

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

# Buntingford Journal



**Early morning on Hertford Marshes photographed by Roy Ellard.**

*Inside this month:* Remembering James Henry Monk, one of Buntingford's famous sons; local schools report on welcoming pupils for the new school year; and could you be a Community First Responder?

**70p**

**October 2020  
Volume 45, No.5**



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# USEFUL LOCAL INFORMATION

## **POLICE STATION:**

Baldock Road, Buntingford

Non-emergency telephone: 101

In emergencies dial 999

## **GAS:**

## **ELECTRICITY:**

## **WATER (Veolia):**

## **SEWERAGE (Thames Water):**

## **FLOODLINE:**

Emergency (gas leaks) – Freephone 0800 111 999

Emergency (power loss) – Freephone 0800 7838 838

Emergency – Freephone 0800 376 5325

Emergency – Telephone 0800 316 9800

Emergency – 0345 988 1188 or 0845 988 1188

Environment Agency Incident Line: 0800 80 70 60

## **DOCTORS:**

**Buntingford Medical Centre** – White Hart Close

Tel: 01763 271362 (24 hours)

## **B A S H (Buntingford Action For Social Help):**

Providing transport for hospital and doctors

appointments. Tel: Colin Horgan 07733 091731

## **DOMESTIC VIOLENCE, RAPE, 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](http://www.hertsdirect.org/highwayfaults)

## **BUNTINGFORD LIBRARY:**

High Street, Buntingford

**Opening times:** Mon, Tues, Thurs 10:00 – 16:00

Friday 14:00 – 16:00

Saturday 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

## **CITIZENS ADVICE BUREAU:**

The Manor House

Market Hill, Buntingford

**Opening times:** Monday 10:00 – 16:00

Tues & Wed 10:00 – 13:00

**Telephone advice:** Mon to Fri 10:00 – 16:00

Call 03444 111 444

## **HOUSEHOLD WASTE & RECYCLING SITE:**

Watermill Industrial Estate

Aspenden Road

**Usual opening:** Mon to Fri 17:00 – 20:00

Sat & Sun 10:00 – 13:00

**Currently closed due to Coronavirus. 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](mailto:membership@buntingfordcivic.org.uk)

## EDITOR'S LETTER

One impact of the Covid-19 virus is that there's not much going on, which means there's far less for people to write about for The Journal. I'm simply not getting as much material coming in, and on top of that, 4 pages that used to be filled with the 'Dates for Your Diary' and 'What's On' are not required because there's nothing to put in them! So this month, instead of stretching the content I decided to reduce the number of pages in the editorial section to 40 rather than the usual 48. In fact, this harks back to two size options I inherited when I took on The Journal 9 years ago, but I'm not sure I ever used the shorter option. Anyway, I hope you'll agree that there is still plenty of interest for you to read.

If you have ever wondered who was the Monk that Monk's Walk is named after, you'll find the answer on pages 8-11. Brian Thompson of the Local History Group brings us a summary of the life of James Henry Monk, who rose to become a distinguished Classics scholar at Cambridge and, eventually, Bishop of Gloucester and Bristol.

Buntingford U3A may not be able to meet up in person, but they are still able to get very interesting speakers via Zoom. Marion Ling reports on their September talk by Dr Helen Fry, recounting how vital information was gleaned without their knowledge from senior Nazi prisoners-of-war during WWII. And some U3A members are finding different ways to keep busy during lockdown, from taking up cross-stitch to dawn photography.

Vyse has also been venturing out in the early morning, taking part in a pheasant shoot as one of the beaters. I know not everyone approves of field sports, but I get the feeling it's more the magic of outdoors in autumn and the team spirit that inspires the author.

We have another lovely short story from Buntingford Writers Group, telling of an encounter in the natural world. The group are always on the lookout for writers to join them, so if you think you have a story to tell, you can find details on page 4.

I had a call and then an email from a lady called Fiona Selby, who is a Community First Responder in Buntingford. I confess I knew very little about what a First Responder is or does, and my respect for Fiona and her colleagues grew as she explained. They are currently looking for more volunteers in our area, so if you think this could be for you see pages 4-5 to find out more. Finally, it's the last call for nominations for this year's Unsung Hero awards (page 17) – the closing date is 1<sup>st</sup> November.

**Christine Noble**

**Many thanks to Brian Austin for proof-reading.**

**Editorial copy deadline for the November 2020 Journal is  
Saturday 17<sup>th</sup> October 2020**

**Copy and diary entries:** Christine Noble – 01763 273095  
68 Hare Street Road, Buntingford SG9 9HN  
**email: [Journal@buntingfordcivic.org.uk](mailto:Journal@buntingfordcivic.org.uk)**

**Advertising enquiries:** Keith Edwards – 01763 272032  
**email: [Advertising@buntingfordcivic.org.uk](mailto:Advertising@buntingfordcivic.org.uk)**

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

# LETTERS & EMAILS TO THE EDITOR

Dear Christine

## COMMUNITY FIRST RESPONDERS

Further to our telephone conversation, here is the leaflet (right) that we would like to be included in the October edition of the Buntingford Journal.

As mentioned, I am a volunteer for the Standon & Puckeridge Community First Responders Group and am based in Buntingford. We are currently hoping to recruit more volunteers for the Buntingford area and already have various shops and businesses within the town displaying our posters. We hope that a mention in the Journal will help to make the greater community aware of the role that First Responders play and also promote the fact that more volunteers are needed.

As Community First Responders we are volunteers who are trained by the East of England Ambulance Service to attend certain types of emergency calls in the area where we live or work. Our aim is to reach a potentially life-threatening emergency in the first vital minutes when treatment can make a significant difference to the eventual outcome for the patient. Our role is to help stabilise the patient and provide the appropriate care until the more highly skilled ambulance crew can get to the scene and take over treatment. We also provide emergency cover at community events, such as the walking market held recently in Buntingford.

I worked as a nurse before volunteering, but Community First Responders come from a wide variety of backgrounds. Previous nursing or medical experience is not essential because all volunteers receive full and thorough training in everything they need to know. The only pre-requisite is that volunteers have a full clean driving licence which they have held for at least two years.

Being a First Responder is challenging, but is also immensely rewarding. If you think you think you might have what it takes to save a life and would like to find out more, please call Eeast on **0345 6013733**, email [CFR@eastamb.nhs.uk](mailto:CFR@eastamb.nhs.uk), or visit [www.eastamb.nhs.uk/CFR](http://www.eastamb.nhs.uk/CFR)

Kind Regards, Fiona Selby

## Buntingford Writers Group

*Do you love writing, but put off making a start?*

*Have you got pages of a novel tucked away in a drawer?*

Buntingford Writers Group welcomes writers of any standard, non-fiction or fiction enthusiasts, poets and journalists. We are currently doing most of our meetings online but we also go for walks and have meet-ups in a socially distanced way. We have done story strolls and writing days in the past. We welcome new members at any time.

