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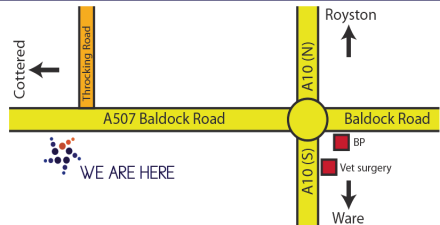
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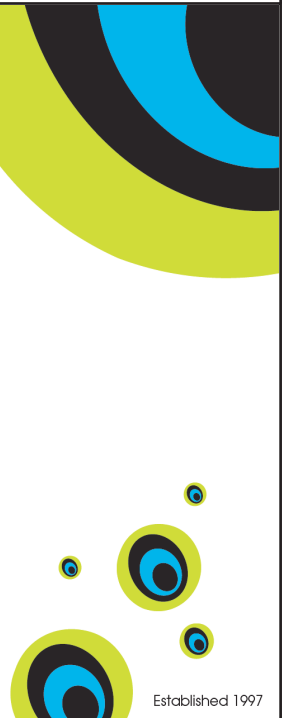
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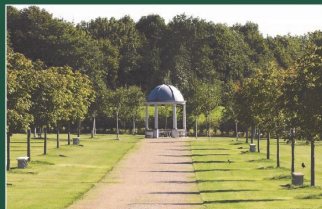
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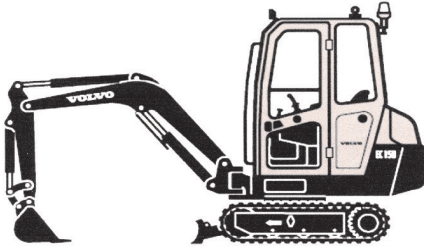
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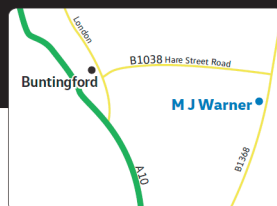
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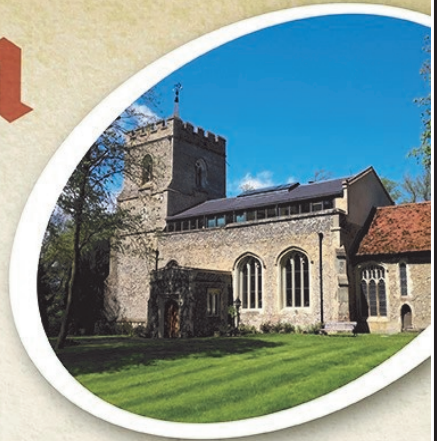
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LETTER FROM

The Editor

As we say a fond farewell to Christine, and wish her all the best for her move back home to Northumberland, I thought it would be nice to cheer us all up with a refresh of the design of the Journal.

You will notice a few changes as you flick through the Journal this month. We have a fresh new cover style and new styling throughout the magazine, designed to make the journal easier to read and navigate. You are lucky to have such a lovely breadth of content within these pages and I thought it might be nice to introduce a subtle colour coding system, using the heading tabs, to help you find the content you might want quickly. I have also replaced the list style contents page with the page opposite that highlights features and articles in the magazine that you might find interesting or informative.

In case you are all wondering who is this new person who is editing our magazine, here is a brief introduction:

My name is Anne, and I am a freelance graphic designer living and working in Little Hadham with my husband, two children and dog. Some of you may know me already from graphic design work I have done for you around the town under my company name - The Humble Line.

I have lived in Little Hadham for 10 years where I also edit the village monthly magazine. My in-laws moved in to Buntingford 3 years ago and since then I have come to know your lovely town much better. I was delighted to be asked to take over from Christine, and hope I can do her proud.

Anne

BUNTINGFORD JOURNAL

JULY/AUGUST 2023

EDITOR

Anne Wright

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C/O The Manor House, 21 High Street
Buntingford, Herts, SG9 9AB

ADVERTISING ENQUIRIES

Keith Edwards

01763 272 032

advertising@buntingfordcivic.org.uk

EDITORIAL DEADLINE

Editorial copy deadline for the next Journal is: **14th AUGUST.**

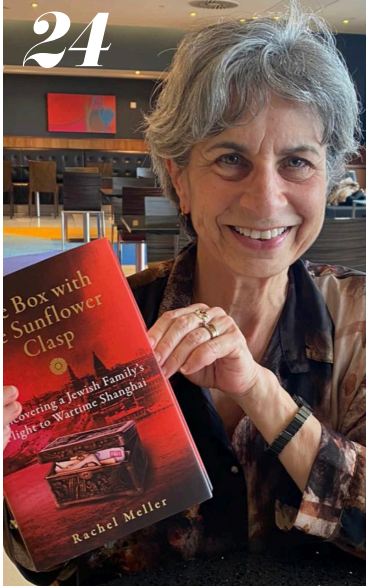
Please send all contributions to the editor on the email address above.

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

The new pump track that opened in April: photo from the Town Council FB page



BUNTINGFORD CIVIC SOCIETY

www.buntingfordcivic.org.uk

Graham Waite, Chairman
chairman@buntingfordcivic.org.uk

Member of

CIVIC VOICE
talking civic sense

reg. Charity: 1014873

It seems a very short time ago that I did my last Chairmans report, it always surprises me how quickly the months pass, however with this issue being double, that means we can have a month's break and enjoy the summer.

An update on "The Cage". We are waiting for a confirmed date as to when the remedial works are to be carried out. Once these works have been completed, we will then move forward with the installation of a new plaque.

As part of the ATF scheme for High Street / Station Road / London Road, which is making good progress, the Planter and Town Sign formerly located near the entrance to the "Cougars" field is being re-located to the southern side of the entrance to the BP garage. When this is in its new position it will be re-planted. I must say that I use this stretch of road quite frequently and I am impressed with the outcome of this scheme as I think it will make the whole of London Road a much safer environment for all users, especially pedestrians and small cyclists and has greatly improved the appearance of the southern entrance to the Town. I know that there have been a lot of negative comments about the disruption to traffic, but the old saying

"you can't make omelettes without breaking eggs" springs to mind.

Finally, I feel I must comment on the article "The Greening of Buntingford" submitted by David Woollcombe, which appeared in the June issue of the Journal. It is unfortunate that our new District Councillor felt the need to place this article in this publication. The Journal is, and has always been, an apolitical publication so the article in question did not sit easy with us.

As a "one off" and in fairness to our County Councillor the Civic Society Executive Committee have decided to offer him the "right to reply".

I would like to take this opportunity to remind ALL contributors to the Journal that this publication must NOT be used as a political forum, and any future articles of this type will not be published.

Have a great Summer and we will return, hopefully revitalised, in September, just in time for the Classic Car Show on the 2nd.

Graham Waite

Chairman, Buntingford Civic Society

.....
Buntingford Civic Society was established in 1971 with the aim of improving the fabric of the Town. **Annual household membership is just £10** and includes delivery of the Buntingford Journal (10 issues a year) to your door. If you would like to join the Civic Society, you can download an application form from the BCS website: www.buntingfordcivic.org.uk or email the Membership Secretary, Peter Hay, at membership@buntingfordcivic.org.uk



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

At the meeting of the Council on the 18th May the Town Council co-opted Graham Bonner, Andy Huggins and John Noades to fill the three remaining vacancies on the Town Council. At the same meeting Councillor Duncan Wallace was re-elected as Town Mayor and Councillor Mrs Jacky Danagher was elected Deputy Town Mayor.

At a specially convened meeting on the 25th May, the Town Council bestowed the great honour of the Freedom of the Town to Jonathan Ling and Teresa Bonner both of whom stood down from the Town Council in May. Jonathan was the Council's longest serving Councillor, having joined the Council in 1976, he served as Chairman of the Council on four separate occasions. Teresa joined the Council in 2003 and served as Chairman of the Amenities Committee for six years.

Following the completion of the new pump track at Norfolk Road Playing Field, the annual funfair was re-located to the Seth Ward Community Centre

field. This is on a trial basis and will be reviewed at the end of the visit.

The new rear staircase at the Community Centre is now complete and the balustrade stripped and painted to match the staircase. The Community Centre is owned by the Town Council but a small management committee has been formed to manage the day to day running of the building. There is currently a vacancy on this committee, so if you would like some input into how the centre is run, please contact the Clerk's office for further details.

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

Details of the July 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 July are:

- | | |
|-------------------------------|-------------------------------------|
| Thursday 6th July 7pm | Amenities Committee |
| Thursday 13th July 7pm | Planning and Resources Committee |
| Thursday 27th July 7pm | Planning Committee and 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, McCOLL'S, KIM on the CARD STALL at Buntingford Market

LETTERS & EMAILS TO THE EDITOR

Write to us at: journal@buntingford.civic.org.uk

Note from BCS Chairman:

Following on from the article "The Greening of Buntingford" in the June issue of the Journal, because of the content, we offered County Councillor Jeff Jones the opportunity to the "right to reply". Below is his response to that offer":

Dear Editor,
Thank you very much for giving me the right to reply to the ill-informed article submitted by David Woollcombe, published in the June '23 issue, Buntingford Journal. The article was also signed by the other Green Party candidates Vicky Burt and Sue Nicholls who inform me that they distance themselves from his article and do not associate with his opinions.

This article and associated Green Party articles, hidden behind Buntingford In Transition and BACCS, were politically directed at your local Conservative Councillors.

This opinionated political article had no substance, was ill-informed, factually incorrect and damages the good work that I do to improve our town and villages, with no opportunity to respond.

I am always at pains in my articles to provide information and news that I consider are of interest to readers, with no political bias, but to provide news to your readers.

I have always worked with the previous Editor, Christine, to ensure there is no political bias and allow her free reign to edit my articles if she considers areas may be inappropriate.

Unfortunately, Christine's last edition allowed these three "Green Party"

articles to appear without any political editing, and no opportunity for me to respond. Such a pity that this was her last edition after excellent editing previously.

Of course, it would be right and expected to see an article announcing our new Green Party candidate's successful election victory, as this is news! But this public vehicle should not have been allowed to be an opportunity for them to slag-off your Conservative Councillor with ill-informed comments, where I am unable to respond.

