

A Tribute to Rachel Pinkney

I first met Rachel and her husband Fred in 1975 when I joined Standon Morris Men, as they were then called. I am sure that everybody who knew Fred remembers him as a larger than life figure but behind the scenes I think Rachel was the boss.

I was not aware, in those early days of knowing them, of their role in the re-establishment of Standon May Day in the life of the community. Pictures and local newspaper cuttings I know exist in the village documenting this and the story of how it was done can be found on-line. This occurred in 1974 and having been involved with the celebrations each year since 1976 I do of course want to place firmly on record that I believe we all owe a debt of gratitude to Rachel, Fred and all the other pioneers, and then their successors, for placing this charming event back in the village social calendar.

Many years ago I was asked to be the MC in the arena and those of you who have been present in recent years will know that Rachel always took a seat towards the side of the stage to watch the children dancing and the Morris Dancing displays. I always introduced her to the audience as the lady to thank for our tradition continuing and although she always told me off for doing so I have had it on good authority since her passing that she was inwardly very pleased and that gives me pleasure.

Rachel was also involved in other folk traditions in the village. In the 1970's and 1980's the revival of old customs and festivals generated a more widespread audience for folk music and dance. Standon Morris were then at the start of a long period of dance performance with large numbers, as were the Hoddesdon Crownsmen Rapper Sword team, including many common memberships of both sides

But these were of course all male sides, other than the lady members of the Crownsmen who performed Appalachian Clog dancing. Rachel and other ladies decided that the wives and girlfriends should have their own team and thus Hertfordshire Holly was born to perform the North West England Clog Morris dances.



As with all clubs people come, people go, as do circumstances and ideas. Some of the ladies including Rachael did not want to follow the example of Standon Morris and travel to weekends away at organised dance festivals, or holidays away elsewhere in the UK. And so there was the formation of another team, Standon Green Morris, led and coached by Rachael who performed locally and of course at May Day. That side ceased some while ago but it is another part Rachel's legacy. As of course is Hertfordshire Holly, the original side, which continues to this day,

She was also involved nationally as the Treasurer of The Morris Federation.

Lots of you will have known her as a neighbour of friend and will have your own memories of her. I would just like to say that I for one was proud to have numbered Fred and Rachel as my friends, and colleagues, at Morris and of course May Day.

My condolences and thoughts go to Vince, Amanda and Gerard and all the family in their loss but I hope that in writing this short article, at the request of

others, I have done a little to embed their mother's name in the folklore of the village.

Many people have said with advancing age that they hope that they made a difference. Rachel, you did!

Steve Deeks

Little trips help make a big difference

Healthy Little Trips

Whether it's just a walk to school or a trip to the local high street, making those short journeys by walking, cycling, scooting or even taking the bus all help. It all adds up to improving our mental and physical health, air quality, traffic congestion and the local economy.

HertsHelp

We all need a little support from time to time.

The Hertfordshire County Council's cost of living resource page offers advice and practical help to manage finances and make savings while also helping the environment.

If you are struggling, please get in touch with HertsHelp - trained friendly advisors are on hand to offer confidential assistance and can put you in touch with helpful services and support locally - call 0300 123 4044, email info@hertshelp.net or visit www.hertshelp.net

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 Centre

The Buntingford and the Puckeridge surgeries operated contractually as two separate entities until quite recently. This 'separateness' has now ceased as the two GMS (General Medical Services) contracts have finally been merged with joint policies, practise, and governance in place. Administrative workload is reduced as things now only need to be done once rather than for each surgery individually.

Once again, the number of face to face appointments continues to rise with 10333 of the 16506 appointments handled in this way during the eight weeks to 15 May. Over 7000 of these appointments were with a GP. 'Did Not Attend' data is monitored carefully and numbers remain low as most people are very good at informing the surgery if they are no longer able to attend their allocated slot. This is so important as the space can be reallocated to someone else in need so please, if you are unable to make your appointment, let the surgery know.

National guidance on infection control measures continues to change and the Practice has given this serious thought. Because the people attending the surgeries are frequently the most vulnerable in our community the decision has been made for clinicians and patients to continue to wear masks at the Surgery, certainly for the time being.

The telephone system will be updated and call back and queue number options should be rolled out in early autumn.

We had discussions regarding planning for changing demographics as new housing development increases numbers of people with young families moving into the area. The demands on the system created by this must be balanced against the needs of those already resident, especially the older population who are tending to live longer and often have a range of complex issues. The ethos of the Practice is one of family-focussed continuity of care with a strong relationship between patients and their GP, built over time. The Practice has been very successful in recruiting staff who are attracted to this philosophy, and it continues to be proactive to ensure adequate capacity is in place to meet demand. The main 'precluder' to this has been the lack of space.

The practice continues to pursue premises options and are considering several options. Each option has its own considerations but the over-riding priority is for longevity. The current Buntingford site is not big enough for purpose and no-one wants to end up back in the same position in ten years' time, having to repeat the task of finding somewhere else because the premises are, once again, outgrown. The extended Puckeridge site should be fully operational by the end August/early September.

We all know that it can be very difficult to get a hospital appointment and that waiting lists for almost all clinics are

sometimes frighteningly long. The Practice is proud that it is able to continue to manage each patient whilst they are waiting to access a hospital clinic or undergo surgery although this does mean an additional load on the service that should, in an ideal world, have been passed on to a hospital. Most times they get things right, but they do acknowledge that, sometimes, things do not go according to plan and that occasionally someone may not be happy with the service they receive. If you have any concerns regarding your experience with the Practice, please do contact the Practice Manager who will always be available to hear your story. The Practice can only improve if they are made aware of any issues and it is not helpful to anyone for dissatisfaction to be expressed on social media sites although, in reality, the positive generally outweighs any negative.

If you are over 16 years of age and a registered patient of the Practice who is interested in supporting the PPG in co-operation with the Practice please do get in touch by completing the Patient Group sign-up form available on the Practice website. We are particularly keen to recruit younger members of our community. Meetings are currently held online for an hour, every couple of months. Whilst on the subject of the website, if there anything you think is inaccurate or something that you feel would be useful to include please contact the Practice Manager with your thoughts.

Jenny Dingley

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Braughing Get Together film night in September

Braughing Get Together will be screening Phantom of the Open on Friday 9th September at 20:00 in Braughing church hall. Please note the date in your diary.

Phantom of the Open is a biographical comedy-drama starring Mark Rylance as Maurice Flitcroft, an amateur golfer, who realised his dream to play in the British Open, but gained notoriety as the worst golfer in its history.

Doors and bar open at 19.30 and booking is essential. Tickets are £7.00 each and can be reserved early in September, from Cynthia Matthews.

Email cynthia.matthews44@gmail.com, call 01920 822230 or 07933 202547

Braughing Get Together trip in October

Braughing Get Together is planning a trip, in October, to Four Acres Estate, a vineyard set on a hillside above the Ash Valley in Little Hadham.

The date is yet to be arranged, so keep a look out for further information.

Standon Embroidery Group

We will be holding an exhibition on Saturday 19 November at Thundridge Village Hall 9.00am - 4.00pm as part of the Photographic Society's Annual Exhibition.

Further details from Barbara on 01920 822104.

Want to help other people help themselves?

Citizens Advice East Herts is looking for VOLUNTEER ADVISERS

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Volunteering with us gives you the opportunity to build skills and confidence, meet new people, be part of the local community as well as gain references and enhance your CV. We ask for a commitment of 6-7 hours a week. To find out more please contact us: · Online: www.citizensadviceeastherts.org.uk/volunteers/ · Email: training@citizensadviceeastherts.org.uk · Phone: 01920 459946 for an informal chat.

What Citizens Advice East Herts volunteers say:

- "Volunteering has been very rewarding, knowing that I have improved someone's situation by giving them a starting point just through a phone call or an email, and

the variety of clients who come through is why my volunteering days are always interesting!"

- "I was helped by Citizens Advice many years ago and thought it was a brilliant organisation as it sought to help people at difficult times in their lives, irrespective of their circumstances, and for free. I always hoped that I might be able to join the organisation when I retired. I have so much respect for our capable and dedicated staff and fellow advisers with whom it's a privilege to work."

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For information please contact David Ranford

ranfordd@gmail.com
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Braughing Fair and Wheelbarrow Race 2022



As the old headlines used to say, Phew! What a Scorcher!!

We were blessed with amazing weather for the annual Braughing Fair and

Wheelbarrow Race on Saturday 9 July. A record number of people attended and were treated to many different stalls selling everything from candles to jewellery to gin. Everyone could also sample all the wonderful food on offer; BBQ, Thai, Indian, Bagels, Pizza and Brownies, not to mention the tea/coffee and cakes supplied by the Church.

The bar was a very busy place, as you can imagine, and was expertly run (with guidance from the Golden Fleece) by Friends of Jenyns, as was the raffle. There were some fabulous raffle prizes and we would like to thank everyone who donated their wares.

The dog show was very busy too with everyone eager to show off the canine members of their family. The Musical

Sits class is still the most competitive, for the owners, not the dogs!

This was followed by an impressive falconry display by Fens Falconry who came from Norfolk to show off the skills of their beautiful birds of prey.