Please contact Chris Kell on [chriskell37@gmail.com](mailto:chriskell37@gmail.com)  
if you think you might like to join us.



## VOLUNTEER WITH EEAST

### COMMUNITY FIRST RESPONDER

Would you like to **save a life** and be at the heart of your **community**? Become a community first responder (CFR)



#### FIND OUT MORE

For more information on becoming a CFR with EEAST, please call us on 0345 6013733, or email [CFR@eastamb.nhs.uk](mailto:CFR@eastamb.nhs.uk), or visit [www.eastamb.nhs.uk/CFR](http://www.eastamb.nhs.uk/CFR)

Helping people in your  
community and saving lives

#WeAreEEAST 



# Buntingford Civic Society

(Reg. Charity No. 1014873)

[www.buntingfordcivic.org.uk](http://www.buntingfordcivic.org.uk)



It is obvious from the recent ramp-up in infection figures and the Government's 'rule of six' that Covid 19 is still well and truly with us. I have certainly noticed a relaxing of social distancing around the Town. I have also received many questions regarding the Car Show and Christmas Market – asking why they could not be taking place, proof that some people think that Covid is no longer a threat. How on earth could any right-minded person think that we could run these events and maintain social distancing? Please, everybody, just be careful.

Dandara have purchased a field adjacent to their existing development in Aspenden Road and will shortly be submitting an application to build a further 23 dwellings there. Widening a section of Aspenden Road is included in their proposal – this would be welcomed but I am not sure that the addition of another 23 dwellings and the resultant traffic is worth it. Buntingford Town Council will make their representations to EHDC once they have received and reviewed the application.

I must admit that I am not a huge user of Facebook but it does make me laugh at times. A clearly disaffected dog walker complained that they couldn't take their usual walk because the farmer had had the temerity to plough his field and the footpath had gone. Quite obviously the farmers have to plough their fields and if footpaths are affected they have 15 days to re-instate them.

I have been informed that, unfortunately, there will be no Santa in Buntingford this year – another casualty of Covid. Whilst this is completely understandable it is such a shame and the children of the Town – and many adults – will be so disappointed. This, on top of the Christmas Market cancellation, will make for a less festive occasion. However, the Christmas lights will still be in operation; as it stands at the moment they will be switched on as usual on the last Friday in November.

The Civic Society has recently updated and re-issued its 'Discovering Buntingford' booklet and a copy has been delivered to every household in the town. It is most gratifying to note that we have received many complimentary messages of thanks following its delivery. I hope that you all enjoy it.

**Graham Bonner**, Chairman Buntingford Civic Society  
[graham\\_bonner123@yahoo.co.uk](mailto: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 Buntingford Civic Society, an application form is available on the website at [www.buntingfordcivic.org.uk](http://www.buntingfordcivic.org.uk). Or you can email the Society's Membership Secretary, Peter Hay, at [membership@buntingfordcivic.org.uk](mailto:membership@buntingfordcivic.org.uk).



20's Plenty for Us

...making your place a better place to be

Buntingford



### 20's Plenty for Buntingford Campaign Update

We have been really busy since starting our campaign back in August. Many people have been in touch to tell us how speeding vehicles, heavy traffic and large numbers of HGVs driving through the town are affecting their lives. You may have seen our display in the **Buntingford Coop** that has helped to raise awareness - thanks to Member Pioneer, Alex Kanold, for arranging this). One of the aims of our campaign is to encourage people to get involved. Whether it's displaying a sticker on your wheelie bin, car bumper, window or bike, emailing our local councillor to voice your concerns and show support for 20mph speed limits or just helping to spread the word.

- 20% fewer casualties in 20mph areas
- More walking and cycling
- Less pollution
- Less noise
- Less fear
- ... and a better quality of life for everyone.

Lots of people visited our stall at the **Buntingford Walking Market** in September. Thank you to everyone who shared their thoughts, signed up for our **Newsletter** and bought **Campaign Stickers**. Thanks also to those who've responded to the **Herts CC Speed Management Strategy Consultation** and/or emailed our local Councillor about the need for 20mph speed limits on residential roads in Buntingford.

We have also joined forces with other 20's Plenty groups around the county to form **20's Plenty for Hertfordshire**. Together, we are raising awareness for the growing need for safer roads all over the county, to enable people to take part in active travel by choosing to leave their cars at home for short, local journeys to shops, work and school. If you would like to buy **campaign stickers**, have an idea for an event, would like to get involved, or join our mailing list, just email us at the address below.

#### Join our Campaign

Mailing List/Contact: [buntingford@20splentyforus.org.uk](mailto:buntingford@20splentyforus.org.uk)

Facebook: @20's Plenty for Buntingford

Instagram: 20splentybuntingford

Twitter: @20Buntingford

Visit our website: [www.buntingford.20splentyforus.org.uk](http://www.buntingford.20splentyforus.org.uk)

**Buntingford personalities remembered:**

## **James Henry Monk 1784–1856**

It might be expected that to recall the life of a man who had been both a Professor at Cambridge University and a Bishop of the Church of England would be a straightforward exercise. And, indeed, for most of his adult life it is, but his early life is harder to uncover.

The record tells us that James Henry Monk was born in Buntingford on 12<sup>th</sup> December 1784, the only son of Charles Monk, an officer in the 40<sup>th</sup> Regiment of Foot. His mother was the daughter of Joshua Waddington, who was vicar of Haworth, Nottinghamshire. James was educated initially at Norwich School, where he was taught by Dr Foster, and then in 1798 he entered Charterhouse where, under the influence of Dr Raine, he laid the foundation for his accurate classical scholarship. And that is about all that is recorded of his early life and it is the only mention of Buntingford. There is no explanation as to how or why he came to be born here or why his early education took place in Norwich. So, before we can follow Monk's progress through his adult life, we need to look further into those childhood years and see if we can learn more from his father.



James Henry Monk in a portrait painted by Richard Buckner.

