards the nutrients rather than just sit in their cosy little perfect hole. After planting, mulch and feed from the top as and when needed. However, if the soil is compacted or as I have seen recently at a new build site, if planting into rubble and concrete, you must dig this out completely and remove it. If your holes are not bigger than the root ball and the water can't drain away, it will just sit there and when we get a ground frost the water will freeze, the roots will rot and the plant will die.

As with everything in our garden here, I have maybe planted more hedges than I can easily maintain. However this year with a little extra focus and going on the 'a little everyday' principle, I have managed to get to grips with cutting the hedge to its final height and we are also getting a good 'batter' on the sides. This has nothing to do with flour and eggs but is when you cut the sides at a slight angle, so they don't splay out at the top and the light gets to the whole hedge, which helps to prevent a bare bottom! If you want to see this on a grand scale just visit

Newmarket, all the hedges both formal and in the countryside have an extreme 'batter' of about 70 degrees.

Whether you choose a hedge of one variety or go for a mix, now is the best time to buy and plant, while the soil is still warm and at last is beginning to be moist. We have found to our cost, planting in late winter or early spring means the plants struggle with our new pattern of dry spring weather. Finally edges, please don't think you need to keep everything too pristine and perfect, there is a place for that but also please have some places where things can be a little wilder. If you have the space leave a foot or more at the bottom of the hedge for frogs, toads and other lovelies to live, forage and overwinter.

'Sunday scaries' take shine off weekend

(The Times Oct 2022)

Sated by a Sunday Roast you settle down to watch Antiques Roadshow, (well many of us do to hear the joy of those who underestimated the value of their car-boot loot) ...but for our own world with underlying niggles about the week ahead.

You are not alone. 'Sunday scaries' is a real phenomenon experienced by millions. In a survey of 4,000 people two thirds of adults regularly report a feeling or spike of anxiety on a Sunday evening according to the Office of Health Improvement and Disparities. Over 30's tend to comfort eat, those aged 18 to 24 scroll social media and those aged 25 to 32 binge-watch TV..

This could be the ideal time to look at your life/work and even the balance of both.

There is a point where you need to stop and think "is this actually feeding my soul or just eroding it"

Change is in itself, scary .It may mean having to make compromises/reduce life's luxuries in the short term, which you need to be open about and discuss with partners/children, but look at the long term goals and more importantly the actual chance of wiping away the 'Sunday scaries'. You are your destiny.

To help:-

"Monday morning I listen to mood boosting music to help tackle the winter blues. Two or three tracks such as 'Lovely day' ~ Bill Withers /'New Day' ~ Nina Simone "– says Costas Karageorghis of Brunel University

I would suggest in addition 'Happy' by Pharrell ... and to really help, learn the words of all three and singalong. It really helps

Plus, contemplate this:-

'The boundaries we set ourselves are the limitations we permit the adventures'

Kate Hooper

Protect your vehicle this autumn

Drivers are being advised to make sure their cars and vans are secure following an increase in vehicle thefts in the county.

Thefts of vehicles have increased by more than 22 per cent this year, compared to same period last year, with Hertsmere and St Albans having the highest number of offences. Thefts of keyless vehicles also continue to be an issue.

Keyless entry vehicles being targeted by criminals using signal jacking devices,



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which pick up the fob signal and can unlock and start a vehicle. Using a signal blocking fob pouch or storing your fob in a metal box will help prevent the signal being detected.

During a recent attempted theft, a steering wheel lock thwarted the thief and prevented the vehicle being stolen, a good quality lock is a great way to keep your vehicle safe."

To minimise the chance of becoming a victim we offer the following advice:

- Lock your car whenever it is left unattended and keep it in a garage when parked at night if possible.
- Consider fitting CCTV on your home or driveway, to help deter thieves.
- Use PIR or LED security lighting to make your vehicle more visible and this can also act as a deterrent.
- Look for car parks with a Secured Car Park sign which have recognised levels of security. If you have a garage at home, ensure you use it and lock it properly.
- Noisy gravel on your drive can help deter a would-be thief, as they don't want to alert you to their approach.

How to protect your keyless entry car:

- When at home keep your car key (and the spare) well away from the car.
- Put the keys in a screened or signal-blocking pouch, such as a Faraday Bag.
- Reprogramme your keys if you buy a second-hand car.
- Turn off wireless signals on your fob when it's not being used.
- Use a steering wheel lock as an extra security measure.

For more advice visit:
www.herts.police.uk/opremote.

Beware Energy Rebate and Cost of Living Payment Scams

Following the government's recent announcement about energy rebates, we have received reports of fraudsters posing as the energy regulator to try to dupe members of the public into handing over personal and payment details.

One example uses the Ofgem logo and tells you that you are eligible for an energy bill rebate. It claims you have until 1st June 2022 to claim the rebate and you must click on the link in the email to apply. The link takes you to a fake online site with a form to complete in order to 'set up a direct debit'. This is a scam.

Local authorities are administering the energy rebates. Rebates will be issued directly to those who already pay via direct debit, without the need to provide extra details. handing over their personal details. If you receive an email which you believe to be a scam, you can forward it to the National Cyber Security Centre at report@phishing.gov.uk. Suspicious texts should be forwarded to 7726.



Standon Parish Council will require at least two new councillors to join the team in May 2023 when local elections are next scheduled to take place.

The Council (which meet one evening a month) is formed by local residents who volunteer to give their time to help ensure the community's voice is heard on all the important parish issue (ie services, transport, recreational, planning etc).

The Council is here for the benefit of all, but we are particularly keen to encourage those who have recently moved to the parish to get involved.

If you are interested, please contact the Parish Clerk clerk@standonparishcouncil.gov.uk

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Tea Time Talks

Talks followed by tea and homemade cakes

Saturday February 18th
Hertfordshire's 18th Century Workhouses
 This talk will look at how Hertfordshire came to have parish workhouses, what people might have expected on entering such an institution, and what became of those properties after the 1830s. Sheila White

Saturday March 18th
Where to Watch Wildlife Locally
 A look at the best nature spots within a 5 mile radius of Bishop's Stortford, illustrated with Jono's photos taken at sites such as Thorley Wash Nature Reserve and Stansted Airport Lagoons. Jonathan Forgham

£5 - Pay on entrance
 All talks at 3.00pm in Standon Village Hall

For more information contact Trish 01920 821069 or Helena 01920 822177

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Email: rector@ubsms.org.uk; Tel: 01920 739438; Mobile: 07495 504443

Christmas services in the Benefice 2022

Saturday 17th December		
6.00pm Carol Service	All Saints Little Munden	
Sunday 18th December		
8.00am Holy Communion	St Mary's Standon	
10.30am Holy Communion	All Saints Little Munden	
Thursday 22nd December		
7.00pm Nine Lessons and Carols	St Mary's Standon	
Saturday 24th December (Christmas Eve)		
3.00pm Christingle	All Saints Little Munden	
5.00pm Christingle	St Mary's Standon	
7.30pm Carols by Candlelight	St Catherine's Sacombe	
11.30pm Midnight Communion	St Mary's Standon	
Sunday 25th December (Christmas Day)		
10.30am Christmas Worship & Communion	All Saints Little Munden	
10.30am Morning Worship	St Mary's Standon	
Sunday 1st January (1st Sunday of Christmas)		
8.00am Holy Communion	St Mary's Standon	
10.30am Morning Worship	All Saints Little Munden	

The United Benefice of St Mary's Standon and All Saints Little Munden with St Catherine's Sacombe

Regular services in our Benefice

First Sunday each month

8.00am Holy Communion (BCP)	St Mary's Standon
10.30am Morning Worship	All Saints Little Munden
4.00pm the Centre	All Saints Little Munden

Second Sunday each month

10.30am Holy Communion	St Mary's Standon
4.00pm the Centre	All Saints Little Munden

Third Sunday each month

8.00am Holy Communion (BCP)	St Mary's Standon
10.30am Holy Communion	All Saints Little Munden
4.00pm the Centre	All Saints Little Munden

Fourth Sunday each month

10.30am Morning Worship	St Mary's Standon
4.00pm the Centre	All Saints Little Munden
6.30pm Choral Evensong	St Mary's Standon

Any Fifth Sundays

10.30am Morning Worship	St Catherine's Sacombe
4.00pm the Centre	All Saints Little Munden

Every Tuesday

9.30am Holy Communion (BCP)	St Catherine's Sacombe
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Every Wednesday

