



THE BUNTINGFORD JOURNAL

Christmas is Coming...

Wondering what festive events are happening in & around Buntingford this month? We have ideas galore!

Recycle Your Tree!

With Isabel Hospice collections, see details inside

The independent journal for Buntingford & Villages published by Buntingford Civic Society

Dec 23 / Jan 24 Volume 48 | Issue 10 **£1.00**



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LETTER FROM

The Editor

Well Christmas is fast approaching now and your double issue Buntingford Journal is absolutely packed with festive events and present ideas, so be sure to read through carefully so you don't miss out on anything! You have no time to wait as it all begins on the 1st December with the Lights of Love Ceremony and Late Night Shopping Event, which should really help to kick off the festive season.

Do be sure to check out all the seasonal events at the back of the magazine on page 42 as well as within all of this issue's articles.

I was very impressed with the brave members of the U3A last month who ventured out for a walk during storm Ciaran! Just goes to prove the old saying that "there is no such thing as bad weather - just the wrong clothes!" Let's all try to embrace that philosophy as we head into the depths of winter and get ready to layer up and snuggle down for a few months.

Once the festivities are over, please do remember to contact Isabel Hospice to recycle your Christmas trees. See details on page 29. Once registered you can leave your tree out for collection between 5-10th January and they will take care of the rest. One thing less to worry about, and help raise money for a very good cause.

Wishing you all a very happy and healthy Christmas and wonderful New Year.

Anne

BUNTINGFORD JOURNAL

DECEMBER 23 / JANUARY 24

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EDITORIAL DEADLINE

Editorial copy deadline for the next Journal is: **15th JANUARY.**

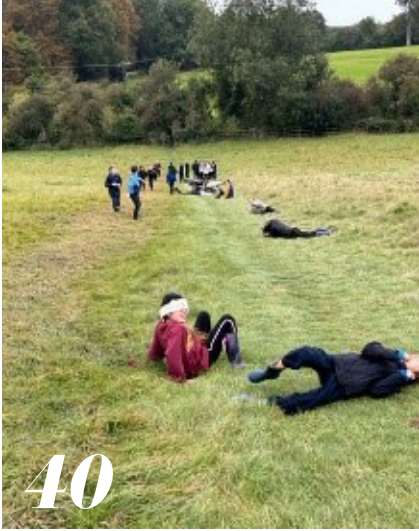
Please send all contributions to the editor on the email address above.

The editor reserves the right to edit copy received, and add or omit pictures where necessary.

The views expressed in the letters, emails and articles in the Buntingford Journal are not necessarily those of the editor.

The Buntingford Journal is published by, but is editorially independent of, the Buntingford Civic Society. For information on how to join the Society and have the Journal delivered to your door for free, please email: membership@buntingfordcivic.org.uk

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ON THE COVER

Christmas Market 2022



BUNTINGFORD CIVIC SOCIETY

www.buntingfordcivic.org.uk

Graham Waite, Chairman
chairman@buntingfordcivic.org.uk

Member of

CIVIC VOICE
making civic sense

reg. Charity: 1014873

As part of the extremely successful exhibition "History of Buntingford High Street", held in September/October, there was also a competition for children involving questions about the High Street. The competition was aimed at 2 age groups.

The winners of the competition were:
Under 7's age group – Eloise Barrett
and 8 to 16 age group - Isabelle Barrett

Both girls received Smyths Gift Vouchers sponsored by the Civic Society. The prizes were presented to the girls by our Town Mayor, Cllr Duncan Wallace at the Buntingford Library on 26th October.

Congratulations to you both, enjoy your vouchers.



Many of you are probably wondering what is happening with the future of the Health Centre. It has been the main topic of conversation for some time now and it is expected that the developer, Taylor Wimpy, will be submitting a Planning Application to East Herts Planning sometime in December. We will be working with the Town Council in the preparation of an appropriate response

to any application in an effort to ensure the best outcome for the Town and its residents both present and future.

By the time you read this journal the town will have already commemorated those that gave their lives in conflict, I hope that the service and dedication at the War Memorial was as well attended as it has been in past years.

On Friday **1st December** the "Lights of Love" ceremony will be held at the Manor House, a collaboration between the Town Council and Isabel Hospice. This ceremony is a chance for us all to remember those friends and relatives that are sadly, no longer with us but are always in our thoughts. The ceremony also marks the start of the Towns Christmas Celebrations with the switching on of the town Christmas Lights and the "Late Night Shopping" event, organised by the Buntingford Chamber of Commerce.

I would like to take this opportunity on behalf of the Civic Society to wish all residents of Buntingford, Civic Society members and all readers of this Journal a very Merry Christmas and a Healthy and Prosperous 2024 and that you are able to spend time with family and friends over the Christmas period.

As this issue of the Journal covers December and January, we will be back in February, keep safe and well.

Graham Waite

Chairman, Buntingford Civic Society



BUNTINGFORD TOWN COUNCIL

www.buntingford-tc.gov.uk

01763 272 222

clerk@buntingford-tc.gov.uk

The Manor House, High Street, Buntingford, SG9 9AB

@buntingfordtc @BuntingfordTC

Office Hours: Monday - Thursday 9am-5pm; closed Friday

The Lights of Love Ceremony will be held on Friday **1st December 2023 at 6pm** at The Manor House. This is the same evening as the Chamber of Commerce Late Night Shopping event. Why not come along and dedicate a silver star to a loved one.

We are arranging an over 70's Senior's Christmas Lunch for the 7th December at The Woodman, Nuthampstead. This will consist of a 3 course Christmas lunch followed by tea and coffee and a raffle, drinks are not included. Please call the office if you would like to attend. Transport from the Manor House will be arranged.

The popular Chatter Table continues on the first and third Monday of the month at The Manor House 10am to 11.45am.

The Community Alliance run very successful Digital Skills sessions here at The Manor House. They teach you how to find your way around a computer, tablet or phone and show you how to do simple things online such as shop, access virtual appointments, manage your prescriptions etc. The next session is on the **11th December 10.30am to 12pm**. For more information call 0300 123 1034 or email claudia@communityalliancebeh.org.uk

Details of the December/January Council meetings below.

In line with GDPR Regulations, the Town Council has published a number of Privacy Notices, these can be viewed on the Town Council web site.

Jill Jones PSLCC Cert HE -Town Clerk

Town Council meetings for the months of December & January are:

Thursday 7th December & 4th January 7pm	Amenities Committee
Thursday 14th December & 11th January 7pm	Planning & Resources Committee
Thursday 28th January 7pm	Planning Committee & Full Council

All meetings held at The Manor House.

The Buntingford Journal is delivered FREE to members of the Buntingford Civic Society, or it can be purchased from:

THE CO-OP , LOCKS, STOCK & MORE , MARK DOEL BUTCHERS, THE CHEESE PLATE, BUDGENS/POST OFFICE, KIM on the CARD STALL

NEWS FROM YOUR COUNTY COUNCILLOR



Cllr Jeff Jones, Hertfordshire County Councillor, Buntingford
0300 123 7493 | jeff.jones@hertfordshire.gov.uk



Wishing all residents from Buntingford and Villages a Happy and Healthy Xmas and New Year.

Remembrance Sunday

Despite a rainshower it was good to see a large turnout at the Remembrance Sunday Ceremony at the War Memorial. Following the parade along the High St I layed a wreath in memory of Buntingford's war dead on behalf of Hertfordshire County Council, "Lest We Forget". So good to see many of our young members of the community from schools and local clubs laying wreaths.

This year was also the centenary of the Buntingford Branch Royal British Legion, and a special plaque was commissioned and is proudly in place at the memorial.





Seniors Xmas Lunch

Following previous Xmas Lunches for our seniors at the Community Centre that were curtailed due to Covid, the lunch has been reinstated this year and is being held at The Woodman Inn, Nuthamstead, **7th December**. I am pleased to be able to use my Locality Budget to contribute towards the cost along with funding from the Town Council and Buntingford Memorial Charity. A Richmonds coach and the BCAT bus will be used to transport residents to and from Buntingford to The Woodman. Space is limited so please contact the Town Council to reserve your place. My thanks to Martin Prescott, Natalie and the team at The Woodman for hosting this year's Xmas Lunch.

Walking Football

Buntingford Town Walking Football are keen to attract new members at our Saturday morning sessions at the MUGA, Norfolk Road Playing Fields. If you are over 50, keen to stay active, and enjoy playing the "beautiful game", come along at 10am Saturday mornings and give it a try. The first session is free and then £3 for future sessions. There is a mixture of ages and abilities, ranging from 50 years to our oldest member, 73 years. Come along and "give it a try".

Councillor Advice

I receive many requests for help and advice on County Council matters. I now hold monthly Councillor Surgeries for face-to-face informal meetings. With a Town Councillor present this gives residents the opportunity to discuss, informally, any concerns you may have in the town. These surgeries are by appointment and are available by calling the Town Council on 01763 272 222 where full details will be given. I am always available by phone or email on the contact details below.

CHATTER & NATTER TABLE

If you'd like to join us for Christmas lunch, please call or visit the Woodman Inn on 01763 848 328 and ask to join the Chatter & Natter table on **Wed 13th Dec**.

It's a £10 deposit and set menu for 2 or 3 courses, you'll need to confirm your pre-order 48 hrs before.