The 40<sup>th</sup> Regiment of Foot had been fighting in the American War of Independence from 1775 until 1778 when it embarked for Barbados to protect the British possessions there against the French, France having declared war on England and concluded a treaty of alliance with the Americans. The British task force of some 5,000 not only defended its base in Antigua in the West Indies but also captured the French island of St Lucia. In 1781 the regiment returned to the American mainland and was based at Staten Island. In 1782, it was given the additional title of the 2<sup>nd</sup> Somersetshire. The regiment embarked for home in 1783, landing at Portsmouth and being based initially at Chichester, until February 1784 when it moved to Taunton. The regiment then remained at home until 1794, when it returned to Barbados to play a part in the French Revolutionary Wars. This suggests that Charles Monk was around when his son James Henry was born, although in a different part of the country.

The military records of the regiment are extensive but the index of the soldiers' names is still a work in progress, having so far only progressed back to 1850. Nevertheless, while it was serving in America the history of the regiment mentions that it was involved in a number of battles and a record was made of all officers who took part in 1778 and also later in 1797. In neither of those lists does the name of Charles Monk appear. So was he in fact an officer of the regiment? And if, in 1784, he was an officer based at Taunton, how did his son come to be born in Buntingford? Unfortunately, these questions remain unanswered: we simply do not know. The only potential indication of some local connection would appear to be the fact that the 40<sup>th</sup> Regiment of Foot Memorial is at Chicksands in neighbouring Bedfordshire, but that is from much later.

There may have been some mystery about the early years of James Henry Monk's life, but as he grew to adulthood there can be no doubts. He was admitted to Trinity College, Cambridge, in 1800 and elected a scholar the following year. He graduated BA in 1804 as 7<sup>th</sup> Wrangler and as the 2<sup>nd</sup> Chancellor's medallist. He took his MA in 1807, BD (Bachelor of Divinity) in 1818 and DD (Doctor of Divinity) in 1822. On 1<sup>st</sup> October 1805 he was elected a fellow of Trinity College and two years later he became an assistant-tutor at the college. During his 15 years as a tutor there his pupils carried off most of the higher classical honours at Cambridge. His academic brilliance was recognised when, in January 1809, he was elected Regius Professor of Greek at the unusually young age of 25 following the death of Richard Porson.



Monk preaching a sermon (above) and as Bishop of Gloucester (left).



Academic life is not just about teaching students, it is also about research and the advancement of knowledge. This was as true in Monk's time in the early 19<sup>th</sup> century as it is today and his contribution here cannot be overstated. In his own particular field he published what have been described as modest and sound conventional Latin editions of 'Hippolytus' (1811) and 'Alcestis' (1816), plays by the Ancient Greek writer Euripides. With his Trinity friend Charles Blomfield (also a "Greek play bishop", who later became a bishop of London), Monk founded and conducted the important journal 'Museum Criticum', a Cambridge classical research publication to which several scholars of repute contributed, although only eight numbers were issued. Together, Monk and Blomfield edited Porson's

'Adversaria' (1812) and it was to Blomfield that Monk dedicated his authoritative 'Life of Richard Bentley', the great 17<sup>th</sup>-century Master of Trinity and Regius Professor of Divinity, which was published in 1830 after Monk had left Cambridge. In fact he continued with his classical interests after leaving Cambridge, developing his early work into two editions of the two Iphigenia plays (1840). He also published several tracts advocating the establishment of a classical tripos with public examinations open only to those who had obtained a place in the mathematical tripos. The importance of Monk's published works can be judged from the fact that they are still available today, even on Kindle.

Monk resigned his Greek professorship at Cambridge in June 1823. He had been ordained as a deacon in 1809 and as a priest in 1810 and the clerical life clearly had become more important for him as the years passed. As the Whitehall preacher, in 1812 he came to the attention of the then Prime Minister, Lord Liverpool, who in 1822 bestowed on Monk the Deanery of Peterborough. As Dean, Monk nominated himself to the rectory of Fiskerton in Lincolnshire and then, in 1829, to Peakirk-cum-Glinton in Northamptonshire.

As Dean of Peterborough, Monk was involved in an appeal for the restoration of the Cathedral there, raising £6,000 and contributing liberally himself. In 1830 he was given a canonry in Westminster, which he retained until his death, and on 11<sup>th</sup> July that same year he was consecrated as Bishop of Gloucester. Following the recommendation of the Ecclesiastical Commission, in 1836 the Gloucester see was amalgamated with Bristol as the Bishopric of Gloucester and Bristol.

The Bishop of Gloucester has a seat in the House of Lords, but Monk was not noted as a good speaker, however brilliant his sermons might have been. It was commented that he seldom did more when attending the House than vote in the conservative interest. On religious questions he observed a safe and cautious line which was more high church than evangelical and in 1848 he was one of the bishops who protested against the appointment of Dr Hampden to the See of Hereford. Nevertheless, it was felt that he administered his own see with great fairness and generosity. He was a generous supporter of charities and for many years devoted part of his income to the augmentation of small livings in his diocese.

This last aspect of Bishop Monk's legacy survives to this day. He led the fund-raising for St Matthias College, which opened in 1853 as the Gloucester & Bristol Diocesan Training School for Schoolmistresses. This School was one of 25 establishments promoted by the National Society to supply qualified teachers to the Church of England's voluntary elementary schools. The college survived into the



Monk's memorial stone in Westminster Abbey. © 2020 Dean and Chapter of Westminster Abbey

20<sup>th</sup> century, eventually merging with Bristol Polytechnic in 1972, becoming part of the Polytechnic's Faculty of Education. It is now, since 1992, an integral part of the University of the West of England. Monk has one other unique claim to his name: he is recorded as the last clergyman to wear a white wig.

It was while he was the Dean of Peterborough that James Monk met Jane Hughes, whose father was the rector of Hardwick in Northamptonshire. The couple married in 1823 and their son, Charles James, was born in 1824. James subsequently graduated at Trinity College, became Chancellor at Bristol and then MP for Gloucester. The Monks also had three daughters – Mary, Jane and Penelope. Towards the end of his life Monk suffered from partial blindness and during his last six months was largely prostrate. He died at The Palace in Stapleton, near Bristol, on 6<sup>th</sup> June 1856.

As a Canon of Westminster, Monk was buried not at Gloucester or Bristol but in the north choir aisle of Westminster Abbey. The brass over his grave (below left), set in Galway black marble, shows his figure dressed in mitre, rochet, chimere and bands holding a crozier topped with a lamb and flag between praying hands. Symbols of the four evangelists appear at each corner, with a foliated cross on each side. Above the figure are shields of arms. The brass was designed by George Gilbert Scott Jr. and made by Hardmans of Birmingham. Over the years it suffered some damage, but was cleaned and restored in 1998. A fitting memorial for a remarkable man.