9.30am Worship and Bible study	St Mary's Standon
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For more details of services and activities please see our website:

www.ubsms.org.uk



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Christ Church

Baldock Road, Buntingford. SG9 9AA

Minister: Rev Sue Fender
revsuefender@gmail.com
01223 375588

Secretary: Peter Godbert
buntingford.urch@talktalk.net
01763 281359

Services at 11.00am every Sunday - Tea and coffee is served in the hall following the morning service

December	4	Family Service	Rev Sue Fender
	11	Carol Service	Penny Flynn
	18	Holy Communion	Rev Allen Morton
	25	Christmas Day	Rev Sue Fender
		<i>Service at 10.00am</i>	
January	1	Holy Communion	Rev Dr Janet Tollington
	8	Morning Worship	Bob Parkin
	15	Morning Worship	Rev Allen Morton
	22	Morning Worship	Rev David Cornick
	29	Morning Worship	Rev Sue Fender
February	5	Holy Communion	Rev Sue Fender
	12	Morning Worship	Faith Paulding
	19	Morning Worship	Rev Allen Morton
	26	Morning Worship	Rev Elizabeth Caswell
March	5	Morning Worship	Rev Sue Fender
	12	Morning Worship	Christine MacLeod
	19	Mothering Sunday	Re Allen Morton
	26	Morning Worship	Rev Sue Fender
April	2	Palm Sunday	Rev Sue Fender
	9	Easter Day	Rev Dr Robert Pope

Booking the Church Hall - there are a few slots available for either a regular booking or for occasional use. Contact Tracey Palin Tel: 01763 271749 for further details.

REGULAR EVENTS

Buntingford Churches Together

Lunch, laughter & light discussion group, On the first Wednesday of each month in the hall
Lunch 12.30pm - bring your own Lunch - tea & coffee provided. Discussion 1.00pm - 2.00pm.

Coffee and Company every Thursday, 10.30am to 12noon, in the Church hall. If you're elderly, living alone, new to the area, working from home, and would like some company, come along to share Coffee, Cake, Company and Chat. **All are welcome.** Just turn up and give a small donation for the refreshments.

WEB SITE: www.buntingfordurch.org.uk

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St. Mary's Church
Stocking Pelham

CHRISTMAS SERVICES in the Benefice

Sunday 4 December (Advent 2)

10.30 All Age Holy Communion (Toy Service), Braughing
Thursday 8 December

2.15 School Christingle Service, Furneux Pelham

Sunday 11 December (Advent 3)

10.30 Morning Worship, Braughing

Thursday 15 December

09.30 Jenyns Christingle, Braughing

Saturday 17 December

10.30 Decorating the Christmas tree All Welcome,
Braughing

Sunday 18 December (Advent 4)

09.30 Café Church Christingle, Furneux Pelham

4.00 Carol Service, Stocking Pelham

6.00 Carol Service, Braughing

Wednesday 21 December

09.30 Morning Worship, Braughing

Thursday 22 December

09.15 School Carol Service, Furneux Pelham

Friday 23 December

3.00 Nativity Rehearsal, Braughing

Saturday 24 December (Christmas Eve)

3.00 Nativity Service, Braughing

6.00 Carol Service, Furneux Pelham

11.30 Midnight Communion, Braughing

Sunday 25 December (Christmas Day)

10.30 All Age Celebration, Braughing

NO SERVICE SUNDAY 1 JANUARY

Thursday 5 January

7.30 Twelfth Night Carol Service and Carols, Braughing

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-  Going to our website at <https://citizensadviceeastherts.org.uk/get-advice/> for online information resources

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citizens advice East Herts

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If you need extra support to access our advice, come along to a Contact Centre.

We do not give full advice at these sessions but our friendly, experienced staff will **assess how to move you forward with your issues**. They may refer you to a more relevant service, help you to self-refer, arrange for an adviser to call you, arrange for a face to face appointment or arrange a home visit.

Each Contact Centre has a **free phone** and **computers** that you can use to access our service if you can't do that from home.

Bishop's Stortford Methodist Church
34b South Street, CM23 3AZ
Tuesday 12-2pm

Hertford Sele Community Hub
18 Fleming Crescent, SG14 2DJ
Wednesday 11am -1pm

Village Diary

Club Secretaries: Please keep us up to date with any changes to your regular meeting days and events.

We will take details of events as far ahead as you like to try to stop two events clashing and spoiling the day.

NB Some activities will be seasonal or in term time only, please phone the contact to check before turning up and possibly being disappointed.

Every Weekday

7.30-8.30am WASPS Breakfast Club at Standon & Puckeridge Community Centre (term time only). For more details visit www.waspsclub.com or Nicola on 07904 391133
nicola@waspsclub.com

9.30 - 12.15 or 2.15 (lunch club). Term Time only SPINS Pre-School Standon & Puckeridge Community Centre. Fun and friendly atmosphere with qualified staff. Visits welcome. 07881 533339.

3:15-6:15pm WASPS After School Club at Standon & Puckeridge Community Centre (term time only). www.waspsclub.com or Nicola on 07904 391133
nicola@waspsclub.com.

Monday

9.30- 11.00 SPINS Toddler Group at Puckeridge & Standon Community Centre. Term time only. 07881 533339

10.00am - 11.30am Iyengar Yoga at Standon Village Hall, Hadham Road, Standon, SG11 1LE. Contact Sarah on 07427 596961 or www.TowardYoga.com for info.

10am - 4pm CAB North Entrance, Manor House, 21 High Street, Buntingford. Tel: 0844 848 9700.

1.30 - 2.30 Movement to Music for Over 60s, Standon Village Hall, Skye Wilkinson 07394 934911

1.45 Kettleball Exercise Classes, Standon & Puckeridge Community Centre. Sue 07854 316628

2pm Second Monday of the month - Buntingford & District U3A, 2pm at the Seth Ward Community Centre, Buntingford.

Starlight Stars:
Standon & Puckeridge Community Centre

3.45 Twinkling Stars (4-6 yrs)

4.30 Shooting Stars (7-10 yrs)

5.30 Bright Stars (11-13 yrs)

6.30 Rising Stars (14-18 yrs)

Ali Latchford 01279 966 466

4.30-8.30 Rib Valley Gymnastics and Trampoline Buntingford. Monday Trampoline Fremantle College: Monday 4-5pm, 5-6pm (yoga-nastics New Class!)

Andrea Allen 07989 980038 email: ribvalleytc@live.co.uk
website: www.ribvalleytc.co.uk

5pm 1st Standon & Puckeridge Rainbows. Term time in Standon. sandprainbows1@outlook.com

6.35 Zumba Fitness at Standon Village Hall. Details 07578 994221

7 Braughing Bridge Club, Old Boy's School, Braughing. Sue 01920 823692

7.15 4th Monday of the month: 7.15pm Ware District Trefoil Guild, St Mary's Church Hall, Ware. Guiding for adults. Mandy Challis 07766 086 137 waredistricttrefoil@gmail.com

7.30 Braughing Bridge Club in the Old Boys School, Braughing. Sue 01920 823692

7.30 Dance JAM Academy - Standon Village Hall, Adult Tap (all levels) julie@dancejamacademy.co.uk
Julie 07971 699615

8 First Monday of the month, East Herts Aviation Society meets at the Sword Inn Hand, Westmill, Buntingford (optional special pre-talk pub dinner menu from 6.30pm). Steve Morgan 07712 145146.

Tuesday

9am Traditional Flowing Ashtanga Yoga, Puckeridge Community Centre. Ian 07553 285453.

9.30am Holy Communion (BCP), St Catherine's Sacombe.

10am - Noon The Listening Place (a drop in centre for bereavement advice and support). Tuesdays at Leaside Church and Community Centre, High Street, Ware SG12 9BT. Alison 01763 232673.

10:00-11:00am Vinyasa Flow Yoga (for all) - Braughing Community Centre 11:15-12:15pm Postnatal Yoga - Braughing Community Centre

10am - 1pm CAB North Entrance, Manor House, 21 High Street, Buntingford. Tel: 0844 848 9700.

Third Tuesday Colliers End Village Walks followed by refreshments. Suzanne Anderson 07896 699844

11 Accessible Yoga. Standon and Puckeridge community centre. Penny Constantinou 07944 416572

11.30 Punchline Boxing (adults) at Standon & Puckeridge Community Centre. Adam Davidson 07903 657146

12-2pm Citizens Advice Contact Centre at Bishops Stortford Methodist Church. Messageline 01920 459944
2-4pm Second Tuesday of the month, Standon Hand Embroidery Group in Standon Village Hall. Barbara Norris 01920 822104.