We'll be there from 11am with lunch served at 12pm.

Everyone is welcome.



BUNTINGFORD LIVE!

Christine Stuart-Taylor, support@buntingfordlive.org



Comedy Nite:

Our Comedy Nite on Friday 27th October, held in the Bunters Suite at Seth Ward, was a roaring success! Tickets for this event, which was limited to 90 people, were sold out in three weeks.

As the audience arrived for the evening you could sense the buzz of excitement and anticipation in the air. The bar was very busy and, fortified with a drink (or two), a few brave individuals opted for front row seats!

The evening was hosted by compère Tom Toal and featured three comedians who are regulars on both the international and UK comedy circuits: Peter Jones, Otis Cannelloni and Dan Evans.

Tom Toal was an excellent warm up for each act. He raised laughs from the start. He had done his research on the town really thoroughly and found the topic of the Buntingford Cycle Path got great audience reaction!

Dan, Otiz and Petereach ave their own individual style of comedy, which made for a very diverse and entertaining evening, with Otiz Cannelloni performing his regular magic tricks. We had put a warning on the ticket that there might be some adult humor, which was just as well!

Judging by the enthusiastic interaction and screams of laughter, a fun evening was had by all.

So,we will definitely we repeating, probably a couple of Comedy Nites, with different acts, next year. So watch this space.

A definite date for you Diary.

Still a few tickets left!

BUNTINGFORD LIVE!

Whose wine is it anyway?

Seth Ward Community Centre
Saturday December 9th
8.00pm

Wine tasting with a difference!

Listen to our 'experts' describing six different wines

Who's bluffing? Guess correctly and earn points!

No expertise required, just a sense of fun and a love of quality wine!

Over 18s only

For tickets and more details please visit

Tickets £20
Includes a FREE tasting glass to take home


buntingfordlive.org
enabling creative events

AN EVENT WITH A DIFFERENCE!

Kenneth Williams. 'Highway Cello'

Meet the author/cellist

Saturday 24th February 2024

7.30pm St.Peter's Church

Tickets £12 (to include a glass of wine)

In 2022 Kenneth cycled with his cello strapped on the back of his bike from Hadrian's Wall to Rome, performing every day en route. He has written a book about his adventure called 'Highway Cello'

His performance tells the story of his journey through readings and music.

He plays a wide variety of solo cello music, ranging from Bach to Bond (007, that is), tangos as well as Irish airs. The cello is sometimes abetted, by an arresting and acid poetic commentary.

This should be a most fascinating and entertaining evening.

You can read more about that, as well some of Kenneth's other projects and listen to extracts of his performance on the website:

<https://kennethwilsoncello.com>

OTHER DATES COMING UP:

Saturday 13th April, 7:30pm - Seth Ward

A chance to Dance: A Jive Worksop followed by DJ/Disco Evening

Further 'Chance to Dance' are being planned with the help of Philippa & Buntingford School of Dance.

We are hoping for a return of Simon Bland & his talented young musicians from Haileyburyt to Westmill Church in the Autumn

Andrew O'Brien (Director of Music at St. Edmunds) is planning to bring an Acapella group to delight us in the Spring.

Co-op Community Funding

Co-op Community Funding has been agreed for next year to help us plan for a possible future festival. This amount can be increased by shoppers selecting 'Buntingford Live' as their choice of local fundraising initiative to support. So if you like what we are offering our community, please sign up for this.



BUNTINGFORD LIVE!

Please continue supporting our fundraising events, to ensure we can organise quality entertainment in and around our town.

buntingfordlive.org
enabling creative events

In October FORQ wrote to the EA further pursuing the questions we asked of our MP and President Sir Oliver Heald and in our view, unsatisfactorily answered by Rebecca Pow. A copy of our email to the EA is available on our website (in the blog section), as you will see we are raising once again raising the issue of the disproportionate abstraction across Hertfordshire. Our chalk streams are abstracted at levels far in excess of the 10% recommended as the maximum percentage of annual recharge in the Chalkstream Recovery Plan. In our catchment area the abstraction is particularly disproportionate to our population.

We also raised the issue of raw sewage spill pollution events in East Hertfordshire, which represent over 90% of Hertfordshire storm overflow events. We also commented on the fact that Buntingford Sewage Treatment Works (STW) has been releasing excessive levels of phosphate for over 30 years. We have not yet received a response to our email but will publish it on our website when we do.

HMWT have announced that there will be an Extraordinary Meeting of the River Lea Catchment Partnership on Wednesday 29th November at Welwyn Civic Centre. There is a link on the FORQ website to the registration page if anyone is interested in attending. Members from FORQ's Executive and Riverfly Monitoring Team will be going.

As I reported last month members of FORQ's Riverfly Monitoring Team attended a couple of other HMWT meetings recently. We have now been told that all our Riverfly Monitoring Sites

should be transferred to the new database (Cartographer) by the end of the year.

Our monitors have also been asked to look out for Demon Shrimp, as it has been seen on the River Colne. This species is originally from Eastern Europe and is an extremely successful invasive species, which predates our native freshwater shrimp.

The Riverfly Partnership are working with the EA on trigger levels for invertebrates to enable the better reporting of pollution incidents. This would mean that if during a monitoring session the result was below the trigger level for that site it would be reported to the EA and they would investigate.

A new app/website has also been launched to help monitor INNS (Invasive Non-Native Species).

INNS Mapper is an app and website for the reporting of sightings, surveys and management of INNS in England, Wales and Scotland. INNS Mapper is free to use and aims to provide an effective resource to support INNS programmes and coordinate efforts.

People can use INNS Mapper to report sightings of invasive non-native species. It also provides a tool to report and share data about managing INNS, helping to coordinate effective management.

It is possible to report 62 INNS via INNS Mapper, including freshwater and terrestrial plants, freshwater invertebrates and mammals. A number of INNS are found in or near our rivers, such as Himalayan Balsam, Giant Hogweed, Signal Crayfish and Mink.

I am a single parent with two kids and I'm really worried about how I'll afford to pay my energy bills when I have to start putting the heating and lights on more now winter is here. At the moment I just about have enough money to cover my bills but there is nothing left over. The thought of getting into debt keeps me awake at night but the idea of my children being cold and possibly unwell as a result is just unbearable. What can I do?

You are not alone - a record number of people came to Citizens Advice with energy debt in the first four months of 2023 (32,400) - a 112% increase on the same period in 2020 (15,200). There are things you can do to feel in control when it comes to your energy bills. There are some simple tips to help save money on your energy bills. They won't cover all the extra costs, but they can make a difference:

- Check your thermostat: A room temperature between 18°C and 21°C is ideal for most people. Try turning your thermostat down by one degree within this range – it could save you around £115 a year. If a medical condition means you need a warmer home, ask your GP what room temperature you should aim for.
- Keep the heat in: Check your home for any gaps in the doors, windows and floors. Blocking any holes where you could get a draught could save you around £30 a year. It is important to allow for some ventilation as without it mould and damp can form.

- Turn off anything you're not using: Turning your appliances, like TVs and washing machines, off instead of leaving them on standby could save around £60 a year. Turning off lights when you're not using them – even if it's just off for a few seconds - could save around £25 a year.
- Consider using LED lightbulbs, which cost less to run.
- Watch your water usage: Cutting your shower time by just one minute can make a difference. If everyone in a four-person household with a water meter did this, they could save around £75 a year.

If you're struggling to afford your energy bills, you might be able to get support from the government or your energy supplier. The first step is to contact your supplier to find out what they can offer. You may be eligible for benefits including the Warm Home Discount, Cold Weather Payments or the Household Support Fund, find out more about these on our website. For more information visit the Citizens Advice website at www.citizensadvice.org.uk

If you need advice, the quickest way is to 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.

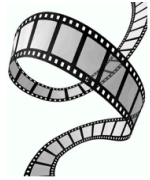
If you don't have phone or email or need extra support, Citizens Advice Contact Centre in Manor House, Buntingford, is open every Monday from 11am to 1pm, where our friendly staff will listen to what's happening and help you work out what to do next.



BUNTINGFORD FILM CLUB

Bringing Cinema back to Buntingford

David Woolcombe



Disney's Little Mermaid

– Live Action Feature –

Saturday 2nd December

at 5.30pm at the Community Centre

Roll up! Roll Up for our special Family Screening of Disney's 2023 blockbuster, LITTLE MERMAID. This Live Action retelling of the classic fairy tale features Halle Bailey as Arielle, a spirited and curious young mermaid, who rescues a shipwrecked human prince. She falls deeply in love with him and, desperate to be with him, she makes a daring pact with the sea witch, Ursula, to trade her voice for a pair of legs. As she embarks on a perilous journey to win her prince's heart, Arielle learns the true meaning of sacrifice, self-discovery, and the power of her own voice.

Critics raved about Halle Bailey's performance, saying: "A Star is Born!" and "Her voice and charisma radiates off the screen and is alone worth the price of admission." Overall, it has been rated it as one of the best of Disney's live action remakes. Come see for yourself at the Community Centre – and bring all the family for a great Cinema outing that will get you all in Mermaid mood for Christmas!

REMEMBER: this Family Screening starts EARLY!! At 5.30pm

All Tickets: £8 Adults; £5 Children; £20 Family (2 Adults + 2 Children);

(to include online commission + soft drinks)

[Discounts available for School Students: ask at your School Office]



Margot Robbie & Ryan Gosling in

Barbie

Saturday 6th January 2024

at 7.30pm at the Community Centre

A cinema phenomenon!