**Brian Thompson,  
Buntingford Local History Group**

# Welcome back

## to Buntingford Library

**For the safety of everyone please:**



Wear a face covering\*



Use the hand sanitiser provided



Keep your distance



Limit your visit to 15 minutes

\*unless exempt

Monday	10.00am–4.00pm
Tuesday	10.00am–4.00pm
Wednesday	CLOSED
Thursday	10.00am–4.00pm
Friday	2.00pm–4.00pm
Saturday	10.00am–1.00pm
Sunday	CLOSED





**0300 123 4049 / [www.hertfordshire.gov.uk/libraries](http://www.hertfordshire.gov.uk/libraries)**



# Christ Church

Baldock Road, Buntingford SG9 9AA

**Minister:** Vacant

**Secretary:** Peter Godbert / Tel: 01763 281359  
buntingford.urc@talktalk.net

**The date the Church will re-open is still under review, but the Hall is now available for bookings. Call Tracey Palin on 01763 271749 for Hall availability and details of restrictions due to Coronavirus.**

**Website:** [www.buntingfordurc.org.uk](http://www.buntingfordurc.org.uk)  
**Facebook:** [www.facebook.com/URCBuntingford](http://www.facebook.com/URCBuntingford)

## ST RICHARD OF CHICHESTER Catholic Church

3 Station Road, Buntingford. Telephone 01763 271471

**Parish Priest:** Reverend Father Cyril Chiaha

**See the Church notice board or check with your parish priest for current arrangements regarding Mass times and Confessions.**



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



**ST. MARY'S**  
Furneux Pelham

**St. Mary's**  
Stocking Pelham

**Rev'd Julie Gawthrop 01920 823531**

### **Services for October 2020**

#### **St Mary's, Braughing**

Sun 4 <sup>th</sup>	11.15am	All Age Holy Communion
Wed 7 <sup>th</sup>	9.30pm	Holy Communion (said)
Sun 11 <sup>th</sup>	10.00am	All Age Morning Worship
Wed 14 <sup>th</sup>	9.30am	Holy Communion (said)
Sun 18 <sup>th</sup>	11.15am	Holy Communion
Wed 21 <sup>st</sup>	9.30am	Holy Communion (said)
Sun 25 <sup>th</sup>	9.30am	Holy Communion
Wed 28 <sup>th</sup>	9.30am	Holy Communion (said)

#### **St Mary's, Furneux Pelham**

Sun 4 <sup>th</sup>	9.30pm	BCP Holy Communion
Sun 11 <sup>th</sup>	11.15am	Holy Communion
Sun 18 <sup>th</sup>	9.30am	Café Church
Sun 25 <sup>th</sup>	11.15am	Morning Worship

**St Mary's, Stocking Pelham – No Services**



# United Benefice of Aspenden, Buntingford and Westmill

We hope that you are all keeping safe and well; you are in our prayers and thoughts throughout these uncertain and unprecedented times, both now and in the future.



Reaching our community is important to the Benefice, albeit challenging, but not impossible! So, thinking outside of the box, we are able to provide ...



**Church at Home Packs** – either delivered to your inbox or your front door. The pack allows you to worship at home either by yourself or with your family, including Bible readings, prayers, reflections and much more. Not forgetting the little people of the household – there is our Little Sparks section too (see below).



**Sunday Zoom Service** – If you can, please join us at our Sunday Zoom Services held each week at 11:15am. All of us together (virtually) worshipping and giving thanks, all from the comfort of your own home.

Little Sparks



**Little Sparks Zoom on Sundays** – Church is not just for the big people in the household, we also think of the little ones in your homes and we are offering the opportunity for them to join us for our Little Sparks Zoom Service held each Sunday. The service is full of fun activities and games.

## Sunday Services in Church

We are delighted to be able to offer Sunday Communion Services in our Churches.



St Mary's Aspenden, St Peter's Buntingford and St Mary the Virgin Westmill, are currently taking it in turns to hold a Communion Service on Sunday for those who are able to attend.

**We follow government guidelines of social distancing and Covid Hygiene rules.**

Please contact us for further information, including Church At Home packs, Zoom Services, or Sunday Services in Church (*location, dates and times*)

Email [admin@unitedbenefice.org.uk](mailto:admin@unitedbenefice.org.uk) or call **07484 345027**

You can also follow us on Social Media

Facebook: @UnitedBeneficeABW Twitter: @BeneficeUnited

Instagram: @UnitedBenefice





FORQ were delighted to hear that on 15<sup>th</sup> September, our President and local MP Sir Oliver Heald, along with fellow Hertfordshire MP Charles Walker, will be holding the inaugural meeting of a new All-Party Parliamentary Group (APPG) specifically focused on chalk streams. This

is a very positive step and we look forward to helping shape the group's agenda.

The Chalk Aquifer Alliance (CAA) have been holding a series of talks online in recent months. Details and links to the recordings are on the CAA website: <https://chalkaquiferalliance.wordpress.com/events/> The talk on 23<sup>rd</sup> September presents Feargal Sharkey speaking on the "Seven Deadly Sins – the seven lies told to you by water companies and the Environment Agency". Following a successful career in the music industry, keen fly fisherman Feargal Sharkey OBE is now chairman of Amwell Magna Fishery, the oldest angling club in Britain still fishing the same water. He is an outspoken critic of the national bodies tasked with managing our rivers and the environment, and an active campaigner for rivers. In his talk he argues that we have been repeating the same mistakes with chalk streams for over 30 years, and explains what, in his view, needs to change.

FORQ would like to encourage everybody to sign the petition started by Surfers Against Sewage. This group have been campaigning for cleaner seas since 1990 and have now launched a petition calling for an end to the pollution of our rivers and seas.

Evidence shows that we have a system that willfully ignores the worst pollution events in our country. Water companies continue legally to pollute UK waters, exposing all water users, as well as our delicate ocean ecosystems, to harm. Consequently, our water quality remains at the same dire level as it was in the 1990s. It is not just the ocean, our rivers are also struggling under the pressure – just 14% meet good environmental standards. These natural spaces are crucial for the health and wellbeing of society and should be highly protected, not used as a dumping ground for big business. You can add your name to the petition via the Surfers Against Sewage website: <https://www.sas.org.uk/endsewagepollution/>



FORQ are aware that some individuals held a 'Balsam Bash' (bottom left) in Buntingford at the end of August, the aim being to remove as much Himalayan Balsam as possible but especially the flower heads to try to prevent further spread. FORQ are looking into ways that we can sponsor an annual event of this type. Whilst 'bashing the balsam', several large shoals of minnows were seen in the river.