Standon & Puckeridge Tennis Club
5pm Mini Orange/Green (8-10 yrs)
6pm Junior Club night
7pm Senior Club night
Cliff Devonshire 07709 355655.

4.30 - 7.45 Ballet at Braughing Church Hall: Karen Howarth - 01279 651535

5.30 Beavers (6-8yrs Scouts) Standon & Puckeridge Community Centre, Term time only, Angie Adamson 01763 849902

6pm Tap, Modern & Jazz at Braughing Community Centre: Kate Dutton - 07969 362224

6pm 2nd Buntingford Brownies. Term time in Buntingford. Email jill228374@hotmail.co.uk

6.15 1st Standon & Puckeridge Brownies. Term time in Standon. Sarah Howitt 01920 822342

6.30 Cubs - Puma Pack (8-10½ years, Scouts), term-time only. Standon &



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T: 01920 823775
M: 07545 696819
Email: swood@swlocums.com

- Puckeridge Community Centre.
Jackie Andrews 01763 247675
- 6.30 Tennis Club evening (continues under floodlights throughout the winter). Diana Foster 07778 031430
- 7pm Slimming World at Standon & Puckeridge Community Centre. Sophie 07855 079070.
- 7pm Yoga at Braughing Community Hall. info@annieknapmanyoga.co.uk
- 7.30 Bell Ringing Practice, St Mary's Church Tower, Standon. Interested? - Come along or Tracey Coley 01920 823886 .
- 7.30 Embroidery Group. Second Tuesday in the month, Sargeant Room, Standon Village Hall. Barbara Norris 01920 822104
- 7.30 Braughing Sing, your local Choir during term time at Jenyns School. facebook.com/thebraughingsing
- 8.30 Puckeridge Karate Club meets at Standon & Puckeridge Community Centre. Clive Bowen 01763 231132

Wednesday

- 8.30 Under 1's Childrens' Group, Standon Village Hall. Kelly Brightman 01920 463949
- 9.30 Worship and Bible Study at St Mary's Standon, followed by refreshments (No service in August)
- 9.30 Gentle Therapeutic Hatha Yoga, Braughing St Mary's Church Hall.

- Ian 07553 285453.
- 9.30 Pilates at Standon & Puckeridge Community Centre. Clare 07966 213880
- 9:30-10:30am Vinyasa Flow Yoga (for all) - Furneux Pelham Village Hall
- 9.30 (term time) Little Hadham Parents & Toddlers group. Held Little Hadham Village Hall
- 10am Standon & Puckeridge Tennis Club Adult Tennis. Keith Bradshaw 01920 821152
- 10am - 1pm CAB North Entrance, Manor House, 21 High Street, Buntingford. 0844 848 9700
- 10.30am Brughing Shed Club at Braughing Community Hall. Details Ruth Fleetwood 07437 994895
- 11am Pilates Group Standon Village Hall. Judy Coward 01920 822812
- 11-1pm Citizens Advice Contact Centre at Hertford Sele Community Hub. Messageline 01920 459944
- 11.30 Kettleball Exercise Classes, Standon & Puckeridge Community Centre. Sue 07854 316628
- 12.30 Bramble Hill Children's Centre young parents group. (Term time). 01763 273008
- 2pm Second Wednesday of the month - Ware U3A, Wodson Park, (doors open 1.30pm). Pat Davidson, 01920 438309

- 2.15 - 4.30pm Little Munden Cafe at All Saints Church, Little Munden. April - October.
- Dance JAM Academy - Standon Village Hall
- 4pm Baby Ballet (3+ Years)
- 4.30pm Prep/Primary Ballet (5-8 years)
- 5pm Grade 1 Ballet (8+ years)
- 5pm Prep/Primary Tap (5-8 years)
- 6pm Prep/Primary Freestyle (5-8 years)
- julie@dancejamacademy.co.uk
- 4.15-6.15 Gymnastics Edwinstree Middle School. Andrea Allen 07989 980038 email: ribvalleytc@live.co.uk
- Starlight Stars: Standon & Puckeridge Community Centre
- 2pm Dance Fit (18yrs). Ali Latchford 01279 966 466
- 5.45-6.15pm Scout and Guide Band, Jenyn's School. Term time only. Derek Goodall 07790 875862 / derek.goodall1@btinternet.com
- 6.15 Punchline Boxing (juniors) at Standon & Puckeridge Community Centre. Adam Davidson 07903 657146
- 6.30 Cubs - Cheetah Pack (8-10½ yrs, Scouts), term-time only. Braughing Church Hall. Derek Goodall 01763 273149.

If you or someone close to you is dying, you can talk to us

We know that facing the end of life can leave you feeling isolated and alone. The Anne Robson Trust helpline volunteers are here to listen and support you.

Call us on
0808 801 0688

We're here for you, if you or a loved one are facing the end of life at home, in a hospital, care home or hospice.

To find out more, please visit
www.annerobsontrust.org.uk

AnneRobson Trust

Braughing Cricket Club



Braughing Cricket Club is at the heart of our village's community. The Saturday first team plays in the Herts and Essex Border League, whilst we field at least 5 junior teams in the Herts Junior League.

Dynamos colts training sessions are in progress on Saturday mornings 0900-1030hrs, which are proving popular with boys and girls for 4-10 year olds.

This is our game.



NEW this summer.
The game for all 8-11 year-olds.

SIGN UP

Dynamos Cricket

Ages 8 to 11. 8 week programme starting July 17th.
Saturdays 9 to 10:30. Costs £40 and see sign-up address below* or via <https://www.ecb.co.uk/play/dynamoscricket>



Saturday mornings 9-10.30 for girls & boys up to 11 years old until 4 Sep

Thanks to our super sponsors!



1st XI August Fixtures

- 7 Aug - Cloghams (A)
- 14 Aug - Nazeing Common II (A)
- 21 August - Hockerill (H)
- 28 August - Willingale (A)

Thanks to our super sponsors!



***Dynamos Sign-up Page on ECB website for Braughing CC**
<https://ecb.clubspark.uk/Dynamos/Course/60a53133-4cf9-4d2b-9217-cc42aef3c06>
Facebook www.facebook.com/Braughingcricketclub Twitter @BraughingCC
Club Website <https://www.pitchero.com/clubs/braughingcricketclub>
Contact Pete Hobson braughingcricketclub@yahoo.co.uk | 07874 868691

- 6:30 Scouts (10½ - 14½ years old), term-time only. Braughing Old Boys School. Simon Smith 07773 016567
- 7pm Braughing Tennis Club night. Karen Gore 07860 484878
- 7pm Zumba classes, Standon & Puckeridge Community Centre. Diana 01920 822667
- 7pm Guides during term time in Braughing. Louise 07971 800443
- 7pm Third Wednesday Ware and District 41 Club, The Star, Standon. Book in with Peter Warren 01920 824099
- 7.15 till 8.45pm Ranger Girl Guides (14+ years), Cottered Guide Centre, SG9 9QP. Rosanne Kenealy 01920 821304
- 7.30 Explorer Scouts (14-18 yrs) Bowling Green Lane, Buntingford. Meets throughout the year Christine Pestle 07711 506281
- 7.30 Standon & Puckeridge Community Choir, details from ranfordd@gmail.com
- 8pm Kettleball Exercise Classes, Standon & Puckeridge Community Centre. Sue 07854 316628
- 8pm Ware Photographic Society meets at Thundridge Village Hall, September to May. Barbara Norris 01920 822104 www.wareps.org.uk
- 8pm First Wednesday of the month, East Herts Aviation Society meets at the

The Sword Inn Hand, Westmill. Steve Morgan 07712 145146.

9pm Braughing Tennis Club Night at Braughing Community Hall. www.braughtingtennisclub.co.uk/contact-us/

Thursday

- 2pm Carpet Bowls at Braughing Community Centre
Mikebennett12@aol.com
- 2pm Mind & Music - Songs to Aid Memory at Standon & Puckeridge Community Centre. David Ranford ranfordd@gmail.com
- 2pm Standon & Puckeridge Tennis Club Ladies Tennis. Claudia 01920 821272
- Starlight Stars:
Standon & Puckeridge Community Centre
- 3.45 Mini Movers (4-6 yrs)
- 4.15 Street Jazz Dance (7-11 yrs)
- 5pm Freestyle Dance (11-14 yrs)
Ali Latchford 01279 966 466
- 6.30 Standon & Puckeridge Tennis Club - Club night 6.30pm. Diana Foster 07778 031430.
- Puckeridge Karate Club
Juniors: 7-8pm, Adults 8-9.30pm, Standon & Puckeridge Community Centre. 01763 231132 or at TG's Convenience Store.