A simple story about Barbie being kicked out of Barbieland into the "Real World" becomes, in writer/director, Greta Gerwig's hands, something anarchic, wild, funny and, as Alicia Silverstone in Clueless, would say: 'way existential!'

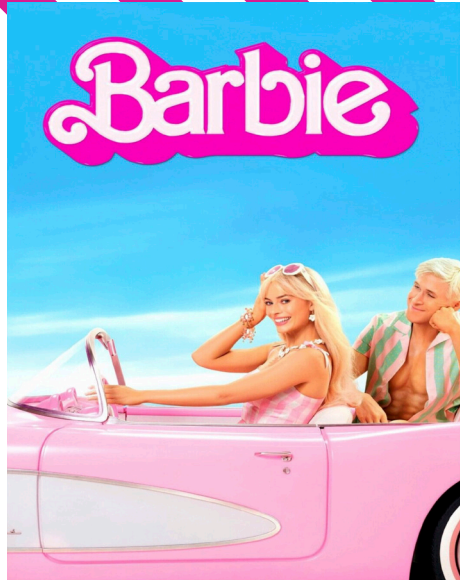
"I'm still amazed I got away with it," says Gerwig, "and the fact that it's already made \$1.3 Billion at the box office is sort of extraordinary."

Not that extraordinary! Come see it on the big screen, and you will see how Gerwig cleverly marshalls a great cast,

great style, great music and torrents of pink to produce a refreshing joyousness that makes Barbie the definition of escapism. And – most of it was filmed here in Hertfordshire at the Leavesdon studios, famously draining the UK paint industry of pink paint stocks!

Many reviewers said that the Kens, (Ryan Gosling et al), get the best lines, but the movie is carried by Margot Robbie as Barbie and the other female performers are brilliant too. It is a superb piece of cinema on many levels so if you haven't seen it, take this chance to see it on a big screen. And if you've already seen it, come again and bring your friends: it's a film where you find new things on the 2nd & 3rd viewings!

All Tickets £8.00 (to include glass of wine or beer & snacks) at: www.tickettailor.com/events/buntingfordfilmclub/ or in person at: SANCTUARY, 42 High St., Buntingford

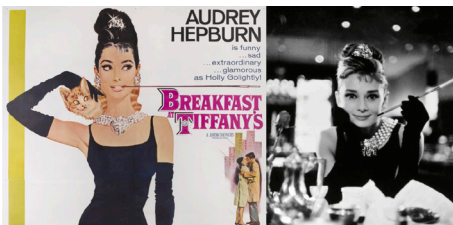


COMING UP:

Saturday 3rd February 2024
Kenneth Branagh's A Haunting in Venice

Saturday 2nd March 2024
Michael Caine in The Great Escaper

Saturday 6th April 2024
Special Easter Champagne Gala
Audrey Hepburn in Breakfast At Tiffany's



We celebrated our birthday last month with sherry and cake – 105 years after a group of ladies got together at Layston Court on the 5th November 1917 and formed the first Committee of Buntingford W.I.

Our speaker last month was Louise Reed and she talked about life in the 'Roaring' 20s following the end of WW1, which was an exciting time with the development of motor cars, electricity, radio, aeroplanes and jazz music. Louise passed round lots of photos showing fashions at the time and entertainment posters which created a lot of discussion and it progressed into a very nostalgic evening.



Our Christmas Celebration, with carols and seasonal poems, will take place in Christ Church in Baldock Road on **Thursday 14th December at 7.30pm.** This is not just for W.I. members – everyone is invited (including men!) - and there will be mince pies and mulled wine in the Church Hall afterwards. Do come and join us.

By the time the Journal is published we will have put our Christmas Nativity display in the Library so do pop along and take a look.



Photo above shows 'the WI wreath being laid by President Jen Cresswell and also Mercy Wilson' last month at our Remembrance Service.

In January we will have our traditional New Year Party and on **February 8th** Joy Hall will transport us to warmer places with her talk on 'Enigmatic Myanmar'.

Visitors are welcome at all our meetings which are always held on the second Thursday of the month at the URC hall in Baldock Road.

If you would like further information about us you can telephone our Secretary, Pat, on 01763 271305.

BUNTINGFORD GARDENER'S CLUB

Next Meeting: Wednesday, 6 December

At: The URC Hall, Baldock Road

Doors open: 7:45pm for 8pm start

Have you had the chance to tidy the garden for the winter and cover up those delicate plants before it gets too cold?

We are a group of over 40 members and have monthly meetings on the 1st Wednesday of every month (no meetings in January or August) with speakers giving talks on a variety of subjects, as well as quizzes, outings and the annual show. With a cup of tea or coffee in hand, we catch up and help each other with gardening tips, whilst sharing common interests.

December's meeting is our Christmas party for members only but we will be pleased to see visitors and new members at our first meeting of the New Year on 7th February 2024.

The speaker will be Dr Ian Bedford giving a talk on "All you might need to know



about Slugs". I hope that includes how to stop them eating everything!

Annual membership costs just £17.50 and this time of year we offer a half-year membership costing only £8. Visitors are also welcome at £3.00 per visit.

For any more information, please contact the Secretary telephone 01763 271 885.

Hope to see you there.

BUNTINGFORD SCHOOL OF DANCE



Zoë Eaglesfield www.buntingfordschoolofdance.co.uk

 Buntingford School of Dance |  [buntingfordschoolofdance](https://www.instagram.com/buntingfordschoolofdance)

The Autumn term has been a busy one. We've had Masterclasses, Exams, Dance Camp, dress up for BBC Children in Need and in December, so as this Journal goes out, we will be having a stall at Buntingford Late Night Shopping and are holding a Nutcracker Ballet workshop.



Our Wednesday classes in October had a Hip Hop Masterclass during their Commercial class. Pupils enjoyed a high energy fun class and learned a Hip Hop routine with visiting professional dancer Reiss Hinds. Reiss trained at Urdang Academy and has since performed across many platforms, on TV, film and stage; credits including dancing on 'Streetdance 3D', Disney's live action 'Cinderella' and 4 times Olivier Award winning West End musical 'In the Heights', numerous pantomimes across the UK and was a semi-finalist on 'Britain's Got Talent' in 2012 with dance group, Four Corners Dance Company. We are planning to hold Masterclasses in our Modern/Jazz & Tap classes next term.

Some pupils took Ballet exams at the start of the half term break, from our younger pupils taking their first grade exam to our most senior pupils taking vocational exams. Congratulations to all.

Our half term Dance Camp was well attended and pupils had fun singing, acting and dancing in our Matilda the Musical Themed Dance Camp. We are planning to run another West End Themed Dance Camp in February half term so please use the QR code below to Register your interest or email us for more information.



Please come along and see us at our stall at Late Night Shopping on Friday 1st December in Buntingford High Street, a perfect opportunity to ask us about our classes, find out more about us and meet some of the team.

Adult Classes – are you making a new year's resolution to get fit or try something new? Then why not register for our Adult Ballet or Tap classes. We welcome pupils of all ages and abilities whether you have done any kind of dance before or not.

ADULT TAP: Tuesdays 7.30 – 8.30pm - Barkway Village Hall.

ADULT BALLET: Wednesdays 6.15 – 7.15pm - URC Hall, Buntingford.

The classes we offer are: BABY BOPPERS; BALLET; COMMERCIAL DANCE; DANCE MASH; MODERN/JAZZ; TAP

If you wish to register for any classes in the New Year please use the QR code below visit our website or email us if you require more information. Term starts in the New Year on Saturday 6th January.





Buntingford Community Choir



A very Merry Christmas and a Happy New Year from everyone at Buntingford Community Choir.

First of all thank you to everyone who came and heard us sing at St Peters Church last month, it was a great success. Hopefully we may be able to perform there again next year.

Secondly we are very sad to announce that our wonderful Music Director Leigh Wood has decided to step down at Christmas. She has been a choir member since its formation in 2011 and has taken

www.buntingfordchoir.co.uk
info@buntingfordchoir.co.uk
Paul Webster

on the role of Music Director for a number of years. Hopefully she will always be part of the choir.

The Committee are now actively looking for a replacement to start in the New Year. If anyone is interested, or may know someone who might be, please get in touch with us via the usual email address, or via our website.



BRAUGHING GET TOGETHER

Friday 8th December 2023 WINTER SUPPER in Braughing Church Hall

Doors open 7.00 for dinner at 7.45 pm

Once again Gill will be cooking us a delicious dinner to get us in the Festive mood.

Canapes, choice from 3 mains, desserts, biscuits & cheese. Licenced bar

Limited places. Pre-booking only. To book your place contact Cynthia Matthews.

Via email: cynthia.matthews44@gmail.com

Via phone: 01920 822 230
or 07933 202 547

Friday 26th January 2024 Fundraiser for Arianna in Braughing Church Hall

Arianna is a young child with neuroblastoma and needs expensive treatment in the USA.

Come and join us for a glitterball evening of 50's/60's music. Dig deep in the wardrobe for your dancing clothes.

Raffle, supper and licensed bar.

Full details to be confirmed, but look out on our usual channels.



