

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

Buntingford Journal



St Mary the Virgin Church in Furneux Pelham

Inside this month: An appeal from St Mary's in Furneux Pelham to help repair its stolen roof, and a 24-hour Organ Marathon in Reed; Buntingford Cougars approach their 50-year anniversary; news from Jeff Jones, our re-elected County Councillor; the history of Hyde Hall Farm; and some aviation milestones in the area.

70p

June 2021
Volume 46, No.4



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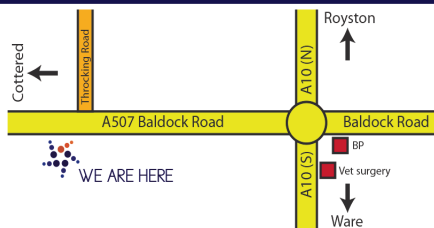
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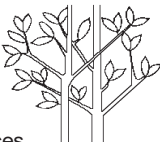
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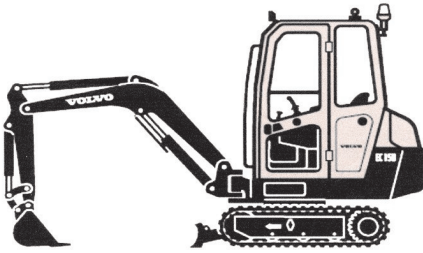
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RACE or HATE CRIME:**

Confidential Information Helpline: 01992 554440

(in emergency, dial 999)

LOCAL COUNCILS:

Buntingford Town Council – 01763 272222

East Herts District Council – 01279 655261

Housing – 01279 714714

Benefits – Freephone 0800 373852

For emergencies out of office hours: 01279 655261

Adult Care Services – 0300 123 4042

Children's Services – 0300 123 4043

Hertfordshire Highways – 0300 123 4047, or report

faults online: www.hertsdirect.org/highwayfaults

BUNTINGFORD LIBRARY:

High Street, Buntingford

Opening times: Mon, Tue, Thur 10:00–17:00

Fri 14:00–17:00 Sat 10:00–13:00

Telephone enquiries – 0300 123 4049

Option 1 – Renewals 03:00–23:45 every day

Option 2 – All other enquiries Mon–Fri 08:00–20:00,

Sat 09:00–6:00

More info at: www.hertfordshire.gov.uk

CITIZENS ADVICE BUREAU:

The Manor House

Market Hill, Buntingford

Offices are currently closed due to Covid.

For telephone advice call 0800 144 8848 (Mon to

Fri 10am–4pm) or call the local MessageLine on

01920 459 944 for a call back

HOUSEHOLD WASTE & RECYCLING SITE:

Watermill Industrial Estate

Aspenden Road

Currently closed due to Covid.

Our nearest open recycling site is in Royston.

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, please email:

membership@buntingfordcivic.org.uk

EDITOR'S LETTER

Social media may be a useful tool, but it does have a habit of sprouting misinformation. Brian Lemay brings us an update on plans to improve the River Rib through Buntingford and in the last paragraph of his article, on page 9, he corrects a rumour spread from a local social media site. The aim of the project, which is a collaboration bringing together various bodies from the Town Council and water companies to the Herts & Middlesex Wildlife Trust, is to improve the river environment for its wildlife.

We hear a lot about mental health these days as it becomes more socially acceptable to discuss the subject openly, and especially given the isolation and stress that so many have suffered during the Covid crisis and lockdown restrictions. The Curwens article this month (page 30-31) focuses on mental health awareness and the duty of care that employers have for their employees. One of the best things we can all do for our mental wellbeing is to get out in the fresh air for some exercise – not a problem if, like me, you have a dog who takes you out twice a day, but if you don't, why not try an outdoor exercise class? We are lucky enough to be surrounded by green fields, trees and space and have local fitness instructors keen to run classes outdoors (weather permitting)!

The Cougars have been improving the fitness of the younger generation in Buntingford for 50 years this September. You can read about some of their plans to mark this milestone anniversary on page 38. At their request, I am also reproducing an article which was written by Eric Addicott, one of the founders of the Cougars, to mark the Club's 25-year anniversary. He signed off his article wondering what the next 25 years might bring – I suspect girls' enthusiasm for football might be one thing he didn't expect!

We have appeals on behalf of two local church communities trying to raise funds – St Mary's in Reed are staging a 24-hour Organ Marathon in aid of their Organ Appeal, and St Mary the Virgin in Furneux Pelham are hoping we can help them reach the amount needed to replace the roof following the dreadful theft of lead two years ago.

The Hundred Parishes Society offer a tour of some of the varied aviation milestones that have taken place within the Hundred Parishes area. We have a glimpse of the opening ceremony for the new Layston Cemetery, and of Claude Lovat Fraser's memorial in the old cemetery to mark the centenary of his death. Also, at long last, you will find in these pages some notices of actual events coming up to look forward to.

Christine Noble

Many thanks to Brian Austin for proofreading

**Editorial copy deadline for the July/August 2021 Journal
is Saturday 12th June 2021**

Editorial submissions: Christine Noble – 01763 273095
68 Hare Street Road, Buntingford SG9 9HN
email: Journal@buntingfordcivic.org.uk

Advertising enquiries: Keith Edwards – 01763 272032
email: Advertising@buntingfordcivic.org.uk

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



Buntingford Civic Society

(Reg. Charity No. 1014873)

www.buntingfordcivic.org.uk



It is good to see the High Street looking a little busier following the easing of some of the Covid restrictions. Additional seating for some of the 'eateries' has been welcomed – just a shame the weather has not been kinder.

I have just heard that the public conveniences in the Town (not the disabled amenity) are to be closed for refurbishment. Not before time, but it is a shame that EHDC allowed them to become so run down that a closure has become necessary. Not sure of timescales for the closure but you would hope that temporary facilities will be put in place.

Congratulations to Jeff Jones on his re-election as Hertfordshire County Council ward member for Buntingford.

It was fairly obvious from social media posts leading up to the election that there are many dissatisfied residents looking for a raft of changes – it is equally obvious that many residents do not have an understanding of who is responsible for what and how the system works. Anyone can attend Council meetings, so if you are serious about trying to influence change go along to a few meetings to see how decisions are made. And please, always remember if you use social media to get points across, political comments are valid – personal ones are not.

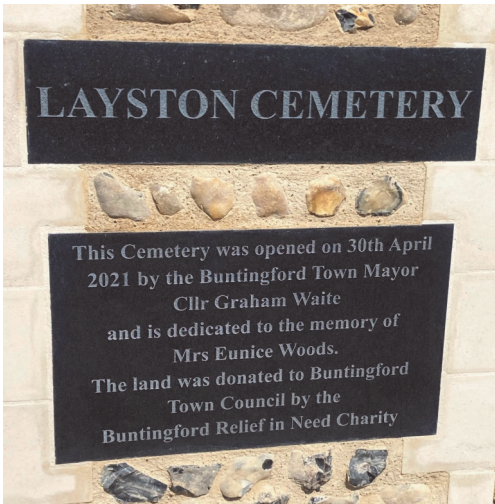
The new Cemetery was officially opened on 30th April by Town Mayor Councillor Graham Waite (photo, above right). A plaque was unveiled in memory of Eunice Woods, former Town Councillor and Town Mayor of Buntingford. Eunice was for many years Chair of the Buntingford Relief in Need Charity and the land for the Cemetery was donated by the Charity to Buntingford Town Council.

Graham Bonner, Chairman Buntingford Civic Society
graham_bonner123@yahoo.co.uk

Buntingford Civic Society was established in 1972 with the aim of improving the fabric of the Town. It has led or been involved in many restoration and enhancement projects and in planning, communication and financial support to improve aspects of life in Buntingford. **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 Buntingford Civic Society, you can download an application form from the website www.buntingfordcivic.org.uk or you can email the Membership Secretary, Peter Hay, at membership@buntingfordcivic.org.uk

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 (The Post Office) • RILEY'S FAMILY BUTCHERS



Town Mayor Councillor Graham Waite at the opening of the new Layston Cemetery, just before unveiling the memorial plaque dedicated to Mrs Eunice Woods and the Buntingford Relief in Need Charity.



Claud Lovat-Fraser 1890-1921



This month marks the centenary of the death of Claud Lovat-Fraser, an artist, poet, illustrator and designer who lived with his parents in the Red House in Buntingford before the First World War. He is best remembered today as a designer for the theatre, in particular his acclaimed set for 'The Beggar's Opera', but his influence was immense in many fields. You can read more about him in a Journal article published in May 2018, available in the Journal archive on the Buntingford Civic Society website.

The final resting place of Claud Lovat-Fraser in Layston Cemetery. The inscription reads:
*"He had a heart to praise,
 and an eye to see. And
 beauty was his king."*

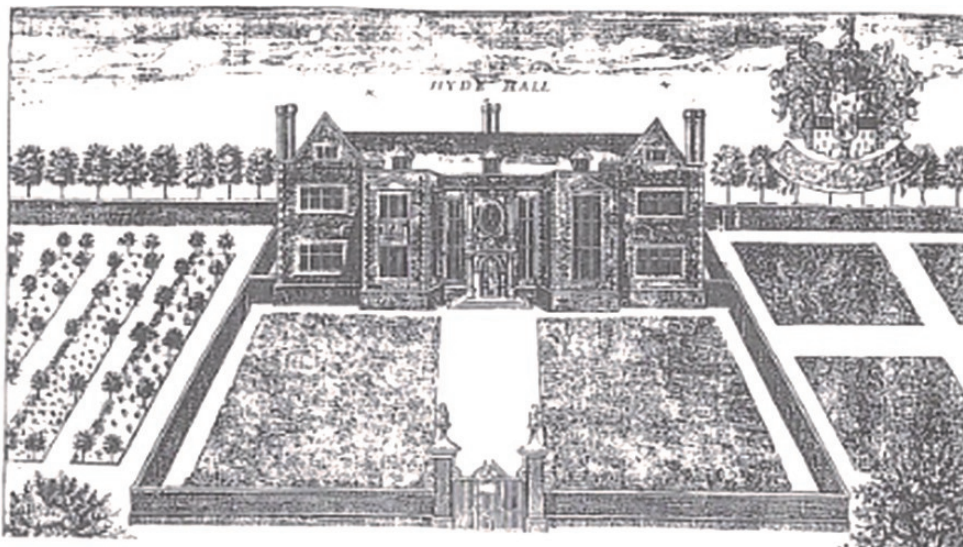


The History of Hyde Hall Farm

Hyde Hall Farm lies in the parish of Sandon and has been occupied for over 100 years by the Cannon family. With help from the Cannon family, both here in the UK and in Australia, I have attempted to trace the history of the farm and their involvement in both the farm and the local area.

The first reference of the manor was in 1086 when it was referred to as Sumersele and belonged to Robert Gernon. The next reference was in 1333 when a Hugh de Chiselle granted the manor to Ralph Oliver; it then became known as Oliver's Place, not exactly an original name but it was quite normal in those days to name land or buildings after the owner. It appears to have been passed onto Robert Oliver and his wife Elizabeth, but possibly due to debts they lost possession of the manor in 1457, when Ralph's daughter Alice becomes the owner. She allowed Robert and Elizabeth to remain in the property in their lifetime.