A very well done must go to the children who took part in the Tigers Cheerleading performance under the heat of the afternoon sun. They were brilliant!

So, on to the Wheelbarrow Races themselves!

What a lot of entries we had with some very eye-catching and inventive fancy dress costumes. Our County Councillor, Jeff Jones, had real trouble picking a winning fancy dress team from each class.

The new Adult and Child race proved very popular and no doubt gave inspiration to some budding wheelbarrowers for the future.

Each team were pelted with flour bombs as they came into the finish and some people looked like snowmen at the end. It was superb fun and the atmosphere was one of carefree hilarity for this unique English tradition. Thank you to the Axe and Compass and the

Brown Bear for supplying the pints of beer which were drunk on route.

All the children seemed to love the beach and indeed some families came just for the beach, not knowing about the wheelbarrow races at all! They were so surprised and thrilled to see the races.

Of course, the day could not even get started without all the very generous sponsors for which we are extremely grateful. Also, all the many volunteers who help set everything up and then turn up on the Sunday/Monday to take everything down and sweep up sand!

The event enables local charities and groups to fund raise for themselves and we are delighted that over £11,000 was raised. Over £4,000 was raised for the village and will go towards a local project.

We look forward to seeing everyone again at next year's Braughing Fair and Wheelbarrow Race on

Saturday 8th July 2023. Put it in your diary now!

Braughing Fair and Wheelbarrow Race Committee.



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Hertfordshire Holly

We have performed at several local venues this year including Standon May Day and the Buntingford festival and have recruited a new, young, male dancer which is always good news.

It was with sadness that we learnt of the passing of Rae Pinkney who started Hertfordshire Holly way back in 1979. She spent many years patiently teaching new recruits and new dances. The skills that she had acquired through teaching young children to dance over the years came in very useful. We thank her for her contribution to the local folk dance community.

It would be a shame to let her efforts go to waste and we need younger people to take over and keep the dance alive.

In our case it is clog morris from the North West of the country and on Facebook and our website, www.hertfordshireholly.org.uk, there are photos and videos of what we can do and it really is fun

We practice most Thurs evenings, 8 to 10, in High Cross village hall.

Mary Deeks mideeks@yahoo.co.uk
01920 822905

Standon and Puckeridge Community Cafe

It has been great to see so many people coming along to the Community Cafe on the first Wednesday of each month.

We will continue to open on the first Wednesday of each month; 7th September, 5th October, 2nd November and 7th December.

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

We will open at 9.30am for the time being, to allow Spins to operate a one way system for 'drop offs'.

The October Cafe will be in support of the World's Biggest Coffee Morning, MacMillan Cancer Support, with Flamingo Paperie (cards and wrapping) and a raffle.

Please also note that 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, thank you.

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

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

Best Wishes

Alison

Singers Wanted...

For a new community choir in Standon and Puckeridge.

We will be rehearsing on Wednesday evenings 7.30 – 8.30, starting on 26th October. There will be an opportunity to sing at a concert in Standon in December.

Do you find catch yourself singing to yourself or joining in with the television? Why not sing with other people? The social and health benefits of singing are well accepted, and it's fun too. Previous singing experience is not necessary.

Please contact me to express interest or to ask for information. I will share further details as arrangements are finalised.

David Ranford
ranfordd@gmail.com

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Braughing Women's Institute

Members of Braughing Women's Institute enjoyed a Jubilee Celebration meeting in May. Members brought along memorabilia of the Queen's 70-year reign. Fairy cakes, decorated red, white and blue, were served with fizz. The afternoon ended with a Royal quiz and a toast to the Queen.

Programme

- 15 September: Swimming for Charity, Andy Nation
- 20 October: My Life, Eddie Rowland
- 17 November: Hertfordshire's Parks and the Tudors, Anne Rowe

Raffle and refreshments

Meetings held in The Church Hall, 2.30pm-4.30pm

New members always welcome

Contact Kate 01920 822397

Soup lunch

A soup lunch will be held in The Church Room on 10 October, midday to 2pm. Everyone, including non-members, welcome. Please put in your diary!

Right to Roam, more so after Covid!

I have always been outdoorsy and feel blessed to live in the Parish of Standon.

If Covid taught us anything it was how urgently our minds and souls need green open spaces. Around here we can walk through woodlands, meadows, and along rivers for Free! How fortunate are we. It is a natural recovery centre—the great British countryside. Mind, body and soul. And seeing children run, climb and skippety skip in a natural place, is an utter joy

Right to Roam groups want to see the Countryside and Rights of Way Act 2000 extended.

If you are local and notice any obstructions/fencing reduced access to existing or old routes please please do contact your local Rights of Way officer at Herts County Council.

Some 49,000 miles of paths are being lost or contested in the UK (Sunday Times Aug 7 2022)

Yes the land maybe privately owned, but the Right to Roam across it is publicly owned and that must be there for generations to come.


Ware & District Photographic Society

We recommence on Wednesday 7 September in Thundridge Village Hall 8.00pm - 10.00pm.


The Club helps photographers at all levels and ages with talks, practical advice, studio workshops, etc. The first 3 evenings are free for prospective new members. The annual exhibition is being held on Saturday 19 November at Thundridge Village Hall 9.00am - 4.00pm. For further details visit www.wareps.org.uk

Friends of St Mary's, Standon Events

- Saturdays 1, 8 and 15 October - Autumn concerts in St. Mary's Church, Standon. Ploughman's lunch available from 12 noon.
- Saturday, 19 November - Christmas Coffee morning to be held in St. Mary's Church, Standon. Come and enjoy coffee or mulled wine and a mince pie whilst buying Christmas gifts from the lovely stalls in the church.



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Buntingford Action on Climate Change and Sustainability (BACCS)

Buntingford's Alternative Car Show

I hope you have all managed to stay comfortable during our long, hot summer.

Not only has the heat been challenging but we have also faced huge hikes in fuel and energy prices as I am sure you don't need me to tell you.

You may have been considering buying or leasing an electric car to save on fuel prices and, as a Nissan Leaf owner, I would say that if you can, do it. I have had mine since March 2021 so have had 18 months to get used to it. It isn't brand new being a 2018 reg but it's a bit like buying a house - you get the best you can afford at the time. Even if it seems a big outlay, you soon reap the benefits.

After all, with inflation being as high as it is but interest rates on any savings you may have not giving you the same return, it is not necessarily a bad idea to invest in something that will save you money over the coming years.

We have an electric charging point on the house which means you can charge the car at your convenience and cost about £600 to install last April. There is a new

government grant scheme (OZEV) which provides funding of up to 75% towards the cost of installing electric vehicle smart chargepoints at domestic properties across the UK - <https://www.gov.uk/government/collections/government-grants-for-low-emission-vehicles> which is worth taking advantage of.

Typically, it costs me just over £2.00 to charge the car overnight on a special tariff and this will take me a minimum of a 100 miles - so what's not to like!

OK, so maybe you are thinking this could be a good idea but what about range anxiety?

It is true that you do need to be more mindful of your journeys and to make sure that there is enough charge in the battery to get you where you are going but, in my opinion, it is worth the extra time and trouble to know that your journeys are not contributing the same amount of emissions as a petrol or diesel car.

Some more modern electric cars have a range of around 350 miles so they are definitely improving. We realise that electric cars are not strictly *zero emission* when you take into account the manufacturing and the sourcing of precious metals so are not the answer to a

net zero emission transport system - it would still be better to use public transport, especially if that were run on renewable electricity. However, living in Buntingford or surrounding villages, we have a sparse service and it is not always practical.

There are apps you can use on your smart phone, which tell you where all the charging points are on your journey and at your destination so that you can plan accordingly. If you don't fancy taking the full plunge with a totally electric car, you could consider a hybrid car.

If you want to find out more about what it is like to own and drive an electric or hybrid car come and find us at the **Alternative Car Show** in the town car park, running alongside the Buntingford Car Show on **Saturday 3rd September between 11am and 4pm** showcasing a number of electric and hybrid vehicles and the owners happy to answer any questions.

We look forward to seeing you there.

Madela and team

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Did you miss the Walking Advent Calendar December 2021?

At the time of writing this article (a sun-baked August afternoon) it feels incongruous to be thinking as far ahead as Christmas but since John Lewis is already advertising fake Christmas trees and other decorations, here goes.

In the weeks of Advent leading up to Christmas, St Mary's Church is going to repeat its 'walking' Advent Calendar in Standon and Puckeridge, illustrating lines from Christmas carols, with imaginative displays in the windows and/or front gardens of residents' houses.

Do you remember last year's tableaux?

You could see individual contributions as you passed them on your routine walks or you might have made an expedition of your viewing – last year's turned out to be quite a long walk!!

Here are a few examples:

- The Shepherds abiding in the Field on Paper Mill Lane pointing to the Star on Douro Barn,
- Good King Wenceslas looking out of the window on Puckeridge High Street,

- the Singing Choir of exuberant Angels hanging most musically in a window on Standon High Street

- or the Three Kings of Orient who were missing from the display but whose life-size camel bore the message "Gone to the pub" on its hump?

If you didn't see these you certainly missed how delightfully imaginative, creative, and spiritually moved residents of Standon and Puckeridge were to the invitation. Why not give it a try yourself this December like the 33 households who lit up our rather constrained Christmas last year?