- 7 Puckeridge Karate Club meets 7pm at Standon & Puckeridge Community Centre. Clive Bowen 01763 231132
- 7 Keogafit at Braughing Community Hall. Details 07950 934024 .
- 7 Church Choir meets at St Mary's Church, Standon. Michael Smith 01920 821281
- 7 Punchline Boxing (adults) at Standon & Puckeridge Community Centre. Adam Davidson 07903 657146
- 8 Hertfordshire Holly, Mixed Clog Morris Dance Side. High Cross Village Hall. New dancers and musicians welcome. Mary Deeks 01920 822905
- 8 Prayer and Life Group, A10 Christian Mission. 01920 821684.
- 8.30 Standon Morris practice nights, Standon Village Hall, Oct to Apr. Meet in The Star from 8pm - new male & female dancers & musicians welcome (aged 12 and over) 07808 969379

Friday

- 11am Traditional Flowing Ashtanga Yoga, Puckeridge Community Centre. Ian 07553 285453.
- 2pm Standon & Puckeridge Tennis Club Adult Tennis. Keith Bradshaw 01920 821152
- 3.30 Accessible Yoga at home (via Zoom) 3.30pm. Penny 07944 416572.



at the.....

Standon & Puckeridge Community Centre

Join us for a drink and a chat on the following

Wednesdays

9.30am to 11.30am

7th December
Charity Café supporting The Alzheimer's Society with stalls and raffle

4th January

1st February
Charity Café in aid of Cancer Research UK World Cancer Day

1st March

5th April

For more details contact Alison on 01920 822 872



find us: Recycling for Good Causes
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Amington
Tamworth
B77 4RP

call 0800 633 5323
email info@recyclingforgoodcauses.org
visit www.recyclingforgoodcauses.org

Items we recycle

<h4>Jewellery</h4> <p>Unwanted gold & silver including damaged items Costume jewellery Watches</p> 	<h4>Coins & Currency</h4> <p>Banknotes & Coins Any currency UK or foreign of any age/unchangeable currency</p> 
<h4>Mobile Phones, Cameras & Gadgets</h4> <p>Mobile Phones . Video Cameras Old Film Cameras . Digital Cameras . Sat Navs Game Consoles . Games & Accessories . iPods MP3 Players . Tablet Computers</p> 	<h4>Stamps</h4> <p>Loose / Single Stamps First Day Covers Presentation Packs</p> 

NO Ink or Toner Cartridges Thank You

Please place your items in the sack provided at your designated drop off point:
Community Café @ The Standon and Puckeridge Community Centre
First Wednesday of each month
9.30am to 11.30am

- 4.15-6.15pm Rib Valley Gymnastics @ Edwinstree School, Buntingford. Andrea Allen 07989 980038 email: ribvalleytc@live.co.uk
- 7:30 Explorer Scouts (14 - 18 years old), Christ Church, Ware. Meet throughout the year. Jim Campbell 01920 461134.
- 8 Ware Swimming Club Trials evening. All welcome. Training evenings are Monday and Friday. Mr Vanner 01920 464439.
- 8 The Braughing Society meets most months in the village hall on the second or third Friday. See events under monthly calendar. Marion Saunders 01920 821530.

Saturday

Dance JAM Academy – Ralph Sadlier School

- 8.45am Grade 3 Tap
9.15am Grade 4 Freestyle
10.00am Grade 2 Tap
10.30am Grade 2 Freestyle
11.00am Choreography
11.30am Musical Theatre
julie@dancejamacademy.co.uk
- 9am - 1pm at Jenyns School Braughing:
Ballet: Karen Howarth - 01279 651535 & Tap, Modern & Jazz: Kate Dutton - 07969 362224
- 9.30 First Saturday of the month - help with work in Standon Churchyard.
- 9.30 HIIT with Jacqui Smith at Braughing Community Hall. 07956 647806
- 9.30 Pilates at Standon & Puckeridge Community Centre. Clare 07966 213880
- 12.30-2pm Contessa Vaulting Group training sessions and competition practice. All welcome. Tina Layton 01920 821792
- 6pm Evening Mass at Puckeridge Roman Catholic Church. 01763 271471.

Sunday

10am Standon & Puckeridge Tennis Club - Club morning . Diana Foster 07778 031430.

Braughing, St Mary the Virgin Services:
1st Sunday: 11:15am All Age Holy Communion

2nd Sunday: 9.30am Morning Worship & 5:45 Refresh - informal service
3rd Sunday: 11:15am Holy Communion
4th Sunday 9.30am Holy Communion
5th Sunday no service in Braughing - shared Holy Communion service 10.30am at St Mary's Church, Stocking Pelham.

St. Mary's Church Standon: The United Benefice of St Mary's Standon and All Saints Little Munden with St Catherine's Sacombe:
1st Sunday: 8am Holy Communion (BCP), St Mary's Standon; 10.30am Morning Worship, All Saints Little Munden; 4pm the Centre at All Saints, Little Munden.

2nd Sunday: 10.30am Holy Communion, St Mary's Standon; 4pm the Centre at All Saints, Little Munden.
3rd Sunday: 8am Holy Communion (BCP), St Mary's Standon; 10.30am Holy Communion, All Saints Little Munden; 4pm the Centre at All Saints, Little Munden.
4th Sunday: 10.30am Morning Worship, St Mary's Standon; 4pm the Centre at All Saints, Little Munden.
5th Sunday: 10.30am Morning Worship, St Catherine's Sacombe; 4pm the Centre at All Saints, Little Munden.

Please see the benefice website, www.ubsms.org.uk for up-to-date information or contact Revd. John Chitham on 01920 739483

11.15 Mass at Old Hall Green Roman Catholic Church. 01763 271471.

11am Main service at The Methodist Church, Braughing. Details Revd David Mullins 01279 654475.

2.45 -5pm Braughing Sunday Teas. Every Sunday May - 14 October (excluding 3 June). Home-made cakes and teas in the Church Rooms, plus homemade jams.

December

- 2 Braughing Get Together Christmas Lunch. Details Cynthia 01920 822230
- 3 Isabel Hospice Lights of Love 4pm at Hertford Castle. www.isabelhospice.org.uk/lightsoflove
- 4 Isabel Hospice Lights of Love 4pm at Market Square, Bishops Stortford. www.isabelhospice.org.uk/lightsoflove
- 6 Isabel Hospice Lights of Love 6.30pm at Isabel Community Hub, Hall Grove, Welwyn Garden City . www.isabelhospice.org.uk/lightsoflove
- 7 Standon & Puckeridge Community Café 9.30am at the Community Centre. Alison 01920 822872.
- 9 & 10 Wine Tours & Tasting at Four Acres Estate. Details Platon 07802 313075.
- 10 Isabel Hospice Lights of Love 4pm at The Green at Campus West, Welwyn Garden City . www.isabelhospice.org.uk/lightsoflove
- 11 Hertford Symphony Orchestra Christmas Spectacular, 3 pm at Haileybury, Hertford Heath. Tickets: www.weottickets.com/event/562728
- 11 Isabel Hospice Lights of Love 4pm at Halsey Masonic Hall, Cheshunt. www.isabelhospice.org.uk/lightsoflove
- 15 Christmas Concert at St Mary's Church, Standon. 7.30pm
- 16 The Proof of the Pudding Stone exhibition at Hertford Museum (until 16 April).
- 18 Pop-up Choir Carol Service at Braughing Church 6pm. Just come along.
- 22 A Service of Nine Lessons and Carols, St Mary's Church, Standon. 7pm. Details Michael Smith 01920 821281

January

- 4 Standon & Puckeridge Community Café 9.30am at the Community Centre. Alison 01920 822872.