Left to Right: Naomi Olley, Paul Clifton, Brian Tebbutt, Peter Remnant, Sue Hisgrove, Barbara Henderson, Steve Hisgrove, Lin Hood, Cynthia Kattau. (Photo: Roger Henderson)

On the **2nd November** the Thursday Walking Group ventured out in the eye of storm Ciaran. Cynthia Kattau had planned and arranged the walk from Whitehill Golf Club at Dane End and, in spite of the forecast, a few hardy group members turned out to face the elements. It was a challenging walk with flooded roads, paths & fields to negotiate, not to mention the mud. They all made it back to the golf club and enjoyed lunch in their restaurant.

Our Speaker for **Monday 11th December** is Howard Slater 'A Ratpack at Christmas.' The Rat Pack brings you an afternoon of festive classics, including Christmas Waltz,



Jingle Bells, Mistletoe and Holly, including all-time favourites such as Rudolph the Red Nose Reindeer. What better way to get into the festive spirit!

Our Speaker for **Monday 8th January** is Charlie Haycock 'An Eccentric Look at the English Countryside'

Our Speaker for **Monday 12th February** is Andy Strange 'The History of WW2 Airfields, concentrating on East Anglia.'

Membership of the u3a is open to anyone not in full time occupation.

We meet at the Seth Ward Community Centre on the Second Monday of the month
- doors open 1.30pm.

Please visit our website for news and details of all our groups.

www.u3asites.org.uk/buntingford - New members are always welcome.

STANDON & PUCKERIDGE TENNIS CLUB

Diana Foster

Even though it is colder you can still play tennis on our three excellent courts that were refurbished earlier in the year.

Our teams did really well this summer. The Mixed Team and the Ladies played in the Essex Small Clubs League, the Mixed Team came top of Division 1 and the Ladies top of Division 3. The Men's Teams played in Hertfordshire Hot Rackets and the 1st team came second in Division 1A and the Men's 2nd Team also came second but in Division 5B.

We held the Chairman's Cup in September. This was a Dutch Doubles competition open to all adult members. Kieron Debnam and Pauline John were the winners.

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 821 152.

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, these are run term time only. For more information please contact Cliff on 07709 355 655 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. These sessions usually attract around 8 players of varying ability. We play doubles and change round regularly which gives an opportunity to play with different people.

CLUB NIGHT: Tuesday 6pm also Sunday morning from 10am. All members are welcome. There is a WhatsApp group to ensure there will be players there.

We have the following teams for the winter:

We have one Men's Team in the Essex Small Clubs League as well as a Mixed Team and a Ladies. There is also a Mixed Team in the East Herts League and a Ladies Team in the Over 60's Hertfordshire League.

Contact Diana Foster 07778 031 430 for more information on any of these.

NEW MEMBERS WELCOME: Special rates for parent/child/family memberships, for details contact Sally Bradshaw 01920 821 152.



Celebrate the 'original' Santa at
SAINT NICHOLAS FESTIVE FAIR
St Nicholas' Church
Horseshoe Lane, Great Hormead
Buntingford SG9 0NH
Sunday 10th December 2023
11.00am - 4.00pm
Now over 40 festive stalls for Christmas gifts and refreshments. All in aid of St Nicholas' Church.
www.quintetchurches.com
FREE ENTRY




A good chat can brighten your day
@chatty_cafe_buntingford Chatty Cafe Buntingford




United Benefice of
Aspenden, Buntingford
and Westmill

UNITED BENEFICE OF ASPENDEN, BUNTINGFORD & WESTMILL



Reverend Kirsty Wainwright

OUR SERVICES FOR DECEMBER 2023


Sunday 3rd	9:30am	All Age Worship	St Mary the Virgin, Westmill
	9:30am	Morning Worship	St Mary's, Aspenden
	11:00am	Holy Communion	St Peter's, Buntingford
Sunday 10th	9:30am	Sung Eucharist	St Mary the Virgin, Westmill
	9:30am	All Age Worship	St Mary's, Aspenden
	11:15am	Churches Together All Age Worship	St Peter's, Buntingford
Sunday 17th		No Service	St Mary the Virgin, Westmill
	9:30am	Holy Communion	St Mary's, Aspenden
	11:00am	Holy Communion	St Peter's, Buntingford
Sunday 24th Christmas Eve	9:30am	See our Christmas Services & Events page for further details of additional services p.22	St Mary the Virgin, Westmill St Mary's Aspenden
	11:00am	Holy Communion	St Peter's, Buntingford
Sunday 31st	11:00am	Holy Communion	St Peter's, Buntingford

OUR SERVICES FOR JANUARY 2024


Sunday 7th	9:30am	All Age Worship	St Mary the Virgin, Westmill
	9:30am	Morning Worship	St Mary's, Aspenden
	11:00am	Holy Communion	St Peter's, Buntingford
Sunday 14th	9:30am	Sung Eucharist	St Mary the Virgin, Westmill
	9:30am	All Age Worship	St Mary's, Aspenden
	11:00am	All Age Worship	St Peter's, Buntingford
Sunday 21st		No Service	St Mary the Virgin, Westmill
	9:30am	Holy Communion	St Mary's, Aspenden
	11:00am	Holy Communion	St Peter's, Buntingford
Sunday 28th	9:30am	Sung Eucharist	St Mary the Virgin, Westmill
	9:30am	No Service	St Mary's Aspenden
	11:00am	Morning Worship	St Peter's, Buntingford

Advent Service

Sunday 3rd December
6pm
St Mary the Virgin Westmill



A reflective service of bible readings, poems and music as we start our Advent journey to prepare ourselves for Christmas.



Christmas CAKES & CAROLS

Saturday 16th December
4:00pm



 **St Peter's Church,
Buntingford** 

Regular Events held at St Peter's Church



Prayer for Buntingford

Held weekly every Friday 8:15am – 8:45am at St Peter's Church Buntingford

A time of open, informal prayer for the town and local community.

Prayer for Buntingford will be taking a break on 29th December & will resume 12th January.



Monday Morning Coffee

Held weekly, every Monday (except Bank holidays)

10am – 12pm
@ St Peter's Church Buntingford.

A chance to meet up with old friends and meet new ones. . All ages welcome.

Last one for 2023 will be held on Monday 18th December and will resume again 8th January



Morning Prayer

9am Tuesday & Thursday at St Peter's Church Buntingford

Every Tuesday and Thursday mornings, we pray together

using the Church of England Daily Prayer book, with bible readings, a reflection and a psalm.

It is a quiet, gentle gathering to prepare for the day ahead.

www.achurchnearyou.com/benefice/32-012BK/service-and-events/

Morning Prayer will be taking a break on Tuesday 26th December and Thursday 28th December and will resume 9th January.



Monthly Cake Stall

Held the 1st Monday of the Month (except Bank holidays) 10am – 12pm @ St Peter's Church Buntingford

Treat yourself to homemade cakes, whether you fancy a slice or two or a whole cake.

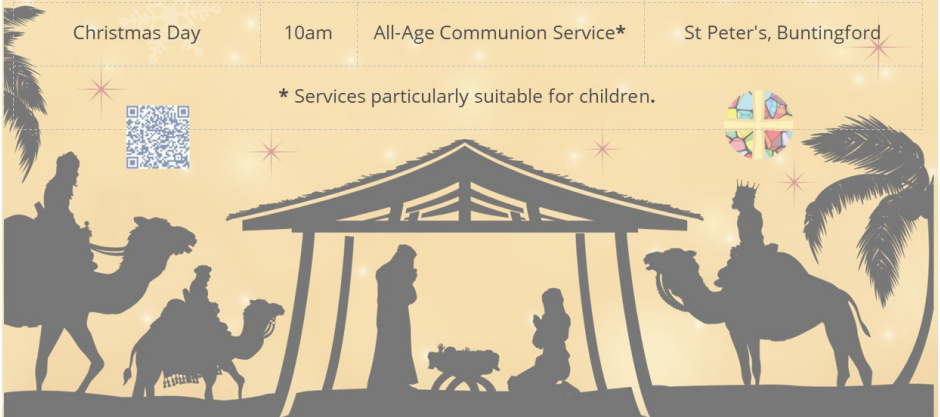
Monday 4th December our last cake stall of 2023 and will resume on Monday 5th February

Celebrate Christmas with us.

Throughout the festive season, we have lots of services to prepare ourselves for Christmas. You are very welcome to join us at any of these services.

Sunday 3rd December	6pm	Advent Service	St Mary the Virgin, Westmill
Saturday 9th December	11.30am -1pm	Christmas Carol Singalong	St Peter's, Buntingford
Saturday 16th December	4pm	Cakes and Carols*	St Peter's, Buntingford
Thursday 21st December	7.30pm	Candles by Candlelight	St Mary's, Aspenden
Saturday 23rd December	4pm	Crib Service*	St Peter's, Buntingford
Christmas Eve	9.30am	Crib Service*	St Mary's, Aspenden
Christmas Eve	4pm	Crib Service*	St Mary the Virgin, Westmill
Christmas Eve	11pm	Midnight Mass	St Mary the Virgin, Westmill
Christmas Day	9am	All-Age Communion Service*	St Mary's, Aspenden
Christmas Day	10am	All-Age Communion Service*	St Peter's, Buntingford

* Services particularly suitable for children.