To check which other species are in the river, FORQ Chairman Mark Wilkinson held a Riverfly Monitoring demonstration during Puckeridge Walking Market, which was well attended. Species found include sticklebacks, bullheads, crayfish, leeches, freshwater shrimps, mayfly, and olive and stonefly larvae. FORQ also had a stand at the Buntingford Walking Market on Sunday 13<sup>th</sup> September.

FORQ also supports East Herts Lottery, an exciting weekly lottery that raises money for good causes in East Herts. Tickets for this are available via the FORQ website at [friendsoftherib.wordpress.com](http://friendsoftherib.wordpress.com)

**Pauline Ayres, Communications FORQ**

*I found this poem when I was going through John's papers recently. I wouldn't say he was often inspired to write poetry, but he loved language and words and every now and again the muse would take him and his poems have featured in The Journal before. It reminded me that at one time there were regular contributions of poetry for publication in The Journal, and I'm sure I'm not the only one who misses them. So, if anyone out there, young or old or in-between, feels the urge to write a poem please don't be embarrassed to send it in and share it with other readers.*

**Christine Noble**

## Raindrops

I was conceived in raindrops,  
born in the good ground,  
a ribble rippling round rocks  
over pools where young brown trout  
lay, mouths open.

On I rushed and whirled,  
spinning anon, gliding free,  
tearing the banks with me.  
Friends came in and joined me and  
we sped onward.

Wider now, not so fast,  
power grew, the banks of my youth  
were full as small flows joined.  
Together we widened and, in time,  
slowed peacefully.

Another flow came, powerful and strong,  
supporting and grinding, pulling and pushing,  
leading me on, merging. And now,  
now we nearly see it: the sea, the sea.  
And will I be raindrops again?

**John Makin**



# BUNTINGFORD TOWN COUNCIL

## A QUALITY TOWN COUNCIL

Unless further restrictions are imposed, the Town Council office is now open Monday to Thursday from 9am to 5pm. Visitors are restricted to one person at a time, but please call in if you need information, dog bags or bus timetables etc.

The Seth Ward Community Centre is now open, with the usual restrictions. We are still unable to hire the centre out for parties and cannot permit use of the changing rooms.

Sadly, some members of the public have felt the need to question who our Mayor is and what he does. For those who don't know, the current Mayor is Councillor Graham Waite, his photograph is published on our website. Graham is extremely hard-working and has overseen many of the Council's recent projects, including development of the new cemetery and the installation of the Town's CCTV. He is happy to meet with anyone who has a local issue to discuss and will do all that he can to help.

If, after lockdown, you feel the need to work away from the house then you might want to consider an empty office that we have at the Manor House, on the 2<sup>nd</sup> floor, which will accommodate a small business. If you are interested in leasing an office please give us a call, the office comes with one parking space.

**Jill Jones MILCM Cert HE, Town Clerk**

**Office hours: Monday–Thursday 9:00am–5:00pm by appointment only; closed Fridays**

The Manor House, High Street, Buntingford SG9 9AB

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

Twitter: **@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 October 2020

Thurs 1 <sup>st</sup> Oct	7:00pm – Amenities Committee
Thurs 8 <sup>th</sup> Oct	7:00pm – Resources Committee
Thurs 29 <sup>th</sup> Oct	7:00pm – Full Council

**All meetings will be held remotely,**  
details for observing the meetings can be obtained from the Clerk's office.

If you have something to contribute to the *Buntingford Journal*, please contact **Christine Noble** on **01763 273095** or email **Journal@buntingfordcivic.org.uk**

# BUNTINGFORD UNSUNG HERO AWARD 2020

Buntingford will honour 2 local people who have made a significant, voluntary, positive contribution to our community:

- 19 years old or under winner
- 20 years old or over winner

## Who deserves to win?

### Tell us who deserves this accolade

So far we have had nominations for nine different adults and one young person. Do you know anyone who is under 20 years old who you would like to nominate for this year's Unsung Hero Award? We are looking for young people in Buntingford who have gone over and above, either for a cause that's dear to their hearts or to make life better for people in the town. It might be an environmental project, something they did during the Covid lockdown, or a one-off amazing deed for a friend in need.

If you would like to nominate someone, young person or adult, you can do so online at [www.b-hero.co.uk](http://www.b-hero.co.uk). If you would prefer a paper nomination form, you can pick one up at The Cheese Plate or in the Cooperative store – return all completed forms to The Cheese Plate in the High Street.

**Nominations are open until 1<sup>st</sup> November 2020.** The winners will be announced at the annual Lights of Love on Friday 27<sup>th</sup> November.

*The Awards are sponsored by Buntingford Town Council, Buntingford Chamber of Commerce and Buntingford Civic Society.*

## BUNTINGFORD W.I.

Oh dear! Just as we thought things were starting to relax it has been announced that we are having to go back to 'the rule of 6'. It was lucky that our planned 'Open House' (or in our case 'Open Garden') took place 4 days before this new law came into force. We brought our own refreshments but it was so nice to finally get together (well socially distanced, of course!)

We have no idea when we will be able to resume our normal meetings but are keeping our fingers crossed that our planned New Year Lunch can go ahead.

In the meantime we are working on a couple of projects and hope to be able to show you these in the Town towards the end of the year.

Best wishes from all of us at Buntingford W.I.

**Val Hume**

If in the meantime you would like further information about Buntingford W.I. please feel free to contact our Secretary, Pat Webb, on 01763 271305.



## Have your say on the East Herts' Sustainability Planning Document

East Herts District Council has published a draft Sustainability Supplementary Planning Document (SPD) with the aim of helping to ensure that new buildings in the district minimise their environmental impact. Now the Council is consulting on its draft SPD and wants to hear your views by **8<sup>th</sup> October**.

The document – which can be viewed at [www.eastherts.gov.uk/sustainabilityspd](http://www.eastherts.gov.uk/sustainabilityspd) – covers a number of topics intended to encourage more prudent use of resources, to protect the environment, and to mitigate and adapt to climate change. It provides technical guidance on sustainable design and construction, and sets out detailed guidance on how schemes can both meet and exceed policy requirements, encouraging excellence in sustainable development.

Graham McAndrew, the Council's executive member for environmental sustainability, said: "Buildings are responsible for almost half of UK carbon emissions and about a quarter of all raw materials used in the economy. It is important we reduce the environmental impact of the built environment, and the design and construction of new development has a key role to play. We're committed to doing everything we can to reduce carbon emissions to zero by 2030 and this SPD is an exciting opportunity to have a real impact and help us to tackle climate change, so please have your say before October 8<sup>th</sup>."