I have no problem if you allow your Journal to include political articles, but it should be available to all parties.

I won't be holding my breath for a published apology from Cllr Woollcombe!

- Cllr Jeff Jones,
Buntingford Division,
HertfordshireCounty Councillor

Dear Anne,
At the time of writing, the new path for cyclists and pedestrians going out of town towards the A10 hasn't been completed. In the light of various complaints about the time it's taken or the money it's cost, I just want to say how much I appreciate this widened accessible path. In fact, if the finance were available I'd support extending it to Pearce's Farm Shop so that I could walk or cycle there and work off an unhealthy tea & cake.

Great to see something so positive for the town.

- Chris Kell

BRAUGHING GET TOGETHER

Following a successful series of events and outings, Braughing Get Together is taking a Summer break, so there will be no events in July or August.

We would like to thank all those who have attended and made the events so successful and widened our social group.

In the meantime, we are planning plenty of new outings, talks and other social evenings for the coming Autumn, Winter and Spring.

Keep a look out for our posters, social media, emails and local Journals for latest information.

see HCC Highways via ATFConsultation have now published Stage 2 of the controversial cycle/ pedestrian path project.

It says that it is 'subject to localised engagement'.

Does that mean that, like Stage 1 the decision has already been made on it going ahead and how it will look and local opinion is ignored like it was for the whole project from the outset.

Again, is this democracy in action.

Come on Greens - get it stopped.

- Ashley Cantor

STANDON & PUCKERIDGE TENNIS CLUB

Diana Foster

Summer is here so find your tennis racket and come to the Community Centre for a game; we are opposite the doctors surgery in Station Road in Standon. We have three excellent courts that have recently been refurbished.

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

COACHING: our Head Coach is Cliff Devonshire, who is a 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. 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:

The men's team play in the Essex Small Clubs League and play in Division 2.

The mixed team also play in the Essex Small Clubs League. They also play in the East Herts League.

The ladies play in the over 60's Hertfordshire league. They also play in the Essex Small Clubs League and play against Dunmow, Stebbing and Braughing amongst others.

Contact Diana Foster 07778 031430 for more information on any of these.

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

NEWS FROM YOUR COUNTY COUNCILLOR



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

London Road ATF Scheme

I am pleased to see that the Active Travel Fund, DfT funded, shared pedestrian & cycle path, reduced speeding traffic and safer crossing points scheme is on schedule for completion 22nd July.

Affected residents will have received notification that the construction will have moved down to the Hare St Rd junction final part of this scheme.

Once complete, London Road/Station Rd will be fully open to traffic and the bus route resumed.

With this infrastructure in place to encourage walking and cycling into town and to the new Buntingford 1st School I am sure residents will appreciate the benefits of the scheme.

I am aware that the construction of the scheme has caused much inconvenience to road users accessing the town and the project team thank you all for your patience during the works.

A feasibility study is now being prepared for Phase II of the scheme, from Hare St Rd and the High St which may include a one-way High St scheme. Full details of the proposals will be available and consulted on with residents and businesses once the study is completed. If approved, works are expected to be started in early 2024.

Pothole Funding

HCC has secured almost £4m of funding to double the number of potholes fixed and protect roads from damage before next winter. Hertfordshire County Council, which is responsible for highways, said the money allocated

from the government's pothole fund will pay for up to 20,000 additional repairs. The authority said it will also treat the equivalent of more than 2,000 miles (3,280km) of road to prevent more potholes from developing.

Topping Out Ceremony at Buntingford 1st School

A topping out ceremony was held in June at the Buntingford 1st School, marking an exciting milestone for HCC and the Scholars Education Trust governing body, in delivering the region and country's first carbon neutral school. The event included speeches from Cllr Caroline Clapper, Executive Member for Education and Cllr Duncan Wallace, Mayor of Buntingford, before a guided site tour for all attendees and a reception at The Bury Clubhouse. This was an important milestone which ensures the school will be open and ready for its first intake of children in September.



LtoR Cllr Duncan Wallace, Mayor of Buntingford, Cllr Terry Douris, Chairman HCC, Cllr Caroline Clapper, Executive Member Education, Cllr Jeff Jones, County Councillor



Help to create a greener Hertfordshire as the Your Tree, Our Future scheme returns

Following the success of the 'Your Tree, Our Future' giveaway last year where 46,000 trees were given away to residents, the scheme is returning for 2023, with the aim of giving away a further 60,000 trees this year and 30,000 for the next two years to help the county tackle it's sustainability targets.

It is estimated that the trees planted by 4,000 residents last year could remove 77,000 tonnes of carbon from the atmosphere.

The scheme, now in its second year will help the council to deliver on several of its Sustainable Hertfordshire ambitions as planting trees has a positive impact on air quality, helps reduce the carbon in our atmosphere, supports biodiversity and can help communities adapt to the impacts of climate change. In addition, access to natural features has been linked with benefits to physical and mental health.

The 'Your Tree Our Future' scheme was created as part of the county council's Tree and Woodland Strategy, which sets out how the council will increase tree cover in the county. The project will be delivered in partnership with all ten district and borough councils.

By visiting www.hertfordshire.gov.uk/yourtree residents will be able to choose from a selection of eight different native species, or a hedgerow pack, which will be provided on a first come first served basis. Residents who have successfully requested free trees will

receive an email from the council with details of the date and how to collect them from a local pick-up point.

Walking Football

Buntingford 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 272222 where full details will be given. I am always available by phone or email on the contact details above.

WARE & DISTRICT PHOTOGRAPHIC SOCIETY

Barbara Norris

The Club is now officially closed for the summer break but there are one or two activities outside the programme including our annual BBQ. The new programme is on the website www.wareps.org.uk and we recommence on Wednesday 6 September. New members are most welcome and remember the first 3 evenings are free!

**BUNTINGFORD
LIVE!**

summer garden party

**Saturday
August 12th**

**100 High Street
Buntingford**

12 noon – 6pm

**Ticket price includes a
glass of bubbly and BBQ**
(vegetarian option will be available)

**Paid bar with profits
going to Buntingford Live!**

**No dogs or children
under 12**

**Live music from
'Beans & Biscuits'**

Tickets **£20** each, available online at buntingfordlive.org
or **Keith Ian Estate Agent** 42 High Street Buntingford



**BUNTINGFORD
LIVE!**

UKRAINIAN FAMILY FESTIVAL

Nicola Freeman, Buntingford Live! | support@buntingfordlive.org

At the Ukrainian Family Festival in Anstey in April, in a packed hall, everyone had fun learning traditional methods to decorate Easter eggs, participated in some simple Ukrainian dances, and listened to wonderful live folk singing and music, with a very moving presentation about Ukrainian culture.

Rosey and Nicola, both from Buntingford Live! who are trying to encourage cultural events in Buntingford, approached Khrystyna and Yaroslava, who moved here from Ukraine due to the invasion, suggesting we repeat this fantastic event here. Together, we organised the Ukrainian Cultural Celebration held on the 10 June in Buntingford.

This was also a huge success with 75 attendees, 25 of whom were Ukrainians. Most of the Ukrainians dressed in traditional dress, and along with helpers from Buntingford Live!, the Buntingford Dramatic Society, the Buntingford Film Club, and friends from Anstey, we all worked together on the day to make it a very special and memorable event.

We all enjoyed the beautiful folk singing and live music by sisters Sofiia and Solomiia Obertas, the cultural



presentation, a raffle, sales of Ukrainian craft items, cakes, drinks, Ukrainian food, and craft workshops making wonderful traditional headdresses using grasses, flowers and ribbon, and decorating bags with Ukrainian printed stamps. Duncan Wallace, our mayor, gave an inspirational speech which was much appreciated.

The event raised a fantastic £1042, which will help Ukrainian medical relief and for water purifying tablets for those affected by the recent flood. Buntingford Live! would like to thank everyone who was involved in contributing to this truly memorable occasion.





Zoë Eaglesfield

Buntingford School of Dance offers ISTD syllabus classes in Ballet, Tap & Modern/Jazz and recreational classes in Commercial Dance. We also offer Tap & Ballet for adults for fun and fitness.

If you wish to register with us to join classes in September please use the QR code below, visit our website contact page or email us on admin@buntingfordschoolofdance.co.uk for more information. We also hold a waiting list if you wish to put your child down for a place before they are old enough to start classes. All new pupils get a NO OBLIGATION TRIAL in the classes they wish to join.

Why dance? What are the benefits?

- Many studies have shown that dance and moving your body to music boosts your physical and mental wellbeing, and with dance being a social activity it provides an essential connection to other people.

Get your heart pumping - Regular dancing is great for maintaining strong bones, improving posture and muscle strength, and can improve heart health.

Improve your balance and strength - Dance is a great form of physical fitness for the young and old because it incorporates movements on all planes of motion and from all directions – keeping all muscles active and conditioned.

Boost your cognitive performance - Research shows that dancing can improve the areas of the brain that control memory and skills, such as planning and organising. It's also an ideal way to look after your mental health, and great for endorphins!

Challenge your brain - Remembering steps, routines, moves and even to keep smiling, requires focus and this continually challenges

your brain – giving you a mental workout as well as a physical one.

Dance is for everyone - Everyone can participate in some form of dance and movement to music. And dancing in a class, or with friends or family is great for your social and emotional well-being; reducing stress and boosting self-esteem.

The dance genres we offer and when you can start:

BALLET – *From Age 3 & Adult Class* - Ballet is a good foundation for all dance. We teach the Cecchetti method of Classical Ballet.

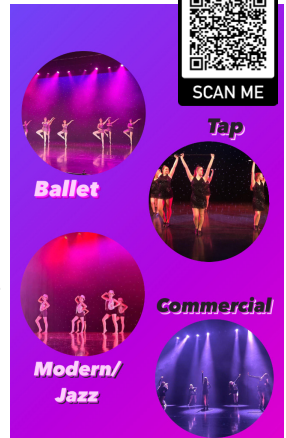
TAP – *From Age 7 & Adult Class* - Tap Dance is a form of Percussive dance characterised by using the sound of tap shoes.

MODERN/JAZZ – *From Age 7* - Modern Theatre dance is a rhythmic dance style, it is often seen on the stages of musical productions and is known for its theatrical qualities.