Crib Services

Saturday 23rd December 4pm
St Peter's Buntingford

Sunday 24th December 9:30am
St Mary's Aspenden

Sunday 24th December 4pm
St Mary the Virgin Westmill

**St Mary's Church
Aspenden**

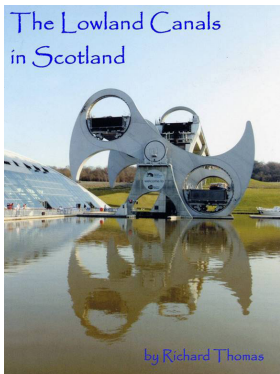
Carols by Candlelight

Thursday 21st December
7:30pm

BALFF - BUNTINGFORD ADULT LEARNING FOR FUN

Our January Course starts on Wednesday 17th 2024
OUR TUTOR IS RICHARD THOMAS

This course will introduce members to the world of canals and rivers. It will cover



the history and development of the local waterways including the Lee Navigation, the Stort Navigation and the non-navigable New River. After spending

a day on a Thames tug, you will travel further afield, to visit the highland and lowland canals of Scotland. Across the Atlantic, the Panama Canal will be examined. The course will end with a look at the rise and fall (and recovery) of the Manchester Ship Canal and then a tour of some of the engineering marvels of the Inland Waterways system."

We meet at the Seth Ward Community Centre, Luynes Rise, Buntingford. The Wednesday morning lectures start at 10.30am, but we have coffee beforehand.

Everyone will be made very welcome.

If you would like any further details please phone Julia on 01763-272 584 or Joan on 01763-273 341



The
United
Reformed
Church

CHRIST CHURCH

Baldock Road, Buntingford. SG9 9AA

www.buntingfordurc.org.uk

 URCbuntingford

Minister: Rev.Sue Fender
revsuefender@gmail.com | 01223 375 588

Secretary: Peter Godbert
buntingford.urc@talktalk.net | 01763 281 359

SERVICES at 11am / JUNIOR CHURCH IN THE HALL at 11am

December	3	Children's Service	Rev Sue Fender
	10	Holy Communion	Rev John Proctor
	17	Morning Worship	Rev Dr David Cornick
	24	Carol Service	Rev Sue Fender
	25	Christmas Day Service	The Elders (<i>Starting at 10am</i>)
	31	Morning Worship	Peter Godbert
January	7	Holy Communion	Rev Sue Fender
	14	Morning Worship	Penny Flynn
	21	Morning Worship	Rev Dr Janet Tollington
	28	Morning Worship	Richard Lewney

CHURCHES TOGETHER IN BUNTINGFORD

An Advent Course (*Names for the Messiah*) Will be held in our Church Hall on Wednesdays 6, 13 & 20th December

Lunch 12.30pm – bring your own Lunch – tea & coffee will be provided

Course 1.00pm - 2.00pm.

Regular Events

'Lunch, Laughter & Light' - Topical discussion group **Same format as for Advent Course. Re-starts on 7th February 2024 then on first Wednesday of each month**

'Coffee and Company' Meets every Thursday, 10.30am to 12.30pm, in the URC 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.

VOLUNTEER OPPORTUNITY

Want To Help Other People Help Themselves?

Citizens Advice East Herts, an independent local charity, is looking for VOLUNTEER ADVISERS to join our incredible team of volunteers who give their time, skills and experience to provide a free independent advice service to our local community.

You can make a real difference to people's lives, while being a member of a valued and enthusiastic team. You don't need any specific qualifications to join us. We value all experiences and skills, while providing full training. We have a hybrid working model, so you mainly work from home but can also meet at volunteer hubs in various locations such as Buntingford, Ware, Bishops Stortford, Sele and Hertford. 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.

What our volunteers say about their work:

"I volunteer for Citizens Advice East Herts because it gives me a great sense of accomplishment and I feel well supported and valued"

"I want to give back something to my community and gainfully use my life skills to good effect"

To find out more about what volunteering with us could mean for you, please contact us:

www.citizensadviceeastherts.org.uk/volunteers/

training@citizensadviceeastherts.org.uk

01920 459 946 for an informal chat.

BUNTINGFORD SENIOR CITIZENS' CLUB

THE SENIOR CITIZEN'S CLUB meets every **Monday afternoon (except Bank Holidays) 1:30pm. for 2pm** at The United Reformed Church Hall, opposite The Post Office.

We play Bingo, chat and drink tea and coffee.

Do come and join us, you will be warmly welcomed.

Just turn up or if you prefer, call Val on 01763 272 019

SENIOR'S CHRISTMAS LUNCH

Funded by Buntingford Town Council, County Councillor Jeff Jones' Locality Budget and The Buntingford Memorial Charity.

A Buntingford Senior Citizens Christmas Lunch has been arranged for **Thursday 7th December** at The Woodman, Nuthampstead. Lunch will consist of a three course meal, followed by tea & coffee and a free raffle. Drinks will be available for purchase.

A coach will collect from The Manor House, please arrive by 11.45am and return at approx 3.30pm.

If you would like to attend please call in to The Manor House or call 01763 272 222. Spaces are limited and will be allocated on a first come first served basis.

BUNTINGFORD LOCAL HISTORY GROUP

Carol Emery

buntingfordlocalhistorygroup@hotmail.com

Our meeting in November was a talk given by David Tweedale who was one of the people involved in the redesign and implementation of the works in the High Street following the opening of the by-pass around the town in 1987.

The A10 had been routed through the High Street which was originally much wider and at first able to cope with the flow of traffic. However as more people drove cars and lorry traffic increased, especially from the Sainsbury's depot at the southern end of the town, the High Street became more congested and dangerous for pedestrians and vehicles alike.

It was eventually decided that a by pass should be built on compulsory purchased farm land on the western side of the town. This opened in June 1987; the volume of traffic using the High Street dropped considerably but the speed of vehicles using the High Street had increased significantly. It was decided by the county council that this was a suitable time to upgrade the High Street to make it more desirable place to shop, to slow the traffic down and to improve the looks of the High Street.

The planners visited around 10 towns in the Netherlands and Germany to see how they had solved similar projects. The main objectives were: - reduce traffic speeds, increase pedestrian safety, provide on street parking, to maintain the historic character and attractiveness of the High Street, to deter un-necessary through traffic and create a new public space.



The planners held public meetings to ask for comments and suggestions to the scheme. The police, Civic Society, local traders, councillors, and representatives from the highways and planning department were all involved and eventually a scheme was agreed. This was the time an innovative plan like this had been used anywhere in the UK.

The first major step was to reduce the width of the actual roadway to 4.8 metres. This would allow for a car and a lorry to just about be able to pass each other with care. To deter lorries a 5ton ban was imposed on south bound traffic as a supermarket on the High Street had deliveries via the front of the shop, as Sainsbury's still does today the ban could not be enforced both ways. Parking bays were then installed along the western side in various places all north of the junction with Church Street. The pavement widths were increased and the entrance into the High St at the southern end was narrowed and a bigger pavement area installed outside the Bull public House with seating and rubbish bins. In addition, several parts of the road were narrowed even further to calm traffic speeds.



Almost all of the lamp posts and telegraph poles were removed along with unnecessary street signs. Street lighting was reinstated but using more vintage style wall mounted lights, which was more in keeping with the older buildings. The choice of paving stones, cast iron bollards surrounded by pebbles set in concrete, kerb stones was all considered. Special attention was paid to the junction with Church Street and the surface was laid with York stone and granite.

The actual work took place between July to December 1989 at a cost of about £400,000. Final tuning of the scheme was completed in 1990 and the scheme was deemed by the council to be a success.

Unfortunately, since this was done cars have become a lot larger, the 5ton ban does not appear to have been upheld and so once again it is hard for vehicles to pass each other in certain places.

What now remains is to see what new scheme the council come up with next.



BUNTINGFORD LOCAL HISTORY GROUP CONT...

The idea of installing a cycle lane in the High Street appears not to have many supporters as this would restrict even further the amount of roadway for vehicles. Making the road one way would just cause more chaos in either Bowling Green Lane or any other road they choose to use, and restrict the access of those that live on the High Street and have vehicle access to their properties. We will have to wait and see what the plans are and how they are received by the people in Buntingford.



On a lighter note, whilst going through more paperwork from Bert Thody I came across his recollections of Xmas when he was a small boy. As Bert was born in 1895, he can remember Mr Darville's shop (now the coffee shop) being the signal for all the other shops to decorate their windows in readiness for Xmas. He said that all the local children would run from window to window to see what was available. Some disappointment was had as some windows were steamed up and you couldn't see the displays. The main attraction was a draper opposite Baldock Road and Market Hill. Gone were the rolls

of cloth and in their place was a fairyland of toys. The children queued to go inside, not to buy but to see what toys they may ask for at Xmas. Bert remembers Feasey's, the towns major grocer whose windows were filled with Christmas crackers, dried fruits and bottles of rum, whiskey and gin. Inside on the counter was a large tin of snuff for customers to help themselves to.

On Xmas eve he recalls the shops being open until midnight, the town band playing all around the town, finishing up on Market Hill before going into a pub to refresh themselves and divide up the money they had collected whilst playing.

At the age of 10 he remembers going to his grandfathers to deliver a present and found the old man counting his small change. He recounted that late on Xmas eve he had mistakenly put a half sovereign into the band collecting box mistaking it for a shilling. He dispatched Bert to Jack Pateman at 3 Church St to see if he could have the half sovereign back in exchange for 2 shillings. Bert duly went to Jack's house but was told, "Lor boy it was the only bit of gold in the box and we shared all the cash last night." An expensive mistake to lose all that money.