Which ones stand out?

Well, for us they all displayed love and care. Some were very moving, some



humorous, some beautifully crafted and some very witty or clever.

- The wit of the entry for 'O little town of Bethlehem' in the estate agent's window – 'No room at the inn' – raised a chuckle.
- The three ships (one of them real) sailing by in Plashes Close;
- the two rather well upholstered deer running under a rising sun in South Road
- and the sumptuous halls of The George decked with holly all tickled our fancy.

Some were more modest with just a few figures in a front window and others,

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obviously the work of children, were very touching, capturing the spirit of the great festival of Christmas.

It wasn't a competition but a prize of a hamper, donated by the Farm Shop, nevertheless seemed appropriate.

The two runners up deserve special mention, both of them from the carol While Shepherds Watched:

- The sheep off Paper Mill Lane seemed more intent on watching their shepherds than vice-versa but there was something about the shepherds themselves (a candle that actually lit them up after dusk and a star on Douro barn) which genuinely captured the excitement and joy of the Nativity.
- The shepherds in Eleanor Cottage window, watching their flock of knitted sheep while they grazed dangerously close to the A120, struck a chord. Our minds boggled at the idea of ladies from the Women's Institute, with needles clacking away at a great rate, knitting two life-sized Herdwick (?) ewes and a flock of lambs. Both the runners up were truly impressive.
- But it was back to Puckeridge High Street for the winner, Good King Wenceslas, brought to life in three beautifully crafted scenes on simple

wood backgrounds, accompanied by an explanation of their relevance to the world today. It was a work of art in its own right. It caught the passing eye, distilled the essence of the carol's message and left us and, we suspect, many others reflecting on its universal message.

It's time to look ahead.

Quite what form this year's Walking Advent Calendar will take is not yet decided.

If you would like to participate or if you need more details, please contact Sue Geddes (tel. 01920-318674 or suegeddes@hotmail.com.) We sincerely hope plenty of newcomers will respond to the challenge this December plus of course 2021's contributors coming with fresh ideas to this wonderful community event.

To inspire you in this endeavour, we have created a photo book with a picture from each of last year's displays. This photo book can be found at the back of St. Mary's Church. (If you wish to have your very own copy this can be arranged!) Do think about joining in this year – the more that do, the merrier our Christmas will be.

Mike Baker and Sue Geddes

Standon MayDay Update

It is with regret that we heard that Rachel (Rae) Pinkney passed away on 21st July 2022. She was involved in MayDay until around 4 years ago. We want to acknowledge the wonderful legacy Rae has left to Standon and it is only our hope that we can continue to do it justice in her memory for years to come.

A plaque is being placed in the high street to mark this remarkable lady's contribution to our village.

The Standon MayDay has made a contribution to Roger de Clare School towards this year's leaver's hoodies and the Committee would still like to contribute to local causes needing a donation. Please email any requests to: info@standonmayday.co.uk for consideration by the Committee in 2022.

Standon MayDay 2023 will take place on Monday 1st May. Our planning will start this autumn and we would love to hear from anyone who feels they can help us in even a small way.

Sue Spalding
info@standonmayday.co.uk

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East Herts Aviation Society -

The Society has recently celebrated its 25th anniversary. Meetings are held in Braughing and anyone with an interest in aviation is welcome to join us. So far this year we have covered a wide range of subjects from hints on how to improve your aircraft photography, an amusing account of the life of a commercial airline pilot and the complete history of de Havillands. Our last meeting was on the rapid developments during the Second World War which resulted in the Hawker Tempest Mk II (pictured) powered by a 2,500 horse power Centaurus engine giving it a maximum speed of 440 mph.

After our summer break, we will be back on 26 September when Greg Baughen will be presenting on the 'RAF at the crossroads in 1942'. On 31 October, Andrew Barber from Hybrid Air Vehicles is our speaker on airship development and the current status of the Airlander project. Howard Cook of the Historic Aircraft Association is visiting us on 28 November and his talk is entitled 'How the Hurricane came to be.'

If you would like to come along to our meetings, please contact me in advance at stevemorgan125@btinternet.com. Meetings start at 8pm at the Axe and Compasses pub in Braughing but many attendees arrive an hour or so earlier for supper. The entrance fee is just £3.

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

Steve Morgan, Society Secretary



Standon Open Gardens 2022

We enjoyed a beautiful sunny day in June for our Open Gardens. People came from far and wide to visit the gardens of Standon and Puckeridge and to have refreshments along the way. Several people came from North London, but one lady made the journey from Yorkshire especially to buy a particular plant from the Plant Sale!

This year we hosted a concert in Church by the Harmonaires, a choir based in Bishops Stortford, and there was art for sale at the Lordship. The Rib Singers meandered down the High Street singing at various venues.

A big thankyou to everyone who opened their gardens and to those who helped on

the day and provided plants for the Plant Sale. As a result we sold 315 tickets and raised in total £8,800 which included £1800 from the Plant Sale as well as profits from lunches, teas, art sales and a Pimms Bar.

It is a great community event and it could not happen without everyone making cakes and helping in lots of ways. If you would like to get involved next year please contact me on 07718734897.

As well as raising money for the upkeep of our beautiful Grade 1 Listed Medieval Church, we had a very happy day. Let's hope that the sun shines on Saturday 10th June 2023.

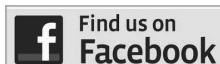
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Spins Pre-School & Toddler Group

This Summer Term's focus was on preparing for change, exploring growth and working alongside the local schools to support the children with school readiness and transitions.

Naturally, teachers were welcomed to meet the children and play alongside them to ensure their initial introduction was as natural for the children as possible.

In some cases, Spins worked closely with Roger De Clare to further support families that would benefit from one to one meetings with their child's teacher, prior to their child's start date into school.

Transition, change and growth takes many forms, so the Spins Team worked together to include such changes through organic activities. We explored the weather, different lifecycles, environment and its effect on growth and decay. The children also learnt that care and nurture plays an important part in healthy growth.

One member of the team worked in collaboration with our local Clarks Shoes based in Bishops Stortford. This led to the children drawing around each other's feet, measuring and making comparisons in size and self-management in trying on

different footwear. Whilst the younger children were fascinated with Velcro, the older children tried buckles, zips and laces. Self-Care continued by providing school uniform for dressing up and we heard some wonderful dialogue from the children and observed self-management in terms of getting dressed independently whilst doing buttons and belts.

We finished our Summer Term with a Teddy's Bear picnic in both our Parents/ Carers and Toddler Group and the Nursery.

Our Older children prepared a presentation for their families which included movement to music followed by a Goodbye song using both words and sign.

This was followed by a Graduation Ceremony for a leavers.

We wish our little leavers continued motivation in their learning and education.

We would also like to thank our many families for their generosity through cards, gifts and testimonials.

For enquiries call Sam Christie or Paula Smith on Tel 07881 533339 or visit our Facebook page to send a message or email us spins.nursery@hotmail.co.uk

Hertford Symphony Orchestra

Autumn Concert, Saturday 12 Nov 7.45pm, Ware Drill Hall SG12 9HP

- Anton Weber Overture to Euryanthe
- Max Bruch Violin Concerto No 1 (Soloist: Magdalena Filipczack)
- Sergei Rachmaninov Symphony No 2

Conductor: Jonathan Mann
Tickets: £17 adults, £8 students

Buy tickets online at <https://www.wegotickets.com> or from Hertford Tourist Information, 10-12 The Wash, Hertford, SG14 1PX, tel 01992 584322

New Babies and Toddler Group

A new group for babies and toddlers is starting on 9 September in St. Mary's Church in Standon High Street.

It will be from 9.30 until 11.00, with refreshments and activities.

All young children are welcome (with a carer!).

We look forward to seeing you!

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Friends of the Rib and Quin

FORQ have been conducting Riverfly Monitoring and Water Quality Testing at several points along the Rivers Rib and Quin for over a year now, so we are starting to be able to see trends developing.

We were therefore very concerned when, in early July, we found that the Phosphate levels at one of the sites in Buntingford were suddenly too high for our monitoring equipment (we use Hanna HI713 Phosphate Colorimeters) to measure. Meaning that the levels were above 2.50ppm (parts per million).

Looking at the data over recent months from the other sites on the Rib the levels were still higher than they should be but lower than in Buntingford. The figures for the River Quin in Braughing were lower still.

More data was needed for us to confirm our suspicions so a day of testing was conducted at chosen sites on the Rib between Buntingford and Wadesmill.