COMMERCIAL DANCE – *from Age 7* - Commercial dance encompasses a myriad of styles. This can include Street, Jazz, Hip-Hop and Contemporary.

BABY BOPPERS (*from 2yrs*) & **Dance Mash** (*from 4 yrs*) – these are our own

introductory classes for younger dancers. Baby Boppers is a parent and child class for confident walkers – 3 years and Dance Mash is our introductory class for 4 – 7 year olds wishing to progress to Tap, Modern/Jazz or Commercial.



The Buntingford Choir has now been in existence for 12 years. Quite a lot has changed through the years, but many things stay the same. When we started subs were £3.00 and this has only increased once and only by a pound to £4.00 per session. This is our only means of income, but with sensible procurement and fiscal austerity, we always manage to be in surplus at the end of the year. In the past we have given money or music related gifts to local schools and Charities. We hope to be able to support others again this year.

Our AGM is on 26th June where we will announce our Charity of the year.

We are always looking for new members. There are no auditions, and you don't need to be able to read music. Anyone (over 16) with or without any singing experience will be made welcome. We meet on a Monday evening at Millfield School.

If you are interested in joining the Choir or would just like a free trial evening please contact us via e-mail on the details above.

BUNTINGFORD GARDENER'S CLUB

Lesley Lowers

Next Meeting: Wednesday, 5 July
At: The URC Hall, Baldock Road
Doors open: 7:45pm for 8pm start

Do you enjoy spending time in your garden, growing plants or vegetables?

We currently have more than 40 members and over a cup of tea or coffee, we catch up and help each other out with gardening tips, whilst sharing common interests. We have talks, quizzes, outings and an annual show which is always very colourful and full of different categories suitable for all to enter.

For our July meeting we have a speaker - Roger Hance talking about "The Secret Life of the Wood". When we walk through a typical broad-leafed woodland, we do not always see the diversity of the wildlife that live there. This talk shows some of the birds, mammals, insects, wildflowers and fungi that can be found, amongst some

more unusual subjects, which although present, are not always visible until we look more closely.... sounds intriguing!

Meetings are on the 1st Wednesday of every month. (No meetings in August or January)

Annual membership costs just £17.50, with visitors only £3.00 per visit.

For any more information, please contact the Secretary telephone 01763 271885.

Hope to see you there



BUNTINGFORD DRAMATIC SOCIETY

Claire Beechey



By the time you read this, Buntingford Dramatic Society's forthcoming production of Trivial Pursuits will be less than a week away. The play is a wonderful comedy about an amateur musical society who are meeting one summer evening to decide their next production. It gradually unfolds that each member has their own agenda for wanting their particular musical to be staged- and Nick, the music director, has promised a different show and the plum roles to four different people... what could possibly go wrong?

Brows will be furrowed in concentration; palms will be sweating; adrenalin will be coursing through veins. And as for the actors... well...

There are four evening performances on 7th, 8th, 14th and 15th July with light food on each table available as usual. Due to unforeseen circumstances, we have withdrawn the matinée performance. Everyone who purchased tickets has been offered an upgrade to the evening performance of their choice at no extra cost.

Thanks to your incredible generosity at the raffle of our last production of Calendar Girls, we were able to donate over £1000 to cancer related charities. All proceeds from our raffle for this production will go to Mind, to provide invaluable support and ensure nobody has to face a mental health problem alone.

– Continues

7th 8th 14th 15th July 2023

Seth Ward Community Centre Luynes Rise S69 9SG

Evening Performance
£15.00 (with cold platter)
Doors open 19:15 for 20:00
Licenced bar
Table Service



Tickets available from www.buntingforddrama.uk
and
Keith Ian Estate Agents

Enquiries: 07526 748838



We are always looking to enhance our productions based on formal and informal feedback, to offer a performance that is as enjoyable as possible for the audience, front of house staff and the actors.

- The seating layout has changed for this production to enable easier flow in the hall. There are now tables with six places and tables with eight places to create wider space between tables.
- We are opening doors earlier at 19:15 for 20:00 curtain up.
- To cut down on queuing, there will be no drinks served from the hatch. Instead, we will be offering a table only service for drinks

with a team of staff poised to take your orders and payment promptly. Cards are preferred although cash is also accepted.

- For people with accessibility requirements, please make yourself known on arrival to any of the drama team and we will ensure you are able to get to your seat easily.

For more information visit us at www.buntingforddrama.uk. Tickets are available online or at Keith Ian Estate Agents on the High Street.

We look forward to welcoming you all once again.

theWI
INSPIRING WOMEN

BUNTINGFORD WI

Val Hume

As we were still in 'royal' mode in June, we welcomed Sheila Edgar to our meeting to give us a virtual tour of the state rooms at Buckingham Palace. Sheila was a Tour Guide at the Palace until recently and she was lucky enough to be invited to the late Queen's Diamond Jubilee celebrations. She showed us the picnic basket she was given filled with Waitrose goodies and she was also given a ticket to the evening Concert held in The Mall.

Sheila gave us a potted history of the Palace and told us that when the Time Team were there a few years ago they unearthed the foundations of the canal which existed during the Duke of Buckingham's ownership of what was then known as Buckingham House.

Also in June we enjoyed a lovely cream tea at Whitehill Golf Course.

Our next meeting will be on Thursday July 13th at 7.30 p.m for 7.45 at the URC Hall (opposite McColls) and our guest speaker is Sherry Hostler.

Her talk is entitled 'Making Crime Pay'. If that sounds intriguing then why not come along and join us - visitors are welcome to all our meetings so if you are new to Buntingford (and even if you're not!) just turn up on the night and come to see what Buntingford W.I. is all about.

In August we will be having our annual Garden Party for members (yes, more cake!) in the lovely surroundings of Pigs Nose cottage.

If you would like further information about us please contact our Secretary, Pat on 01763 271305



United Benefice of
Aspenden, Buntingford
and Westmill

UNITED BENEFICE OF ASPENDEN, BUNTINGFORD & WESTMILL

Reverend Kirsty Wainwright



OUR SERVICES FOR JULY & AUGUST 2023

July			
Sunday 2nd	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 9th	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 16th		No Service	St Mary the Virgin, Westmill
	9:30am	Holy Communion	St Mary's, Aspenden
	11:00am	Holy Communion	St Peter's, Buntingford
Sunday 23rd	9:30am	Sung Eucharist	St Mary the Virgin, Westmill
		No Service	St Mary's, Aspenden
	11:00am	Morning Worship	St Peter's, Buntingford
Sunday 30th	9:30am	Morning Worship	St Mary the Virgin, Westmill
	9:30am	Morning Worship	St Mary's, Aspenden
	11:00am	Holy Communion	St Peter's, Buntingford
August			
Sunday 6th	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 13th	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 20th		No Service	St Mary the Virgin, Westmill
	9:30am	Holy Communion	St Mary's, Aspenden
	11:00am	Holy Communion	St Peter's, Buntingford
Sunday 27th	9:30am	Sung Eucharist	St Mary the Virgin, Westmill
		No Service	St Mary's, Aspenden
	11:00am	Morning Worship	St Peter's, Buntingford

CONTACT DETAILS

website: www.achurchnearyou.com/benefice/32-012BK/

email: unitedbeneficeabw@gmail.com

07484 345 027

C/O St Peter's Church, Chapel End, Buntingford, SG9 9AL

 [unitededbnenefice](#)

 [UnitedBeneficeABW](#)



Buntingford Classic Car Show



**Saturday 2nd September
10am to 4pm**



Visit our Wedding Display

at
**The Old Grammar School,
Layston Court
20 High Street, Buntingford**

on behalf of St Mary's Aspenden,
St Mary the Virgin Westmill & St Peter's Buntingford

Our ministry team & church members
will be delighted to meet you



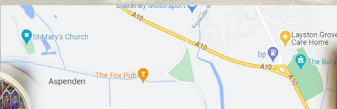
Open Church Saturdays St Mary's Aspenden

2 - 4pm

on

3rd June, 1st July & 5th August

Come and join us for Tea & Cakes at
our beautiful church, a jewel in the
peaceful surroundings at the end of the
country lane in Aspenden!



Harvest Festivals

Sunday 10th September

Come and celebrate harvest with us at

9:30am St Mary the Virgin Westmill - Sung Eucharist

9:30am St Mary's Aspenden - All Age Worship

11:00am St Peter's Buntingford - All Age Worship



The
**United
Reformed
Church**

CHRIST CHURCH

Baldock Road, Buntingford. SG9 9AA

www.buntingfordurc.org.uk

 [URCbuntingford](https://www.facebook.com/URCbuntingford)

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

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

Sue is unavailable until 24th July as she is on Sabbatical

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

July	2	Holy Communion	Rev Elizabeth Caswell
	9	Morning Worship	Azeem Baksh
	16	Morning Worship	Rev Allen Morton
	23	Morning Worship	Rev David Cornick
	30	Morning Worship	Rev Dr Janet Tollington
August	6	Holy Communion	Rev Sue Fender
	13	Morning Worship	Graham Weston
	20	Morning Worship	Rev Allen Morton
	27	Morning Worship	Peter Godbert
September	3	Holy Communion	Rev Sue Fender

CHURCHES TOGETHER IN BUNTINGFORD

Regular Events

'Lunch, Laughter & Light' - First Wednesday of each month in the hall 12:30pm

Topical discussion group Lunch 12.30pm - bring your own lunch - hot drinks will be provided Discussion 1.00pm - 2.00pm.

No meeting in August

Morning Prayers, every Tuesday and Thursday at St Peters, 9:00am

9am to 9.30am – all are welcome

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



SHOWTIME!

Saturday 8th July, 3pm – St John’s Church, Stansted CM24 8JP

Following their recent highly-acclaimed performance at Chelmsford Cathedral in April, The Harmonaires Choir will be singing at St John’s Church in Stansted at 3pm on Saturday 8th July.

Come and enjoy a summer’s afternoon concert, with cake and Pimm’s available to purchase in the interval, for a showcase filled with musical theatre, film and TV classics. From Game of Thrones to Hamilton, via Showboat, The Vicar of Dibley and Les Miserables. A truly beautiful programme designed to lift your spirits. There will be a retiring collection for Isabel Hospice. Tickets, at £10 for adults, £8 concessions, with no charge for children, are available on the door

or via the website. Parking is available at Crafton Green car park or the Magna Carta School. Please do not park in St John’s Road.