We are still trying to find a way to share the information we collated on the High Street and will hopefully have more news on that in the New Year.

We will not be having a meeting in December so our next meeting will be on the **9th January at 2pm** in the library, but I hope everyone has a lovely Xmas and a Happy and healthy New Year.



Isabel Hospice
Together we care

**CHRISTMAS TREE
COLLECTION AND
RECYCLING**

**Friday 5th January - Wednesday
10th January**



Visit isabelhospice.org.uk/treecycle or
Scan the QR code for more information

Registered Charity Number 1046826

**Isabel Hospice are Collecting
and Recycling real Christmas
Trees across East Herts -
January 5 - 10th 2024**

Simply sign up with a voluntary donation, and leave your tree outside from 9am on 5th January 2024 and Isabel Hospice will do the rest! No needles in your car, no queuing at the tip, no spitting bonfire.

Feedback from previous years has shown that tree recycling is a service that solves a problem within the community, while helping contributors to be

environmentally friendly and supporting the essential work of a local charity. Last year the programme raised an amazing £17k for Isabel Hospice.

Call 01707954850 to register your Christmas tree collection today or visit:

www.isabelhospice.org.uk/treecycle/

Isabel Hospice
Together we care



www.hsrsc.org.uk

events@hsrsc.org.uk | 01763 262 262

Tracy Aggett



We have exciting news! Home-Start Royston, Buntingford & South Cambridgeshire are taking part in the Big Give's Christmas Challenge - an annual, online matched funding campaign that can double your generosity for our charity.

The Christmas Challenge supports a diverse range of causes and last year raised an incredible £28.6m for 1,021 charities. Donations to our "Critical Home-Visiting Support - Fragile Families" campaign will help us provide weekly, tailored support to local families in need.

One donation, twice the impact

The challenge runs from Tuesday, 28th November, to Tuesday, 5th December, and all donations made during this period will be doubled. So, if you're considering donating, please do it during the Challenge to get the most out of your gift.

To get ready, just jot down the dates and save the campaign page link: www.donate.biggive.org/campaign/a056900002RXpTLAA1

And don't forget to pass the message on! Thank you for your continued support.

If you have any questions, please don't hesitate to contact us on 01763 262262 or via email at paula@hsrsc.org.uk.



Home-Start Christmas cards – exclusively designed by one of our supporters, Lois – cards are available at our office at Unit 6, Valley Farm, Station Road, Meldreth, SG8 6JP. They are £3.95 for a pack of 10 cards, 2 designs, 5 of each. If you call into our office, you can pay by cash, cheque or card or if you prefer, you can order online through our Home-Start shop www.hsrsc.org.uk/shop/





Isabel Hospice Lights Up Hertfordshire with Returning Remembrance Services

Isabel Hospice, is delighted to announce the return of its cherished annual Lights of Love remembrance services this December.

The Lights of Love services present a heart-warming occasion for everyone, regardless of affiliation with the hospice. It's an opportunity to unite with the community, and remember those loved ones who are no longer with us, and remember the beautiful moments we once shared with them.

Admission to all events is complimentary, and reservations are not required. The full schedule for these events are as below:

The Main Service

Mill Green Golf Club, AL7 4TY, 4pm arrival with 5pm start time, Sunday 10th Dec.

Community Services include:

Buntingford (The Manor House SG9 9AB)
6pm on Friday, 1st December 2023
(please note later start time)

Find further details at isabelhospice.org.uk/LightsOfLove or by reaching out to Isabel Hospice directly at 01707 954 827.



Isabel Hospice Announces Christmas Jumper Day 2023!

Calling all schools and businesses! On **December 20th**, join Isabel Hospice in the festive fun as they don their most fabulous Christmas jumpers for a fantastic cause and a £2 donation per person.

Schoolteachers - inspire your students with a day of festive fashion, while creating a lasting lesson in empathy and generosity or rally your work colleagues for a day of camaraderie and goodwill at the workplace.

Together, you can make a huge impact and spread warmth and kindness during this holiday season, knowing that every jumper worn on December 20th helps those cared for by Isabel Hospice.

Would you like to nominate your school or workplace to get involved? Visit <https://isabelhospice.org.uk/christmasjumperday> or contact our community fundraising team on 01707 954 850.

Ware Choral Society perform Christmas Carol Favourites at Haileybury

Join Isabel Hospice for this wonderful Christmas event in the beautiful surroundings of Haileybury Chapel to enjoy voices from the Ware Choral Society singing a number of favourite Christmas carols on **19th December**.

There will be a raffle for a Christmas hamper, and mulled wine and mince pies will be served in the breath-taking dining hall after.

Tickets are £20 including refreshments and can be purchased at isabelhospice.org.uk/events.

THE HUNDRED PARISHES SOCIETY

www.hundredparishes.org.uk

Ken McDonald, Secretary



Two brothers born in north Wales in the 16th century have significant links with The Hundred Parishes. Thomas and Hugh Myddelton were younger sons of Richard, governor of Denbigh Castle. Both came to London to seek their fortune.

Thomas Myddelton was born in 1550, the fourth son. He did indeed make his fortune in trade and became Lord Mayor of London in 1613.

In 1615, Thomas bought the manor of Stansted Mountfitchet as his country seat and began the erection of a new Stansted Hall. He died in 1631 and was buried at St Mary's Church. His funeral was lavish; the family even paid for the mourners to be suitably dressed. There is a fine memorial inside the church with a life-size effigy under a decorated arch.

Hugh Myddelton was born in 1560, the sixth son. In London, he was apprenticed to a goldsmith and later became Royal Jeweller to King James I.

Hugh became a self-taught engineer. He was largely responsible for construction of The New River which ran for some 20 miles, taking fresh water from springs near Great Amwell into London. He helped fund the project and also secured financial help from the king.

The New River was opened in 1613, following the land contours so that gravity carried the water all the way to the Clerkenwell area of London. In 1620 a half mile extension was dug to supplement the supply by taking water from the nearby River Lea. After 400 years, the man-made New River still takes fresh water to the

citizens of London; it is now operated by Thames Water.

Hugh Myddelton died in London in 1631. A memorial stone was erected on an island in the river at Great Amwell and various roads and properties along the route bear his name.



Thomas Myddelton memorial



Great Amwell - New River



Hugh Myddelton memorial



Attend2Health would like to wish all its patients and supporters a wonderful Christmas and a Happy and Healthy New Year.

If you are stuck for last minute Christmas present ideas why don't you pop into Attend2Health?

We have Massage Guns for £45.99 or pillows from £29.99. We also sell gift vouchers so people could then choose to use it for a relaxing massage, reflexology session or seeing a Chiropractor or Osteopath for example.

There are lots of ways Attend2Health can help with New Year's Resolutions from seeing our Nutritionist to help with your diet, seeing our Hypnotherapist to help stop smoking, lose weight or help with chronic pain. You could try a Tai Chi or Pilates class to become more active or get a full health check up including blood tests from our Private GP. Or why not book a free chat with one of

attend2health

New Year's Resolutions
New Me

- ★ 1. IMPROVE YOUR DIET
- ★ 2. IMPROVE SLEEP OR STOP SMOKING
- ★ 3. TRY OUR TAI CHI OR PILATES CLASSES
- ★ 4. GET A HEALTH CHECK WITH OUR GP
- ★ 5. HELP EASE YOUR PAIN

our Physiotherapists, Chiropractors and Osteopaths to see if they can help ease your aches and pains.

Please call 01763 87 80 87 for more information.

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Fitness Pilates, Circuits, Dance Fit, HIIT, Hooping, Boxing & Mindfulness



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07956 647806



December we have lots of class celebrations and get togethers which as instructors we love to do a bit of socialising with our fitness family.

As many halls are closed for Christmas, we have our usual Zoom Christmas Package.

DECEMBER 2023

zoom Live Class Timetable

Christmas Package 2023
7 Live zoom Classes £20

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0					1	2
3						5
10						12
17		18 6pm Cardio & 6:30pm Pilates	19 6pm Cardio & 6:30pm Pilates	20 8am Cardio & 10:30am Pilates	21 8pm Cardio & 6:30pm Pilates	22
24						23
31						28
		25 Tuesday 2nd January 8am Stretch & Relaxation	26	27 10am Cardio & 10:30am Pilates	28 6pm Cardio & 6:30pm Pilates	29 10am Cardio & 10:30am Pilates

www.jacqui-smith.net
07956 647806

Move, Meditate & Relax



16th January 2024

Scout Hut, Buntingford 1-3pm

2 hour workshop of movement, breathwork, meditation & relaxing



£10 donation to Community Initiative

Funded by Community Initiative Charity
Registration No 1109106

The new year and we have another Move Meditate & Relax Session. Bookings now open.

Christmas HAPpy Kids Camps will be held on **22nd & 29th**

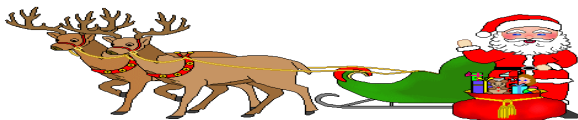
December, please message me for more information Free to children on school dinners.