On the 16th March 1492 Richard Illingworth and Thomas Bibbesworth, trustees of the property possibly working on behalf of Alice, convey the property to Leonard Hyde of Throcking. Leonard died in 1509 and is buried at Throcking Church. The manor passed to his son George Hyde in 1522. When George died in 1553, his son Leonard should have inherited but he had already died, in 1549. It therefore would have gone to George's grandson William, then aged 5. However, the estate was seized by another William Hyde, the brother of Leonard senior. This must have caused some trouble within the family as in his will he justifies taking the estate, saying his conscience is clear concerning the acquisition of Hyde Hall. In about 1565 William rebuilds the manor house and it becomes known as Hyde Hall.



Hyde Hall Sandon, built by William Hyde about 1565

Drawing by John Drapezier, reproduced in Chauncy's *Historical Antiquities of Hertfordshire* c.1700

This picture of Hyde Hall, drawn around 1700, can be found in Chauncy's *Historical Antiquities of Hertfordshire*.

It appears that the property was leased to a succession of different people including Thomas Sandon, John Bird, William Barley, Simon Pratt and Francis Fitz-Geoffrey.

In an article published in 1905, E. Squires of East Herts Archaeological Society describes the Hall in some detail. He thinks the current Hall was built in the 18th century. The floors in the kitchen and living room are said to be made of gravestones brought by Sir Leonard Hyde from Throcking Church. He refers to an article in Chauncey's History that states: "Some have reported that this Sir Leonard paved his kitchen at Sandon with gravestones taken out of Throcking Church and being patron embezzled the Glebe, and kept a Chaplin at his house to officiate in this church, and from this time it was observed his estate wasted and his name extinguished."

On the death of William Hyde in 1590 the estate passed to Sir Leonard Hyde, High Sheriff of Hertfordshire. He in turn passed it to his son Robert Hyde who sold it out of the family in 1605 to Sir Thomas Cheeke of St Martins in the Fields for £4000. Sir Thomas conveyed it in 1610 to his cousin the Earl of Exeter, Thomas Cecil.

Over the next 200 years the property was bought and sold numerous times. Owners included Sir Julius Caesar, MP, William Franklyn, Mary Miller, Franklyn Miller, Nicholas Franklyn Miller (many of the Millers are buried in Sandon Church), Jane Northcliff, Edward Mundy and Edward Miller Mundy.

In 1789 the estate was sold to the Baker family of Bayfordbury, near Hertford. They owned a very large estate which is now part of the campus of the University of Hertford. On William Baker's death in 1824 the estate passed to his grandson, another William, William Robert Baker. The Bakers appear to have leased out Hyde Hall to various people, some of whom I have managed to trace.

By 1830 J Clarke had taken on the lease of the farm from the executors of William Rayners. The 1851 census shows George Clarke as running the farm with the help of his sons. They employ 30 labourers and 5 boys. As one of the occupiers of the farm was listed as a maltster, they must have been brewing beer, possibly originally for consumption by the family and workers. In all they farmed 710 acres. The Clarke family continued to run the farm for a number of years and at some point branched out into selling their beers. This advert appeared in the Royston Crow on 6th August 1886.

TRY THE CELEBRATED

HYDE HALL ALES

Brewed from choicest Malt and Hops.

Supplied in 4½ to 36 gallon Casks, from 10d. to 1/8 per gallon.

LIBERAL DISCOUNT FOR CASH.

A large Stock of Harvest Beer on hand brewed in the Season.

REPRESENTATIVE—

Mr. H. CRAWSHAW, Hyde Hall Brewery, Buntingford, Herts.

I found a draft copy of a bond from 1888 between Thomas and William Hasler, farmers from Great Dunmow, agreeing to pay Mr William Robert Baker £200 to take on Frederick William Hasler as a brewery traveller and clerk. The salary was to be 15 shillings per week with a commission of 6% on actual money collected from customers apart from the ones agreed beforehand. He was also to be paid reasonable travelling expenses. Whether he ever got the job I could not discover.

By 1889 the Clarke family had left Hyde Hall and the Bakers had found new tenants. In 1891 Henry Lambert and his family were listed as living there. An advert in the Hertfordshire Advertiser dated 19th September 1891 shows Mr W R Baker as selling a large quantity of stock and farm machinery. Also being sold was the brewery and five beer houses, plus Hyde Hall, 543 acres of land, Lye End Farm, 151 acres, and White Hall Farm, 143 acres. The beer houses were The Swan in Buntingford, The Two Brewers in Mill End, The Tally Ho and The Bull in Barkway, and the Bakers Arms in Bayford.

The brewery was bought by EK and H Fordham Brewery in Ashford. There was a report that listed an inventory of all the items in the brewery that were included in the sale. There was also mention of a well at Hyde Hall that was 180ft deep and the water quality when tested showed excellent quality and purity. However, the brewery at Hyde Hall closed in 1899.

The 1901 census shows a Thomas Walker and family, who originated from Scotland, as running the farm. In the late 1800s and early 1900s there was a large influx of Scots into Hertfordshire to take over farms. Whether or not the Walkers purchased the stock and equipment in the sale back in 1891 is uncertain, but it appears they didn't stay very long as this advert (right) appeared in the Royston Crow on 15th September 1905 and shows Mr T Walker as selling all the stock and equipment from the farm.

So, who took over next? Well, in next month's article I will continue the story of Hyde Hall Farm and its owners.

HYDE HALL, HERTS.,

Situate about 3 miles from Buntingford G.E.R.,
and about 6 miles from Royston, G.N.R.

Messrs. NASH, SON & ROWLEY

Have been instructed by T. G. Walker, Esq.,
who is giving up the Farm, to Sell by Auction,
on the Premises, on FRIDAY, SEPTEMBER 29th,
1905, at 10:30 o'clock precisely, the whole of
the Valuable

LIVE AND DEAD FARMING STOCK,

Viz: 9 Powerful Cart Mares and Geldings, one
Gelding rising 4-year-old, a 3-year-old, four
2-year-old Shire-bred Colts and Fillies, and a
yearling Colt,

400 SCOTCH MASHAM LAMBS,

Crossed with Border Leicester, Oxford Down and
Shropshire Down Tups,

8 HEAD OF COW STOCK,

Comprising 2 Shorthorn Cows, 2 Shorthorn
Heifers, a Steer, and 3 Calves,

IMPLEMENTS AND MACHINERY,

Comprising Single and Double-furrow Ploughs,
Horse Hoes, Iron Harrows, Spring-Tined Cultiva-
tors, Horse Drags, a Hay Sweep by *Cottis*, Swath
Turner, Hay Shaker, Rolls, Corn, Seed and Turnip
Drills, 3 Binders by *McCormick*, *Osborne*, and
Hornsby, 2 Reapers, 3 Grass Mowers, Dressing
Machines, Weighing Machine, Grinding Mill by
Barford & Perkins, Oat Crusher, Seed Drawer by
Holmes & Son, Stacking Elevator and Horse
Works by *Innes & Co.*, Hay Press by *Barford and
Perkins*, Charlock Sprayer, Narrow-wheel Farm
Carts, Water Cart, Road Waggon, Sheep Troughs
and Netting, Several Sets of Harness and other
Items too numerous to mention.

19 STACKS OF HAY AND STRAW

Comprising 9 Stacks of well-got Clover, Sainfoin,
and Mixture Hay, 7 Stacks of Wheat Straw, and
3 Stacks of Oat Straw.

Catalogues may be obtained of Messrs. Nash,
Son & Rowley, Auctioneers and Valuers,
Royston, Herts.

Bringing Buntingford's Rib back to life

We are awaiting the final Five Rivers plan and Flood Risk Assessment which should be due at the end of May. The plan and assessment will then go to the Environment Agency for their approval and permissions.

The steering group had two river walks this month. We are looking at Reach 2, which is from the Ford to the Jolly Sailors pub, as our first project. This is the most publicly visible part of the Buntingford Town stretch of the river and it's intended to be used as a show piece for what can be done to improve the waterway. Most of the work would be done from October onwards, to avoid the bird nesting season, but first we do need to raise approximately £25,000 to start the work.



Part of 'Reach 2' of the Rib through Buntingford, the most used stretch from the Ford to the Jolly Sailors, where work will be done first (above). Some of the river's residents, like these ducklings, can be hard to spot even in plain sight (right).



We walked the river from the Ford to the A10 bypass near Aspenden with Daniella from Five Rivers, who is finalising their plan. Also with us was the Flood Modeller from the company doing the Flood Risk Assessment.

We next walked Reach 2 with the Head of School for Capel Manor's Arboriculture and Forestry department. We hope for a joint venture where we can involve an educational college and give the students practical experience with any tree work required.

I am not a social media follower but I do understand it is being suggested on one of the platforms that we are going to dredge the river and damage wildlife habitat. We are not, repeat NOT, going to dredge any part of the river. We are being guided every step of the way by the **Hertfordshire and Middlesex Wildlife Trust** and the whole point of the project is to improve the habitat for wildlife and the river environment. Do contact me if you have any questions.

Brian Lemay
brianlemay@btinternet.com



The
United
Reformed
Church

Christ Church

Baldock Road, Buntingford SG9 9AA

Minister: Rev. Sue Fender **Secretary:** Peter Godbert / Tel: 01763 281359
buntingford.urc@talktalk.net

Services at 11.00am every Sunday via Zoom

June	6	Morning Worship	Nicola Grieves
	13	Morning Worship	Rev Elizabeth Caswell
	20	Morning Worship	Rev Allen Morton
	27	Morning Worship	Keith Cakebread
July	4	Holy Communion	Rev Dr Janet Tollington

The Rev. Sue Fender will become our new Minister following her induction on the 26th June. She will oversee the five Churches in the "Link" partnership, the other churches being Bassingbourn, Fowlmere, Great Chishill and Melbourn.

Meanwhile Christ Church is continuing to worship via Zoom and hope to begin to worship in person, in the reasonably near future, at the Church on Baldock Road. Details of the services can be found on our website at:

<http://www.buntingfordurc.org.uk/services/>

These will be updated regularly. Our Zoom services are accessible via phone or online. If you would like to join us please contact the church secretary for details.

Website: www.buntingfordurc.org.uk
Facebook: www.facebook.com/URCBuntingford

The Ash and Quin Valleys Group

(cont. on page 11)



Living God's Love

Rev'd Julie Gawthrope – 01920 823531

Services for June 2021

St Mary's, Braughing

Wed 2 nd	9.30am	Holy Communion (said)
Sun 6 th	11.15am	All Age Holy Communion with Baptism
Wed 9 th	9.30am	Holy Communion (said)
Sun 13 th	10.00am	All Age Morning Worship
Wed 16 th	9.30am	Holy Communion (said)
Sun 20 th	11.15am	Holy Communion
Wed 23 rd	9.30am	Holy Communion (said)
Sun 27 th	9.30am	Holy Communion
Wed 30 th	9.30am	Holy Communion (said)

United Benefice of Aspenden, Buntingford and Westmill



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

Website: unitedbenefice.org.uk

Email: admin@unitedbenefice.org.uk

Telephone: 07484 345027

Postal address: C/O St Peter's Church, Chapel Lane, Buntingford SG9 9AL

On Sunday 30th May we bid farewell to Reverend Ian Hill and his family, wishing them the very best as Ian becomes the new incumbent at St Mary's Church, Hinckley.