The choir was formed just over 8 years ago by Musical Director Josie Cowley and is going from strength to strength, singing in cathedrals as well as performing fund-raising concerts locally. A quote from one of the judges at the recent MACC choir competition described The Harmonaires’ performance as a “superb presentation from this tight ensemble. All in all an example of accessible, varied programming of pieces, performed to an extremely high standard.” For more information about the choir visit their website at www.theharmonaireschoir.com

FORQ Chairman Mark Wilkinson and Braughing Riverfly Monitor Andy Ayres had great fun

in the Quin with the Cubs from 1st Braughing Scouts during an evening in early June. Mark and Andy did a Riverfly Monitoring demonstration and explained about all the invertebrates and fish that they found. Along with the usual invertebrates they found Bullheads, which was encouraging as we know that these were all lost when we had the fish die off last autumn. FORQ would be happy to do similar demonstrations for other cub/scout or similar groups, please contact me (details above) if you are interested.

As reported last month members of FORQ had a great day on the stand in The Star pub carpark for Standon May Day, we launched some posters that encapsulate our concerns.

The posters can be seen on the FORQ website (in the blog section). The first of these looks at abstraction and the fact that Affinity Water abstract over 30% of the rainfall that should be recharging our Chalk Streams, resulting in the low, or in some cases, no, flow in our rivers.

Our second poster looked at sewage discharges. It is horrifying to discover that over 90% of Thames Water raw sewage discharges in Hertfordshire are in the Lea catchment. Also that nearly 50% of Thames Waters raw sewage discharges are in Sir Oliver Heald's NE Hearts constituency.

The sewage theme is carried over to our third poster, which poses some questions for local councillors. With proposals for developments in Barkway, Buntingford and Ware North, we must ask where all the sewage from these



new estates is going to go? We also need to ask where all the water for these houses is going to come from?

Our fourth poster considers the fact that the Government (Rebecca Pow MP and currently Parliamentary Undersecretary at DEFRA) has said that they are "committed to improve 75% of our rivers to as close to natural state as soon as possible" yet have extended the deadline to 2027. We have to remember that in 2014 17% of rivers were in "good" condition, this dropped to 15% in 2015 and then dropped further to the atrocious report that in 2019 0% of the UK's rivers were in "good" condition.

FORQ will, of course, be conducting another Riverfly Monitoring demonstration at Braughing Fair and Wheelbarrow race on 8th July. Please come by our stand and see what lives in our lovely river.

The state of the UK's rivers is still in the public spotlight, thank goodness, as we have to be the voice of the rivers. We believe that this was a contributory factor in the changes that came about in the recent Hertfordshire District Council elections.

At a national level we have seen an apology from Water UK on behalf of the

industry they represent, with a suggestion that with £10 billion from customers, all should be fixed by 2030. A welcome acknowledgement of the problem and their culpability, but somewhat misguided to ask for such a large sum from customers to clear up a mess that Ofwat have asserted has already been paid for.

It was good to see that Sir Oliver Heald contributed to the Water Quality: Sewage Discharge Debate in the House of Commons on 25th April, there is a link to, and details of, his

contribution to this debate from Hansard on the FORQ website.

We also welcome the comments from Viscount Trenchard when he spoke in the House of Lords, introducing an amendment to the Regeneration and Levelling up Bill to bring specific “protection for chalk streams so as to reduce the harmful impacts of excessive abstraction and pollution and improve their physical habitat”. Again details of his full speech can be found via the FORQ website.



BRAUGHING FAIR AND WHEELBARROW RACE

Just a reminder that Braughing Fair and Wheelbarrow Race this year will be on **Saturday 8th July 2023**.

The Wheelbarrow Race Entry Form is available via www.braughingwheelbarrowrace.com

Remember the price quoted is per wheelbarrow, not per person. We can't wait to receive your entry!

The Wheelbarrow Race categories, entry fees and prizes are as follows:-

Please read our Conditions and Rules of Entry for each category on our website.

Get your thinking caps on with regard to your fancy dress outfits and start your fitness regime soon!

This is the last article before the event so please check out our website and Facebook page for more information running up to the big day.

Age Category	Entry fee online (per wheelbarrow)	Entry fee on the day (per wheelbarrow)	1st Prize	Best Dressed Wheelbarrow
6-12	£5.00	£7.00	2 x £10 Amazon vouchers	2 x Sweet Buckets
13-17	£8.00	10.00	2 x £15 Amazon vouchers	2 x £15 Amazon Vouchers
Adult and Child (child must be between 6 and 17 years old).	£10.00	£15.00	£40 in cash	1 x bottle of Champagne 1 x £15 Amazon voucher
Adults (Men/ Mixed/Women)	£10 in advance	£15.00	£50 cash	2 x bottles of Champagne

David Everett

The King's Day Out

Gazing down from the parapets of Bucklington Palace, observing the wonderful London landscape stretching out for mile upon mile into the distance, he wished, just for once in his life that he could be anyone but the King of England.

He envied those people who, after a day's work can get in their cars, go for a drive in the country, find a nice little pub where no one knows you and enjoy a pint or two as a complete unknown. Even decide on the spur of the moment if the mood takes you, to have a nice meal, go to the cinema or do just about anything you please without the fuss and bother of being a national figurehead, destined to a life of conforming to the demands of others. Because this, fundamentally, is what being 'a king' is all about.

It's nice, most of the time to be immediately recognizable and whilst your life on the whole is enjoyable and interesting because of who you are, you can't get out much to meet the ordinary folk on a 'one to one' basis and hear about their lives, their hopes and aspirations and generally show an interest in them as individuals.

He wanted to know so much more about his people and what they thought about modern day life in Britain today. And what did they really think about the huge sums of money spent on pageantry and show when there were thousands, who, often through no fault of their own, were often jobless and living like beggars on the street. There was so much he needed to know about them. And who knows, that knowledge could

possibly be put to good use, if only indirectly, at some time in the future.

There was only one way to do this. Somehow, he must temporarily 'escape' from his royal way of life and experience first-hand, what living was really all about beyond the palace walls. Going through his wardrobe, he discovered an old suit, dated in style, yet reasonably respectable, which would not make him stand out in a crowd. Making his way down to the garden unobserved, he managed to scale the stone wall with the aid of an old wooden step-ladder someone had carelessly left outside the green houses.

His first feeling of concern came, when in passing, he overheard a little old lady say to her friend, "Are my eyes deceiving me, or was that gentleman who just passed us our King?" to which her companion answered "Don't be so flippin' daft Alice. What would the King be doing out here? Besides, if it was the King, he would have been wearing something better than that shabby old suit! Anyway, he had a Trilby on. If it was the King, he would have been wearing a crown, you silly old sausage!"

Smiling to himself, he made his way to the town centre, which, being a Market Day, was already busy and bustling with people. He passed several folk along the way, acknowledging them courteously.

Seeing a lad in tattered jeans and a grubby khaki jacket selling 'The Big Issue' he enquired as to what the magazine was all about. After a lengthy explanation as to its content, he immediately put his hand into his pocket for some money. Finding none there, he took out his wallet and pulling out a £10 note, passed it to the lad, who immediately scabbled round in his pocket for change, which

he refused to take, much to the lad's absolute surprise and utter gratitude.

By now it was lunch time and feeling in need of both rest and refreshment, his next call was The Old Grey Eagle, a typical East End pub serving good no-nonsense steak and kidney pies and Best Bitter. Over in a corner sat a group of the East End's famous Pearly Kings and Queens enjoying their lunch and chatting amongst themselves. Having heard of these good folk and the fine charitable work they had done in the community over the years, he went over and engaged them in conversation. Just as he was about to leave, one of the Pearly Queens commented on his remarkable resemblance to the royal profile on the £50 pound note he left as a donation towards their 'fine charitable work'.

"Do I really?" he said with a wry smile, as he made his way towards the door.

The remainder of the afternoon was spent in Finsbury Park, chatting to anyone and no one in particular, enjoying the summer sun and just watching people of all races and ages doing the same. And suddenly he felt very proud of these, his people.

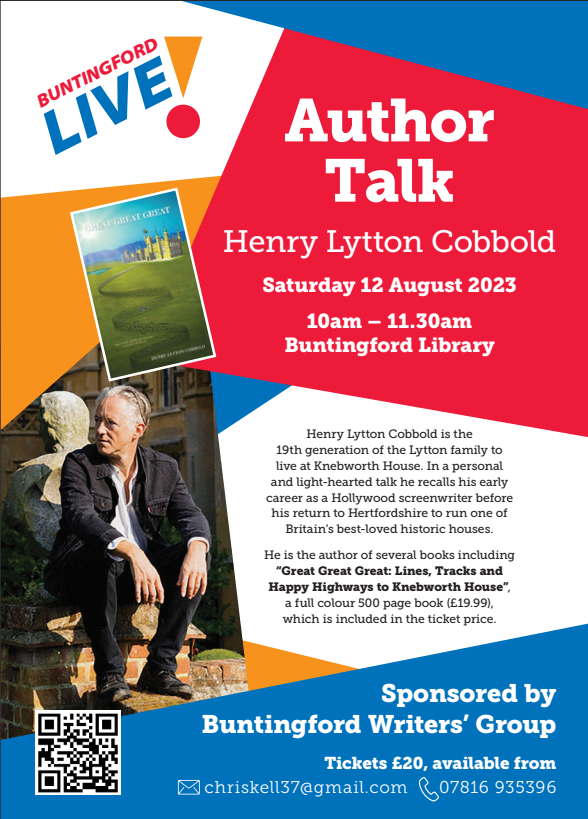
Just before heading back home to the Palace, he decided to have 'one more for the road' in that fabled London boozer The Old Bull & Bush. Just as he was taking his first swig of the amber liquid, the chap standing next to him at the bar said "Here

mate, I know your face. Didn't you used to be a regular at The King's Head?"

"No, but I'm often confused with Cary Grant."