## East Herts Crowd-funding initiative

If you need money towards a community project, East Herts Council's new crowdfunding scheme could be what you're looking for. The council will pledge to give you up to half your fund-raising target, up to a maximum of £2,000, if you raise the other half through Crowdfund Hertfordshire. Eligible projects include building improvement works, delivery costs and training. To find out more about the fund, the criteria and how to apply, go to:

<https://www.crowdfunder.co.uk/funds/east-herts>

# Harvest Time

Traditionally, October is a time to celebrate our harvest and rejoice in the produce that has grown over the preceding months and this year is no different as I gaze in wonder at the size of the butternut squash I have grown (boasting not intended!) and gather in the onions and potatoes that will last our household several months. Land and soil are precious and need nurturing in order to produce the food that sustains us. We are living in challenging times with declining

insect populations, effects of climate change and the use of toxic chemicals. Those of us who have grown anything this year will have seen the effects of stress on plants caused by extreme weather events over the last few months – going from extreme heat to cold, then back again. The poor plants don't know whether they are coming or going!

Whether we are growers or not, one way we can help to look after the soil – which in turn supports nature, our planet, biodiversity and the highest standards of animal welfare – is by supporting organic farmers and producers. Locally, we are fortunate enough to have at least two farms within a stone's throw who grow without the use of harmful pesticides or herbicides and who deliver veg, fruit and meat boxes to your door, namely Black Grove Farm in Colliers End (<http://www.blackgrovefarm.org>) and Church Farm in Ardeley (<https://churchfarmardeley.co.uk>). In supporting these farms, you will also be cutting down on your food miles.

Even on a budget, it is possible to buy organic produce. Look out for organic foods in the reduced section of your supermarket. Start by buying organic basics like carrots, onions, potatoes, bananas, bread and dairy products. Fairtrade produce is also grown using minimal chemicals so buying Fairtrade makes a difference, as well as supporting the growing community. *Replenish and Reuse* stocks a wide variety of organic produce, so not only will you be saving on plastic by shopping there but you will be supporting better growing practices and a local business.



The use of land and what we eat is covered in a recent report released by **Climate Assembly UK**, based on a people's assembly that took place earlier this year. This is a really important document showing the collective results of discussions by a representative population, with varying views on climate change, who had listened to experts before making decisions on how they would like the government to act on getting the UK to net zero emissions by 2050, if not sooner. The document (left) will be reviewed by government departments over the next few months and we are looking forward to their response by the end of 2020. The report can be read or downloaded from <https://www.climateassembly.uk/report/read/> but as it is over 500 pages long you might prefer to the summary at <https://www.climateassembly.uk/report/read/final-report-exec-summary.pdf>

Please contact us if you would like to join us, or find us on Facebook for our latest news.

**Madela and the Team, [buntingfordintransition@gmail.com](mailto:buntingfordintransition@gmail.com)**





# The Hundred Parishes Society

[www.hundredparishes.org.uk](http://www.hundredparishes.org.uk)

In these strange times we have seen people unable to attend their place of work. Many have been supported and kept out of poverty by a furlough scheme. Over the years, governments have taken various steps to care for the poor and those unable to work.

The Act for the Relief of the Poor of 1601 made parishes legally responsible for parishioners who could not work. Most assistance was given as “outdoor relief”, meaning financial help was given to people who were able to remain in their own homes.

This situation changed with the Workhouse Test Act of 1723 which obliged anyone seeking relief to enter a workhouse operated by the



parish. Several of these buildings in the 100 Parishes area have survived including those at Ashdon (above), Clavering (left), Finchingfield (below), Newport and Stanstead Abbots (opposite, bottom left).

Under the Poor Law Amendment Act of 1834 several individual parishes were grouped together in a Poor Law Union

which was responsible for constructing and operating a central “Union” workhouse for the larger area. Many buildings constructed for this specific purpose have survived and have now been re-purposed. The Union Workhouse in Great Dunmow (opposite, top left) has changed very little in appearance since it was built in 1838, at a cost of £8,000, to house 350 inmates. One of the architects was George Gilbert Scott, a prolific workhouse designer who





later went on to design the Albert Memorial and St Pancras Station. Linton built its workhouse in Symonds Lane in 1837 to accommodate 230 inmates. Today it is a retirement home (below). Saffron Walden's workhouse, built in 1836 for 340 inmates, became a hospital and is now apartments.

The Union Workhouse at Buntingford (bottom right) was built in 1836 to house 160 people from 16 surrounding parishes. It closed in 1933 and the original building has now been converted into five private dwellings. An extension wing which was built on in 1872 (on the right in the photo), fronting onto Hare Street Road, is lived in by housing association tenants.

Life in the workhouse was hard, deliberately so. Families were split up, with husbands separated from wives and parents from children. It really was a last resort for people with no other means to survive.



Rye House Gatehouse in Stanstead Abbots (above) served for a time as the Parish workhouse.



**Ken McDonald, Secretary**



## Royston, Buntingford & South Cambridgeshire

Supporting parents when it matters  
because childhood can't wait

Registered Charity No. 1105385

## Home-Start's 'Hug in a Mug' Campaign

What is the thing you miss most at the moment? Before lockdown, there were all sorts of things we took for granted: popping into a shop on a whim; sitting in a café and enjoying a cup of coffee; seeing a friend and giving them a hug. For many people, what they miss most is that hug.

### It's a touchy subject

Touch is the first of the five senses to develop: embryos start to be aware of touch at around the 8<sup>th</sup> week of pregnancy and it's the key sense in survival – young animals and humans instinctively pull away from discomfort and move towards things that feel good. Touch also affects the mental and physical development in children: research shows that a lack of physical contact from birth will have a severely detrimental effect on a child's development which carries on into adulthood.

Touch is also a powerful communication tool: it's the easiest way to say to someone that we care about them. As author Mimi Novic says, "Laughter with those that understand us is music for the soul. A hug at the right moment and a kind shoulder to lean on, is the sprinkle of magic that keeps us walking towards hope."

Receiving and giving hugs helps to relieve stress, reduces blood pressure and releases the happiness hormones oxytocin, dopamine and serotonin: in short, hugs are good for you. In fact, hugs are one of the key tools our volunteers use when helping a family facing crisis.

We also use tea.