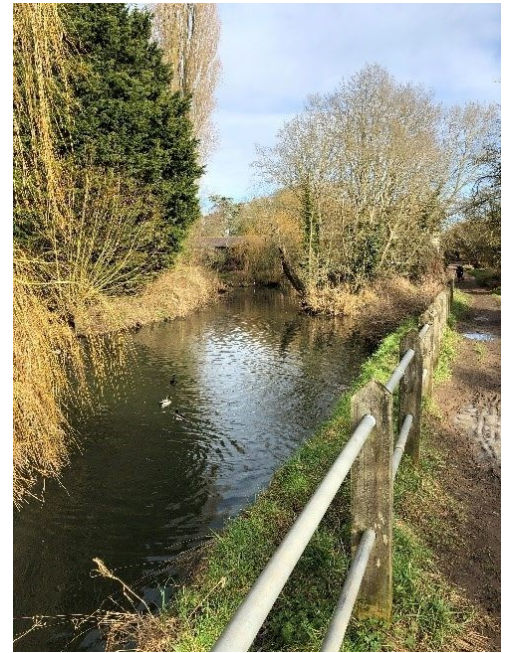
Our first test site, at Buntingford Watermill on Luynes Rise, is above the Thames Water Sewage Treatment Works, this gave a reading of 0.52ppm. This is approximately 7 times what might be expected in a 'natural' chalk stream. Our next testing point, at Aspenden Road, is below the STW, this is the site where we had seen the Colorimeter "max out" on the regular test day. It did so again, meaning the water there has well in excess of 30 times the level of

phosphate present compared to that expected in a chalk stream.

The next three sites, at Westmill North Bridge, A10 Hay Street Bridge and Hamel's Mead, all produced the same reading of greater than 2.50ppm. It wasn't until a test taken from water at Braughing Railway Bridge that phosphate levels fell back to within the parameters of the Colorimeter, with a reading of 1.56ppm. Here the River Rib has been diluted by the River Quin with its lower phosphate levels.

After the test site in Standon (which is near the A120 bridge and also gave a reading of 1.56ppm), the River Rib is further diluted by discharges from Standon STW and possibly other springs. We believe Standon STW has phosphate stripping infrastructure. This meant that the river above Latchford gave a reading of 1.26ppm, before rising again to 1.69ppm at Barwick Ford, where private sewage treatment discharges at Latchford, Hanging Wood and Barwick will probably have contributed phosphate. There was a fall again in the test result at Cold Christmas (1.27ppm) but they rose again at Wadesmill (1.57ppm).

The data collected in this snapshot test, and our ongoing testing regime, provide evidence of a story of phosphate pollution in Buntingford. It is clear to us that the River Rib is being highly polluted but then diluted by the Quin at Riversmeet. Interestingly our finding replicate those of the EA (Environment Agency) and



The Rib just downstream from the Old Paper Mill, Standon.

demonstrate one of the main reasons why the river classification for the River Rib, according to the Water Framework Directive and presented in the Chalk stream Restoration Strategy, is poor.

The full report of our Phosphate testing can be found on our website, at:-

<https://friendsoftherib.wordpress.com/phosphate-testing/>

We will, of course, continue with our monthly monitoring of the sites in Buntingford, Braughing, Standon and Cold Christmas, and we have new sites

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that we are looking at as well. It is good to see that this type of Citizen Science can back up the testing of agencies such as the EA. It also shows how important our testing is, as we will be using this data to challenge Thames Water (who run the STWs in our area). We note that there is a planning application to upgrade the STW in Buntingford, we hope that this will include adding phosphate stripping, and therefore, we hope to see an improvement in the river south of the STW and that phosphate levels will significantly reduce. This can only benefit the whole of the River Rib below Buntingford.

In the meantime, we had a lovely day at Braughing Fair and Wheelbarrow Race, again we had a stand right next to the Quin and were able to do a Riverfly Monitoring demonstration. As ever the children loved to see the “creepy crawlies” and we got chatting to many people about the river, what we are doing and why.

I am sure many PS News readers are members of HMWT (Herts and Middlesex Wildlife Trust) and were as thrilled as we were to see FORQ get a mention in the article on Chalk Streams, in their quarterly magazine, “Wildlife Matters”. We were even more please to see that the River Rib featured at number 1 in their “Top 5 places to see Chalk Streams”.

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

Earlier this year, Peter Sinclair completed his ‘survey’ of the River Rib by walking along its banks from Braughing to the River Lea in Hertford. The previous year he walked the Rib from Therfield to Braughing and the Quin



The ford at Latchford

from Barkway to its junction with the Rib at Riversmeet, Braughing. During his walks he surveyed the state of the rivers, which were often dry upstream. Sometimes the only water entering the rivers was from outflows from sewage treatment works.

He also noted the many landmarks, historical buildings and bridges along the rivers, as well as comments made by previous Hertfordshire ‘surveyors’ in the 1880s. His photographs enliven the text, which tells the fascinating story of our two chalk rivers. Sadly, not only are they under serious threat from abstraction and pollution, but also less than 10% of their lengths are accessible for the enjoyment of the general public.

All Peter’s walks are online and can be seen at <https://friendsoftherib.wordpress.com/the-river-rib-from-braughing-to-the-river-lea/>



Graham and Caroline are opening Quinbury Farm Restaurant for three not-to-be missed Autumn Evening Culinary Experiences.

They will be serving up a mouth-watering six course dinner with lots of delicious locally sourced fresh produce for just £45 per person. Diners will also be able to purchase fine wines and non-alcoholic drinks to accompany their meal.

Bespoke menus are being created for each evening so put these dates in your diary:

-  Friday, September 30th
-  Friday, October 28th
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Naming a place and see if it catches on

So I took my dogs for their evening walk, a good strong stride for 1 hrs 15 makes me feel so very happy, though exhausted when the heat still persists. Nonetheless it 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.

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.

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".

Can't argue with that

Behind the Scenes at the Museum: Tours of the Stores

Sunday 11 September

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There will be tours running simultaneously at 11.00am and 11.30 am

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Standon & Puckeridge Tennis Club

Now is the time to find your tennis racket and come to the Community Centre for a game of tennis. We have three excellent all weather 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. There is a new Ladies group on Thursday afternoons from 1.45pm.

Contact Claudia on 01920 821272,

CLUB NIGHT: Tuesday 6.30 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.

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Puckeridge Karate Club

We have been in the village for over 28 years, based in the Community Centre.

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

In June we had guest instructor, Sensei Gursharan Sahota 8th Dan who taught a two hour lesson for the Seniors, this was extremely informative and enjoyable. Sensei Sahota is the Chief Instructor for TISKA (Traditional International Shotokan Karate Association) which is one of the largest karate associations in the UK, quite a coup for a small club.

During July we held Brown belt gradings and are glad to announce that three of the students graded to 2nd Kyu (Brown with white stripe) and another graded to 3rd Kyu (Brown).

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 heavily 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:

- Tuesday: 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

Giant Hogweed

This has appeared again by River Rib between Puckeridge and Braughing (photo below) It has spread a lot more this year and is a serious health risk to both people and their pets. I've reported it to the Council and hope they remove it soon.



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Many of you will know us already, but we are Mike Varney Physiotherapy, with clinics based in Harlow and Puckeridge. We have been established for over 40 years, providing the highest quality physiotherapy services to the people of Hertfordshire and Essex.



We've had some huge news recently with our founder, Mike Varney, retiring in March of this year and our Clinical Lead Physiotherapist, Tom Green and his wife Amy taking over the ownership of the company including both the Harlow and Puckeridge clinics. Tom has worked with and trained under Mike for eight years and is excited to continue to maintain the excellent reputation the clinics have built over the years. (Photo Mike and Tom)

Our Puckeridge clinic will continue as normal, with our experts available Monday, Wednesday and Thursday from 7am. Tom will also be doing a special once-a-month clinic offering additional

services we have up until now only been able to offer in the Harlow clinic. This includes specialist headache and migraine treatment and diagnostic ultrasound scanning.

Headache and migraine treatment has proved to be highly successful in our Harlow clinic. All our physiotherapists can treat headache and migraine, but this has become a special interest of Tom's since 2015 and now makes up a large proportion of his caseload of patients. Take a look at our website to read some stories of people he has been able to help despite suffering for years.

Diagnostic ultrasound scanning is a form of investigative imaging that is the same scan that women have when they are pregnant. In physiotherapy, we use it to image bones, ligaments, tendons, and muscles. This allows us to give a diagnosis and prognosis more accurately for your condition, and the best bit is that it is all done in clinic, and you can see the scan in front of you whilst it's happening. You'll get your results relayed to you immediately and a full report will be written up and sent to you afterwards. The benefit of a diagnostic ultrasound, is we can instantly tailor your physiotherapy treatment to your diagnosis, giving you the best possible chance at recovery. For questions, queries or to make a booking, give us a call on 01920 821 452 and see if we can help you.

Citizens Advice East Herts

We are helping people with more of their problems than ever with our new flexible way of delivering our free, confidential and impartial advice. Most of our advice is now delivered over the phone. If you need help, call our unique Messageline on 01920 459944 ANYTIME and one of our advisers will call you back, usually within 24 hours, except over a weekend. We are

also running two weekly Citizens Advice Contact Centres, where our friendly staff can help you access our advice service. They can also connect you to other local services and point you in the right direction to help you move forwards. They run in Bishop's Stortford Methodist Church, every Tuesday 12-2pm and Hertford Sele Community Hub every Wednesday 11am -1pm. You can also request a call back us via Frontline here Alternatively, you can email us to request email advice or a call back or contact us via Facebook messenger and webchat – all the information is on our website How to get Advice We can also arrange face to face appointments for those clients who need them. Laura Hyde our Chief Executive Officer says, "We want everyone in East Herts to be able to reach us if and when they need to. We never stop exploring ways in which we can improve accessibility and our clients' advice journey. We want you to know we are here to help anyone who needs it."