Catching a taxi cab, which dropped him off just two streets away from the Palace, he concerned himself with the immediate problem to hand. How was he going to get back over that damned wall and back into the Palace without disturbing those pesky Corgi's?

David Everett
Buntingford Writers Group



BUNTINGFORD LIVE!

Author Talk

Henry Lytton Cobbold


Saturday 12 August 2023
10am – 11.30am
Buntingford Library

Henry Lytton Cobbold is the 19th generation of the Lytton family to live at Knebworth House. In a personal and light-hearted talk he recalls his early career as a Hollywood screenwriter before his return to Hertfordshire to run one of Britain's best-loved historic houses.

He is the author of several books including **"Great Great Great: Lines, Tracks and Happy Highways to Knebworth House"**, a full colour 500 page book (£19.99), which is included in the ticket price.

Sponsored by
Buntingford Writers' Group

Tickets £20, available from
✉ chriskell37@gmail.com ☎ 07816 935396





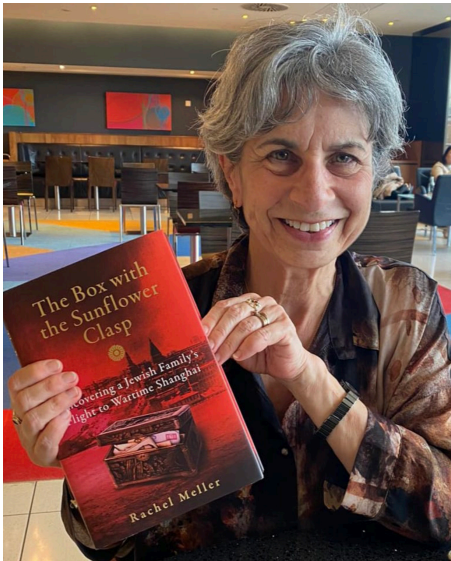
www.hsrsc.org.uk

events@hsrsc.org.uk | 01763 262 262

Tracy Aggett

**Home-Start Literary lunch –
Tuesday 18th July – The Old
Bull Inn, 12:15 – 2:15pm**

Rachel Meller was never close to her aunt Lisbeth, a cool, unemotional woman with a drawling Viennese-Californian accent, a cigarette always in her hand. But when Lisbeth died, she left Rachel an intricately carved Chinese box with a sunflower clasp. Inside the box were photographs, letters and documents that led Rachel to uncover a story she had never known: that of a passionate Jewish teenager growing up in elegant Vienna, who is caught up by war and forced to flee to Shanghai.



Set against a backdrop of the war in the Far East, *The Box with the Sunflower Clasp* is a sweeping family memoir that reveals the hidden history of the

Jewish refugees saved by Shanghai. Rachel Meller writes with elegance and insight as she examines what it means to survive, and what the legacy of displacement and war might mean for the generation that comes afterwards.

To book your ticket/s at £15 to include a buffet lunch, please call the Home-Start office on 01763 262 262, email events@hsrsc.org.uk or book online <https://buytickets/>



Co-op Community Fund
It's amazing what you can do with the right support!

We need your help to support families with young children in our local community.

And all you need to do is be a Co-op member and shop at your local Co-op store. It doesn't have to be a store that is local to our address in Meldreth, you can support HSRBSC from any participating Co-op in the country.

All you need to do is sign up to be a co-op member, by visiting www.coop.co.uk membership or by downloading the Co-op app today and choose Home-Start Royston, Buntingford & South Cambridgeshire as your good cause!

Once you start shopping, the Co-op gives you 2p for every £1 you spend on selected Co-op products or services and give the same to us, so the more you shop the more funds we receive.

A child's earliest years are irreplaceable. With your support we can provide weekly visits to a young family who may be struggling with poor mental health,

financial difficulties or isolation. Help Home-Start be there for parents when they need us most because childhood can't wait.

Find out more here:
www.hsrsc.org.uk/2022/12/raise-funds-for-home-start-shop-at-co-op/

Children's Kite Design Competition

To be judged at the Kite Festival to be held on Therfield Heath on Sunday 6th August. Please post or deliver entries to the Home-Start office (details on the poster here) or come along and design your picture on our stall at the Kite Festival.



HOME-START ROYSTON, BUNTINGFORD
& SOUTH CAMBRIDGESHIRE

Children's Kite Design Competition*



*open to children 11yrs old and under



AGE CATEGORIES: UNDER 3 YEARS
 3 TO 5-YEAR-OLDS
 6 TO 8-YEAR-OLDS
 9 TO 11-YEAR-OLDS

Design your kite on a piece of A4 paper or card

(don't forget to put your child's name and age, parent's name and telephone number on the back).

Post or drop your entry into our office **by the 2nd of August**, or find us **at the Kite Festival on the 6th of August** and hand it in, in person!



Home-Start Royston, Buntingford & South Cambridgeshire
Incorporated as Home-Start Royston & South Cambridgeshire
Unit 6, Valley Farm, Station Road, Meldreth, Royston, Herts SG8 6JP
Registered Charity No. 1105385 | Company Registration No. 5183873

BUNTINGFORD SENIOR CITIZENS' CLUB

ARE YOU **NEW** TO BUNTINGFORD?

ARE YOU A SENIOR CITIZEN?

THEN THE **BUNTINGFORD SENIOR CITIZENS' CLUB** IS WHERE YOU SHOULD BE.

We meet every **Monday afternoon from 1.30 for 2pm start** at the United Reformed Church hall in Baldock Road (opposite McColls) for tea/coffee and bingo, but also fun and laughter with like-minded senior citizens.

For more info call Val on 01763 272 019

BUNTINGFORD CLASSIC CAR & BIKE SHOW

Graham Bonner

The stage is now set for the 22nd Buntingford Classic Car and Bike Show and we welcome our new sponsors Letchworth Motor Auctions. The format for the day will be the same as in previous years. The High Street will be closed to normal traffic and show vehicles will start arriving at 9am. The public are invited to attend the show from 11am onwards. It is hoped that local classic race car specialist Patrick Blakeney-Edwards will display again – so far he has managed most expensive and loudest, so we wait with bated breath for what magnificent vehicle might be with us this year. The main entertainment stage will as usual be at the top of Church Street where live bands

will perform from 11am till 4pm when the show ends. Local hostelrys will also be putting on special entertainment and the High Street will have its usual variety of food on sale to feed the masses!! So fingers crossed for good weather and see you all on Saturday the 2nd.

If you have yet to register a vehicle for the show go to www.buntingfordclassic.com

Sponsored by:

**LETCHWORTH
MOTOR AUCTIONS**



BALFF

Julia Peacock

THIS IS OUR NEW COURSE FOR 20th SEPTEMBER 2023

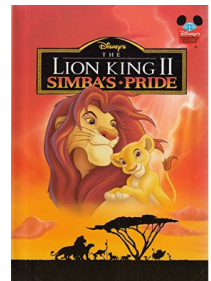
Our tutor is the very popular Stephen Barnard.

The Music of Disney

Walt Disney's pioneering work in cinema animation is legendary, but less acknowledged is the contribution that his studio made to music in film over the last 100 years.

From the very first Mickey Mouse cartoons to the epic musical storytelling of 'Snow White', 'Pinocchio' and 'The Jungle Book', Disney trusted his musical vision to his own hand-picked team of musicians and composers, while in 'Fantasia' he attempted a marriage of animation and classical music so ambitious that it almost bankrupted the company.

In this course we'll explore the great musical moments from those classic Disney films of the 30s to the 60s - and how music was at the heart of the studio's dramatic renaissance from the 90s onwards, with 'The Lion King', 'Toy Story', 'Aladdin', 'Beauty and the Beast', right up to the award-winning 'Frozen' and 'Frozen II'.



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.

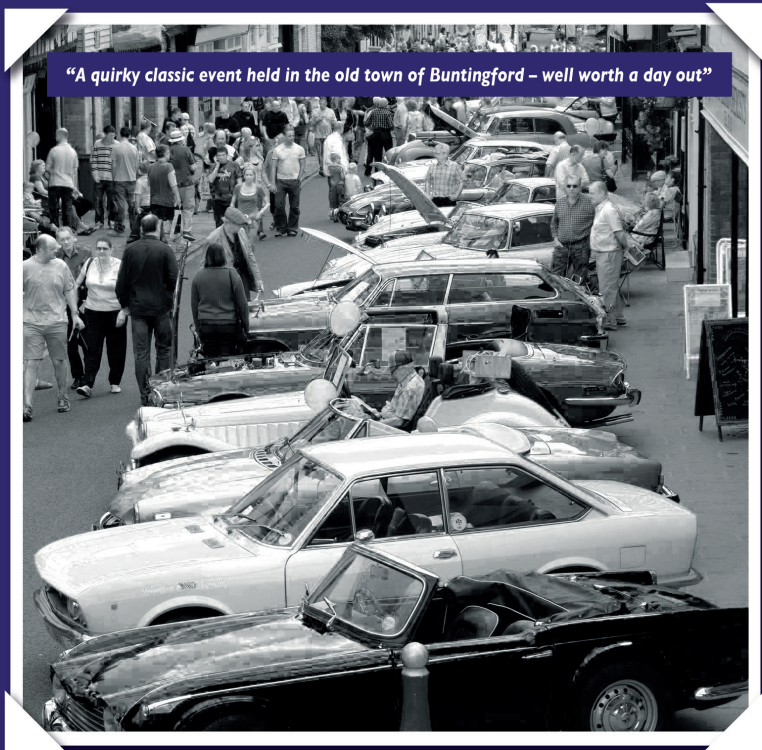
If you would like any further details please phone Julia on 01763 272 584 or Joan on 01763 273 341



THE BUNTINGFORD CLASSIC

2023

"A quirky classic event held in the old town of Buntingford – well worth a day out"



2 September

11am to 4pm

Cars, Bikes, Trucks & Tractors

Live music, food and entertainment

www.buntingfordclassic.com

Our High Street project is moving on really quickly now, we have photos of almost all the shops and inns in the High Street and on most of the properties we have managed to go back to about 1840 with a history of who has occupied each property.