Whilst we wait to appoint a new Rector here at the United Benefice and as we navigate through this period, our service pattern has changed a little. You are always welcome to join us at any of our 3 churches if there isn't a service at your usual choice of worship. At the point of publication we are still guided by Government Covid Guideline restrictions although we pray that 21st June will see this restriction lifted.

Sunday Church Services

6 th June	9.30am	Sung Eucharist	St Mary the Virgin, Westmill
	11.00am	Family Worship	St Peter's, Buntingford
13 th June	9.30am	Morning Service	St Mary's, Aspenden
	11.00am	Holy Communion	St Peter's, Buntingford
20 th June	9.30am	Sung Eucharist	St Mary the Virgin, Westmill
	9.30am	Holy Communion Service	St Mary's, Aspenden
27 th June	10.00am	Benefice Wide Holy Communion	St Peter's, Buntingford

Sunday Zoom Services

6 th June	6.30pm	Sunday Zoom Service with Hymns
13 th June	6.30pm	Sunday Zoom Service with Hymns
20 th June	6.30pm	Sunday Zoom Service with Hymns

Please contact Nina at admin@unitedbenefice.org.uk to obtain the Zoom link for these services

Please check our website for the latest information on times and locations of all our services: unitedbenefice.org.uk

The Ash and Quin Valleys Group (cont. from page 10)

**ST. MARY'S
FURNEUX
PELHAM**

St Mary's, Furneux Pelham

Sun 6th 9.30am BCP Holy Communion

Sun 13th 11.15am Holy Communion

Sun 20th 9.30am Café Church

Sun 27th 11.15am Family Morning Worship

**St. Mary's
Stocking Pelham**

St Mary's, Stocking Pelham

No service

‘JAZZ IN THE GARDEN’

At REED FIRST SCHOOL, Jackson’s Lane, Reed, SG8 8AB

The Rocking Chair Jazz Band will be with us on
Saturday, 24th July 2021, from 12noon till 4pm

Admission – Adults £25, Children £10

A deluxe Ploughman’s Lunch and Cream Tea Box will be provided. Please let us know dietary requirements when booking. Bar and raffle. We will be following government guidelines and therefore booking is essential.

Tickets from Liz Jakeman – 01763 848 398
or email reedchurchevents@gmail.com

All proceeds to St Mary’s Church, Reed.

‘Strawberry Tea’

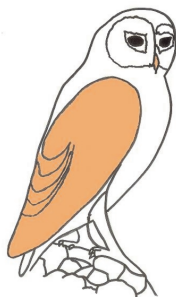
3rd July @12pm – At St Mary’s Church, Reed

St Mary’s Church in Reed will once again be a hive of activity as we team up with Reed School and the Friends of Reed School for our Strawberry Tea.

Come and enjoy the baked potato stand and browse our cake, nearly new and toy stalls, then relax with a cup of tea and delicious cake, or strawberries and cream, or something cold from our bar. There will be something for everyone and all are welcome.

Government guidelines and any Covid restrictions still in place will be followed.

Reed First



School

The Friends of Reed First School

are thrilled to announce their

Summer Fayre

at Reed First School

on Saturday 17th July 12-4pm

All are welcome to join in the fun.

Tickets will be available in advance and on the day.

More details to follow soon!

St. Mary the Virgin, Furneux Pelham

Planning Permission Granted for Replacement Roof

It is two years this month since thieves stole the lead from the roof of St Mary's Church. Now, the Parochial Church Council has obtained approval from the regulatory authorities to replace the stolen lead with Terne Coated Stainless Steel, which will not only save the building from further damage by the elements but also prevent it being targeted again in the future. The accepted tender for the work is £97,000 including fees. Together with reserves we have £68,000 towards this cost – thank you to everyone who has given so generously. But we remain £29,000 short to commence the works, so once more we are appealing for help. Any donation, however small, will be gratefully received.

To make a donation, please go to our **Just Giving Page on Furneux Pelham Community Facebook**. Or you can donate by bank transfer to '**PCC of Furneux Pelham Restoration Account**', **Sort code 30-90-84, Account number 00041298**. If you donate by bank transfer and are a UK Tax payer, please ask a PCC member for a Gift Aid Form to complete and return. This enables us to recover a further £25 for every £100 donated. For other ways to donate, please contact a member of the PCC below. **Thank you.**

**Rector Rev'd Julie Gawthrope (01920-823531), Malcolm Ewen (01279-777530),
Christopher Stead (01279-778001), Mark Haverson (01279-777789)
and Roger Phillips (01279-771983)**

Buntingford Gardeners' Club

The question is will we be back to normal on 21st June? The club, like many others, has not met since last year and how and when we start meeting up again is something which needs careful thought. The club's committee will be meeting soon in a member's garden to come up with some ideas.

In the meantime, regular newsletters have been emailed out to members and we have monthly Zoom meetings where members can see each other and have a chat. We have been exchanging plants and photos of our favourites. With many residents on Facebook who have an interest in gardening we hope that they might give us a try once we can start up again. We are all looking forward to when we can enjoy great company with like-minded people, inspiring talks from guest speakers and outings.



Have you had a chance to go out walking in a bluebell wood this spring? It is one of the treats of this time of year and also a timely reminder to avoid planting Spanish bluebells in your garden. These large, more robust garden imports can easily get cross pollinated with our own wild bluebell. The resulting hybrid can then dominate and displace our own indigenous species. We need to look after our wild spaces as well as our gardens. Keep safe.

Lesley Lowers, Secretary
Email: lelowers@gmail.com

24 Hour Organ Marathon

in aid of the St Mary's Reed Organ Appeal

19th–20th June 2021



St Mary's Church, Reed, where organist Paul Harrison will play his 24-hour Organ Marathon

In 2019, the Parochial Church Council (PCC) of Reed & Buckland set itself the ambitious target of raising the funds to replace Reed's deteriorating organ with an exciting new instrument. The project will provide St Mary's with a fine new organ to support worship in all the ordinary services that take place here, those for local families who wish to have their important family milestones marked in the church, and in support of the continued growth and development of Reed Choir. As a bespoke, mechanical-action organ of the highest quality, the new instrument should last for generations

and be truly a lasting legacy. Over £95,000 has been raised so far, from some incredibly generous individuals and organisations, and we project that we will top £100,000 soon. Thank you, so much, to the many who have already contributed so generously. However, the remaining funding gap, of around £40,000, is preventing the PCC from being able to sign the contract with our chosen organ builder, F.H. Browne & Sons of Canterbury.

To help bridge this gap, Paul Harrison, organist at St Mary's Church, will this month be taking on an ambitious challenge. He will be playing the organ in Reed from 9am on Saturday, 19th June, until 9am on Sunday, 20th June. During this 24-hour period, Paul, with a little help from a few guest organists, will play his way through the Ancient and Modern Hymn Book, as well as some other favourite pieces. We are offering you the opportunity to be permanently associated with our new organ through this project. There are three ways that you can get involved:

1. **Sponsor Paul** via our Just Giving page: www.justgiving.com/fundraising/organ-marathon, or via a good old-fashioned paper sponsor form (please contact Liz Jakeman on 01763 848398). The first £3000 of sponsorship will be **DOUBLED**, thanks to the generosity of anonymous donors.
2. **Dedicate a hymn** for yourself or a loved one. Dedications will be played at a specific time chosen by you during the 24-hour organ marathon, for a minimum requested donation of £20.00. Forms to complete with your dedication details can be found in the entrance porch of St Mary's, Church Lane, Reed (between 7am and 7pm daily). If you would like a form emailed to you, please email reedorganfund@gmail.com.
3. **Sponsor part of our organ**: specific funding options (to sponsor a pipe, a key, a pedal etc.) are still available. Please find details at: tinyurl.com/34wa8vnt

We hope you feel inspired to be a part of this historical project. All donors will be offered the opportunity to have their name included in a special commemorative book, which will document the new organ's build and installation in words and pictures, and will remain in St Mary's Church as a lasting memento of this project for generations to witness in the years to come.

If you have any questions, please email reedorganfund@gmail.com or call Liz Jakeman on **01763 848398**. Thank you for reading this and for your interest and support.

Paul Harrison, Liz Jakeman and Liz Kershaw
St Mary's Organ Fund Working Party

Buntingford Film Club Resurgent

For over a year the cinematographic equipment has been lying idle, apart from a brief expedition to Alswick Barn last Christmas. But, as the Nation has successfully hit the Government's deadlines and the R number has retreated, the possibility of it emerging from hibernation is looking increasingly possible. Nevertheless, just as caution is now Boris's mantra, we are not taking anything for granted. There will be no grandiose re-launch to mirror our first entry on to the Buntingford scene five years ago. There will be those readers who may still remember the Buntingford Film Festival of February 2016 when, under the banner of "Bringing Cinema Back to Buntingford", we showed eleven films over the half-term week, including the Cornetto trilogy in its entirety overnight in the Bowls Club premises!

No, with one more deadline still to be surmounted we are not taking anything for granted, but we are planning so that we can proceed with confidence. We are aiming to have our first public showing outdoors in August at The Sword Inn Hand where Jeremy will be our welcoming host. On previous occasions the event has benefited enormously from his hog roast and bar, so with decent weather it is an event not to be missed. Following Boris's oft-repeated instruction we will be guided by the data not the date, but we are looking to Saturday 21st August. Thereafter, if all continues to be good, we are expecting to re-launch our monthly film shows on Friday 3rd September to coincide with the revival of the Classic Car rally in the High Street. So hopefully the High Street will be full of families inspecting the gleaming behemoths and we shall have a film to appeal to petrol heads and other cinema goers. With supplies of booster jabs hopefully arriving in that month we are planning further showings on the first Saturday of the month up to Christmas, but it all depends on factors outside of our command. So watch this space.

We did have one major success to report in the lockdown period. As reported briefly in last month's Buntingford Journal, and in some detail in the online Journal the previous month, the Short Film competition run by Jake Andrews and his team has really put Buntingford on the short film global map. From its modest beginnings, this year it attracted 127 entries from all round the world, including one film that was nominated for an Oscar. The task of assessing so many films was enormous and the Shorts committee now has the pleasurable task of deciding how the competition can be managed in the future.

So if you have become tired of searching for films on Netflix or Amazon Prime, you can start looking forward to joining us again in the Community Centre around a table with friends, enjoying a film which could be a golden oldie or a new release, with a glass of wine and nibbles. It will be good if this can be our new normal, our sunlit uplands as promised by Boris. We will report further as matters progress.

Brian Thompson



BUNTINGFORD TOWN COUNCIL

A QUALITY TOWN COUNCIL

The legislation that enabled us to hold remote meetings expired on 7th May and we are now legally required to hold face to face meetings but with COVID restrictions in place.

Our Council Chamber is not big enough to achieve social distancing and we will therefore be holding Council meetings at the Seth Ward Community Centre until restrictions are lifted. The meetings are open to the public who will also have to socially distance.

From 17th May organised indoor sport will be able to take place at the Community Centre and hopefully, come the 21st June, we will be able to take bookings for parties and events.

Following the sad loss of Councillor Basra and no request from the public for an election, the Council will be co-opting to fill the vacancy. Details of the successful candidate will be published shortly.