Defibrillators in the PS News area

Automated External Defibrillators are located at:

Furze Cottage, **Barwick.**

Phone box opp The Axe & Compasses, **Braughing**
The Golden Fleece, Green End, **Braughing**
Community Centre. Playing Fields, **Braughing**
KB Tyres, High Street, **Puckeridge**
Outside St Thomas School High Street, **Puckeridge**

Standon Village Hall,

Standon and Puckeridge Community Centre
Soon at the former telephone box at **Colliers End**
Village Hall Entrance, **Little Hadham**
In the former BT phone box just off the Village Green,
Westmill

- 10 Braughing Get Together Bingo Night, Braughing Church Hall. Details Cynthia 01920 822230
- 14 Who was Ralph Sadleir? Tea Time Talk, 3pm at Standon Village Hall. Details Trish 01920 821069.
- 18 Buntingford Adult Learning for Fun 10 week course starts: Scandals Make for Good History. Details Julia 01763 272584.
- 19 Braughing WI Craft Evening. Details Kate Fish 01920 822327
- 30 East Herts Aviation Society talk 'The History of the Harrier'. Details stevemorgan125@btinternet.com.

February

- 1 Standon & Puckeridge Community Café 9.30am at the Community Centre. Alison 01920 822872.
- 2-5 History of Colliers End Exhibition, Colliers End Village Hall. Details molly.anderson01@outlook.com.
- 10 Braughing Get Together talk on Trading Standards, Braughing Church Hall. Details Cynthia 01920 822230
- 16 Braughing WI The Making of hand woven bags. Details Kate Fish 01920 822327
- 18 'Workhouses' Tea Time Talk, 3pm at Standon Village Hall. Details Trish 01920 821069.

March

- 1 Standon & Puckeridge Community Café 9.30am at the Community Centre. Alison 01920 822872.
- 4 Hertford Symphony Orchestra Classic Masterworks, 7.30pm at The Drill Hall, Ware. Tickets: www.weottickets.com
- 7 Braughing Get Together visit to Clink restaurant. Details Cynthia 01920 822230
- 10 Braughing Get Together talk: Africa through my Eyes, Braughing Church Hall. Details Cynthia 01920 822230
- 16 Braughing WI Bodyguard to the Royal Princes. Details Kate Fish 01920 822327
- 18 Where to Watch Wildlife Locally, Tea Time Talk, 3pm at Standon Village Hall. Details Trish 01920 821069.

April

- 5 Standon & Puckeridge Community Café 9.30am at the Community Centre. Alison 01920 822872.
- 20 Braughing WI. Details Kate Fish 01920 822327
- 22 Standon & Puckeridge Bowls Club Open Day. Details standonandpuckeridgebowlsclub@gmail.com

May

- 1 Standon MayDay.

June

- 10 Standon Open Gardens.

July

- 8 Braughing Wheelbarrow Race.

The fun starts here

Brownies offers girls exciting opportunities take on new challenges, make brilliant friends and discover the world around them.
For girls aged 7 to 10

Rainbows learn by doing - they get their hands dirty, do sports, arts and crafts, and play games.
For girls aged 4 to 7 (5 year olds in some areas)

Guides
At Guides you can explore new places, get involved in leadership opportunities and learn a huge range of new skills.
For girls aged 10 to 14

RANGERS
In Rangers you'll have exciting opportunities to travel the world, get your voice heard, support your community, and build skills for the future.
For young women aged 14 to 18

Join us today
girlguiding.org.uk/joinus
or call 0800 169 5901

we're always in show
Girlguiding



Mind & Music – songs to aid memory and wellbeing

Standon and Puckeridge Community Centre
Station Road, Puckeridge. SG11 1TF
Each Thursday 2.00 – 3.00

Bringing people together to sing a variety of well-known and loved songs, in a relaxed and friendly environment.

Mind & Music welcomes everyone, especially those affected by dementia and their carers, as well as those who are anxious or concerned about their memory.

For information please contact David Ranford

ranfordd@gmail.com

Roger de Clare C. of E. First School and Nursery



Roger de Clare C. of E. First School and Nursery are delighted to announce that we still have spaces in some year groups for September.

We are a First School and Nursery with an excellent reputation. We cater for children from 3-9 years old. Our vision and values centre around 'maximum achievement for all in a happy, caring and Christian environment.' Our Early Years creates a strong foundation for active and lively play-based learning that is continued throughout the school. We enjoy strong links and partnerships with our Middle and Upper Schools as well as with all those within the Rib Valley.

We are aiming to resume Tours in September

Contact Information:

Station Road
Puckeridge
Hertfordshire
SG11 1TF
01920 821363

admin@rogerdeclare.herts.sch.uk

Website:

www.rogerdeclare.herts.sch.uk

Local Charity Shops

Barnardo's

9 Bridgefoot High Street, Ware, SG12 9BS
01920 462615
Mon-Sat 09:00-17:00, Sun 10:00-16:00

British Heart Foundation

31 Maidenhead Street, Hertford, SG14 1DW
01992 537908
33 Potter Street, Bishops Stortford, CM23 3UH
01279 461875
Both open Mon-Sat 09:30-17:00,
Sun 10:00-16:00

Cancer Research UK

8 Potter Street, Bishops Stortford, CM23 3UL
01279 656613
Mon-Tue 09:00-17:00
Wed-Sat 09:30-17:30, Sun 10:00-16:00

Emmaus Hertfordshire

Foxholes Farm, London Road, Hertford, SG13 7NT
01992 504 485
Mon-sat 9.30 -17.00, Sun 10.00 -16.00

Essex and Herts Air Ambulance

18 high Street, Buntingford, SG9 9AQ
01763 274509
3 Ware High Street, SG12 9BP

01920 463365
Both open Mon- Sat: 9.30 am – 4.20 pm

Isabel Hospice

34a High Street, Buntingford, SG9 9AQ
01763 274904
44 High Street, Ware, SG12 9BY
6 Bridge Street, Bishop's Stortford, CM23 2JY
01279 659551
All open Mon-Sat 09:30-16:30

Keech Hospice Care

11 Maidenhead Street, Hertford, SG14 1DW
01992 503670
Mon-Sat 09:00-17:00

Mind

42 High Street, Ware, SG12 9BY
01920 318615
Mon-Sat 09:00-17:00, Sun 10:00-16:00

Oxfam Bookshop

2b Maidenhead Street, Hertford, SG14 1DR
01992 583221
Mon-Sat 09:00-17:00
3-5a North Street, Bishop's Stortford, CM23 2LD
01279 504627

St Clare Hospice Music and Bookshop

10 Devoils Lane, Bishop's Stortford, CM23
01279 755990
Mon-Sat 09:00-17:00, Sun 10:00-16:00
Outlet Shop, Links Business Centre Units
9-10 Raynham Rd, Hastingwood Road, Bishop's Stortford, CM23 5NZ
01279 639760
Mon-Sat 08:00-16:00

St Elizabeth's Centre

69 High Street, Ware, SG12 9AD
01920 466855
7 Florence Walk, Bishop's Stortford, CM23 2NZ
01279 466892
Both open Mon-Sat 09:30-16:30

Scope

15 Railway Street, Hertford, SG14 1BG
01992 550902
Mon-Sat 09:00-17:00, Sun 10:30-16:00
Jackson Square Shopping Centre, 1 Devoils Lane, Bishop's Stortford, CM23 3XH
01279 504 463
Mon - Sat 9 - 5.30, Sun 10 - 4pm.

LOCAL POP-UP VENDORS

CROWN & FALCON CAR PARK, PUCKERIDGE.

Wednesday: Uncle G's Gourmet Kitchen 5-9pm
Thursday: Katsu Curry 5-8.15pm
Friday: Vanpizza 5-9pm
07799 226515
Saturday: Ronnies Kitchen
5-8.15pm
Saturday: Ronnies Kitchen Brunch
10-1pm

THE BELL CAR PARK, STANDON

Tuesday: Chef's Table 5-8pm
Wednesday: Cheeky Pizza 4-8pm
Thursday: Small Fry Fish & Chips 4.30-8pm
Friday: Ronnies Kitchen 5-8pm
The Lobster Pot 12-8pm 07816 309341
Saturday: El Paradiso 4-8pm
The Lobster Pot 12-8pm 07816 309341
Sunday: Flava Jamaican
The Lobster Pot 11-6pm 07816 309341

THE GOLDEN FLEECE, BRAUGHING

Thursday: Fresh Fish Van 9-10am

THE BROWN BEAR CAR PARK, BRAUGHING

Tuesdays: Fresh fish/seafood 12pm 07772 391509

Missed vendor? Email me at john@walkinginengland.co.uk

Check details if possible before travelling!

Advertising in PS News works!