Full Class Listings:



Want to come to an Exercise Class or fancy one of or workshops then contact us theteam@jacqui-smith.net | 07956 647 806

Jacqui Smith Personal Trainer & Chair of Community Initiative Charity



SANTA IS COMING TO TOWN

Saturday 9th December 2023 from 4pm

Paddock Road, Sunny Hill, Hare Street Road, Pipkin Drive, Aldridge way, Spencer Close, Miles way, Warboys Close, Sunny Hill (2nd Entrance) Riverside, Union Terrace, Market Hill, High Street, Norfolk Road

Sunday 10th December 2023 from 4pm

Fremantle Drive Chequers Close Vicarage Road, Honey Lane, Porters Close, Wyddial Road, Bridewell Close, Ermine Court, Church Street

Tuesday 12th December 2023 from 6pm

Station Road, Rib Way, Downhall Ley, Snells Mead, Dray Gardens, London Road, Layston Meadows, St Francis Close, Olvega Drive, Crouch Gardens

Wednesday 13th December 2023 from 6pm

Bowling Green Lane, White Hart Close, Bowlers Mead, Monks Walk, Longmead Greenways, The Willows, Skipp's Meadow, The Folly, The Pyghtle, Baldock Road

Friday 15th December 2023 from 6pm

Redrow Estate- Norris Way, The Maples, Mayes Drive, Seymour Road (6pm)
The Village (7.30pm)

Sunday 17th December 2023 from 4pm

Luyne Rise, Mill close, Barleycroft, Knights Close, Peasmead, Campbell Close, Meadow View, Oak End, Fairfield

Due to the size of Buntingford, we are unable to include every single street name in the lists above, you should be able to tell the geographical areas we are visiting each evening around the town.

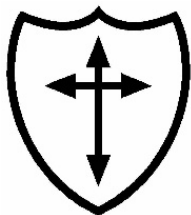
We will be posting on local Facebook sites our tracker each evening so you can easily come and find us!

Please remember we are all volunteers taking time to make this special event happen, children will have collection pots so you can donate to support Buntingford Scout Group.

We thank you for your support during 2023 and wish you a Happy New Year for 2024

Charity number: 275294

Donate: [paypal.me/ Buntingford scouts](https://www.paypal.me/Buntingfordscouts)



LAYSTON C OF E FIRST SCHOOL

Loving to Learn, Learning to Love, For every child a chance to shine!

www.layston.herts.sch.uk

Mrs Adele McMurrough, Headteacher

Our Christian values this half term are 'peace and justice'. We have been reflecting on both inner peace and peace within relationships. Remembrance Day is a powerful reminder of how lucky we are to live in peace in the UK. Within justice we have reflected on making the right choices even when this is difficult.

Welcome to our November entry. We have been thinking about the bravery and sacrifice of those who fought in the wars to secure our peace and freedom. As part of Buntingford's memorial service,

Mrs Betley and two pupils laid a wreath in honour of those who have died in conflict.

The children have engaged in a wonderful second half term of learning with a special focus on history, visiting 'Celtic Harmony' and learning about the Celts in Y3. Y2 engaged in a Fire of London Day lead by 'History off the Page'.

The children have had an exciting opportunity taking part in Eco Workshops. After exploring the issues, the children then had a chance to decorate a cork fish using colourful recycled scales.

We are now planning and looking forward to celebrating the birth of Jesus and Christmas through our nativity and pantomime performances.

To find out more about our school please visit our website at www.layston.herts.sch.uk.



Wishing peace and goodwill to all from Layston First School.



MILLFIELD FIRST & NURSERY SCHOOL

www.millfield.herts.sch.uk | 01763 271 717 | admin@millfield.herts.sch.uk

Laura Kennedy-Weeks, Headteacher

Millfield children have enthusiastically welcomed the Autumn term; observing it's seasonal changes in their learning. We have enjoyed writing and listening to descriptive and emotive autumnal poetry, as well as represented the changes of summer to autumn in some wonderful pieces of art. Some of this learning was shared with Year 2 and Year 4 parents and carers during class assemblies this term.

Year 4 poetry extract:

Autumn is here.

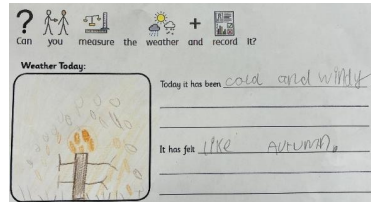
His rich fragrance tranquilises - mossy and fresh.

A hot chocolate dipped in marshmallows.

A nibble of apple pie fresh out of the oven.

Autumn is here.

Seasonal Science learning:



Through enrichment days, children have delved into the historical marvels of Ancient Egyptians, as well as Iron Age to Stone Age civilizations. Delicious food has been explored within Food Technology lessons with the expert guidance of Herts Catering Limited, we have all enjoyed tasting our hard work! This included using smoothie bikes to make our very own smoothies!



Our thanks to Millfield PTA for successfully organising and running events this term. The Movie Night was thoroughly enjoyed by all.

The recently held Book Fair provided Millfield children with the opportunity to immerse themselves in the world of literature, fostering their love for reading and discovery.

Looking ahead, we're excited about the upcoming Christmas events that promise to bring even more joy and festivity. From Playground Carols to the much-anticipated PTA Christmas Fair, EYFS Nativity

performances and engaging Christmas crafts Friendship Ladders, there's so much to fit in before the end of this term!

As the season changes, our children have been enjoying the school's picturesque grounds, relishing every opportunity to explore and learn in this changing environment.



EYFS Provision at Millfield

At Millfield First & Nursery School, we offer a highly effective Early Years Provision for both Nursery (3 to 4 year olds) and Reception (4 to 5 year olds) children. We are proud to provide nurturing and enriching indoor and outdoor learning environments, which motivate and develop a love of learning. At Millfield, each child is valued as an individual, allowing them to grow, develop and thrive. Our dedicated and passionate staff team are committed to working with parents/carers as partners to build children's foundation for future life. Please contact the School Office via telephone (01763 271717) or email (admin@millfield.herts.sch.uk) if you are interested in a place for your child for September 2024.



Laura Kennedy-Weeks

Headteacher

If you would like to know more about our school please visit our website: www.millfield.herts.sch.uk or contact us via email (admin@millfield.herts.sch.uk) or telephone (01763 271717).



EDWINSTREE MIDDLE SCHOOL

A Voluntary Controlled Church of England School

Jo Gant, Headteacher | www.edwinstree.herts.sch.uk

*As a Christian school, we recognise the unique and wonderful in everyone.
As a community, we support one another to flourish and live life in all its fullness.*



What is happening outdoors at Edwinstree this term?

We continue to explore the outside as a theme to support our wellbeing. We are very lucky to have a wonderful ESA (Edwinstree School Association) filled with fantastic parents who helped fund raise an outdoor classroom powered by solar panels. This was constructed in school this term. The ESA have also supported our new pond, and provided us with sheds and materials to increase the biodiversity in the pond and on the meadow within our school field. We have a team of eco warriors within the school who support our tiger worms to eat our food waste to reduce methane, and to encourage our recycling system. We have recommitted to turning our heating off at 12 midday each school day and wrapping up warm to support the schools struggle to reduce our greenhouse gas emissions. Next month you will see a basket of duck food at the river with notes explaining how you can support our wildlife by feeding them well. With the anticipation of the new crossing on Norfolk road, we will this

year be focusing on encouraging students to walk and bike to school wherever possible.

We continue to use the 50 things to do before you are 12, here is the link. <https://www.nationaltrust.org.uk/visit/50-things>. We started in Autumn with our walk and roll and run down the hill at Aspenden. This year we are looking to tick off the list, mud statues and mud challenge post-Christmas, wish us luck! We are searching for a kind farmer to help us! We are still waiting to launch our star gazing night, but have only managed to book cloudy nights with rain so far! Fingers crossed our rescheduled night brings out the stars and the sky stays clear.





What is the Christian value we are studying in school?

Our students explore 15 values over their four years with us and we study these as a community. They help us to shape and reflect on our lives and how we can work to be the best that we can be. This term we started with Justice. We have learned that justice is not an “eye for an eye” as “this makes the whole world blind”. Instead justice is the plumb line for

society that keeps the community on the path to God. It supports us to remember that a community that is fairing well is one that supports and looks after it’s most vulnerable.

As part of our learning we have discovered that now 1 in 7 families within our local area use the Food Bank, and as individuals re-mortgage and energy and food bills continue to rise, more working families are requiring help to meet their basic needs. We have also become aware that the Buntingford Food Bank did not have a storage space within Buntingford. Currently the Food Bank is operating out of a volunteer’s home and the space is not big enough to house the food that is needed to support our families. Despite various requests for support this has currently fallen on Deaf ears.

The students and staff are currently looking to work with the Food Bank and the Charity food pantry to house a donated storage space within our site. We are also about to start collecting as tutor groups and will be donating and helping with the delivery of Christmas boxes for the food Bank. Once again, we see how making a difference and helping people helps our students mental health, which makes them feel good about themselves and our community.

Finally, we look forward to singing for you at the Lights of love and hope that you might pop by to support our stall on the night, which will be selling nearly new Christmas jumpers and lots of chocolate treats.