A small socially distanced opening ceremony took place at Layston Cemetery at the end of April. The ceremony was conducted by the Mayor, Councillor Graham Waite, who has worked so hard on the development of the new cemetery. The first interments will take place at the end of May.

Following elections on the 6th May, Councillor Jeff Jones was re-elected as the County Councillor for the Buntingford Division. We look forward to working with Councillor Jones over the next four years.

Jill Jones MILCM Cert HE, Town Clerk

Office hours: Monday–Thursday 10am–4pm; closed Friday.

The Manor House, High Street, Buntingford SG9 9AB

(The offices are currently closed due to lockdown, except by appointment.)

Tel: 01763 272222 Email: clerk@buntingford-tc.gov.uk

Twitter: [@buntingfordtc](https://twitter.com/buntingfordtc) Facebook.com/BuntingfordTC

Website: www.buntingford-tc.gov.uk

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

Town Council meetings for June 2021

Thurs 3 rd June	7:00pm – Amenities Committee
Thurs 10 th June	7:00pm – Resources Committee
Thurs 24 th June	7:00pm – Full Council

Meetings to be held at the Seth Ward Community Centre unless advised differently on the Agenda. The public are welcome to attend but must socially distance, in line with Covid restrictions.

News from Your District and County Councillor

County Council Elections

I am very pleased to have been re-elected to serve you as your County Councillor for the next four years following the elections on 6th May. Many thanks to the 2,393 electors who gave up their time to vote in person or by post and show their support for me to represent them at council. I am looking forward to carrying on the good work I had started before the election for the benefit of all residents in Buntingford Division.



Councillor Jeff Jones

It was a very different election with Covid-19 measures in place. The polling station and counting staff all did a great job to ensure the election was carried out as safely as possible in these difficult times. I would normally have carried out some doorstep canvassing prior to the election to talk to residents and hear any concerns. Unfortunately we were advised not to canvas house to house due to the possible Covid-19 risk.

I am proposing to hold monthly Councillor Surgeries when restrictions are eased. This will be an opportunity to discuss face to face any issues that I can help with. I am hoping a Town Councillor can join me so that all council matters can be covered. Attendance will be by appointment. Full details will be given once social distancing measures are eased.

Buntingford (20) - results

Election Candidate	Party	Votes	%	Outcome
 Jeff Jones	(Conservative)	2393	61%	Elected
 David Rupert Woollcombe	(Green Party)	704	18%	Not elected
 Steven Charles Stone	(Labour)	532	13%	Not elected
 Karl Ambrose Harrington	(Liberal Democrats)	224	6%	Not elected
 Terry Frederick Smith	(Reform UK)	94	2%	Not elected

BCAT Bus – Community Transport

You will shortly be seeing a new BCAT Community Transport bus around the town and the outlying villages once Covid-19 restrictions are eased and passengers can be carried safely. Our existing Ford Transit minibus has been replaced with a Peugeot Boxer 17-seat minibus (right). A new timetable is being planned and it is hoped the service can resume in late June.



Welcome Back Grant

I was very pleased to work with Highways and our local council to help some hospitality businesses who needed extra space for outside seating areas whilst Covid-19 restrictions are in place. Highways agreed to allow two High Street parking bays and an area at the top of Church Street to be sectioned off for tables and chairs as a temporary measure. It is good to see the High Street have an 'al-fresco' feel about it. With our traditional market town High Street and narrow pavements, it is very limited what can be done, but I hope

residents and visitors to the town will be encouraged to 'Shop Local'. I hope to replace the temporary barriers that mark the outside areas with more suitable barriers very soon, which I am sure will enhance our High Street and increase footfall.

Councillor Advice

I receive many requests for advice and help on District or County Council matters. If you have any concerns that you need assistance with, I am always available on the contact details below. Stay safe

Cllr Jeff Jones

**East Herts District and Hertfordshire County Councillor
Buntingford Ward / 07836 232963 / Jeff.jones@hertfordshire.gov.uk**



'Launchpad 2' tailored business support

Tailored support is now available to businesses in specific sectors as part of East Herts Council's Launchpad 2 scheme. In January, EHC appointed Deyton Bell to administer the scheme after being awarded a £1.2 million European Regional Development Fund (ERDF) contract from the Ministry of Housing, Communities and Local Government (MHCLG). Deyton Bell, a consultancy based in

Cambridge with experience in providing support services to businesses and councils across the East of England, is now accepting applications from businesses in the maintenance, repairs and operations sector for Stansted airport, as well as in the bio-science and social enterprise sectors. Support will be via small capital grants of up to £5K or 12-hour support packages of mentoring, workshops and networking opportunities.

Councillor Jan Goodeve, EHC Executive Member for Planning and Growth, said: "The Launchpad 2 project will make a real difference to supporting existing small businesses in these potential growth sectors for East Herts ... [and] to safeguarding and creating new jobs." The Council's running costs for Launchpad, which offers flexible working space in Bishop's Stortford and Ware, will also be covered as part of the ERDF funding. For more details visit <https://launchpad2.enterprisesupportalliance.com/> or see 'Launchpad 2 – Tailored Business Support' on Facebook, Twitter and LinkedIn.

Beware of door to door fish sellers!

Hertfordshire Trading Standards have issued a warning about rogue 'door to door' salespersons using pressure tactics to sell fish. In one case the fish was left on a 'try before you buy' offer with no money paid upfront. The trader returned later and tried to charge £360 for a small amount of inferior produce. The advice is to only buy fish from a reputable fishmonger at an established shop or stall, or from a mobile fishmonger with a regular pre-arranged round. Most mobile fish sellers have regular weekly rounds. These new rogue vans are turning up at random times and locations and charging much more than the market value for low-quality fish.

With door to door sales it is incredibly difficult to tell if the product has been stored properly, is safe to eat, or is in fact what it's labelled up as, so as with any doorstep caller, do not get tempted to buy, just ask them to leave. If at any point you feel you are being pressured, then contact the police on 999. Anyone who has fallen victim to rogue door to door selling, or wants advice or to report an incident, can contact the Citizens Advice consumer service on 0808 223 1133. This also gives Trading Standards intelligence to assist them in tackling these rogues.

Citizens Advice East Herts' offices are currently closed to drop-ins due to Covid, but you can contact them by phone – call the local Message Line for a call back on **01920 459 944** or the Herts Advice Line on **0800 144 8848** (10am-4pm, Mon to Fri). Or see the online options at:

citizensadviceeastherts.org.uk



East Herts

Renting

I rent privately and can't get my landlord to carry out various repairs that have built up. How can I get them to act – and what exactly do they have to do?

The law states that your landlord must provide accommodation that is safe, healthy and free from things that could cause serious harm.

If you have problems such as electrical wiring that you think might be faulty, or there's damp, or an infestation by pests, the landlord has a legal obligation to put things right.

Landlords are also responsible for the maintenance of the general structure, and for fittings such as boilers and radiators; basins, baths and toilets; and the drains.

The first step is to contact your landlord, in writing. Include photographs of the problems. Keep a record of all communications and evidence relating to the disrepair.

If that doesn't prompt any action, we can help with next steps. These could include contacting your local council (who will have dedicated officers for dealing with disrepair in private rented properties) or asking for a visit by the environmental health team.

Tenants can take their landlords to court to force them to carry out repairs. However, it's worth getting some advice and thinking carefully before embarking on this route.

At Citizens Advice East Herts we provide free and confidential advice on any issue. You can call us on our Message Line on **01920 459 944** (any time – leave a message for someone to call you back) or for more information see:

www.citizensadviceeastherts.org.uk

Coronavirus has made life hard for many people.

Citizens Advice East Herts is here to help.

We give **free, up-to-date advice** to everyone in the local community.

If you need help with benefits, work, debt and money, housing, law and courts or more, **please get in touch.**



What a month for the Planet!

5th June is World Environment Day!

Take the quiz at <https://www.worldenvironmentday.global/did-you-know/take-quiz> and find out how much you know about biodiversity and the history of World Environment Day.

16th June 2021 marks the first ever World Refill Day!

If you haven't already started, there are many ways you can make a difference in reducing packaging and keeping our community as plastic free as possible. There are apps such as *Refill* which enable you to find a shop or premises which will refill your water bottle for free. Already in Buntingford, we have *Liberro* at 14a High Street, and *Keith Ian Estate Agents* at 42 High Street featured on the app.

We are also fortunate to have our very own refill shop, *Replenish and Reuse*, at No.45 High Street, where you can refill anything from cleaning products and hand sanitizer to all kinds of dried foods, including herbs and spices. And don't forget, you can ask other shops to fill your own containers. At least one of our butchers is already doing this. The more people ask, the more normal it will become and the more plastic will be redundant.

17th June marks Clean Air Day!

Every year, air pollution causes up to 36,000 deaths in the UK. The World Health Organisation and the UK Government recognise that air pollution is the largest environmental health risk we face today. Poor air quality causes heart and lung diseases, is linked to low birth weight and children's lung development and may even contribute to mental health issues. So let's think about our behaviours and how we can keep the air cleaner around Buntingford.



Please support the 20's Plenty campaign, which advocates a default 20mph speed limit for the whole of Buntingford. This will not only keep our children safer but also improve air quality. Reducing the speed limit from 30mph to 20mph is the equivalent of taking half of petrol cars off the road

as it reduces the overall amount of pollution caused by accelerating and by braking, which emits polluting tyre particulates. A default 20mph for the whole of Buntingford would also discourage unnecessary HGVs from entering the town. We are pleased to hear that Buntingford Town Council is in favour of the change: <https://www.buntingford-tc.gov.uk/uploads/fc-mins-26th-november-2020.pdf>

To keep up with what BACCS are doing, visit our Facebook page: <https://www.facebook.com/BACCSBuntingford> to see our weekly Eco Tip, and please join in the discussions on the group page [@BACCSBuntingford](https://www.facebook.com/BACCSBuntingford) or email baccs@tutanota.com



WHAT DO YOU WANT
BUNTINGFORD
TO LOOK LIKE IN
2050?





Now that things are starting to open up a bit more, it was great that members of FORQ who had registered their interest in acting as Riverfly Monitors were able to get the training they needed to carry out this important work.

Two members from Buntingford and one from Braughing attended two Zoom training sessions, followed by a socially distanced, live practical morning in the river.

Monitoring sites within Buntingford had been previously identified and regular monitoring of the river has now started. It is very important that we obtain this data as it is key to checking on the health of the rivers and to ensuring that any work done is actually improving the river environment. If therefore you see two people in the river, with trays and microscopes set up on a table alongside them on the river bank, then you will know what they are doing and how this will yield valuable data on the state of the Rib.

Monitoring of the Quin in Braughing will start shortly when sites have been registered.

We are still looking for volunteers for all the roles we have identified, as described in last month's Buntingford Journal. If you are interested in helping, please contact us.

FORQ member Peter Sinclair surveyed the River Quin during the winter and early spring months, starting at the river's sources near Cokenach and Barkway. His findings have been written up, accompanied by photographs, maps and additional notes, in an account entitled "The River Quin from Barkway to Braughing" which is available to read on the FORQ website (the first of the 'Useful Links' below). It is a fascinating read. Peter is now doing the same for the River Rib and his account will again be made available on the FORQ website after he has completed his survey.