3,100 copies distributed to Puckeridge, Standon, Colliers End, The Mundens, Little Hadham and Westmill

Contact: john@walkinginengland.co.uk



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HANDYMAN SERVICES & The Other Room Building / Landscaping

We have had some very wet winters recently. This seriously affects mortar / paint-work and of course roof systems/ guttering. If you think you possibly have a leak/slipped roof tiles or chimney stack issues, get it checked asap

Replace Soffits /Fascia's with plastic cladding. Its lasts for years and looks clean and fresh so makes the house look like it has had a make-over

If you think there may be more serious problems we can commission a Drone Survey which will give you a clear understanding of what is needed.

Also if you have found that you are spending more time outside in the Summer then it is an ideal pre Planning time for design and if seeking Permission Patio/ Extension or even E-Decking , a resin decking which is non slip .Resin decking looks just like wood but non-slip and doesn't rot and no maintenance.

We can Design and quote for that special Garden Room /Orangery, or even a separate Studio.

Studios, well built, can really enhance the use of a home. Giving Office space, study space and somewhere for guests to stay over independent from the main house. Since the pandemic we now know to value our home space indoors and out. That all- important Home Office needs to be carefully planned if you seek electricity/WC.

Also lighting well thought out as a scheme, can really enhance your garden, not only in summer but through the winter too.

Start by asking yourself how you want to live, rather what you want to buy. This will help you make better decisions. Look at the potential of what you already have. We can help you 'have vision'.

Lots of low-profile lighting can really make for overall warmth in a garden and home and doesn't cause 'light pollution' or disturbance to others

We can offer you further advice. Just give a call or email.

Kate Hooper
01279 842874 / 07930285126
www.the-otherroom.co.uk

Why Bats Matter

We see them so fleetingly, it's almost as if they are not there. This is much as so many nocturnal creatures. Bit like Toads, Frogs, Lizards, Hedgehogs.

Sadly the loosening red tape of Planning Legislation may make this even worse. We are regularly being advised on the importance of biodiversity but there is conflict between housing and road expansion with Britain being one of the most nature-depleted countries. Over the past 50 years 41% of UK species have declined and 26% of mammals are threatened with extinction. When was the last time you saw a Hedgehog compared to when you were a child?

Britain's 18 species, (bet you didn't know that!) of Bat's make up a quarter of our mammal species. A common pipistrelle (tiny and so cute) can eat

2,000 insects (small annoying bugs) in one night.

In October, I had a small Long Eared Bat take temporary residence on a beam in my lounge. He was utterly still. Soon as I saw him (well my pup actually indicated he was there) I called Roger aka Batman from the Wildlife Trust. Next night Batman came, 'unhooked' the Bat, and took him to the 'Bat Hotel'. He was dehydrated and needed feeding up before going into hibernation. A week later Batman Returned bringing Bob to release back to his local territory.

I explained that I plant lots of nectar providing plants which so many bugs feed on and Roger agreed these are vital for Bees and Bats!

Who knew ??? Well I do now.



*" Not just the garden..... but
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T: 01279 842874

M: 07930 285126

email: kate.hooper1@btinternet.com
www.the-otherroom.co.uk

Cut Out And Keep

'CAN-DO' SERVICES

Insured Services 01279 842874

- **Soffits/Facia**
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- **Exterior Painting**
- **Patio Clean/Repair**
- **Render Repairs**
- **Garden Makeover**
- **Pond Clearing**
- **Hedge Cutting**
- **Fence install + repair**
- **Tree Works**
- **Garden/ Lawn Work**
- **All Roofing Repairs**

Cut Out And Keep

Bulky Waste, abandoned vehicles & Flytipping

Contact East Herts Council on www.eastherts.gov.uk or phone 01279 655261.

Bulky waste details: One household item - £46.04 (for up to 6 items.)

The Council will remove flytipping: use the on-line form.

Car batteries, engine oil, Fridges and Freezers

All are recycled at:

Bishops Stortford Household Waste Site, Woodside Road (off Dunmow Road).

Buntingford Household Waste Site, Aspenden Road.

Ware Household Waste Site, Westmill Road.

Cameras & Photography Books

The Disabled Photographers Society always welcome good serviceable cameras to adapt for disabled persons use, also photography books.

Disabled Photographers Society:
www.the-dps.co.uk/

Domestic Batteries

Standon Post Office & supermarkets

Foreign Coins

Isabel Hospice collects foreign coins (and notes!) drop them in to their Charity Shop in Buntingford or Ware High Street.

Ink & toner cartridges

- Local Recycling Centres.

Computers

Only fully working PCs. Please telephone first. www.computeraid.org
Tel: 020 7281 0091

Another site worth checking is www.donatepc.org.uk

Postcards

Please save your postcards and take them to St Mary's Church, Standon or All Saints Church, Little Munden. They are collected for Church work in Sudan.

Furniture

Furniture Recycling Scheme for Hertfordshire <http://www.fresch.org.uk/> or 01707 395635.

Knitting wool

Unused wool which will be turned into baby clothes etc., for children in Uganda can be left in the collection box at the back of St Mary's Church, Standon.

Stamps

- Gwen Duckett collects used stamps for the Leprosy Mission. Drop them in to 5 Vicarage Close, Standon.
- Puller Memorial School in High Cross collects used stamps to 'Save the Albatross'. Drop them into school or 32 Batchelors, Puckeridge.
- Standon Post Office collects stamps for Cancer Research UK.
- Isabel Hospice collects used stamps, drop them in to their Charity Shop in Ware High Street or post them to the Hospice at Great Barmingham Lane, Luton LU3 3NT.

Mobile phones

Loads of charities recycle old mobile phones. Just search 'donating mobile phones'.

Sunglasses & Spectacles

The large chains of opticians, e.g. Boots or Specsavers will recycle old glasses for the developing world. Drop them in to any branch.

 Hertfordshire
ageUK ...Local Charity.
Local Impact

Could you be our Next Volunteer?

Looking for friendly and caring volunteers to visit older people once a week.
To Find out more, please contact Age UK
07772 173659
visiting.eh@ageukherts.org.uk

Hospital Transport Scheme needs Volunteer Drivers

- ★ Do you drive your own car?
- ★ *Can you spare one morning/afternoon a month?*
- ★ Do you live in the area bounded by High Cross, Dane End, Dassels and Little Hadham?
- ★ Then please consider being a volunteer driver for the local Hospital Transport Scheme.
- ★ (You are paid a mileage allowance)

Details from 07922 519174

Can you spare a few hours a week?

You could make a big difference in the life of a disabled child and their family by helping to share the care.

please call us on
0800 917 0925
to find out more

Shared Care



Report a Water Leak

www.affinitywater.co.uk/report-a-leak.aspx

Environment Agency

For reporting all environmental incidents relating to air, land and water: 0800 80 70 60.

Potholes & Faulty Traffic Lights

Go to Hertfordshire.gov.uk or call 0300 123 4047

Trading Standards

Citizensadvice.org.uk or call 0808 223 1133

Stop junk mail, phone calls and faxes

Register and junk mail and phone calls will miraculously reduce!

Mailing Preference Service

0207 291 3310
www.mpsonline.org.uk/mpsr/

Telephone Preference Service

0845 070 0707
www.tpsonline.org.uk/tps/number_type.html

These services are free (apart from the cost of the call). Do not respond to anyone asking for money

Waste Disposal

For further information, call WasteAware on 0300 1234 051
All Household Waste sites are closed on 25 & 26 Dec and 1 Jan.

Westmill Road, Ware SG12 0EL

Open: Every day: 10am - 6pm

Woodside Industrial Estate off Dunmow Road (A1250) Bishop's Stortford CM23 5RG

Open: Monday, Thursday, Friday, Saturday, Sunday 8am - 4pm.

Colliers End Clay Pigeon Shooting Club

Established 50 Years.

We meet on the 1st Sunday (Hillside) 100 Clays .
3rd Sunday (Hunsdon) 9am for 9:30. 100 Clays. We also run a Friendly league & monthly Competition.

We are a Club run by people who enjoy Shooting Clays.

Please call Chris Lynch for Membership Details.

07836 711336

St Thomas of Canterbury School

High Street, Puckeridge SG11 1RZ

admin@stcanterbury.herts.sch.uk



Extensive playing field and grounds



Spacious hall and dining room

Private lettings and hirings available - negotiable rates, enquire at the School Office 01920 821450

Let us deliver your leaflets for you

- 3,100 copies distributed quarterly
- Every house in Puckeridge, Standon, Braughing, Colliers End, The Mundens and Westmill get a copy.
- If you would like to advertise I accept anything The cost for delivering 3,100 leaflets is only £170
- Call John to book your slot as this is a very popular option!