Could you house someone from Ukraine?

In response to the ongoing war in Ukraine, we've added new advice on our website about bringing family members from Ukraine to the UK, what to do if you're from Ukraine and your visa is ending and on offering to let someone from Ukraine stay with you with the 'Homes for Ukraine' scheme. We are continuing to update our advice as the situation develops. Ukraine Resources Get in touch Citizens Advice East Herts is a registered charity.

If you need help, call our Message Line 01920 459944 anytime (we aim to return calls within 24 hours, except weekends) or visit www.citizensadviceeastherts.org.uk for our advice options.

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From the Rector

Dear Friends,

It is the wedding season! Probably the people happiest for our growing drought are those getting married. This year the "big day" seems to be always blessed by sunny skies and dry weather. It is always a joy for me to officiate at weddings, to see the couple wed and leave the church to a flurry of confetti. It is also a joy to attend weddings that are not in church, as I have done this summer, to see the happy couple. However, this started me thinking about why people choose one over the other, and perhaps to dispel some myths.

"Church weddings are more expensive". A number of people have told me that they think that a church wedding is more expensive. By and large, this is not true. The cost is broadly similar to a registry office. If the couple would like the choir and the bells, the cost will go up a little, but it is still relatively minor compared to the cost of the reception afterwards.

"I am not allowed to be married in church". There is a belief around that

only people who go to church can be married in the Anglican Church. That is absolutely not true. Exactly which Anglican Church you are entitled to be married in depends on where you live and a number of other factors. If you are unsure about whether you can be married in one of our parish churches please feel free to contact me!

"I have to believe in God to be married in church". Well, the answer to this is "yes" and "no". The couple are married in the sight of God, will make their promises in the name of God, there will be prayers and a reading from the Bible. However nowhere do the couple have to state their commitment to Jesus, agree to come to church in the future or be baptised. It is quite possible, for example, for a Jew to be married in church, or someone with (let us say) vague spiritual beliefs in God. It is simply a conscience matter for the couple. I would never want to encourage hypocrisy, but nor is anyone going to interrogate you about what you believe.

There are also advantages (as well as disadvantages) about being married in


church. The churches in our benefice have splendid architecture, lots of space, are perfect for photography, have good (or great) organs for entrance and exit. In short, the couple get a beautiful backdrop for the wedding. They also get a weight of tradition that cannot be present in a civil ceremony. On the other hand, the civil ceremony is usually beautifully done (we have a registrar in our church family who has given me a lot of information about the civil side of marriage). Increasingly it can be at a variety of venues that the couple may prefer. Often it is at the site of the reception which means there is less need for moving around.

Nonetheless, if you want to get married according to the laws of the Church of England, live in the parish, are willing pay around £700, just give me one month's notice and it will be done!

Many congratulations to all those who have been married this year!

John Chitham

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The Vineyard

Frost is the biggest problem here at Four Acres. We had a late frost on 30 April which burnt the new shoots. The vines will bud burst a second shoot but unless we have a long hot summer the grapes will not mature .

So we have gone from thinking in early May that we will not get a harvest this year to having a hot, record breaking summer and the grapes are looking encouraging. Let's see how we go, it's far too early to count our chickens!

Bees in the Apple Orchard

Members of the Hertford Bee Society have put hives in our two hundred tree apple orchard and it really has made difference . The trees are laden with fruit and the apple blossom spring honey is just amazing. We are looking at pressing dates to make cider and we will contact the people that volunteered to help us

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With the help of an award winning wine maker we make a fantastic 2018 Sparkling Rose and a Blanc de Blancs as well as a sparkling cider, Champaign style. Some of our cider is aged in whiskey barrels which we sourced from Elgin in Scotland. We are happy to show people around, if you would like to visit please contact us on info@fouracresestate.co.uk. We will also deliver free of charge locally.

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Standon and Puckeridge Bowls Club



It's been a great summer - the club has been very active – we have increased our numbers and all of us have been playing in a wide variety of club; friendly; league and Bowls Association matches – and having a great time!

Have you been watching Bowls at the Commonwealth Games and thinking that looks good fun? It has been great to see our sport in the spotlight once more – it really should be an Olympic sport as well!!

So, if you want to find out what bowls is all about – come and talk to us about why this game is great to play and how to get involved – we always make new bowls friends feel welcome and can show you the ropes as well.

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 (details at the bottom of this article)

Our Club Finals weekend is the 3rd & 4th of September – so if you want why not come along and watch

There is plenty of room for spectators.

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

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All about us:

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

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

Our competitive side is focussed around participation in the East Herts Bowls League:

The Men's team play in the 3rd Division, 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 a very busy 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 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



Louise Hampton owner of Attend2Health in Buntingford is pleased to announce she is in the final of the National Business Women's Awards in the category of Influential Business Woman of the Year. She is looking forward to the final in November. Obviously times have been hard for everyone with lockdown and looking back it did seem quite a mad time to be expanding to new premises, but having the extra space with air conditioned rooms has made such a difference.

Attend2Health can now see a lot more people having 6 treatment rooms downstairs and a studio and further rooms upstairs. We have expanded the number of practitioners we have and now have 4 Chiropractors, an Osteopath, 3 Massage Therapists, a Podiatrist, a private GP offering health screens, Botox, mole checks, skin tag removal and treatments for hair loss. We are now also able to offer Pilates, Tai Chi and Yoga classes as

well as an Audiologist for hearing tests and ear wax removal. If you are not sure if we could help or not we offer a free 15 minute chat so give us a call on 01763 87 80 87 and let's see if we can help you.

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The Hundred Parishes Society



www.hundredparishes.org.uk

One pleasurable autumn task is the harvesting of ripened fruits from trees in your own garden. For most of us, our cooking apple will be a Bramley's Seedling and the dessert apple an Essex-bred Discovery or a Cox's Orange Pippin. Originating from central Asia, apples are incredibly varied with at least 2,000 named varieties! There are 150 named varieties in the gardens at Audley End.

In the 19th century the skilled horticulturalists at the Rivers Nursery at Sawbridgeworth bred and propagated many varieties of fruit trees, including the prolific Czar plum and Conference pear, both of which are still available today. The Conference pear features in Great Chesterford's 21st-century community orchard.

For commercial reasons, the range available from modern plant nurseries is limited to a few easy-to-grow varieties. However, hidden away in forgotten corners of long-established gardens within the Hundred Parishes there will be specimens of heritage varieties of orchard trees. If you have a flavoursome, but unidentified, variety, then the team at the East of England Apples and Orchards Project would be delighted to hear from you.

Further information on <https://www.applesandorchards.org.uk>,

*Here's a thought. 16 weeks till Christmas!
How much weight could you lose by then?*

1 lb per week = 1 stone 2lbs	1.5 lb per week = 1 stone 10 lbs	2 lb per week = 2 stone 4 lbs	3 lb per week = 3 stone 6 lbs	3.5 lb per week = 4 stone
		2.5 lb per week = 2 stone 12 lbs		4 lb per week = 4 stone 8 lbs

If you'd love to make a difference NOW, please call/text Sophie on 07855079070, or pop along at 7pm any Tuesday to the Puckeridge Community Centre, Station Rd SG11 1TF. Friendly support and motivation lies in that group! It's where the magic happens. ❤️

(telephone 01328 838403 or email: info@applesandorchards.org.uk)

There is something special about growing a unique or local variety, so if you wish to plant heritage fruit trees specific to your own county, this organisation's catalogue lists a surprising number of varieties for Essex, Hertfordshire or Cambridgeshire apples and pears, as well as local plums, cherries and gages. This wide selection provides an opportunity to continue a long tradition of choosing something rather special to enjoy eating in future years.

The What's On page at www.hundredparishes.org.uk often displays local apple events, for example at Rivers Orchard in Sawbridgeworth on September 4, 18 and 24 and at The Gardens of Easton Lodge on September 25.

Tricia Moxey, Trustee.

New 999 service launches for British Sign Language users

British Sign Language (BSL) users can communicate more easily with the emergency services following the launch of a new service this month.

999BSL is a free-to-use video relay service that can be accessed online or downloaded as an app. In an emergency, people who are deaf or hard of hearing can use 999BSL to connect with a BSL interpreter. The interpreter will then call 999 using a landline to relay the conversation to the emergency services.

To use the service:

- Open the 999 BSL app or website
- Press the red button to video call
- Communicate with the BSL interpreter

For more information [visit the 999BSL website](http://www.999BSL.com).

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Girlguiding Standon and Puckeridge Outdoor Badge Fun Day

On a very warm Saturday in July, Rainbows, Brownies and Guides from all the Standon and Puckeridge units got together for a day of badge activities at the Herts County Guide Centre in Coterred.

The Rainbows put up a tent, built fires, toasted s'mores, worked out what to pack for camp and what to leave behind, and learned about fire safety. They all earned their stage 2 Skills Builder badges.



Brownies built and lit fires, toasted s'mores, built camp washing up stands and other gadgets from broom poles and bamboo canes, learned knotting skills, found out about camp duties, fire safety and made bedding rolls for their sleeping

bags. All the Brownies gained their stage 3 Skills Builder badges.