Chalk Aquifer Alliance (CAA) are continuing to hold interesting talks via Zoom. The latest, by Geoff Tombs on 19th May, was entitled "Licensed to Spill". Geoff's paper looked at how information obtained from Environmental Information Requests and discharge permits from the public register might be used in the campaign to clean up the UK's rivers. A recording of the talk is on the CAA's website.

Useful Links:

<https://friendsoftherib.wordpress.com/blog/>
<https://chalkaquiferalliance.wordpress.com/events/>



Riversmeet, south of Braughing, where the Quin joins the Rib.
Photo from Peter Sinclair's article on the FORQ website.

Pauline Ayres, Communications FORQ

NEW START FOR HARE STREET STORE & DELI

Retaining its artisan business and community service ethos, Hare Street Store & Deli has relocated to Bridgefoot Barn, Flint Cross

Six months after launching the business in Hare Street, following issues with the former site, store owner Emma Brooke came across Bridgefoot Barn. It wasn't in the village, but the situation and the property was idyllic. With little hesitation, she decided to "give it a go" and moved Hare Street Store & Deli to the new site. Although it's early days, Emma says the feedback has been "excellent" and she is very optimistic about the future. "Everyone thinks it is a beautiful shop! While I do miss being in the middle of a village, life is all about the community you create and I think Bridgefoot Barn is going to be a very promising location".

As an artisan deli, the store stocks everything from deli goods and fresh produce to clothing and giftware. Sourcing and supplying local produce where possible is key to the ethos of the business, and Emma is continually seeking out local producers and introducing new food products. She is also always on the look out for "creatives" to

feature in the store, for something that is a little bit different.

Hare Street Deli serves light lunches, as well as coffee sourced from the multi-award winning Guima Estate in Brazil. Emma explains that this estate consists of three farms run by women who, in addition to growing coffee, also dedicate a large amount of land to growing flowers and local produce, supplying six local villages.

The Deli has a selection of sweet treats to choose from, including a particularly indulgent and decadent "Show-stopper" cake made by one of Emma's good friends, which is served every Saturday.

The Store also hosts wine tasting events run by Wine Story, Emma's chosen wine curator. Wine Story supports small family vineyards which use



traditional and natural production methods.

Food is available for “take away” or to “eat in” either in one of their outdoor dining pods or in the light and airy conservatory. You can book in advance or just turn up. Special dietary requirements and food intolerances are catered for.

You can find the Hare Street Store & Deli on Facebook and on Instagram. For bookings and further information, contact Emma on **07866 940090**.

Emma Brooke
Hare Street Store & Deli
Bridgefoot Farm
Barley Road
Flint Cross
Royston | SG8 7PU
07866 940090

OPENING HOURS
MON-SAT 10AM-4PM
SUN 10AM-2PM



HARE STREET

Store & Deli

Bringing a distinctive selection of hand-picked artisan products as well as everyday staples, Hare Street store and deli opens its doors to welcome you.

With fresh fruit and veg, gourmet prepared dishes, deli products and fine wines, outside seating we've got everything covered as well as a carefully selected range of giftware.

Hop along, come and browse and say hello!

BARISTA COFFEE & TEA
HOMEMADE BAKES & LUNCHES
SPECIALITY & LUXURY FOODS

GIFTS

OPENING HOURS

MON-SAT 10AM - 4PM
SUN 10AM - 2PM



HARE STREET STORE & DELI

Bridgefoot Farm • Barley Rd • Flint Cross • SG8 7PU
07866 940090



harestreet.store

If you have something you would like to contribute to the *Buntingford Journal* – an article of news, a story, an opinion piece, a poem, photograph or memory – please contact the editor, **Christine Noble**, on **01763 273095** or email **Journal@buntingfordcivic.org.uk**

Standon Hand Embroidery Group has now reopened

Our next meeting is on **Tuesday 8th June** at **Standon Village Hall** from 2.00–4.00pm. Beginners and experienced embroiderers are most welcome.

Our Tutor is the well-known Julie Walsby who teaches Jacobean Crewelwork, Long and Short, Goldwork and Patchwork cushions.

So why not come along and be inspired! Further details can be obtained by phoning Barbara Norris on 01920 822104.



The Hundred Parishes Society

www.hundredparishes.org.uk

Many of us wait anxiously for the outcome of the recent public inquiry into a possible increase in the passenger cap at Stansted Airport, yet the local community's love-hate relationship with Stansted Airport is only the latest in a series of significant aviation events that have occurred within the Hundred Parishes.

In a field at Standon Green End, in the parish of Thundridge, a monument (right) marks the spot where Italian balloonist Vincenzo Lunardi landed in 1784 after completing the first manned flight in England. He took off from London beneath a balloon filled with hydrogen.



In 1913, Bentfield Hucks (below) became the first Englishman to perform a loop-the-loop in his Bleriot aeroplane. He had been born in 1884 in Bentfield Cottage in Stansted Mountfitchet and thus acquired his unusual forename.



Duxford airfield, now the site of the Imperial War Museum, Duxford, first became operational in World War I. Some of its buildings, constructed by German prisoners-of-war, still stand (right). In 1938 Duxford was the first airfield to take delivery of Spitfire fighter planes (below). Frank Whittle flew regularly from there while he was developing his ideas that eventually led to the invention of the turbojet engine just before the end of WWII.



Altogether, twelve military airfields operated within the Hundred Parishes during WWII. Andrewsfield, straddling the parish boundary between The Salings and Stebbing, was the first American-built base in Europe, becoming operational in 1943. Stansted was another American-built airfield. Nuthampstead was another. Thousands of Americans were based in this area; many never saw home again. Memorials have been erected in their honour, including those at Nuthampstead (top photo, overleaf) and Salings (bottom, overleaf).

Many of us have enjoyed the relative peace that the Covid-19 pandemic has brought to our skies, in particular discovering the joy of walking in the countryside. It is sad that it has taken so many deaths to remind us of the quality of life that exists right here, without the need to fly.

Ken McDonald, Secretary



As summer arrives, we hope that readers will continue to enjoy the varied walks listed on our website (www.hundredparishes.org.uk). These routes provide a wonderful opportunity to appreciate the variety of wildflowers growing in field margins, hedgerows, verges, churchyards and village greens.

After this season's chilly start, the recent warmer days have encouraged an abundance of flowers to provide essential nectar and pollen to support visiting pollinators. With the increasing concern about the alarming reduction in insect numbers, many of those caring for green spaces

have adopted the 'NO MOW IN MAY' approach to grass maintenance, where the uncut grassy places can support a surprisingly large number of different native species. Their flowers add variety to these areas and the bees benefit as well!

Wayside plants such as Stinging Nettles, Goosegrass (the long, hairy plant that sticks to your socks) and Cow Parsley thrive alongside lanes and tracks. Cow parsley, with its splay of tiny white flowers (right), can grow as high as a person. A touch of pink is often added by the flowers of Red Campion (below), also known as



Bachelor's Buttons as it might have been worn as a buttonhole by unmarried men. Common bright yellow flowers include Dandelions and the shiny golden petals of a great variety of Buttercups. The tall Ox-eye Daisy is often present where wildflower mixtures have been sown. In recent years these have become a common sight beside new roadways.

The types of wild flower I have listed can be seen and enjoyed almost everywhere in the Hundred Parishes. There are many more varieties to be seen and occasionally something quite rare. For smart phone users there are apps to help with identification, but we do not have to be experts to appreciate and enjoy nature's abundance.

Tricia Moxey, Trustee
The 100 Parishes Society



COUNTRY CAKES/SUMPTUOUS SOUPS



CREAM TEAS

Sandwiches, Scones, Jam,
Cream & Cakes

Free local delivery to your door!

Please ring for full price list. All our products are homemade!

To order ring Elaine – m. **07501 495 940** / Tel: **01763 289 738**

Recipe for June

Waldorf Chicken Salad

The Classic Waldorf salad was created at the end of the 19th century by maître d'hôtel Oscar at the Waldorf Hotel in New York. This version adds poached chicken.

Ingredients

4 chicken breasts	175ml/6fl oz mayonnaise
1 celery stick	175ml/6fl oz yoghurt
500g/1lb crisp green apples	125g/4oz walnut pieces, coarsely chopped
1 lemon	seasoning

For the poaching liquid

1 onion	1 litre/ 1½ pints water
1 carrot	sprig of thyme and bay leaf
10 black peppercorns	

Method

1. First, poach the chicken. Peel the onion and carrot and cut into quarters. Trim the leaves from the celery.
2. Pour the water into a shallow pan, add the peppercorns, onion, carrot and celery leaves. Simmer for 10-15 minutes.
3. Add the chicken breasts to the pan and poach until cooked, about 10-15 minutes.
4. Remove the chicken, cool and cut into strips.
5. Cut the celery stick crosswise at an angle into 5mm/¼in slices.
6. Cut the washed apples into quarters, leaving the skin on, and remove the core. Chop the apples into cubes, squeeze the lemon juice over and stir to coat.
7. Add the chicken, celery, mayonnaise, yoghurt, and most of the walnut pieces. Season with salt and pepper. Mix ingredients together well and chill for 1 hour.
8. Sprinkle the remaining walnut pieces over the salad and serve.

Elaine Wyld – Tel: 01763 289 738 m. 07501 495 940

Facebook – Sumptuous Soups and Country Cakes



I'm Emma, a qualified Personal Stylist. My aim is to make personal styling affordable so we can all get the confidence boost we deserve.

My interest in personal styling grew out of my own personal experience. I moved to Buntingford with my husband when I was pregnant with our first child. He had been to school here and loved the town, so he wanted to raise our family here. After having our second child I felt like I'd lost all confidence in how I looked – quite simply, I didn't know how to dress my changed body. Learning what suited me helped me to rediscover my sense of style and regain my confidence, so I decided to give up my career as an accountant to help others find the joy of discovering their true personal style.



I offer **Style Assessments**, where you'll get tips on flattering your body shape. I also do a **Colour Analysis** to find your best colours to wear, and talk to you about finding your unique style personality. A **Wardrobe Edit** is great for those who have a closet full of clothes but never feel they have anything to wear! I can help you to create a more wearable collection of clothes, putting together outfits you may not have considered before. I also offer a **Personal Shopping Service**, either in person or online, to help you update your wardrobe, or find special occasion outfits.

I will always put you at ease, so we can work together to find the clothes you love or get you out of a style rut.

Contact me if you'd like to stop wasting money on clothes you don't wear or don't feel great in. Invest wisely in your wardrobe and yourself, and feel like you again.

emma.louise.styling85@gmail.com – emmalouisestyling.co.uk – 07572 277 521

CURWENS

S O L I C I T O R S

Mental Health Awareness

Mental Health Awareness Week, which starts every year on the second Monday in May, was even more relevant this year in the light of Covid-19 and in a world that is increasingly opening up to, and learning to understand, those with mental health issues.

What is #mentalhealth?

Like physical health, mental health fluctuates along a spectrum. It can vary from good mental well-being to severe mental health problems, and work can have a huge impact in either direction.

What does poor mental health include?

• struggling with low mood • stress • anxiety.

What are common mental health conditions?

• depression • anxiety • phobias • obsessive-compulsive disorders • bipolar disorder.

Mental health problems affect around one in four people in any given year. Work-related stress is a form of poor mental health, defined by the Health and Safety Executive as a reaction to excessive pressure or other type of demand placed on an individual at work. Stress can be a significant cause of illness.