Contact John Harris at 07740 306189 or john@walkinginengland.co.uk

Standon Village Hall

Keep Fit & Exercise Classes



Karate	Mondays	6.30-8pm	James 07943-252102
Music Exercise	Mondays	1.30-2.30pm	Hannah 07714-378887
Smart Group Training	Tuesdays	9.00-10.00am	Richard 07980-910989
Cardio Tone	Tuesdays	10.15-11.15am	Natalie 07545-146863
Tiger Cheerleaders Club	Tuesdays	5.15-6.15pm	Sophie 07847-380652
Tiny Tigers	Wednesdays	9.30-11.30am	Sophie 07847-380652
VACANCIES	ALL WEEK	RING DENIS. For info/prices	ON 01279-842625
Iyengar Yoga	Thursdays	6.30-8.00pm	Sharon 01279-508301
Morris Men	Thursdays	8.15-10.15pm	Bob 07772-463024
Reiki Drum Relaxation	Fridays (Monthly)	7.00-8.45pm	Annette 07769-183286
Tiger Cheerleaders Club	Saturdays	8.30-11.30am	Sophie 07847-380652

Police Contacts:

Number for NON 999 calls: 101

Crimestoppers: crimestoppers-uk.org or call 0800 555111.

Please remember: ALWAYS DIAL 999 IN AN EMERGENCY.

www.herts.police.uk

Hertfordshire Police Authority, Freepost ANG 6281, Hertford SG13 8YS.
Telephone: 01992 556600.

Puckeridge Health Centre

The Surgery, Station Road, Puckeridge SG11 1TF

Tel: 01920 823860 (*inc out of hours*).

Surgery is open:

Mon – Fri 8.30am – 6pm

Minor Injuries Unit

Herts and Essex Hospital, Haymeads Lane, Bishop's Stortford CM23 5JH

Staffed Mon - Fri, 9am - 4.30pm. Ring 01279 655191 ext. 4298 to ensure that the unit can help.

NHS Non-emergency Number

If it is not a 999 emergency but you need medical help fast, Call 111.

Domestic Violence/Abuse Help Line

08 088 088 088 (Freephone)

Confidential helpline open 9-9 Mon-Fri, 9-4 Sat & Sun.

Victim support

0300 303 0165

Abandoned Vehicles

01992 655261

Herts Society for the Blind Sight Line

The Sight Line telephone number is: 01707 324680, Monday to Thursday between 10 - 1pm.

Power cut helpline

Text POWER and your postcode to 80876

ukpowernetworks.co.uk/powercut

0800 31 63 105

0333 32 32 105 (if calling from a mobile)

Animal Warden

To report incidents re: dog faeces, stray dogs and an identichipping service. 01279 655261

Age UK Hertfordshire Information Line

Offers you information on a wide range of issues that are relevant to older people. We can also put you in touch with other organisations that can help you.

Information Line: 0300 345 3446

Trading Standards

03454 040506, 9am - 5pm Monday to Friday.

Traveline

0871 200 2233

www.traveline.co.uk

Post Office Times

Braughing, at The Golden Fleece.

Wednesday and Saturday mornings.

Standon

Monday - Friday 9.00 - 5.30

Saturday 9.00 - 1.00

Aircraft noise

Stansted Airport Noise Unit.

0800 243 788 email:

stanstednoiseline@stanstedairport.com

Local Library Times

Home Library Service:

If you can't reach your local library because you are housebound, have a disability or care for someone at home this service will deliver books free of charge. Details 0300 123 4049

Bishop's Stortford Library:

Monday 10 - 7pm

Tuesday - Friday 10-6pm

Saturday 10-5pm

Sunday 12-4pm

Buntingford Library:

Monday, Tuesday, Thursday 10 - 5.30pm

Friday 2 - 5.30pm, Saturday 9-1pm

Ware Library:

Monday, Tuesday, Friday, 10 - 5.30pm,

Wednesday 2-5.30pm.

Saturday 10-5pm

Parish Council Contacts:

Braughing

clerk@braughing.org.uk

Standon

Clerk: Belinda Irons 01763 838732

clerk@standonparishcouncil.gov.uk

East Herts District Council

The Causeway, Bishop's Stortford or Wallfields, Pegs Lane, Hertford. Both are open 9.00am - 5.00pm, Monday to Friday. Tel: 01279 655261. www.eastherts.gov.uk.

Herts County Council

Contact details:

Highways Fault Reporting

www.hertsdirect.org/highwayfaults

Home Safety and Security Checks

0300 123 4046

hhss@hertfordshire.gov.uk

Trading Standards 0345 404 0506

report.fraud@hertfordshire.gov.uk

Waste Aware 0300 123 4051

General Enquiries 0300 123 4040

Textphone Users: 0300 123 4041

Other help and support hertshelp.net or

0300 123 4044

Halls for hire

- Braughing Church Hall and Old Boys School, (up to 120 with kitchen facilities) – contact Phil Firmin 01920 823120, email phil.firmin@outlook.com
- Braughing Playing Field Association Community Hall - Contact Graham Frary grahamfrary@tiscali.co.uk
- Colliers End Village Hall (40 people comfortably, with kitchen) - Contact Suzanne Anderson 821836
- Dane End Memorial Hall David Hart 01920 438976 dane-endhallbookings@Outlook.com
- High Cross Mrs. J. Handy 318752
- Standon & Puckeridge Community Centre - Contact Robert Youell 07854 916404 communitycentre@tesco.net
- Standon Village Hall, Hadham Road, Standon – Contact Denis or Beverly Olliver on 01279 842625
- Thundridge Pauline Mortlock 467 152

Local Churches:

- A10 Christian Mission: Contact Revs Colin & Teresa Marks 01920 821684
- Old Hall Green & Puckeridge Roman Catholic Churches: Fr. John White 01763 271471
- Puckeridge Chapel, Century Hall, Station Road. Pastor Bill Harrow 01920 821366 pastorbill@puckeridgecc.co.uk www.puckeridgecc.co.uk/index.html
- The United Benefice of St Mary's Standon and All Saints Little Munden with St Catherine's Sacombe: Please see the benefice website, www.ubsms.org.uk for up-to-date information or contact Revd. John Chitham on 01920 739483
- St Mary's Church, Braughing: Mr Don Varley, Churchwarden, Church Office - 01920 823832 www.achurchnearyou.com/braughing-st-mary-the-virgin/

LOCAL DIRECTORY

All phone No's are 01920 and clubs in Puckeridge or Standon unless shown otherwise