WHAT'S ON - DATES FOR YOUR DIARY

DECEMBER

- Friday 1st** Buntingford Live! Late Night Shopping Evening (p.4)
- Friday 1st** Isabel's Hospice Lights of Love Service at the Manor House (p.31)
- Wednesday 6th** Gardener's Club (p.15) Member's Christmas Party
- Thursday 7th** Senior's Christmas Lunch (p.25)
- Friday 8th** Braughing Get Together Winter Supper (p.17)
- Saturday 9th** Buntingford Live! "Whose Wine is it Anyway?" (p.8)
- Saturday 9th** St Peter's Church Singalong
- Sunday 10th** St Nicolas' Festive Fair (p.19)
- Monday 11th** u3a Monthly Meeting (p.18) "A Ratpack Christmas"
- Monday 11th** Digital Skills session (p.5)
- Wednesday 13th** Chatter & Natter Christmas Lunch (p.7)
- Thursday 14th** WI Christmas Celebration with Carols (p.14)
- Friday 15th** BALA Coffee Morning (p.44)
- Saturday 16th** Cakes & Carols St Peter's (p.21)
- Wednesday 20th** Isabel's Hospice Christmas Jumper Day. (p.31)
- Thursday 21st** Carols by Candlelight, St Mary's Church (p.23)

JANUARY

- Monday 8th** U3A "An Eccentric look at the English Countryside" (p.18)
- Tuesday 9th** History Soc, 2pm in the Library (p.28)
- Wednesday 17th** BALFF Richard Thomas (p.23)
- Friday 26th** Braughing Get Together 50's & 60's Night (p.17)
- Saturday 27th** Burns Night Supper (see below)

LOOKING AHEAD

- 7th February** Gardener's Club First meeting of 2024 "All you might need to know about Slugs" (p.15)
- 8th February** WI New Year Party (p.14)
- 12th February** U3A The History of WW2 Airfields (p.18)
- 24th February** Kenneth Williams - The Highway Cello - Buntingford Live! Event (p.9)

Burns Night Supper Saturday 27th January

Join us in our celebrations of Robbie Burns' birthday on Saturday 27th January in Reed Village Hall. You'll enjoy a hot supper, (haggis if you dare!) and a licensed bar.

Admission £15 per person, £10 for children under 12. To book, please contact Liz Jakeman (elizabethjakeman@live.co.uk or 01763 848 398)

REGULAR EVENTS

MONDAYS:	TUESDAYS:	WEDNESDAYS	THURSDAYS:	FRIDAYS:	SATURDAYS:
From 8.30am: Buntingford Market on Market Hill	7.30–9pm: Braughing Sing Community Choir in Jenyn's School Hall	Buntingford Meditation We now meet online at 8 pm on a Wednesday evening, and once a month in Saint Peter's Church.	10.30am–12.30: Coffee & Company in the URC Church Hall		10am: Walking Football at the MUGA, Norfolk Road Playing Fields
10–11.45am: Chatter Table at the Manor House – 1st & 3rd Mondays		If anyone is interested in joining the group the best way is to contact me via the website - www.mindful-worklife.com/buntingford-meditation	2–3pm: Mind & Music at Standon & Puckeridge CC		
Morning Coffee 10-12 St Peter's		New meditators are welcome and guidance is given on how to meditate in the sessions.			
EVENTS IN THE LIBRARY:					
10.30–11am: Baby Rhyme Time (songs, rhymes, actions and puppets, for ages 6 weeks to 3 years)	10.30–12.30: Chatter table (jigsaws, magazines, refreshments included)		10.30 – 11am: Story Time (storytelling with props, for ages 2-5 years)	4:00-5:00pm: LEGO club (£3 per child, ages 6-12)	
11.45am–12.45pm: Forever Cycling at the Community Centre -1st & 3rd		10-11am Chatter & Natter, Buntingford Coffee Shop			
1.30 for 2pm: Buntingford Senior Citizens' Club at URC Hall		12- 4 Braughing Shed Group			
7.30–9pm: Buntingford Community Choir at Millfield School					

BUNTINGFORD ACTION FOR THE LESS ABLE (BALA)

Registered Charity No. 1094426

Minibus Trips December 2023 / January 2024

All trips start from the Benson Hall car park unless otherwise agreed

	TIME	DESTINATION	PRICE
DECEMBER			
Tues 5th	10:30-2	Saffron Walden (market day)	£6
Wed 6th	10-1	Van Hages	£5
Mon 11th	10-12:30	St Ives	£8
Wed 13th	11:30	Pub Lunch	£5
Tues 19th	9:30-12:30	Stevenage - Roaring Meg (TKMaxx/ Homesense, M7S, Costa, Hobbycraft plus Dunelm/The Range	£5
JANUARY			
Tues 9th	10-3	Cambridge - Hit the New Year Sales!!	£7.50
Thu 11th	10:45	PANTO – Cinderella at Milton Keynes 1pm matinee. (Front row, circle. Level access) Must book by 15/11/2	Bus £13 Ticket £32.50
Wed 17th	11:30	Pub Lunch	£5
Tues 23rd	10-12	Tapps Garden Centre, Baldock	£4
Fri 26th	10-12:30	Freeport Shopping Village, Braintree	£8
Wed 31st	10:30 -2	Frost's Garden Centre at Willington	£7.50

To book a seat or for more information: 07870 638 480
(please be prepared to leave a message)

BALA COFFEE MORNINGS

Friday **15th December 2023** - 10 - 11.30

Friday **19th January 2024** - 10 - 11.30

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Wednesday 7:15pm The Scout Hut (£6 or with strength HIIT £10)
Thursday 10am Seth Ward Community Centre
Friday 10am The Scout Hut (£6 or with Full Body Workout £10)

A class that increases muscular balance and strength, improve posture, core and back strength

Variety Full Body Workouts

Cardio HIIT Monday 6:30pm Scout Hut, (£6 or £10 with Pilates at 7:15)
HIIT Tuesday 6pm / Sunday 10am via ZOOM
Strength HIIT Wednesday 6:30pm Scout Hut (£6 or £10 with Pilates)
Full Body Friday 11am Scout Hut (£6 or £10 with Pilates at 10am)
Cardio (non impact or impact), Strength, Toning & Balance, each week a different class

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Thursday 9:15am-10am Seth Ward Community Centre (£6 or £10 with Pilates at 10am)

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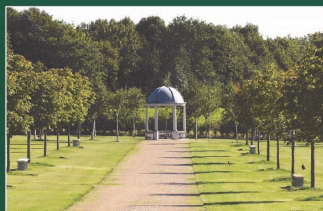
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Scan the QR code, call 01707 324582 or email info@hhas.org.uk to find your nearest clinic.

Hertfordshire Hearing Advisory Service



Hertfordshire
Sensory Services Strategy
2020-2023



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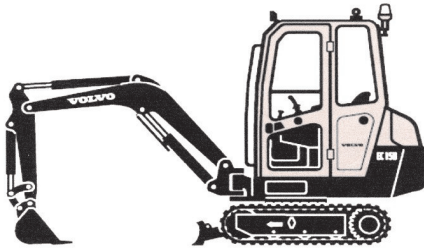
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<http://www.buntingfordcivic.org.uk>



WHO ARE WE?

We are your local amenity group, established in March 1971 initially as a conservation group covering the ancient parishes of Buntingford, Layston, Aspenden, Wyddial and Throcking. We obtained charity status in 1993.

Our main aims are to secure the preservation, protection, development and improvement of features of historic and public interest within the locality and endeavour to promote high standards of planning and architecture while our archives are a source of reference on local geography and history.

Over the years, the Society has broadened its interests within the community. Whilst conservation issues will always be important to us, we now try to take a greater interest in many other local organisations and activities.

WHAT HAVE WE DONE?

Publish the Buntingford Journal
Restored the town pump twice.
Restored the Town Cage

Initiated erection of Christmas lights in the High Street and Market Hill
Present an annual school civic award

Updated the set of Town Trails with the Discovering Buntingford booklet.

Erected a Town Sign and replaced it on a like for like basis in 2018

Installed a seat on the hill to and paid for works at the Layston Cemetary.

Erected Town Gateway signs complete with Planters and pay for the plants.

Contributed financially to the Freman College sports hall, Buntingford Film Club, previous Buntingford Carnivals, and to the Summer Arts in Buntingford 2022 weekend, and gave a grant to the Friends of the River Rib and Quin

Done River Rib and town cleans

Fitted a sign in the Community gardens at the Police Station and paid for new plants there in 2019.

Were actively involved with the production of the Neighbourhood Plan

Arranged four Buntingford in Bloom competitions our fifth in 2020 cancelled due to the pandemic.

Updated the circular walks on local footpaths leaflet in 2017
Hosted annual Civic Day walks

WHAT ARE WE PLANNING TO DO?

Monitor future housing development and continue to work with local organisations for the benefit of Buntingford, including the River Rib Project. We will also pay for a replacement Plaque for The Cage once the repairs to it get carried out

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Carers in Hertfordshire Support Hub

Buntingford 2024

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When: Last Tuesday of each month,
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For one-off adverts or to advertise a specific event, contact the Journal editor, Anne Wright, email journal@buntingfordcivic.org.uk. Adverts for charitable or community events are normally free of charge.

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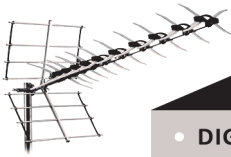
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