#nature

The theme for this year's Mental Health Awareness Week was **#nature**, which was both timely and appropriate given the never-before-experienced challenges of the past year when the great outdoors was the only source of comfort and solace for many. Research on the impact of the pandemic on mental health revealed that going for walks was one of the top coping strategies, combined with being in 'green' spaces. Nature is said to be central to psychological and emotional well-being, with even small contacts with nature reducing feelings of isolation and being an effective tool to prevent distress.

#Isolationnation

Guidance published by ACAS following the start of the lockdown in March 2020 focussed on mental health support following a survey which found that half of people working from home felt isolated, and an even higher proportion missed the social interaction of work. With the risks of Covid-19, lockdowns, struggles to manage childcare responsibilities and concerns over job and financial security expected to continue even as the restrictions start to ease, never before has mental health been more of an issue.

Duty of care

Employers should recognise the risks that work-related stress can pose and be aware of other stress triggers even if employees are working at home. Employers have a duty of care towards their employees whether continuing to work from home or planning a return to the workplace and put in place support systems to help their staff to cope. Employers tend to focus on managing physical health and safety, but it is useful to remember that employers are legally required to ensure the "welfare" of their employees and others, so far as reasonably practicable, when at work. This includes work-related stress.

Some people have been going into work since the start of pandemic, others might have recently returned to work after spending time at home or be about to return to work after an extended period of absence, all of which can present stressful circumstances. Many share common feelings about going into work at this time. The charity @Mind have tips on taking care of your mental wellbeing and on ways to help people cope with difficult feelings they might be experiencing because of a variety of factors, such as:

Stress

- From coming into contact with lots of people and worry that people may have coronavirus.
- Having more work or longer hours, covering for self-isolating colleagues.
- Dealing with new rules and tasks to keep colleagues safe, on top of your usual job.
- Money concerns, due to reduced hours, or uncertainty over job security.

Anxiety

- How to keep yourself safe from coronavirus or concern about the health of others.
- Seeing colleagues and worry of working with people who have or might have coronavirus.
- A lack of effective Personal Protective Equipment (PPE) or anxiety about being asked to wear a mask for long hours.
- Losing your job; working fewer hours; problems with money; furlough support ending.

Guilt

- The risk of spreading coronavirus, worry about passing the virus on to others while going into work.
- Your response to the situation being different to those around you.
- Seeking help for a mental health problem.

Anger

- Situations that feel unfair, such as having to go into work when others do not.
- An unsafe workplace.
- Lack of support.

Wearing a mask at work

You may have difficult feelings over wearing a mask at work, especially if you're asked to wear one for long periods. Across England and Wales, mask guidance differs slightly for different types of jobs and sectors. For rules on face coverings for different workplaces, you can see guidance on [GOV.UK – Work and face coverings in England](#). Wearing a mask at work can be even harder for people experiencing a mental health problem.

Reasonable Adjustments

Employers and employees are reminded that if employees suffer from mental health conditions, there is a possibility that the condition would be deemed a #disability under the #EqualityAct2010, subject to satisfying the test required. Employers are under a duty to make "reasonable adjustments". What could reasonable adjustments be?


- Home working (even if the workplace is open in accordance with Government guidelines)
- Additional support from management
- Supportive equipment

Lifting #Lockdown

As steps are taken to lift restrictions, employers should be even more mindful of the impact on mental health of returning to work. There may be some who feel compromised or vulnerable due to family reasons (e.g. living with or caring for a vulnerable individual), or still have extra childcare responsibilities, or be genuinely concerned about their health and safety. This could adversely impact mental health and exacerbate stress levels.

For further advice on how to manage mental health in the workplace, especially given the extenuating circumstances of Covid-19, please contact Kaajal Nathwani, Head of the Employment Department at Curwens, on **020 8363 4444**. www.curwens.co.uk

(This article was prepared for guidance only and does not constitute legal advice.)



GET FIT FOR LIFE



IRENE GIBSON
Pilates Instructor & Personal Trainer

**Pilates, Barre Pilates
Fellas Fitness
Trigger Point Pilates
Cardio & Core
Body Conditioning
Personal Training
Dance Fit, Mummy Fit**



Summer is here and we are ready for you! Fitness Classes for all ages and all levels...

After what feels like the longest time in lockdown, isn't it great to finally be allowed out to see family and friends again? Things we used to take for granted are no longer, and our freedom lies in the vaccination programme being rolled out by the amazing NHS, and all the key workers who have kept the backbone of this country running.

We have had the most amazing year of change in fitness too. From a closed business in March 2020, to teaching in an online world, we've helped so many people stay active throughout the pandemic (photos below: Trigger Point Pilates). Now, as well as online classes, we are able to run our classes outdoors and indoors once more. What we've learned from the last year is that people want to be able to come and see us in class, but also have the option to jump on Zoom and do it in their living room! This digital world has been our saviour, so we're going to carry on with classes in a new hybrid way. We will livestream lots of our classes, where you can either join us live at the hall or online, or do it afterwards using our On-Demand option, so even if you can't join us live, you can do the class in your own time for up to a week after. All this is available for just £15 a week, or online only for £10.



Here's what we have running in Buntingford and Cotted:

Mondays: 0930 Cardio & Core, 1045 Beginners Pilates – Cotted Village Hall

Tuesdays: 1800 Cardio Workout, 1830 Beginners Pilates – Seth Ward Community Centre

**Wednesdays: 0930 Intermediate Pilates – Cotted Village Hall,
1100 ParkFit – Aspenden Village Green**

Thursdays: 1800 Cardio Workout, 1830 Pilates, 1915 Trigger Point Pilates – Seth Ward Community Centre

Classes are £6 each or do 2 back to back for £9. Get in touch to book your place – call Irene: 07802 418755

For our **full online timetable**, follow us on our FB page: **Irene Gibson PT**, or on Instagram: **irenegibsonpt**

We also offer Personal Training, although we currently have a waiting list. We don't just offer training for weight loss, athletic goals and general health & wellbeing, we can help with getting back to fitness following surgery or injury, and even with adapting to a condition, e.g. Asthma, COPD, Parkinson's, ME, Long Covid to name just a few. Feel free to contact us by emailing: **karen@irenegibson.co.uk**

If you would like to **advertise** in the *Buntingford Journal*, please contact **Keith Edwards** on **01763 272032** or email **Advertising@buntingfordcivic.org.uk**



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**Personal Training, Venue
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WWW.JACQUI-SMITH.NET
07956 647806

zoom

As I write this, the Government has just announced we can go back to teaching indoor classes. This is fantastic news – lesson plans are all ready, risk assessments complete, covid measures in place, and we are ready to rock 'n' roll. Some of the classes suitable for outdoor training, such as Monday Dance Fit, Wednesday Evening HIIT, Friday Full Body and Saturday's HIIT, will still run outside if the weather is dry. Our online Live Studio is now set to run alongside our classes as many of our participants are working out via our zoom or face to face venue classes.

I now have five Personal Training clients training for charity events that they are entering later this year and I am very impressed with their dedication and progress so far. The work they put in now to improve their fitness will help them avoid potential injuries on the day and make taking part in their charity events so much more fun, rather than feeling too much like hard work.

I am looking forward to working with Attend to Health on their seated and mat-work Pilates small group training. Also I will be re-starting the Buntingford U3A Classes that I teach on 7th June. I have been preparing some of the U3A class members with at home workouts, as there are a few who have not done any training throughout Lockdown!

Lastly if anyone wants some help getting into fitness (whatever your age), or physical exercise to assist with mental health, or simply to join a class, please contact me.

Jacqui Smith, Personal Trainer
theteam@jacqui-smith.net / 07956 647806

Darkness – A short story

I wouldn't say I liked that train journey. In one way, I saw it as a great new adventure, but in another way, it made me feel apprehensive.

At age 15, I felt grown-up, and I had recently begun my new job as an apprentice florist to a London Society establishment. Knightsbridge was such a long way from Barkingside in Essex, and when I accepted the job, little did I realise the tremendous effort it would take me to get there. The London Underground Central line was the route to take, travelling above ground through Leyton and Stratford, but then at Mile End the train plunged into darkness and rattled and hissed through London's underground railway system.

I had become accustomed to the rhythm and sounds of every twist and turn as the train travelled through the tunnels and as it lurched into the stations on my route. I now had learned to lose myself in a book, and I usually didn't need to look up until the train rumbled into my station. I quickly became practised at this, and it was a distraction for me when the train entered into the tunnels.

One day in early spring I began my journey in the usual way, picking up my book to distract me as we departed Mile End and plunged into darkness. Rattling along at what seemed to me great speed, I looked up from my book to meet the warm stare of a man who sat opposite me. I was embarrassed at his attention and quickly looked down to lose myself in my book again ('Young Bess' by Margaret Irwin, such an absorbing read).

"Excuse me," asked the man, interrupting my reading. "May I borrow that newspaper on the seat beside you?"

Shyly I told him, "it isn't mine; please take it."

He smiled and, taking the newspaper, asked me where I had boarded the train. "I couldn't help but notice you when I got on at Newbury Park," he said.

I told him Barkingside, and continued reading my book, though I thought he wanted to say more and I felt his eyes on me.

The train screeched into Bethnal Green station, and there was much hustle and bustle; by this time, passengers were crushed standing together as the train moved off.

We picked up speed in the tunnel, then suddenly, there was a tremendous screech of brakes. It felt that we would tip as the train rocked violently from side to side, then there came a loud bang and the sound of breaking glass.

The passengers who were standing were thrown together, I heard a scream, and then we were all plunged into darkness. The train had come to a halt hissing with a massive expulsion of air, and there was an eerie silence.

Then panic erupted all around me, and I felt people climbing over me to reach the connecting doors. Then there came an announcement from the guard: "Please do not use the connecting doors. They have become jammed on impact."

"Ladies and Gentlemen, there is no need for panic; the automatic doors have been released. Please leave the train by your nearest door. Make your way carefully through the tunnel and keep to the ledges. On no account must anybody stand on the tracks."

Everyone gasped, and a woman shrieked "we'll all be electrocuted!" Then I heard a great sob and realised that it came from me. At that moment I felt a warm hand grasp mine. "Come on, we'll go together." And I realised it was the man from Newbury Park.

All my fears of the darkness of the underground tunnels rushed back to me. I was

terrified. I squeezed his hand in the darkness. "My name is Derek," he said. "What is yours?"

"Mary," I told him. "I'm frightened of the dark."

Together, we slowly found our way to the train's open doors to follow other passengers out into the tunnel.

"Help is on its way", came a further announcement through the loudspeaker.

Somehow I found a foothold on the side ledge. "Please don't let me slip", I cried. I had never in my life felt so panicked.

The walls of the tunnel were like granite to touch and slippery under my grasping hands. "Not ever again am I going to travel on the underground," I assured myself; all my fears had come true.

The sounds of other trains rumbling above us kept me in my terrified state as we slowly made our way out along the ledge. It seemed like hours grasping our way through the dank and blackened tunnel. In reality it probably wasn't that long, but I thought we would never get out of this horrendous situation. I had to trust him as we crept along the ledge following other passengers to the distant lights of what must surely be Liverpool Street Station.

Finally, as we emerged from the tunnel, there was a tremendous sound of enthusiastic applause! People who were already on the platform excitedly welcomed us and the others behind us.