### "While there is tea, there is hope"

In Britain, offering a cup of tea during times of stress or distress is second nature. Of course, with the current COVID-19 lockdown, sharing hugs and cups of tea (or coffee) are an increasingly rare commodity. Which is why Home-Start have created our '**Hug in a Mug**' campaign. You might not be able to hug friends during these stressful times, but you can donate the cost of a cuppa to help us provide virtual hugs to families in crisis. And, while we're also missing real hugs right now, we are providing the next best thing: a cup of tea, and hope.

If you would like to support our work and the 'Hug in a Mug' campaign please text HOMESTARTHUG to 70085 to donate £3 (or HOMESTARTHUGNOINFO if you'd rather not be on our mailing list).

And you can take a look at our 'Hug in a Mug' campaign video, which is live on our website: [www.hsrsc.org.uk](http://www.hsrsc.org.uk)

**Home-Start Royston & South Cambridgeshire**  
**Unit 6, Valley Farm, Station Road, Meldreth, Royston, Herts SG8 6JP**  
**t: 01763 262 262 e: [admin@hsrsc.org.uk](mailto:admin@hsrsc.org.uk)**  
**[www.hsrsc.org.uk](http://www.hsrsc.org.uk)**

# Down on the Farm

## The final field!



We completed harvest on 1<sup>st</sup> September at Southern Green Farm near Rushden for the Dingerman family, combining a field of Spring Beans that are destined either for animal feed or human consumption in Egypt where they are seen as a delicacy, a bit like we do with peanuts!

The combine has had a good wash and brush up since and is now tucked up safely in bed in its shed for another year – they really are a ridiculously expensive bit of kit that is generally used for just a

month or so per year and then we have no other use for it. We are just looking to change our one, which is now 6 years old, and the new one looks like costing in the region of £350,000 ... Gulp!

But you cannot farm without it, and more importantly these days, one state-of-the-art modern combine can cover a lot of ground. To give you an idea of how machines have progressed, when I came home to our family farm 30 years ago we had 3 combines to harvest 600 acres. Today we combine 2500 acres with 1 combine, so I guess that £350,000 cost is nearly justified – just don't tell the machinery salesman that as I'm still negotiating!

The recent dry weather has enabled us to finish all our cultivations in record time and in great conditions, the soil really is in great nick (technical term!). We will start sowing our Winter Wheat in the next few weeks and then things will finally calm down a bit. At that time, when all field work is complete, the guys on the farm return to our fencing and logs businesses – so don't forget, if you need either a fence or logs please contact me on [ben@hydehall.com](mailto:ben@hydehall.com)



Seasoned, farm-sourced hardwood logs delivered to your door!  
For sales contact Nick on 07798 677732

# My Brown Eyed Girl

## A Short Story

A small but distinct sound like a stone hitting hard ground came from my left. It was followed by a crackle that was more than just the wind rattling through the maize stalks. It brought me to a halt, to listen for a repeat.

I had been stepping it out along a familiar field path gazing out across the maize crop which had gained height and girth over recent weeks. The wind was catching the top long silky blue-green leaves, giving them an appearance and sound of rolling waves with frothy russet crests. Many of the corn husks were showing signs of nibbling and there were a number of stalks strewn around indicating that night visitors, or early risers, had enjoyed their breakfast here.

No other mechanical sounds of daily life broke the quietness, simply the hedgerow birds chirping their continuous conversations and two buzzards overhead, wheeling, dipping and mewing as they sought a welcome thermal lift.

The crackle came again and as I turned slowly towards it I found myself gazing into a pair of large, deep, liquid brown eyes at about my shoulder level. I stood stock still, not wanting to break the moment and hoped my rapidly beating heart was not loud enough to do that anyway. The eyes blinked and fluttered with eyelashes so long and curled, any supermodel would have been envious. The small shiny nose twitched as the air around us was checked.

How long we stood and stared at each other is impossible to say, but we were both still. I knew that if I moved a muscle she would be gone, and this quite magical moment would be lost. It was so unusual to see a smaller, obviously younger, member of a herd on their own and I did, momentarily, wonder if the back-up crew were hidden in the dense stalks behind her. Half a dozen of them could easily knock me for six, but I dismissed that idea as my imagination playing tricks.

Suddenly a stronger gust of wind broke the spell and the brown liquid eyes left mine to engage with a delectable plump husk nearby which she nibbled with relish. Perhaps this had been her intended focus all along as she surely, in her young life, hadn't come across such an animal as me before.

But then she was gone. With a leap, a skip and a flash of amber she bounded across the path jumping the ditch into the adjacent field of waving barley. I watched her disappear into the far copse where I guessed her extended family might be waiting and worrying for her return.

Did that really happen? Had I really been that close to such a beautiful wild animal?

As I continued my walk I reflected that she was definitely a young doe, probably a progeny of last year's rut. Her colour and markings were quite defined and there were no sprouting antlers between those constantly turning ears. I saw no other herd members but could see that very recently a number of deer had criss-crossed the track close to a small lake, evolved over years and left by the farmer to oblige wildlife when they were thirsty. Perhaps she had been with them and become distracted.

Several days later and because I was intrigued by our "eye to eye" meeting I started out on a similar route again. I'd made sure I was wearing the same colours, the same coat and hat, so if she "appeared" she "might" identify me as this strange new animal.

Was I mad?

I hesitated at the point of our first meeting, but there was only swaying maize to see, so I continued until my return journey took me back along another less used track. I was earlier that morning, as I had a busy day ahead, and the air was still damp and slightly misty. Suddenly several crackles brought me to a halt and there she was, bold as brass, now standing perfectly still and holding my gaze. I felt as if she was testing me to dare to move, to react, to break our eye contact. So, we just stared, deep brown eyes into deep brown eyes. Years before I had been told that my “deep brown eyes” were my strongest asset and I now concluded that these were her strongest feature too.

What felt like several minutes passed and I had to move as slight cramp and cold were seeping into my foot. She hesitated for just seconds as if she was playing with me before leaping and skipping off along the track I had just walked.

Weeks later these encounters happened twice again and she became known as “my brown eyed girl”. I kept our meetings to myself as I selfishly didn’t want to share our magic moments and anyway I was “an animal” she now knew to be safe around.

On returning home one day I found myself singing the refrain from the well-known “Brown Eyed Girl” written by Van Morrison in the 80s. The internet provided the lyrics and to my humour and surprise the words of the first verse fitted our encounters so well.

“Hey, where did we go?  
Days when the rains came  
Down in the hollow  
Playin’ a new game  
Laughing and a running hey, hey  
Skipping and a jumping  
In the misty morning fog with  
Our hearts a thumpin’ and you  
My brown eyed girl  
You, my brown eyed girl.”