On a trip to the archives last week, I unearthed lots of documents about the Macklin family. James Macklin was a surgeon who lived in the High Street and then his son Charles Thomas Macklin appears to have lived in the Red House in the mid 1800's. It looks like that some of the local residents were quite well off and owned numerous properties in and around the area. George Burr a local baker seems to have been the owner of property both in Buntingford and possibly Standon where there is a Burr Field given possibly by him to the people of Standon.

At our meeting this week we had 4 new people come along. One, John has at long last solved the naming of Norfolk Road. He was told by an old Buntingford resident that originally there was a big house called Norfolk House which was partly demolished and a row of terraced houses built in its place. This would make sense as on one of the censuses either the 1901 or the 1910 there is a feint mark in the margin which says Norfolk House although we have never been able to actually locate where this house was. I will now do some more investigations into the occupiers and see if we can find out when it was demolished.

Another newcomer to the meeting was a lady who had come to the library a few weeks ago saying she was related to the Handy family and also the Mayes

family. I contacted her and she said that her mother had died and the family were clearing out her property which included garages full of old family documents. It appears that her mother kept everything and they have a treasure trove of documents relating to both families. She produced a wedding photo which showed a family wedding at which Nancy Mayes (nee Totman) was a bridesmaid at. She didn't know who Nancy was so I will be passing her details over to Nancy's son to follow up. She says she has an estimate for the building of The Cage drawn up by one of the Handy builders so either there were Handy's building in the town as far back as the 1700's or it was for a refurbishment of The Cage, until we have seen the actual document, we can't be sure.

I have now given 2 talks on "A Potted History of Buntingford" as part of the library's history month, so thanks to all those that attended, I hope you enjoyed it. I hope to do more talks in the future at the library on various subjects so watch out for further events.

To learn more about the town and its history please come to monthly meetings, the next meeting will be on the **11th July at 2pm in the library**. We are a very friendly group and its only £2 per person which includes tea or coffee.

We will be having the exhibition on the High Street on the weekend of the 30th September/1st October between 10am and 4pm. Entry is free and you will be able to see lots of info on the history of the High Street from the 1840's onwards.

THE HISTORY OF BUNTINGFORD HIGH STREET FROM THE 1840'S ONWARDS.

Saturday 30th September to Sunday 1st October

10am to 4pm

The Manor House, Market Hill.

Entry is free.



**Buntingford
& Stortford
Hybrid
Studio**



WWW.JACQUI-SMITH.NET
07956 647806

Personal Training, Venue
Exercise Classes, Online
Exercise Classes and Pre
Recorded Workouts

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



**Full Class
Listings:**



As well as all the exercise classes our team run on a weekly basis in town, here are some of the other projects coming up during the summer

Move, Meditate & Relax sessions July 18th & September 12th. These 2 hour workshops are run by Community Initiative and cost just £5 to attend

Our Arts & Crafts Workshop - this summer sees Candle Holder Making Session & then in the Autumn Christmas Cards

Summer HAPpy Kids Camps on Thursday's 1-5pm throughout the school summer holidays at Seth Ward Centre. Message me for information or to book a space.

Want to come to an Exercise Class or fancy one of or workshops then contact us

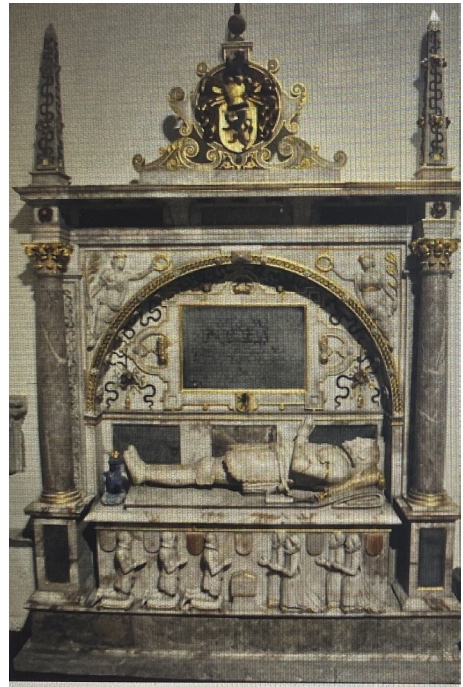
theteam@jacqui-smith.net | 07956 647 806

Jacqui Smith Personal Trainer & Chair of Community Initiative Charity

Unfortunately our speaker for June had to cancel and instead we had a talk by David Caulfield 'The Semi-Pro Sixties' based on his book of the same name. Covering a period from 1961 to 1976 he took his audience back to the time when budding musicians were forming groups and starting to play gigs in Youth Clubs, Pubs and Clubs. He raised plenty of laughs as he told stories of the life and times of a semi-professional musician setting out on the road for the first time. Drawing on interviews with over fifty different musicians David detailed experiences from the outright funny to the downright dangerous! These were real life experiences and illustrated with plenty of slides and pictures.

Our Church Crawlers Group recently visited St Mary's Standon where they were given a very interesting talk by three people – John Chitham gave them the history of the church; Kathryn Shreeve (author of the booklet "Who Was Ralph Sadleir?") spoke of the life of Ralph Sadleir (after whom Standon Middle School is named); and Mike Baker described how Ralph Sadleir's tomb had recently been restored. Also in attendance was Toby Spencer, Ralph Sadleir's 12 x Great Grandson.

Our speaker for **Monday 10th July** is Alan Charles "The History of the Sainsbury's Depot, Buntingford" - the history of the Sainsbury's Depot (now the site of Layston Grove, a housing estate called "The Village," and soon to be a new First School) from the 1950s



Ralph Sadleir's Tomb

until its closure. Alan used to work at the Depot and although has moved away is still a regular to Buntingford.

There is no meeting in August; on **Monday 11th September** our speaker will be Steve Dimmer "Oh Matron! A History of the Carry-On Films."

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.

New Counselling Services



Karen Batchelor



Amanda Lonergan



Donna Robbie



Zoe Hopkinson



At Attend2Health our Counselling Services have expanded and we now have a team of four practitioners.

Karen Batchelor is a Psychodynamic Counsellor and has been working at Attend2Health for the past year on a Tuesday afternoon. Psychodynamic therapy centres on the origins of emotional suffering. It is a tool to aid self-reflection and self-examination, using the relationship that develops between the client and the therapist as insight into certain patterns of behaviour that become apparent in the client's life.

Amanda Lonergan works with adults as an integrative counsellor which means she incorporates the various disciplines according to the client's needs. Amanda uses person-centred as her baseline and then draws on Psychodynamic, CBT and Gestalt approaches for example depending on what's useful/appropriate and how the sessions progress. From time to time she may also include some creative interventions, such as drawing or clay work. Amanda is also a trained hypnotherapist so hypnotherapy can be included if appropriate. Amanda currently works on Mondays from the clinic.

Donna Robbie is a qualified Person-Centred Counsellor and is registered with the National Counselling and Psychotherapy Society. Donna explains how in the past she has felt confused, helpless, hopeless, overwhelmed, lost and disorientated, unsure of where to turn or what to do next. She was helped, supported and encouraged by some fantastic Counsellors and the process was life-changing for her and is the reason she trained to become a Counsellor herself. Donna will be working on a Saturday morning at Attend2Health.

Zoe Hopkinson is a fully qualified, experienced Person-Centred Counsellor and a Registered member of the BACP. Zoe will be working on a Friday afternoon. Zoe has a long background in early years and is an advanced specialist qualified to work with children and young people. She is also a qualified adult counsellor who can offer F2F sessions each week. She can offer either long term or short-term sessions.

Every counselling session is £50 for 50 minutes. To make an appointment we ask that you contact the Counsellors directly to ensure you can get a time to suit your needs.

Karen Batchelor

kbcounselling@icloud.com

Amanda Lonergan

amanda@indigowellness.co.uk
07773 477 259 07961 139 680

Donna Robbie

donnarobbiecounselling@gmail.com
07704 128 150

Zoe Hopkinson

zhopkinson@icloud.com
07900 781 362

THE HUNDRED PARISHES SOCIETY

www.hundredparishes.org.uk

Ken McDonald, Secretary

Conservation Areas were introduced in 1967. District councils are responsible for designating them. The area must have special architectural and/or historic importance that merits protection. The aim is to protect an area rather than single buildings. Within each Conservation Area, there will generally be individual buildings that have additional protection, classified as Listed Buildings. There may also be a Scheduled Monument, or trees with a Tree Preservation Order, or buildings or spaces that have been designated as Assets of Community Value. There are varying degrees of protection for each of these designations, all aimed at preserving our heritage for future generations.

Uttlesford District Council covers around half of the Hundred Parishes area. The Council has designated 33 Conservation Areas within the area. For each, it has published an appraisal that defines the area covered and explains the reasons for designation. (see www.uttlesford.gov.uk/conservation-area-appraisals) These appraisals are often a helpful source for the kind of information provided in the route descriptions for walks that can be downloaded from www.hundredparishes.org.uk.

East Hertfordshire has the second biggest representation within the Hundred Parishes and this district council has designated 26 Conservation Areas here. Their appraisals are also available and provide valuable insight. (see www.eastherts.gov.uk/planning-and-building/conservation-areas)

Similar appraisals are available from the other district councils which are



represented within the Hundred Parishes: South Cambridgeshire, Braintree, North Herts, Chelmsford and Epping Forest. Within South Cambs, Linton has the only “Outstanding Conservation Area” designation, including Linton’s long High Street and some lanes on either side. Much of this area is explored on Walk 182 whose route covers less than 2 miles.

Our towns and villages are usually best explored on foot and each is included in at least one of the Hundred Parishes routes. If you are able to get out and about, I encourage you to try them.



Great Easton



Great Bardfield

Citizens Advice East Herts operates a unique Messageline service. Call 01920 459 944 at anytime and leave a message (we aim to return calls within 24 hours, except at weekends) or visit www.citizensadviceeastherts.org.uk for our other advice options.

We've booked a package holiday to Spain. It's our first time booking this sort of getaway, and a friend recently had a terrible experience when things went wrong on a similar trip. What sort of help is available if something does go wrong?

Hopefully you'll have a lovely time but if something does go wrong with your package holiday, the Citizens Advice website has lots of information about what to do and what compensation you may be eligible for.