To this day, I have not been tempted to travel by the underground tube trains. However, Derek was not put off and travels up to London each day. As he has done for the last 40 years. Next week he will retire, and we are planning to visit our son in Australia.

What a wonderful life we have had together, brought about by a near tragedy on the London Underground.

Mary Godfrey
Buntingford Writers' Group

Holidays in the Woods

Smooth silver birch,
Textured pine tree,
Fuzzy shapely fir,
Sparse brown bracken.

Narrow spindly horizontal branches,
Stretching like dementor fingers,
Frozen, motionless in time,
Waiting for the Starter's gun.

Dense horizon dimly lit with
Setting buttercup sun is
Spied through deep woodland,
Holding on with courage.

Near silent stillness
Broken by a solitary bird call,
A glimpse caught of muntjac,
And Nutkin's kamikaze tree run.

Man-made wooden slatted deck,
Stained with ash and wild debris,
A lone Grey caught drinking the
Water splashed onto tub steps.

Weather-scarred rattan furniture,
Waiting, patiently waiting,
Muddy bikes casually leaning,
Steam rising, bodies soaking.

Wisps of hot water evaporate
Enticing on a fresh spring dusk,
Sunset reflects on a young sapling,
Birds playing their evening chorus.

I watch from the cocoon within,
Chilled bubbles in a plastic glass,
And breathe a sigh of contentment,
Happy to let time pass.

Emma Christou
Buntingford Writers' Group



We send a very warm welcome to all the new residents of Buntingford.

Although the u3a movement has been around for almost 40 years, there are many people who have not heard of us or who do not know what the movement has to offer. This article gives a very brief description of the u3a movement and the groups available in Buntingford.

The UK u3a movement aims to encourage groups of people in their 'third age' to come together and to share common interests. The motto of the u3a is "Learn, Laugh, Live".

From the start, the guiding principles were to promote lifelong learning through self-help interest groups covering a wide range of topics and activities as chosen by their members. In Buntingford many of the groups are focused on social activities, such as Walking, Bridge, Keep Fit, and Wine Appreciation, in addition to a few more academic groups such as Spanish and Current Affairs.

The movement is run on a collaborative approach, by the members, for the members. There is no minimum age. The 'third age' is defined as people who are no longer in full-time employment or raising a family. The u3a movement now includes over 400,000 members in more than 1,000 u3as throughout the country and continues to grow.

Buntingford u3a was formed in 2009 and draws its members not only from Buntingford but also from the surrounding villages. It is led by a committee of ten and there are 32 Interest Groups, although many of these are currently inactive due to Covid. Hopefully this will change soon as restrictions continue to ease.

A list of groups normally available within the Buntingford u3a is shown at the top of page 37 (opposite), but if your specific interest is not currently covered, you can always form a new group of like-minded people.

On **Wednesday 2nd June** Buntingford u3a will be holding a **Picnic in the Park** in Layston Court Gardens from 14:00 until 16:00 to mark National u3a Day and, more importantly, the easing of lockdown restrictions which will allow us to restart more of the interest groups. We expect it to take some time before we reach anything approaching 'normal' but at least we can start to look to the future and relaunch some of the groups.

The Picnic in the Park will be an entirely 'Bring Your Own' event, with attendees bringing their own food, drink, chairs etc. **ATTENDEES MUST OBEY SOCIAL DISTANCING AND ALL OTHER COVID RULES.**

Attendees will primarily be u3a members but if you want to find out more about what the u3a is and what it has to offer then feel free to join us and speak to some of the committee or members or pick up a leaflet.

Our subs are currently £10 a year with an extra small charge for some of the groups to cover additional costs such as room hire.

We normally have a monthly meeting at the Seth Ward Community Centre but at the moment, again due to Covid, this is currently a Zoom meeting.

Please check our website for more up-to-date information or come along to Layston Court Gardens on 2nd June.

Jean Cook

www.u3asites.org.uk/buntingford

The groups offered within Buntingford u3a include the following:

Badminton	Keep Fit	Thank you for the Music
Book Club	Keep Fit Seated Class	They Matter*
Bridge	LETs (outings & theatres)	Ukulele Group
Carpet Bowls	Mah Jong	Walks:
Church Crawlers	Pilates	1. Strollers
Clay Pigeon Shooting	Psychology	2. Three Miles
Computer Group	Quizzes	3. Tuesday Walks
Current Affairs	Scrabble	4. Thursday Walks
Cycling	Snooker	Wine Appreciation
Digital Photography	Solos' Sunday Lunches	*making twiddle mats for
Engineering & Transport	Spanish	<u>dementia</u> patients.
Guitar for Beginners	Table Tennis	

Buntingford Dramatic Society

Well hello my lovelies...

It's Gladys Aman here!
Your local drama critic,
world renowned actress,

conduit to all things dramatic and general lovey to the stars. So how are we all? I hope that you've all been looking to the future and some much lovelier times ahead.

Summer is on the way, we've all been getting our Covid jabs, things are on the up and dear old Boris has said that we can get out and about, meet friends, visits places and even have a hug! Well just to add a little more GOOD NEWS to that bumper crop...
HAVE I GOT NEWS FOR YOU!

Now keep this under your hat, but I have heard some fantastic news. In fact the bestest news since the first lockdown, it's the most exciting word on the street since I dropped my scrabble set outside the post office!

I have been told that those toptastic people of the Buntingford Dramatic Society are planning their next production! Just when we were thinking that real art in the theatre was a thing of the past, they come along and save the day. So get out there and tell the world... 'GOOD TIMES ARE ON THE HORIZON'! I hear that they are starting to pull together an extremely funny production... I'm still to find out exactly what, but it will be a belter. I haven't been this excited since I got my booster vaccination.

So ladies and gentleman, watch this space or look out for posters around the town! Alternatively if the lockdown has driven you to the point of insanity and you fancy having a right laugh and getting involved (and, I hear, having a beer or two) give them a tinkle or email them and ask what's going on! They will have something you'll like, and they'll certainly like you... they aren't fussy! So why not drop them an email on admin@buntingforddrama.uk

Oh praise the Lord... I'm so excited... I think I need to sit down... don't forget, watch this space!

Gladys Aman, signing off

Buntingford Cougars

In September 2021, Buntingford Cougars holds it's 50th Anniversary!

The club is planning a celebratory event on Sunday 5th September with a fundraising Sponsored Walk for members followed by an afternoon of entertainment at The Bury.

We asked our members to design a commemorative badge that will be proudly displayed on the 2021/22 season kits for all our age groups. The winner was U12s player **Charlie Grima-Stacey** who came up with this truly fantastic design (right). It pulls in the existing Cougars badge, features a gold 50 and ribbon detail, and also perfectly captures the spirit of the club itself: "50 years of being part of a team" is a great tagline for this wonderful grassroots community club. We're now working with our suppliers to ensure the new kits are ready for the start of next season.

There's more information on our website and please remember to register your interest in our celebratory day on 5th September.



In a look back at the Club's history, the article that follows was written by Eric Addicott, then President of the Cougars, to mark the Club's 25-year anniversary. It was first published in the Buntingford Journal in September 1996.

25 Years of the Cougars

It was with considerable trepidation that I agreed, in September 1971, to organise a football match for my son Christian and a few school friends. I knew little about the game and nothing of the rules. I was relieved when I got to Norfolk Road Recreation Ground to find that Ron Martin, Bob Digby, Reg Rowe and the late Eddy Geoghegan had also been roped in.

It was obvious from the boys' enthusiasm that something more organised was required; consequently a team was formed under the name "Chipmunks". We played non-league games against teams from Royston, Bishop's Stortford, Stevenage and local villages – all very informal.

We had neither kit nor funds to buy one so it was decided to run a sponsored walk from which was raised the princely sum of £156. With this money we purchased the original orange and blue strip. This kit was to be in constant use within the club for the next ten years – it stretched as the boys grew from 10 years to 16 years old, and one of it's last outings was in an adults fun match!

In December 1971 we were invited to attend a meeting in Royston to form a youth football league among local teams comprising Royston Eagles, Hornead Hares, Braughing Melbourn Tigers, Meldreth and Bassingbourn. Of the original founder member teams only the Royston Eagles and the Chipmunks (Cougars) survive today. Some of the boys in the original Chipmunk team were: Martin Cantwell, Mark and Darren Cranwell, Christian Addicott, Steve and Pat Geoghegan, Peter Wood, David Ray, Terry Watling – these are some of the names that come to mind. There were others, but my memory fails me. We had no Committee at this time and the Treasurer kept the accounts on the back of a cigarette packet.



The Cougars team from 1972, looking very cool!

In 1973 we decided to run another team and the club entered a new era. Doug Kitchiner and Alec Evans moved in with a new spirit and the club elected it's first Committee. It was decided that the Club name was a little tame – Chipmunks didn't really reflect the enthusiasm of 14 and 16 year olds – so, after some deliberation, the name was changed to Cougars. It was at this time that Terry Renouf and Gilbert Monti entered the scene, taking over the older boys team. It was also during this period that the club enjoyed it's first real league success, the Under 14 Cup Final. What a day! Everyone dressed up in club colours – Wembley wasn't in it!

In 1974 the league sent a team to Royston's twin town of Grossalmerode for their annual youth football competition – some of the Cougars and their parents went along. During the visit, we were approached by representatives of the Laudenbach/Epterode youth football club. It was the start of a wonderful experience for both boys and parents and continued until the mid 80s, when the Laudenbach youth team was disbanded. We would visit each other on alternate years and many Anglo-German bonds were made between the two towns through the youth football. Today the relationship still continues through individual families, although there is no inter-club connection.

In 1981 the Club celebrated it's tenth anniversary with a dinner at the then Epicurean Delicatessen – about 80 past and present Managers, Trainers and Committee members, and their wives, attended and it was at that time I realised fully what a large organisation the Club had become. It had gone from a dozen boys to approximately 170 membership in a decade.

In the late 70s the Club acquired a tenancy to a parcel of land on London Road opposite Sainsbury's [the former Sainsbury's depot, now housing]. With a lot of hard work from management and parents, a rough field was turned into a football pitch, which has been

the Cougars main ground ever since. It has always been the Club's ambition to own it's own football ground some time in the future, with permanent changing facilities, showers, and a clubhouse to keep the lads occupied off the pitch. With all the effort put into the Club over the last 25 years maybe one day we'll realise that dream – the boys of Buntingford Youth Football Club – the Cougars – deserve it.

Throughout the 80s the Club continued to go from strength to strength. Our 5 a side competition became so popular it was (and still is) considered one of the best in the county. The Club even shouldered the responsibility to re-establish the Buntingford Carnival for a couple of years. However, this became too much of a burden for the over-worked committee.

Last year [1995] the club started an Under 18 team which could now give a boy a ten-year membership with the club and even longer where some of the older boys turn their hand to team management.

The Cougars are now very much a Buntingford Institution. There are few families who have not been touched by the Club. It is not possible to mention all the people who have worked behind the scenes to keep the Club operating – the Managers and parents who stand cold and wet on a winter's day to shout encouragement to their team – the little boys standing awe-struck at their first game wondering what to do next, up to the 16 year old, confident with his team mates of eight seasons.

The Club relationship can best be observed where fathers who spent several seasons with the Club now watch their sons starting out on the same route. It makes one wonder what the next 25 years will bring.