- Albury Seedlings Preschool & Albury Primary School: 01279 771253
- Allotments:
Braughing: Ruth Fleetwood
rfleetwood@braughing.org.uk
Puckeridge: Doris Windsor 822525
- Baby-sitting Circle:
Sylvia Pinnington 822216
- Bat Helpline 01992 581442
- Beavers: 6-8 years old,
Angie Adamson 01763 849902
- Bell Ringing: Braughing: Paul Currie 822026 , Standon: Tracey Coley 823886.
- Bishop's Stortford Railway Society: Barry Bridges 438586
- Bowls Club: Andy Mansfield 07976 237050 or
standonandpuckeridgebowlsclub@gmail.com
- Braughing Cricket Club & Colts: Peter Hobson 07874 868691
braughingcricketclub@yahoo.co.uk
- Braughing Get Together: Marion Saunders 821530
- Braughing Local History Society:
Tricia Lilley 07851 640315
- Braughing Playing Field Association Trust: Graham Frary 07855 834862
grahamfrary@tiscali.co.uk
- Braughing WI: Kate Fish 822397
- Bridge Clubs:
Sue Dailly 823692
- Brownies: Register your daughter's interest at www.girlguiding.org.uk - general enquiries to: (Roger de Clare lunch club): Louise 07971 800443. (evening unit):
firstsandpbrownies@gmail.com
- Budding Babes: Tracy 01920 824041
- Buntingford Bird Club: Tim Robinson, 01763 243143
- Buntingford Choir:
Mandy or Gareth 0781 491 2595
- Buntingford Heritage Centre:
Jenny Dingley 01763 273002
- Carols Round the Tree (Standon):
Caroline Franks 822723
- Carpet Bowls:
Mike Bennett
Mikebennett12@aol.com
- Church Choir Braughing: Church office 823832
- Church Choir, Standon with the Mundens and Sacombe: Michael Smith 821281
- Conservative Assn:
David Andrews 823836
- Cubs: Wednesday Cheetah pack Derek Goodall 01763 273149,
Tuesday Puma Pack: Jackie Andrews 01763 247675
- Dance Classes - Rhythm & Poise School of Dance: Ballet: Karen Howarth - 01279 651535 & Tap, Modern & Jazz: Kate Dutton - 07969 362224
- Dance JAM Academy:
Julie McPartland
01920 822488 or 07971699615
- Dog Training: Jan Mann 823475
- Dominoes: Axe & Compasses, Braughing - Graham Frary 821715
- East Herts Aviation Society: Steve Morgan
stevemorgan125@btinternet.com
- Embroidery Group: Barbara Norris 822104
- Folk Music Club:
Stortfolk 01279 656664
- Friends of Braughing Church:
Clive Marshall Trustee:
chef@marshallclan.com
- Golf Club (East Herts):
Secretary 821978
- Guides: Register your interest at www.girlguiding.org.uk - general enquiries to Louise 07971 800443.
- Hares Football Club:
01763 848449
- Health Centre: 823860
- Hertford & Ware Railway Society: Stuart Moye 467132
- Hertfordshire Holly: Mixed Clog Morris: Mary Deeks 822905
- Herts & Essex Architectural Research Society:
Kath Pollard 01708 473646
- High Cross & Thundridge WI: Marilyn Pritchard 01992 553414
- Horticulture Society (Braughing): Marion Saunders 821700
- Hospital Transport for the Elderly:
Wendy Smith 07922 519174
- Jenyns First School & Nursery: 821461
- Karate Club: Clive 01763 231132
- Kettlebell Exercise Classes: Sue Prior 07854 316628
- Labour Party:
Frederick Perkins 822454
- Liberal Democrats:
David Albinson 822640
- Lipreading classes:
Louise Reed 821401
- Little Hadham Primary School: 01279 771285
- Mayday Committee:
Sue Spalding 821624 or
Rachel Law
rachelaw79@yahoo.co.uk
- Mercury Correspondent: Braughing:
Clive Marshall 822167
- Pantomime Group, Braughing: Peter Walsingham 823265
- Parish Paths Partnership: Braughing - Sue Dailly nedailly@btinternet.com
Standon - John Harris 07740 306189
- Penny Constantinou Accessible Yoga, Pre, Post Natal & Baby Yoga, Baby Massage. 07944 416572
penny@yogaforallherts.com
- Pet Care: Mrs Harvey 822814
- Petanque: Brown Bear, Braughing - Steve Banfield landlord@brownbearbraughing.co.uk
- Pets TLC: 822705
- Phoenix Moon Productions
enquiries@phoenixmoonproductions.co.uk
- Photographic Society (Ware): Barbara Norris 822104
- Railway & Local History Society (Buntingford): Stephen Ruff 01763 289516
- Rainbows: Register your interest at www.girlguiding.org.uk - enquiries to sandprainbows1@outlook.com

Low Cost, One Bedroomed, Centrally Heated Almshouses for Local People.

Almshouses become available from time to time for people with a connection to the Parishes of Standon and Thundridge. Each almshouse is a self contained one-bedroomed unit with it's own kitchen, bathroom and living room.

Write for details and an application form to:
David Goldstraw, Clerk to Standon Charities,
40 South Road, Puckeridge SG11 1TH.
www.standoncharities.org.uk

Braughing Housing Association

The Braughing Housing Association was established in 1965 for elderly Braughing residents finding themselves in need of a home.

There are six flatlets consisting of bed/sitting room, kitchen and bathroom, suitable for single tenancy.

Enquiries can be made by emailing
braughinghousingassociation@gmail.com

- Ramblers (Royston & Dist):
David Allard 01763 242677
- Red Yoga: 07590 964016
- Royal British Legion:
Standon: Ron Edwards 464218
- Ralph Sadleir Assn:
sandie@sandibevents.co.uk
- Ranger Girl Guides (14+ years),
Wednesday, Rosanne Kenealy 01920 821304
- Rib Valley Gymnastics Club: Andrea
Allen 07989 980038
- Roger de Clare School Association: Sarah
Gillingwater 823129 or Sam Risley
823477
- Sadleir Drama Club:
Liz Pickup 01763 289446
- Explorer Scouts: 14-18 year olds,
Wednesday Buntingford Unit
Christine Pestle 07711 506381,
Friday Ware Unit: Jim Campbell
01920 461134
- Scout & Guide Band:
01920 823163
- Scout Troop: 10½-14 years old, Derek
Goodall 01763 273149,
S.P.I.N.S. Pre-School: 07881 533339
- St. Thomas of Canterbury Primary School
PTA: C/o School 821450
- Standon Morris: Catherine Ward 07808
969379
- Standon & Puckeridge Health Centre:
823860
- Standon & Puckeridge Community
Centre:
Robert Youell 07854 916404
- Standon Village Hall - Denis Olliver
01279 842625
- Swimming Club (Buntingford): David
Carr 07966 508156
- Tai Chi: Mrs A Manwaring 822041
- Tennis Club:
Braughing:
Karen Gore 07860 484878
Standon:
Keith Bradshaw 01920 821152
- Three Villages Eco Group:
Trish Street 01920 821069
- Ware District Trefoil Guild
Mandy Challis (Chairman),
WareDistrictTrefoil@gmail.com
07766 086137
- Twinning Assn (Buntingford):
Mary Deeks 822905
- University of the 3rd Age:
Barbara Norris 822104
- Veterans Football Club:
Paul Mayne 822615
Craig Gardner 823805
- Ware and District 41 Club:
Peter Warren 01920 824099
- Ware Swimming Club:
Chris Buck 07947 322808
- Ware U3A:
Chris Beeton, Membership Secretary
07952 066748
- WASPS Out of School Club Nicola
English, 07904391133,
nicola@waspsclub.com
- Young Countrysiders:
Linda Watts 821393

PS News - The idea

Everyone is welcome to write, there is no charge for articles on any subject of interest to our communities.

PS is written and delivered by volunteers, it is paid for by the advertisers.

3100+ copies are distributed to every house in:

Puckeridge	Standon	Braughing
Colliers End	Nasty	The Mundens
Old Hall Green	Wellpond Green	

and many of the houses in:

High Cross Little Hadham.

Copies available from local Pubs, Vintage Service Station in Puckeridge, plus Standon Convenience and Standon Post Office.

Advertising in PS

The cost of advertising is:

- From £84 per year—details www.psnews.org.uk
- ***You have to advertise for a year (4 issues) minimum and pay in advance.***
- Advert design, logos and illustrations scanned, all free of charge.
- ***Leaflet inserts*** are £170 per leaflet. Contact me before getting them printed as we limit the number of inserts in each issue. Book early to ensure we can take your insert when you want it.

Copy dates

Copy dates are as shown below. If you want to advertise, contact John Harris: 07740 306189 or email john@walkinginengland.co.uk

By email

March Issue	10 Feb
June Issue	10 May
Sept Issue	10 Aug
Dec Issue	10 Nov

Please send your articles and photographs by these dates.

If you would like an email reminder a couple of weeks before you need to get the article to me, just email me the request and it will happen.

Emailed articles, deliveries & advertising:

John Harris, 4 South Road, Puckeridge SG11 1TH.

Tel: 07740 306189

E-mail: john@walkinginengland.co.uk

Visit our website for the latest issue and advertising details: www.psnews.org.uk

Delivery query?

If you would like to volunteer to deliver PS or for some reason you get missed please contact John as above.

When can I advertise?

NOW! To reserve your place or for more information, please call John on 07740 306089 or email john@walkinginengland.co.uk

Personal, caring and independent.

The complete funeral service

24 hour service • Private Chapels of Rest
Bespoke Funeral Plans • Own Crematorium



AUSTIN'S
FAMILY FUNERAL DIRECTORS

www.austins.co.uk

- STEVENAGE • 01438 316623
- HITCHIN • 01462 438422
- KNEBWORTH • 01438 812365
- BUNTINGFORD • 01763 274111
- WELWYN GARDEN CITY • 01707 390018
- WELWYN • 01438 714686
- HERTFORD • 01992 582052
- WARE • 01920 468551
- LETCHWORTH • 01462 684292
- HODDESDON • 01992 471709
- HARWOOD PARK • 01438 812515

Harwood Park

The perfect setting to commemorate the life of your loved one



Crematorium and memorial gardens created and managed by the Austin family in the beautiful Hertfordshire countryside.

www.crematorium.co.uk



Serving the local community for ten generations



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All repair work undertaken



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And more



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