Firstly, tell the company or travel agent you booked with as soon as possible. This way you're more likely to be able to get it sorted quicker. If you don't say anything until you get home, you might get less or no compensation at all.

If the holiday you went on turned out to be lower in value than the one you originally booked you can make a claim for 'loss of value'. For example you paid for a deluxe room but only got a standard one, if it wasn't sorted out at the time you can claim back the difference in value.

You can also claim compensation for any extra money you have to spend while away, for example the hotel was a bus ride away from the beach rather than across the road as advertised. This is called claiming for 'out-of-

pocket expenses'. If this does happen make sure you keep all your receipts for things like bus journeys.

If big parts of the trip you booked didn't happen or services weren't provided, for example a planned two-day excursion was cancelled and no alternative was organised, you can make a claim for 'loss of enjoyment'. You can also make this claim if something happens that causes you distress or disappointment, such as the pool was closed for the whole trip.

It's worth noting that there's no strict guidance on how much you can claim for loss of enjoyment but any claim you make must be reasonable. You can't get compensation if you simply didn't enjoy the holiday or if the problem was out of the holiday company's control - like bad weather.

Check the information you received when you made the booking to see what you're supposed to get. If you don't get the service you've been promised, you may be entitled to compensation for breach of contract.

You might also be able to claim from your travel insurance – check if your policy covers this.

If you're still not sure what to do, 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.



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.

Here comes the sun...
thank goodness.

Schools often have themes that appear during the year. One of ours has been battling the elements.

As part of our environmental campaign, we are educating our students that they do not need to wait for Government or a multinational company to make a big decision about the reduction of our greenhouse gas emissions, we can do something now. After a climate day, the school committed to only having the heating on until 12 noon each day, and we joked that we were now about to experience a very grim winter, and goodness were we correct! But we have managed to save 20% of our energy and gas usage compared to last year. Congratulations to students and staff who layered up for winter.

We also giggle that this has been the worst academic year for weather as we battled the torrential rain and winds for our "roll down the hill" in Aspenden in October, we skidded and slid through the snow to get to our Christmas service at Aspenden and the Easter service and Easter egg hunt was a wash out in the pouring rain. We are now really hoping that we are able to make it to Wyddial Church for our final service and end to the term and the year without any major weather hazards.

As part of our Climate change campaign to support students and families to recognise that we can all make a

difference, if everyone made one small change, we are hosting an environmental day on the 12th of July. This is to support students understanding of our local wildlife and their habitats, and how we can care for them and the landscapes they live in.

Thank you in advance to David and Rosey Woollcombe who have set about organising an Intergenerational Conversation Café (see p.37) with an "Expert Panel" of community leaders and environmentalists. Students will have an opportunity to sign up to the workshops throughout the day. If you are interested in making a difference to the threat of climate change, we would like to invite you to attend.

How are we celebrating the Kings Coronation?

We were inspired by the following quote from Charles III

"Trees and woodlands have a profound significance for us all – their steadfast and reassuring presence a reminder of our long serving Sovereign and her enduring dedication."

The students have voted to create a tree walkway to the lower gate entrance to the school. We have been studying the different native tree species and their significance, history and meaning, and each tutor group has chosen their own native species. We are now looking to raise money to fund a sapling for each tutor group that will flourish over time into a tree walkway. On the 24th of June

the school hosted an “afternoon Tree’t”, where students sold our school grown vegetables and fruit, our sustainable products (our old jumpers have been recycled), bunting, coasters, cake sale etc.

What are the some of the enrichment trips that have taken place so far this term?

St Albans Cathedral welcomed the launch of **Threads through Creation Exhibition**, Created by Jacqui Parkinson, these huge textile panels, retell the creation story from the book of Genesis which treats visitors to a wide variety of colours, shapes and creation.

The Royal School of Needlework joined us on Wednesday 7th June. Students were invited along for a day of Needlework to complement the exhibition. The students were amazed by the skill, size and majesty of the pictures and were inspired.

We have enjoyed taking our students back to the seaside to carry out an investigation into whether **Felixstowe beach** is an eroding beach, and if so, why is this a problem and how is it being managed.

Once again shop keepers and the public stopped to tell us how well behaved and polite our students were.

We are looking forward to taking more year groups to the seaside, our year 8 campout and goodbye celebrations on the night of the 7th of July.





MILLFIELD FIRST & NURSERY SCHOOL

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

Laura Kennedy-Weeks, Headteacher

The Summer term has been a wonderful time of year for the children with so many exciting opportunities to experience. We have been fortunate to offer a range of enriched learning for Millfield children.



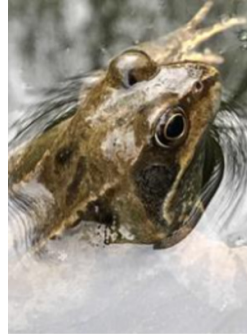
Eunice Woods Play Area

Due to a very kind donation made by Eunice Woods, it was a delight to officially open the 'Eunice Woods Play Area' in the Summer Term for Millfield children to enjoy. Eunice Woods was a lifelong resident of Buntingford and it is well-known that her top priority as a Town Councillor and Mayor was the town and it's children. We were very fortunate at Millfield as Eunice was also a School Governor for some time. To recognise Eunice's amazing generosity, we held two events to open this amazing provision. Millfield children took part in an outside assembly on Monday 5th June and since then have been thoroughly enjoying playing in this new area. It was wonderful to hear a child say that they give Eunice Woods Play Area 5 stars!***** Millfield staff and governors celebrated the opening of this area at

the end of June and were joined by members of Buntingford community.

Summer Sports

From Year 1 children representing Millfield at a Multi-Skills event to a small group of KS2 children taking part in a tennis competition, as well as our Sport Day Events, we have been fully immersed in PE this summer. Millfield children work so well in teams and individually – they have experienced a range of events showing enthusiasm and motivation.



Outdoor Learning Day

Millfield children celebrated Outdoor Learning Day this summer by enjoying our wonderful outdoor learning spaces. It was lovely

to see children searching for tadpoles in Millfield Pond and discussing the life cycle of a frog.

Transition and Induction Time

The Summer term is also that time of year when we celebrate and say goodbye to our Year 4 children, as well as support Millfield children in their transition into the next school year and, of course, prepare to welcome new children starting with us in September.

On Thursday 13th July 2023, our Year 4 children will be visiting their chosen middle school for the day. They are excited about the next stage in their education! We will be hosting a transition

morning at Millfield on Thursday 13th July to help all Millfield children prepare for September 2023. Throughout the Summer term, we continue to welcome new parents/carers for induction sessions and meetings for their child ahead of them starting in Nursery and Reception in September 2023.



The Cabin Holiday Club at Millfield

The Cabin is Millfield's term time wrap around care provision which offers an extended school day led by Millfield staff. The Cabin at Millfield is excited to



offer a Summer Holiday Club for Millfield children, as well as the Buntingford community for children from the age of 4 to 11 years old. The club will be available for the first four weeks of the Summer Holiday (Monday to Thursday). For more information, including how to book, please view our school website: www.millfield.herts.sch.uk/holiday-club/

INTERGENERATIONAL CONVERSATION CAFÉ

Edwinstree Middle School – 12th July 18.30 to 20.30

David Woolcombe

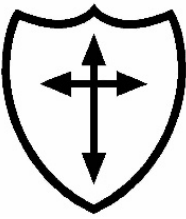
It happens at the end of a Collapsed Curriculum Day when students will be seeking answers to the question: "How do we make a sustainable difference in our local area?" In the evening, they will present their answers to a panel of Councillors and other environmental experts – prior to all of them, experts and students, sitting down at tables with their parents, grand-parents and members of their community to

seek out shared answers to this basic question which requires action and effort from us all – for the benefit of all of us – AND generations yet unborn.

I do hope you will come along: it is NOT a Green Party event – but one organized by Peace Child Intl. in partnership with Edwinstree School staff and their Student Eco-warriors. For more information, write: david@peacechild.org.



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Mrs Adele McMurrough, Headteacher



Our Christian Value this half term is 'Trust' and we will be using stories from the bible to help explore the value. Trust is the very essence of faith, trust is essential to human life and lies at the heart of all relationships. Trust is central to living together in harmony and so it is to be valued and honoured.

In the coming weeks we still have plenty to look forward to with a number of great opportunities for the children to consolidate and enrich their learning and demonstrate the school value of Trust. We have a visit planned to the seaside for our Y2 children, Y4 residential visit to Hudnall Park, Forest School and Sports Day for all the children and our Leavers' Production as we bid farewell to our Year 4 children.

FOLS

Our Parent –Teacher Association (FOLS) have been working hard to organise fundraising events and activities for the school. We would like to thank FOLS for all their efforts in giving our children these fun-packed experiences throughout the year.

We are currently developing a working party to raise funds and apply for grants to refurbish our Demountable classroom, which is no longer fit for purpose. We would like to transform this into an inclusion zone. Anyone with any experience applying for grants who would be willing to help us can contact us at admin@layston.herts.sch.uk.

To find out more about our school or if you are interested in becoming a governor, please visit our website at www.layston.herts.sch.uk.

We look forward to having a restful summer break to relax and rejuvenate. From all of us here at Layston we would like to thank you for your continued support.

SHOWTIME **THE Harmonaires** **CHOIR**

Afternoon Concert

Cake and Pimm's available to purchase during the interval

Saturday 8th July: 3 pm
St John's Church, Stansted

Join this outstanding choir from Bishop's Stortford for a showcase filled with Musical Theatre, Film and TV classics. From Game of Thrones to Hamilton, via Showboat, The Vicar of Dibley and Les Misérables, enjoy an afternoon concert at St John's Stansted, designed to lift your spirits.