The Guides upped the difficulty level and all chose to do their Backwoods Cooking interest badges. They had to devise a challenging menu cooked on an open fire using improvised utensils including kebabs and bread on sticks, cooking cakes in oranges, using tin cans for noodles and stews and roasting apples and potatoes in the embers of the fire. Each Guide came up with something different and the testers were very impressed considering some of them had very little or no experience of cooking on an open fire.

2nd Standon and Puckeridge (Roger de Clare) Lunch Club Brownies

We have been able to open our intake to all girls aged 7 and over and welcomed 5 new members from year 2. They all made their Brownie promises at the end of last term. We have places for new starters from September. Either talk to your Rainbow leader, or if you are new to Guiding, apply online at www.girlguiding.org.uk to get on our waiting list.

We were set up to help girls who can't get into evening Packs because of waiting lists or who do other activities in the evenings. We are open to any girls age 7 or older at Roger de Clare School, and we do all the usual badges, games, crafts, trips and holidays that every other Brownie in the UK does.



One of the highlights for last term was making slime. Every Brownie earned at least one Skills Builder badge and we had a bumper haul of other badges including 2 Bronze Awards, a Silver Award and a Gold Award which are the top awards in Brownies.

1st Standon and Puckeridge Guides Biscuits played a large part in our Guide programme last term. We ate them, made art from them, baked them, made games with them, balanced them, built with them and found out more about them, all in the cause of earning a badge.

Our older Guides visited the Ranger unit in Coterred to find out more about what they do when they leave us and move onto the next section.

We've put tents up in the rain, did a photo scavenger hunt, played rounders against the Scouts, took part in the Division Jubilee pudding competition and got wet playing water games. Two of our Guides have earned Bronze Awards which are amongst the top awards you can earn as a Guide.



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We continue to welcome former Brownies and new girls who have never been in Guiding before. The Guides meet in Braughing and are for girls aged 10-14. If you'd like to become a member, contact your Brownie leader, or if you are new to Guiding, register at www.girlguiding.org.uk to go on our list.

Volunteer with Rainbows, Brownies or Guides

Be an inspiration for girls and young women. Help girls to realise their full potential and share some unforgettable moments along the way.

By volunteering with us, you can help girls build their confidence, have adventures, learn new skills and have loads of fun – no matter your experience, your background or how much time you have spare. Register your interest to find out about opportunities near you at www.girlguiding.org.uk.

Becoming a role model doesn't need a full-time commitment – we need volunteers in all sorts of roles. So, if you want to help behind the scenes, at special events or get involved every week, there's loads of ways to inspire girls with Girlguiding.

Under 18? You can volunteer with us from age 14 upwards – join today as a young leader, for your DofE as a young external volunteer or a peer educator. All great ways to be a force for good!

Hertfordshire Flexible Guiding

There are lots of reasons for someone to join one of the flexible guiding units. For example:

- There's no unit for their age group in their local area
- They have other commitments, including studies and caring

responsibilities which means they can't attend meetings

- Transport to and from meetings is a problem
- An illness or disability which prevents them attending meetings regularly
- They don't enjoy spending time in large groups

Flexible guiding units means we can offer all the benefits of being a Girlguiding member in a way that fits around your needs and schedule. It's fun, flexible and full of the same great opportunities.

Instead of going to weekly meetings, girls keep in touch through Zoom, email, text, phone calls, post, working on different activities and badges and meeting up at exciting events.

In Hertfordshire we are now offering flexible guiding units for:

- Brownies (age 7-10) flexiblebrownies@girlguidinghertfordshire.org.uk
- Guides (age 10-14) flexibleguides@girlguidinghertfordshire.org.uk
- Rangers (age 14-18) flexiblerangers@girlguidinghertfordshire.org.uk

Beware Rogue Traders offering Guttering and Chimney work

Increasing reports of rogue traders for roof guttering and chimney work Trading Standards is seeing an increase in doorstep rogue trading complaints, especially roof, guttering and chimney work.

Rogue traders contact you in many ways: They cold-call or post a leaflet through the door or they respond to a job posted on a trader matching website. It even

happens if you use a 'trusted trader' website where full checks haven't been done to spot the rogues; we are seeing more complaints about this last scenario.

Problems start when a small job turns into a bigger one eg. a quote for replacing loose tiles becomes a whole roofing job. Don't feel obliged to use the same trader, even if it seems to make sense while they are up on the roof. Get another trader to confirm if the work is actually needed and a reasonable price for it. Alarm bells should ring if an expensive quote is quickly reduced on condition the work is carried out straightaway. Beware if a trader claims a job is urgent and pressures you to agree.

Another warning sign is a lack of paperwork before work starts– look for full information (trader name, address, contact details, company status, full description of work and materials to be used, cost including whether VAT is included, how long the job will take, and proper cancellation rights given at the right time).

Our advice is: Never buy goods or services at the door. Use personal recommendations from friends or family to find a good trader - ensure they are from people you know, not just a local neighbourhood group. Or find a trustworthy, local trader at www.hertfordshire.gov.uk/goodtrader or call 01707 292429.

For advice or for help from Trading Standards call the Citizens Advice Consumer helpline on 0808 223 1133. Report frauds to police via ActionFraud on 0300 123 2040. Call police on 999 if a trader is aggressive or starts work without your agreement. Please look out for vulnerable neighbours and report concerns to us.

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Warning as residents receive scam police calls

Fraudsters posing as police officers have been contacting residents in Hertfordshire. Older residents, including those living in retirement villages, have particularly been targeted. Please share this alert with your older relatives and friends: this crime has a devastating effect on people so we need to raise awareness to prevent more people becoming victims.

The scams usually start with a phone call. The caller claims to be a police officer and tells you there is fraudulent activity on your bank account. You are then asked to put their bank cards and/or money into an envelope and give them to a courier or taxi driver, who is sent to your home by the caller. In some cases victims are asked to buy goods or vouchers.

The phoney police officer may also ask for your bank details, such as your account and PIN numbers, as part of their "investigation". This is a scam.

If you receive an unexpected call, you should be suspicious. It is vital to remember that your bank and the police would:

NEVER ask for your bank account details or PIN number over the phone. Do not disclose these to anyone, no matter who they claim to be.

NEVER ask you to withdraw money or purchase items and send it to them via a courier or by any other means.

NEVER ask you to send your bank cards or any other personal property via courier or by any other means.

If you are suspicious of a caller, please end the call.

Remember, when reporting a suspicious phone call to police, use another phone or test your line first by phoning a friend or relative, to ensure you aren't still unwittingly connected to the fraudster. In an emergency or if a crime is in progress call 999.

If you have concerns about your bank account, visit your local branch.

Some phone companies offer call screening services to help block marketing cold calls and bogus callers.



Brent Pelham Christmas Fair

Sunday 27th November 2022

11am - 4pm

Traditional Christmas Fair in the Village Hall

Free entry • Christmas trees • Stalls
Seasonal food & drink

Brent Pelham SG9 0HE

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Email: Jab.services@hotmail.com



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Refreshments available
www.Gordon-Craig.co.uk



15th September
Tickets £10.00
Doors 12:30, 13:00 Start

**NEW SCHOOL
YEAR**

Nights drawing in! Want to do something new for you?

Come on Wednesday 14th September
from 9.30am-11.30am to a

Coffee morning

at

**Standon & Puckeridge Bowls Club, Station Road
Standon, SG11 1TF (parking at Community Centre)**

to learn more about Trefoil Guild. Trefoil Guild is the part of Girlguiding for adults and we are exploring the option of starting a new Guild locally. Pop in and enjoy a cuppa and find out more. The new group might meet daytime or evening depending on what is best for the most people.

You do not need to have been in Guiding to join.
Everyone welcome
Information about units for girls will also be available.
Young children welcome

If you are interested and cannot come that day contact Janice at
trefoil@girlguidinghertfordshire.org.uk

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The Queen's Award for Voluntary Service



08 088 088 088

Herts Domestic Abuse Helpline is delighted to announce that it has received the Queen's Award for Voluntary Service, an award given for outstanding achievement by groups of volunteers (the equivalent of an MBE for the charitable sector).

This year is also the charity's 20th anniversary, which makes this award even more special. In those 20 years, we estimate the Helpline has helped around 40,000 people, empowering many to take the first steps away from an abusive relationship. It's an achievement we're incredibly proud of.

Although our ethos of providing a confidential, anonymous, free support and signposting service for anyone affected by domestic abuse remains at the heart of our work, it has been the advance in online technology that has really enabled us to make the service much more accessible. We've significantly raised awareness of domestic abuse across the county, letting victims and survivors know how and where to get help; and we continue to support concerned friends and family members, elderly victims, those in rural, isolated areas, those with disabilities, those in LGBTQ relationships and black and minority ethnic victims. Our work and success would not be possible without our volunteer call takers and trustees, so this award is really for them, recognising their ongoing commitment and hard work.