Eric Addicott (1996)

BRAUGHING FAIR AND WHEELBARROW RACE



Saturday 4th September, 2021

The Braughing Fair and Wheelbarrow Race is usually held in early July, but the organising committee felt that this was probably too early this year, just too soon after the lifting of Covid restrictions. We are therefore planning for the event to go ahead on **Saturday 4th September**. This is, of course, dependent on there being no reintroduction of restrictions due to the pandemic. As well as the usual wheelbarrow races, a number of favourite stalls and events have already been booked for the Fair including:

- Bar, run by Friends of Jenyns
- Food stalls including barbecue pizza, paella and vegetarian/vegan
- Dog show
- Falconry display
- Gin stall (Copper in the Clouds)
- Jam/preserves stall
- Rides and bouncy castle
- Tea and cakes in the church hall
- Face painting & Jewellery stall

If you are interested in having a stall for your society or charity, please email stalls@braughingwheelbarrowrace.com. If you would like to get involved in helping to run the event, or alternatively would like to sponsor the event, please get in touch by emailing info@braughingwheelbarrowrace.com or via our Facebook page.

Braughing Fair and Wheelbarrow Race Team



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<https://www.millfield.herts.sch.uk/>

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Layston C of E First School

Loving to Learn, Learning to Love

For every child a chance to shine!

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

This half term we will be focussing in school on the value LOVE. Love is a very important value to us as a school and underpins everything that we do. It is very much 'the why' of who we are. Love is evident in our relationships with each other and in our actions to support our



community and our world. We see it in our interactions at school and home, feel it when we are together, and experience it through how others act towards us. We can grow and learn together because we know that God loves us.

We have very much enjoyed having all the children back in school and the children have settled well to their learning and enjoyed spending time with their friends.

All of the children have contributed to our lockdown display (right). The birds represent spreading our wings and returning to school after lockdown 2021. The spring flowers at the bottom celebrate coming out of lockdown and rebirth after a difficult year.



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

From all of us here at Layston we would like to thank you for your continued support.

Mrs Adele McMurrough, Headteacher



Edwinstree Middle School



A Voluntary Controlled Church of England School

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

What changes did we make after the May Bank holiday?

Following consultations with parents, students and staff, we made the decision to move to year group bubbles. Over that last year, friends in different classes had endured restrictions that meant they had to stay in their class bubble for the entire school day, and were not able to play with friends in other classes. While all students have respected and lived with this decision, they have really missed their friends so when the country relaxed restrictions allowing us to see friends and family outside in groups of six, it seemed the appropriate time to support our students to get together again. Our students have responded with absolute joy, spaced out on the field with MSAs and teacher support, they have relished the opportunity to meet up with their friends at break and lunchtime.

What is the impact of COVID and how are we supporting students to overcome the challenges that they face?

When students returned in September 2020, we saw a spike in anxious and unregulated behaviour, which took about half a term to settle. On their return in March, we saw this behaviour peak again, as students began to adjust to living and learning alongside each other. We see students who are often in a 'fight, flight or freeze' state, which can lead them to be quick to anger, or frozen and unable to learn. Many have lost their natural capacity to think of and tolerate others. We know that schools are more than just academic institutions, but the pandemic has really shown how attending school helps us all to learn, to work together, to tolerate and eventually respect each other and our differences. As part of our planned strategy, we will be using the Hertfordshire recommended 'Zones of Regulation' curriculum to help our students learn to regulate their own behaviours.

We will also be supporting students to remember how to talk to each other without their mobile phones! Throughout lockdown, most students used their phone as a means to communicate with their friends and support networks. Many students set up class group chats to stay in touch and support each other with online learning. On returning to school, we have seen that many students are anxious about talking with friends and have worries that they *"won't have anything to say"*. To encourage the art of conversation, we are completing a curriculum called 'Talk Partners', which supports students to remember how to communicate well. As they are now able to see their friends in all classes, we have taken the opportunity to help them become a little less dependent on their phones. Phones are collected and stored safely at the start of the day and returned when school ends. But as students have become proficient in using phones to learn, we are exploring their use in lesson time where the learning deems it appropriate. In a regular 'student voice' session, one Year 7 student asked, *"I have just learnt how to use my phone to help me learn, why would you now take it away from me"*. We felt he had a real point!

Getting us active and competitive again!

We are still unable to hold the half-termly house competitions that would normally take place in school, but we can compete in year teams! Over the next week, students will be challenged to learn one of their favourite lockdown songs, the song that got them up in the morning and kept them going – BANG! They will be challenged to sing their chosen song outside as a class. The music will be turned off and they must continue singing, when it turns back on they need to be in line with lyrics and in tune. The classes most in tune will be rewarded with an afternoon fun swim at Ward Freman pool – as a treat!



**How are we helping our students to find fun and returning childhood to them?
Year 5 Pirate Day at Edwinstree!**

To launch our exciting new text in English, 'Treasure Island', we held a Pirate Day at school! Year 5 students were invited to **dress up** in their best buccaneer attire (but had to leave their



weapons at home for safe keepin'!) Those students who did not want to dress up were able to wear normal school uniform and were not forced to walk the plank! The crew (the Year 5 team) were all on board to make Pirate Day a rewarding and enriching experience in a range of subjects! Cap'n C Bailes, the crew and all the pirates had an amazing, fun-filled day!

Will Year 6 students sit a SAT paper at Edwinstree?

Children transferring from primary to secondary school undergo a significant testing programme to support transition and assist both the outgoing primary and the incoming secondary school to get a real understanding of where children are with their learning. Our students will continue to be assessed at Edwinstree, as we have time to do this within lessons. As part of the assessment, we plan to use a SAT paper, to get a clear assessment of students' current attainment levels. This will take place at the end of June in a low key and supportive manner, delivered in class and over a two-week period. The results will provide parents with an indication of their current SAT level, but this data will not be published to the Government.

Despite lockdown, many students were able to make progress and we would like to use the Buntingford Journal to feature some of their thoughts and experiences during this challenging time. JJ, in Year 6, attended school during the lockdown period and during this time we saw his confidence and ability in writing grow significantly. He wanted to tell his story about lockdown and here is a small extract...

In Lockdown School, it was very hard, all I wanted to do is hug my friends but I couldn't because of the rules. In lesson it was quite hard as well, we had two and half hours of work in one lesson. I know that sounds bad but I didn't mind. I really enjoyed maths with Mrs Bailey and English with Miss Bull and Mrs Mayne. I also enjoyed talking and playing with my friends. My friends and I had a really good catchup and they told me what they did on the weekend and what they do at home. I really liked art and P.E. with Miss Burches and Mr Kelly because I liked rugby, even though we could only learn the skills and not play a game. I liked drawing.

One of my favorite things to win in school was the 'golden broom' because we had non-uniform on the Monday and had the best room of the whole week. You win this if you keep your classroom really tidy!

Sometimes, when I was allowed to the park right near school I would always, and I mean always, play on the swings and talk with my best friend.

After lockdown school was over and I saw all my friends, I was really happy that I was able to play with all of them. I like the way the whole year group in each year could play together. As lockdown disappears, we are able to go back to playing games that I love. I mostly play football at the top of the field at break and lunch, but also play a game called manhunt (which is basically like family it). In football, I am really good at dribbling with the ball and getting good assists. I really enjoy P.E. now because we are doing my favorite sport, football, and can play again as a team.

Will there be a Summer school or a catch up programme?

As the Government is offering schools funding for two weeks, we are hoping to host a summer 'catch up programme'. Unlike primary schools who are asked to focus on Year 6 due to the transition, middle schools have an opportunity to select the year groups involved. We would like to include 'catch up' for those furthest behind in maths and English. Alongside this, we are grateful to the Government for recognising that students also need to catch up on fun activities and we are currently sourcing local providers to help support an enrichment programme in the event our bid is successful.

Jo Gant, Headteacher



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We have welcomed lots of new pupils this term, particularly in our Baby Ballet and Pre-Primary Ballet classes but also in our other classes, and we are looking forward to welcoming more new pupils in our new Dance Mash Minis and Adult Tap Classes, which start after Half Term.



Dance Mash Minis is an exciting and fun new class for 4–6 year olds in which they learn a variety of dance styles other than Ballet. The class is at 12 noon on Saturdays at the URC Hall. Please contact us for details if you'd like to sign up for your child.

Our Adult Tap classes are also returning after Half Term, welcoming both new and returning pupils. Classes will be at 7.30–8.30pm in Barkway Village Hall. If you are interested in

joining us get in touch. The class is a fun, sociable class open to adults of all abilities whether you have tapped before or have just always fancied giving it a go.

Our filmed performance on the 17th July will be streamed to all our families so they can watch simultaneously from their own homes and they can then download a copy to keep.

It will be a different kind of performance experience for everyone, but it's great to have a performance to work towards. Everyone has had to adapt in so many ways this year to keep things as normal as possible.

New pupils are always welcome, we are holding a waiting list for pupils to start in September. Please



contact us for further details. All new pupils get a **NO OBLIGATION TRIAL** in the classes they wish to join. We currently offer Ballet, Tap, Modern & Jazz and Commercial Dance classes.

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On a different note we have another GP joining the clinic, Dr Suren Naidoo (below), who specialises in dermatology and aesthetic medicine.

Dr Naidoo has been practicing aesthetic medicine for 18 years at the BMI Cavell Hospital Enfield and recently opened the Beauvia Medical Clinic in Harley Street, London. He strives to ensure that patients have a natural and fresh appearance by using treatments such as anti-wrinkle injections and dermal fillers. He has a gentle and unhurried approach to his consultations, always listening to the patient's concerns. He has an excellent knowledge of facial anatomy and considers patient safety to be of the utmost importance. During a consultation, a detailed medical and aesthetic history will first be taken and the treatments will be discussed, addressing the patient's concerns and expectations.



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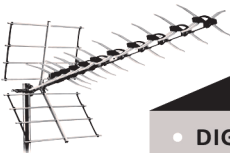


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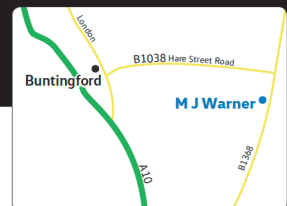
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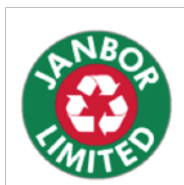
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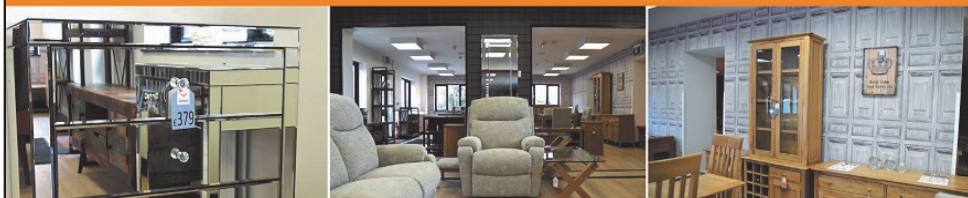


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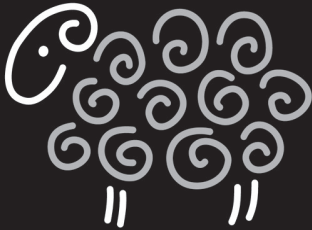
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