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Tickets: £10 adults/ £8 concessions
Children: free

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www.theharmonaireschoir.com

BUNTINGFORD ACTION FOR THE LESS ABLE (BALA)

Registered Charity No. 1094426

Minibus Trips July/Aug 2023

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

	TIME	DESTINATION	PRICE
JULY			
Wed 5th	10-2.30	St Albans	£8
Thurs 13th	9.30-12.30	Van Hagues Garden Centre (under new ownership since Nov 22)	£5
Tues 18th	9.30-3	Clacton on Sea	£13
Wed 19th	10.30-2	Frosts Garden Centre at Willington	£7.50
Wed 26th	11.30	Pub Lunch	£5
Sat 29th	10.45	River Lea Cruise with Fish and Chips (11.45-2pm) (The boat is fully accessible with a lift)	£32 + Bus £6
AUGUST			
Tues 8th	9.30-1.30	Biggleswade Town Centre	£6.50
Wed 16th	10-3	Cambridge	£7.50
Sun 20th	10.45	River Lea Cruise with Cream Tea (11.45-2pm) (The boat is fully accessible with a lift)	£25 + Bus £6
Mon 21st	10-2.30	St Ives	£8
Wed 23rd	11.30	Pub Lunch	£5
Thurs 24th	10-TBC	Clacton Air Show (small charge for park and ride) Battle of Britain Flight and Red Arrows confirmed	£13
SEPTEMBER			
Tues 5th	10.30-2	Saffron Walden (market day)	£6
Mon 11th	9.30-3	Southend (last trip of the season)	£13

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

BALA COFFEE MORNING

Friday **21st July 2023** - 10 - 11.30

Sausage rolls, cakes, raffle at URC Hall, Baldock Road

(NO COFFEE MORNING IN AUGUST)

WHAT'S ON - DATES FOR YOUR DIARY

JULY

- 1st Jul: 2pm – 4pm** Open Church at St Mary's (p.17)
- 5th Jul: 7:45pm (8pm)** Buntingford Gardeners Club (p.13)
- 7th 8th 14th 15th July** Buntingford Dramatic Society 'Trivial Pursuits' (p.14)
- 8th Jul** Braughing Fair & Wheelbarrow Race (p.21)
- 8th Jul: 3pm** Harmonaires - Showtime! (p. 19)
- 10th Jul** u3a Monthly Meeting (p.30)
- 11th Jul** Buntingford Local History Group (p.28)
- 12th Jul** Edwinstree Environmental Day (p.34)
- 13th Jul: 7:30pm (7:45pm)** Buntingford W.I. (p.15)
- 18th Jul: 12:15pm** Homestart Literary Lunch (p.24)
- 21st Jul: 10:00am** BALA Coffee Morning (p.39)

AUGUST

- 5th Aug 2pm – 4pm** Open Church at St Mary's (p.17)
- 6th Aug:** Royston Kite Festival on Therfield Heath (p.25)
- 8th August** Buntingford Local History Group (p.28)
- 12th Aug: 12 – 6pm** Bunts Live! Summer Garden Party (p.10)

LOOKING AHEAD

- 2nd Sept – 11 – 4pm** Buntingford Classic Car Show (p.27)
- 10th Sept** Harvest Festival (p.17)
- 11th Sept** u3a Monthly Meeting (p.30)
- 20th Sept** BALFF - The Music of Disney Course (p.26)
- 30th Sept - 1st Oct** History of the High Street Exhibition (p.29)

MONDAYS:		TUESDAYS:	THURSDAYS:	SATURDAYS:
From 8.30am:	Buntingford Market on Market Hill	7.30–9pm: Braughing Sing Community Choir in Jenyn's School Hall	10.30 – 11am: Story Time at the Library	10am: Walking Football at the MUGA, Norfolk Road Playing Fields (p.9)
10am–12pm:	Coffee Morning at St Peter's Church (p.18)			
10–11.45am:	Chatter Table at the Manor House – 1st & 3rd Mondays (p.5)			
10.30–11am:	Baby Rhyme Time in the Library	10.30–12.30: Chatter Table (formerly Jigsaw & Chat) at the Library (p.19)	10.30am–12.30: Coffee & Company (p.18)	
11.45am–12.45pm:	Forever Cycling at the Community Centre -1st & 3rd			
1.30 for 2pm:	Buntingford Senior Citizens' Club at URC Hall (p.25)	Buntingford Meditation at St Peter's Church, except the 1st Wed in the month which is online: www.mindful-worklife.com/buntingford-meditation	2–3pm: Mind & Music at Standon & Puckeridge CC	
7.30–9pm:	Buntingford Community Choir at Millfield School (p.13)			

BUNTINGFORD Swimming Club

Need to be Swim England Learn to Swim stage 7 or above.
Please visit www.buntingfordsc.co.uk for more information and to register for a trial.

Thursday nights
from **6.30pm**
term time only
Age 8+ years

Buntingford Swimming Club is a coaching club and is now looking for new members of all age groups from September 2023.

We are looking to recruit new members of all ages (between 8 and 17) to our small, friendly, non-competitive swimming club based at the Ward Freman pool in Buntingford, and we are affiliated with Swim England Hertfordshire.

The aims of our coaching club are to develop swimmers' skills and strokes and impart good practice and safety in the water. We meet weekly, with training split into 2 groups of 1 hour each on Thursday evenings between 7pm – 8pm and 8pm and 9pm, in term time only.

Coaching is provided by trained volunteers and older club swimmers help out with the younger ones.

New swimmers who would like to join us need to be at least Swim England Learn to Swim stage 7 or equivalent. For further information or to arrange a trial, please visit our website at www.buntingfordsc.co.uk and on the home page please click on the link "register for a trial" and we will be in touch.

We look forward to hearing from you soon.



Buntingford Civic Society

Reg. Charity No. 1014873
<http://www.buntingfordcivic.org.uk>



WHO ARE WE?

We are your local amenity group, established in the early 1970's 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 planned Summer Arts in Buntingford 2022 weekend, and given a grant to the Friends of the River Rib and Quin

Done River Rib 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.

A20

TO JOIN PLEASE SEE THE MEMBERSHIP FORM ON OUR WEBSITE

www.buntingfordcivic.org.uk

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Carers in Hertfordshire's Carers Support Hub Groups and Peer Led Groups



The main purpose of the groups is to bring carers together so they can offer each other practical and emotional support in a friendly and welcoming support setting.

If you would like to join in a group, we request that you book a place. If the group nearest the area you live is at a time you cannot make, you are welcome to enquire about booking a place at another meeting. Please note the meetings may be subject to change so please contact us to check details.

If you would like to join in a meeting, please email contact@carersinherts.org.uk or phone **01992 58 69 69** and let us know which group you are interested in. If you are booking by phone it would be useful if you could confirm your email address so that we can send you the relevant details or login information.

Carers in Hertfordshire Hub groups meeting face to face in community venues.

Please do not attend if you are feeling unwell (such as coughing or sneezing) or are displaying any Covid-19 symptoms.

Name of Group	When Meeting
Bishops Stortford	First Wednesday of the month, 10.30am - 12.30pm. Bishop's Stortford Baptist Church, Twyford Road, Bishop's Stortford, CM23 3LJ.
Buntingford	Last Tuesday of the month, 10.30am - 12.30pm. The Manor House, High Street, Buntingford, SG9 9AB
Royston	First Thursday of the month, 10.30am – 12.30pm. Royston Town Hall (Heritage Hall), Melbourn Street, Royston, SG8 7DA.
For information regarding other groups in Hertfordshire, please contact Carers in Hertfordshire	

In addition to our Carer Support Hubs we have a couple of Peer Led Groups as follows:

- ❖ **Men's Carers Group**, which is meeting on Zoom on the **third Tuesday of the month, 10.30am – 11.30am**. Please contact us if you'd like to join the meeting.
- ❖ **Evening Carers Group**, which is meeting on Zoom on the **second Wednesday of the month, 7pm – 8pm**. Please contact us if you'd like to join the meeting.
- ❖ **Morning Carers Group** which is meeting on Zoom on the **second Friday of the month 10.30am – 11.30am**. Please contact us if you'd like to join the meeting.
- ❖ **Reading Carers Group** which is meeting on Zoom currently on the **Second Thursday of the month 10.30am and 11.30am** (The frequency of these meetings is still to be confirmed so please do contact us for more details if you would like to join this meeting.)
- ❖ **Our Carers' Camera Club** also meets monthly. The group has a mix of online and in person meetings, so please contact us for details.

Our Carer Support Advisors are available if you would like more information about various other groups that are meeting. You can contact them 9.30am – 5pm Monday to Thursday and 9am - 4pm on Fridays for advice or support related to your caring role.

To contact Carers in Hertfordshire: Call: 01992 58 69 69

Email: contact@carersinherts.org.uk

Visit: www.carersinherts.org.uk

Advertising in the Buntingford Journal

Your advert can be full colour, black and white or plain text. We can accept most common file formats including png, jpeg, pdf, doc, docx or plain text. There is no additional charge for updating or changing your advert. If you do not have any suitable advertising copy then we can usually produce something for you based on a sketch or business card.

Advert size is a multiple of a $\frac{1}{8}$ page, where a $\frac{1}{8}$ page is 6.4 cm wide by 4.75 cm high.

The current cost is £6.00 per $\frac{1}{8}$ page per issue

e.g. one half page for a year (10 issues) = 4 x $\frac{1}{8}$ pages @ £6 x 10 issues = £240.

Most advertisers take a full year but shorter periods are available with costs on a pro rata basis.

For a small additional charge, your advert can be placed on the Civic Society and Buntingford Journal websites with a link to your website.

For more information call Keith Edwards on 01763 272 032 or email advertising@buntingfordcivic.org.uk

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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Community Alliance
BROXBORNE & EAST HERTS

To find out more head to: (QR code with Digital Champion Role description)

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This is a free service available to NHS patients only. No service on Bank Holidays. Service may be affected by adverse weather conditions; please check before setting out during severe weather. Please note that our telephones are staffed Tuesdays to Thursdays (leave a message at other times and we will call you back). Hertfordshire Hearing Advisory Service is a registered charity no. 1063430 (leaflet/poster issued 20.07.2022)

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Hertfordshire
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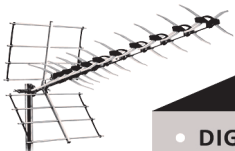
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The food bank is run by a voucher system. These can be obtained from GP surgeries, schools, children centre, CAB and churches. Further advice can be found by emailing buntingford.foodbank@gmail.com

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Community Alliance

BROXBORNE & EAST HERTS

Mondays from 10.30 to 12 noon

10/07, no session in August, 11/09, 9/10, 13/11, 11/12/2023

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

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