If you are interested in ways in which you could be involved with the Helpline, see www.hertsdomesticabusehelpline.org

If you are affected by domestic abuse call the Helpline free on **08 088 088 088** or email: kim@mailpurple.org Registered charity no. 1184899



Mini Digger and Operator For Hire

Phone Steve Wren on:
07816 861286

ALLOTMENTS AVAILABLE

Puckeridge : Doris Windsor 01920 822525

Braughing: Cllr Ruth Fleetwood 01920
822889 rfleetwood@braughing.org.uk



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The Ash and Quin Valleys Group - *Living God's Love*

ST. MARY'S CHURCH
FURNEUX PELHAM



St. Mary's Church
Stocking Pelham

	St Mary's, Braughing	ST MARYS, FURNEUX PELHAM
JUNE		
Sun 5th	11.15am Celebration of Her Majesty the Queen's Platinum Jubilee: Songs of Praise Service	9.30am Celebration of Her Majesty the Queen's Platinum Jubilee: Songs of Praise Service
Sun 12th	10.00am All Age Morning Worship	11.15am Holy Communion
Sun 19th	11.15am Holy Communion	9.30am Café Church
Sun 26th	9.30am Holy Communion	11.15am Family Morning Worship
Every Weds	9.30am Holy Communion (said)	
JULY		
Sun 3rd	11.15am All Age Holy Communion	9.30am BCP Holy Communion
Sun 10th	10.00am All Age Morning Worship	11.15am Holy Communion
Sun 17th	11.15am Holy Communion	9.30am Café Church
Sun 24th	9.30am Holy Communion	11.15am Family Morning Worship
Every Weds	9.30am Holy Communion (said)	
AUGUST		
Sun 7th	11.15am Benefice All Age Holy Communion (Rev'd Julie Gawthrop's last service)	
Sun 14th	10.30am Benefice Holy Communion	
Sun 21st		10.30am Benefice Holy Communion
Sun 28th		10.30am Benefice Holy Communion
Every Weds	9.30am Holy Communion (said)	
	St Mary's, Stocking Pelham	
Sun 31st July	10.30am Benefice Holy Communion	

Contact Rev'd Julie Gawthrop for details on 01920 823531



Christ Church

Baldock Road, Buntingford. SG9 9AA

Services at 11.00am every Sunday

Tea and coffee is served in the hall following the morning service

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

Secretary: Peter Godbert
buntingford.urc@talktalk.net
Tel (01763) 281359

Services at 11.00am every Sunday

Tea and coffee is served in the hall following the morning service

Month	Date	Service	Minister
September	4	Holy Communion	Rev Sue Fender
	11	Morning Worship	Rev Dr Janet Tollington
	18	Morning Worship	Rev Allen Morton
	25	Morning Worship	Rev Sue Fender
October	2	Holy Communion	Rev Sue Fender
	9	Morning Worship	Faith Paulding
	16	Morning Worship	Rev Allen Morton
	23	Morning Worship	Rev Dr Robert Pope
	30	Morning Worship	Keith Cakebread
November	6	Morning Worship	Peter Godbert
	13	Remembrance Sunday	Rev Sue Fender
	20	Morning Worship	Rev Dr Janet Tollington
	27	Morning Worship	Rev Allen Morton
December	4	Holy Communion	Rev Sue Fender
	11	Morning Worship	TBA

In order to raise funds for the repair of the Church ceiling our next event will be on Friday 2nd September when we will be screening Downton Abbey. A New Era in the United Reformed Church in Buntingford. The Buntingford Film Club are kindly running this screening as a fundraiser and all profits from ticket sales and the bar will be going straight into the donations pot. For tickets and more information, please go to the link below:
<https://buytickets.at/buntingfordfilmclub/727112>

There is also a box office at Keith Ian's estate agents on Buntingford High Street.

On the day of the classic car show - Saturday 3rd September there will be a stall outside 1 Station Road in aid of the Church Ceiling fund selling any unwanted gifts that, over the years, have not been required..

REGULAR EVENTS

Buntingford Churches Together

Lunch, laughter & light topical discussion group

On the first Wednesday of each month in the hall

Lunch 12.30pm - bring your own Lunch - tea & coffee will be provided
Discussion 1.00pm - 2.00pm.

Coffee and Company meets every Thursday, 10.30am to 12noon, in the Church hall. If you're elderly, living alone, new to the area, perhaps 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.buntingfordurc.org.uk

Facebook:- www.facebook.com/URCBuntingford

Westmill Nursery

Offering a secure family-friendly environment for children from 2 to 5 years old. Open Monday to Friday during term time.

Tel: Sarah or Sandra 01763 273005 or 07934 195812
Email: westmillnursery@btinternet.com

www.westmillnursery.co.uk

ALBURY PRE-SCHOOL

Within the beautiful setting of Albury Primary School, we are pleased to offer Albury Pre-school, caring for children from the age of two, developing young minds through play.

We have flexible sessions, 9 am to 3.15 pm Monday to Friday. We are registered for funding for children aged 2 to 4 years.

To find more, please visit our website at

<https://www.alburyandpullerschools.co.uk/albury-seedlings/>

Facebook @alburyherts or call the school on 01279 771253

Albury Primary School, Church End, Albury SG11 2JQ

SPINS PRE-SCHOOL

(Community Centre, Puckeridge, SG11 1TF)

SPINS is a safe and caring environment where your child can learn, grow and develop.

Open Mon – Fri Term Time, 9.15am- 12.15pm (or 2.15pm lunch club)



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ST ELIZABETH'S CORPORATE AND COMMUNITY VOLUNTEERING 2022



WHO ARE WE?

St Elizabeth's supports people of all ages with epilepsy and other complex needs to live life to the full!

WHY US?

Our Corporate Volunteers have the chance to support our residents by cleaning and tidying outside spaces and gardens, so they can be enjoyed all year round.





WHAT'S ON OFFER?

As well as a fun day of team building, we also offer meeting room hires situated in beautiful Hertfordshire countryside!

Our Volunteering programme is open between April - October 2022. For more information, please contact us at fundraising@stelizabeths.org.uk or on 01279 844355

www.stelizabeths.org.uk

Registered Charity Number: 1176777 South End, Much Hadham Herts, SG10 6EW









Apple Day

24th September 2022

From 11am - 4pm

Join us for

Apple Picking

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Live Music

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Craft Stalls

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Organic Food

St Elizabeth's Centre, South End,
Much Hadham, SG10 6EW

Reg. Charity No: 1176777



www.stelizabeths.org.uk

Citizens Advice East Herts

can help if you are worried about scams

The Citizens Advice offers free, confidential, independent and impartial advice to anyone. We work in our local area and we are mainly staffed by volunteers. We give information and advice to people to help solve their problems. We also work to make life better by campaigning locally and nationally on the issues that keep causing problems

Our Top Tips to Stay Safe

Discuss any important or unusual purchases with someone you trust.

Don't pay in cash for any large or unusual purchases and don't buy anything from a door to door trader.

If you get a phone call from TV Licencing, HMRC (tax office), the Police or a court it is a scam. Don't pay any money or give them information- hang up the phone.

If something doesn't feel right trust your instincts.

It is ok to say No - only scammers try to panic or rush you.

Never give anyone your PIN number for your bank account - not even your bank will ask you for this information.

We can help you stay safe from scams with practical advice and information about protecting your money and your home. If you have been scammed we can help you report it and help you prevent it from happening again. You can also use our scam checker on our website or over the telephone with one of our advisers if you are worried that something could be a scam.



East Herts

Adviceline (Mon-Fri 10am-4pm)
03444 111 444
Message Line (anytime)
01920 459 944
citizensadviceeastherts.org.uk

Ever thought of Volunteering?

All sorts of people volunteer for many reasons, but what unites them is that they all find it challenging, rewarding and interesting.

Would you like to volunteer and make an active difference to the lives of people in your community?

You don't need specific qualifications or experience.

We are currently looking for:

- * Receptionists
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- * Adviceline Assessors
- * Fundraising Assistant
- * Research and Campaigns Worker
- * Digital Media Assistant
- * Design and Publicity Assistant
- * IT Coordinator

For further information, visit our website www.citizensadviceeastherts.org.uk
For an informal chat, call Karen on **01920 505510** or email training@citizensadviceeastherts.org.uk



East Herts



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.

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.
Starlight Stars at Standon & Puckeridge Community Centre

4pm Hip Hop 7-11 yrs

4.30 Advance Street Dance(UDO) 12+yrs Alex 01763 287691

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 & Puckeridge Community Centre. Jackie Andrews 01763 247675

6.30 Tennis Club evening (continues



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Tel: 01920 824335 or hr@stedmundscollege.org

The College is committed to safeguarding the welfare of children. Therefore, all candidates will be required to undergo an Enhanced DBS check.



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- 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
- 3.30 Mini Movers Street Dance 4-6yrs 4pm and 4.45pm Street Stars 7-14yrs. Alex 01763 287691
- 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.
- 6:30 Scouts (10½ - 14½ years old), term-time only. Braughing Old Boys School. Simon Smith 07773 016567

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-cc42aef3e06>
Facebook www.facebook.com/Braughingcricketclub Twitter @BraughingCC
Club Website <https://www.pitchero.com/clubs/braughingcricketclub>
Contact Pete Hobson braughingcricketclub@yahoo.co.uk | 07874 868691

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.braughtingtenniscub.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

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.

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

Community Cafe



at the.....

Standon & Puckeridge Community Centre

Join us for a drink and a chat on the following

Wednesdays
9.30am to 11.30am

7th September

5th October

World's Biggest Coffee Morning – Macmillan
Cancer Support - with stalls and raffle

2nd November

7th December



For more details contact Alison on 01920 822 872

Recycling FOR GOOD CAUSES

find us: Recycling for Good Causes
14 Amber Business Village
Amington
Tarnworth
B77 4RP

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

Items we recycle

Jewellery

Unwanted gold & silver
including damaged items
Costume jewellery
Watches



Coins & Currency

Banknotes & Coins
Any currency UK or foreign
of any age/unchangeable
currency



Mobile Phones, Cameras & Gadgets

Mobile Phones . Video Cameras
Old Film Cameras . Digital
Cameras . Sat Navs
Game Consoles . Games &
Accessories . iPods
MP3 Players . Tablet Computers



Stamps

Loose / Single Stamps
First Day Covers
Presentation Packs



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

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.

September

3 Buntingford Alternative Car Show 11am - 4pm

3 & 4 Standon & Puckeridge Bowls Club Finals. Details standonandpuckeridgebowlsclub.wordpress.com.

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

7 Ware & District Photographic Society season begins, 8pm at Thundridge Village Hall. Details www.wareps.org.uk.

9 Braughing Get Together Film Night 'Phantom of the Open', booking

essential. Cynthia Matthews 01920 822230.

11 Behind the Scenes at the Museum, The Wash, Hertford. Booking essential www.ticketsource.co.uk.

15 Braughing Womens Institute talk 'Swimming for Charity' Church Hall, Braughing 2.30 -4.30pm. Details Kate 01920 822397.

26 East Herts Aviation Society talk 'RAF at the Crossroads in 1942'. £3, 8pm at the Axe & Compasses, Braughing. Contact stevemorgan125@btinternet.com

October

1 Autumn Concert at St Mary's Church, Standon. Ploughman's lunch available from 12 noon.

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

8 Autumn Concert at St Mary's Church, Standon. Ploughman's lunch available from 12 noon.

10 Braughing Women's Institute Soup Lunch in the Church Room. Everyone welcome. Details Kate 01920 822397.

15 Autumn Concert at St Mary's Church, Standon. Ploughman's lunch available from 12 noon.

20 Braughing Womens Institute talk 'My Life by Eddie Rowland' Church Hall, Braughing 2.30 -4.30pm. Details Kate 01920 822397.2

31 East Herts Aviation Society talk 'Hybrid Air Vehicles'. £3, 8pm at the Axe & Compasses, Braughing. Contact stevemorgan125@btinternet.com

November

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

12 Hertford Symphony Orchestra concert at Ware Drill Hall, 7.45. Tickets from Hertford Tourist Information 01992 584322.

17 Braughing Womens Institute talk 'Hertford Parks and the Tudors' Church Hall, Braughing 2.30 - 4.30pm. Details Kate 01920 822397.

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**

The Ford, **Little Hadham**

- 19 Ware & District Photographic Society annual exhibition, 9am - 4pm at Thundridge Village Hall. Details www.wareps.org.uk.
- 19 Christmas Coffee & Mulled Wine Morning at St Mary's Church, Standon. Mince pies and Christmas gifts..
- 28 East Herts Aviation Society talk 'How the Hurricane came to be'. £3, 8pm at the Axe & Compasses, Braughing. Contact stevemorgan125@btinternet.com

December

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

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)

'I got to do activities and things I wouldn't normally do and meet new people.'
Lauren, Guide

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

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

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

WE DISCOVER, WE GROW
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

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

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.

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



**TRUSTED STANDON BASED
WILL WRITER**



- ◆ Will Writing & Trusts
- ◆ Lasting Power of Attorneys (LPA's)
- ◆ Probate Administration
- ◆ Inheritance Tax and Estate Planning

**Providing a professional, friendly service,
I offer free advice and will guide you
through your options.**

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of Will Writers**



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www.dqrwillsandprobate.co.uk

01920 747208 | emma@dqrwillsandprobate.co.uk
See my recent reviews on Facebook @dqrwillsprobate

Love your home and need some maintenance > Then Plan Ahead!

Sunday Times July 2021

- 42% of building firms can't find bricklayers
- 37% can't find carpenters
- 32% can't find plasterers
- 26% can't find general labourers

We are now booking work into 2022/2023 .

This 'weakness' in a service means we / you need to manage expectations, coupled with the national shortage of a number of building materials.

Some of the more avaricious builders will not take on the small projects. We take on large/small projects as a loyalty to all our customers

Take heed. 'Undoing' a bad job is far more costly than the original work would have been

Check your gutters /soffits/fascias to get them repaired before winter really sets in.

We recently painted a previously 'beige/magnolia' house internally with some really lovely pale pastels and the customer said he could not believe the difference it made. Clean, fresh and uplifting.

We have cleaned and re-sanded/repointed driveways and patios which prevent further degradation and improve the appearance.

For further advice
kate.hooper1@btinternet.com
07930285126

Water and how YOU can do your bit to help.

In UK the average daily water consumption per person is 145Litres .In Germany it is 127L.

The head of Waterwise an NGO devoted to reducing water consumption, predicts it will take until 2024/25 for new house appliances to be sold with water efficiency labels.

We can do our bit.

- Spending one minute less under a power shower saves 13 litres
- Do you really need a shower? Just have wash and save water and limescale marks!
- Washing a car with a bucket instead of a hose is 30 litres compared to 250 litres really!

- And for those tempted to lay sterile artificial grass ~ it takes 3,750 litres of water to manufacture a square metre of synthetic grass ~ the equivalent of watering a real lawn for 18 years.

Most importantly .If you spot a leak Please do take time to report it. Leaks use 117 Litres per day for each property!

Trees Cry for HELP!!!

Did you know trees communicate with each other?

Fine hair-like root fibres are the communication system (bit like our Fibre-Optics)

If there is a drought, the older trees will communicate to other mature trees to shed some leaves so they need less water. This means the younger trees have a far better chance of survival.

When trees are under 'attack' from caterpillars/bugs they let others know and again can drop leaves to reduce damage, and regrow after the attack.

Trees are fundamental within Wildlife Corridors (where birds, mammals, bees etc. move around without fear).

So I would ask you to really think carefully before felling a tree. Well thought through pruning/tree-surgery means you are doing your bit for the environment and air quality.

Subsidence/heave in foundations is rare and selective pruning can easily keep this in check.

Save our trees ..please .

Contact us for advice/quotes:
www.the-otherroom.co.uk tel
07930285126



*" Not just the garden..... but
The Other Room"*

- Garden Design/Install
- Patio/Paths Install
- Turfing & Lawn Repairs • Studio Design/Build • Planning Applications
- All Fencing & Hedging • All Pond Repairs • ALL Treework & Reports
- Garden Maintenance
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- Driveways /Walls

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**
- **Painting**
- **House Painting**
- **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.

Advertising in PS News works!

- 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 from a Word, Publisher or jpg file to an existing advert or something jotted on the back of an envelope!
- If you have a logo, I can scan this for you.

Contact John Harris at 07740 306189 or

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 £160
- 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

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	Tuesdays	5.15-6.15pm	Sophie 07847-380652
Cardio Tone	Wednesdays	10.15-11.15am	Natalie 07545-146863
Cardio Tone	Thursdays	10.15-11.15am	Natalie 07545-146863
Iyengar Yoga	Thursdays	6.30-8.00pm	Sharon 07377 891488
Morris Men	Thursdays	8.15-10.15pm	Bob 07772-463024
Several vacant Fitness slots	Available All Week	For Details	Ring Denis on 01279-842625
Reiki Drum Relaxation	Fridays (Monthly)	7.00-8.45pm	Annette 07769-183286
Tini-Tiger (Cheerleaders)	Saturdays	8.45-10.45am	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 Sue Fox - suefox1@hotmail.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: Rev. Julie Gawthrop 01920 823531 vicar@braughing.org.uk
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
- Aviation Society:
Vic Flintham 01763 289636
- Baby-sitting Circle:
Sylvia Pinnington 822216
- Bat Helpline 01992 581442
- Beavers: 6-8 years old,
Angie Adamson 01763 849902
- Bell Ringing:
Braughing: Peter Glazebrook
821554, 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 Local History Society:
Mary Cockburn
mary.cockburn@btopenworld.com
- Braughing Playing Field Association Trust: Graham Frary 07855 834862
grahamfrary@tiscali.co.uk
- Braughing Society:
Sandra Lynch 823500
- 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
- Veterans Football Club (Braughing):
Keith Mardell 822133,
- Friends of Braughing Church:
Ned Dailly 01920 823692 or email: nedailly@btinternet.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
- Photographic Society (Ware): Barbara Norris 822104
- Railway & Local History Society (Buntingford): Stephen Ruff 01763

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

289516
 Rainbows: Register your interest at
www.girlguiding.org.uk - enquiries
 to sandprainbows1@outlook.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.
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Copies available from local Pubs, Vintage Service Station in Puckeridge, plus Standon Convenience and Standon Post Office.

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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 £160 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.

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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.

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- WELWYN GARDEN CITY • 01707 390018
- WELWYN • 01438 714686
- HERTFORD • 01992 582052
- WARE • 01920 468551
- LETCHWORTH • 01462 684292
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