She seems to have disappeared now, probably pulled back into the herd. I still regularly walk similar tracks and keep alert. Who knows, she may be looking out for that strange animal, that other brown eyed girl?

**Sue Cutts – Buntingford Writers Group**



I wish there was something new to share with you all this month. As things are, we can only hope that at some time in the future, things will get back to near normal and we can resume Choir meetings again. We must all be positive and forward thinking.

After a short break we are starting up our zoom meetings, which is a fantastic way for us to “meet-up” and sing a few songs. So, many thanks to our fantastic Musical Directors who arrange the music for us, distribute the lyrics and Host the meeting. Which means that we can keep the choir together, during this difficult time.

For more information go to our website: [www.buntingfordchoir.co.uk](http://www.buntingfordchoir.co.uk)  
Or email: [info@buntingfordchoir.co.uk](mailto:info@buntingfordchoir.co.uk)



Wow, what a busy month we have had! I'm very pleased to announce we are a finalist in the Customer Service category of the Best Business Women Awards. We won the award for Best Health and

Wellness Clinic last year and cannot enter that category again for the next two years, but it is so good to be a finalist in the Customer Service Category which is so hotly contested!

We have also had two new practitioners join our team. Matthew Peirce (below) is a Podiatrist who will be working all day on a Wednesday. He is able to help with hard skin, nail cutting, corns, verruca, nail surgery and bio-mechanical assessments.



Dr Julian Godlee (BSc MBBChir DRCOG MRCGP), a local GP, has also joined the practice. Dr Godlee (below right) will be working on a Tuesday morning doing health screens with blood tests looking at:

- Liver Function (6 markers)
- Kidney Function (4 markers)
- Full Blood Count for Anaemia and White Blood Cell Analysis (12 markers)
- Erythrocyte Sedimentation Rate (ESR)
- Iron and Ferritin levels,
- Gout Check
- Bone Chemistry (5 markers)
- Lipid Profile (Cholesterol and Triglycerides)
- Diabetic Check
- Prostate or Ovarian Tests, and
- Thyroid Function.

Dr Godlee is also able to do Botox injections for sweating and wrinkles, and facial aesthetics such as fillers. Dr Godlee has been working as

a facial aesthetics practitioner for more than 14 years. He strongly believes that Botox injections require significant skill, and should be performed only by practitioners who have proven commitment and experience.

For more information on what we have to offer at Attend2Health, give us a call on **01763 878 087** or pop in and see us at 58 High St, Buntingford.

**Louise Hampton**





Citizens Advice East Herts' offices are currently closed due to Covid, but you can contact them by phone – local Messageline for a call back on 01920 459 944 or on the Herts Adviceline 03444 111 444 (10am-4pm, Mon to Fri). Or see the online options at [citizensadviceeastherts.org.uk](http://citizensadviceeastherts.org.uk)

## Redundancy Pay

**I've worked at the same company for many years but I've been told I'm being made redundant. What redundancy pay am I entitled to?**

If you're being made redundant, there are two types of redundancy pay you could get: 'statutory' redundancy pay, which is the minimum that the law says you're entitled to, or 'contractual' redundancy pay, which is extra money your contract says you can get on top of the statutory amount.

You're usually only entitled to statutory redundancy pay if you've been an employee for at least two years. It's worth asking your employer or checking your contract to see if you're entitled to more than the statutory redundancy rules allow.

Statutory redundancy pay is based on age, weekly pay and number of years in the job, up to a max of £538 a week. The Citizens Advice and Gov.uk websites have calculators to help work out how much you'll get. For example if you're aged 41 and over, you'll get 1.5 weeks' statutory redundancy pay for each full year you've worked, up to a maximum of 20 years' service.

If your employer offers a suitable alternative job, but you refuse to take it without good reasons, they can refuse to pay your redundancy.

You won't get statutory redundancy pay if you've been employed for less than two years, are self-employed or are in certain jobs like the armed forces or police (though you may be entitled to contractual redundancy pay).

If you've been furloughed, the law now says that your redundancy pay should be worked out using your usual wages, even if you were paid 80% while you were furloughed. However, statutory redundancy pay still limits a weeks' pay to £538.

If your employer has told you that your redundancy pay will be based on your furlough rate of pay, you could explain to the employer that that isn't what the Gov.uk website says about redundancy pay, or contact your nearest Citizens Advice.

For further advice contact Citizens Advice East Herts:

[www.citizensadviceeastherts.org.uk](http://www.citizensadviceeastherts.org.uk)

Tel: 03444 111 444 / 01920 459 944

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

**THE CO-OP • DELISSIMO • LOCKS, STOCK & MORE • MARK DOEL  
McCOLL'S (The Post Office) • PIGGOTTS**



## ISTD Graded classes in Ballet, Tap & Modern and recreational classes in Commercial Dance

We are excited to be back in a new venue and back to conducting face-to-face classes. During Lockdown we moved to online classes, which were a great success and kept everyone dancing in their homes throughout the Summer Term.

Our new timetable offers face-to-face classes in Ballet, Tap and Modern at the Hornead Village Hall in Great Hornead, while some of our classes are continuing online until we can arrange a venue.

We have marked out 2 metre squares for each pupil to dance in (right) so we can maintain social distancing while dancing (below).

New pupils are always welcome. Contact us for a **NO OBLIGATION TRIAL IN ANY DANCE GENRE** – Ballet, Tap, Modern & Jazz and Commercial Dance. We have waiting lists for some classes but review these every half term.



For more information, have a look at our website  
[www.buntingfordschoolofdance.co.uk](http://www.buntingfordschoolofdance.co.uk)

Or find us on facebook and instagram



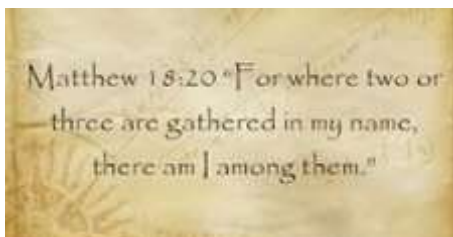


# Layston C of E First School

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

## Community - We are stronger together!

Our new value for the first half of Autumn term is 'Koinonia' or 'Community'. We will be thinking about how to build a new community in our new classes and social bubbles and how we can involve the wider community in our harvest fundraising project! This Christian Value comes from a Greek word 'Koinonia' which means 'that which is in common'. Other translations might include 'union' and 'partnership'. So, in our school and classrooms, we will be working together to make things easier so we can achieve great results! Koinonia is based on fellowship with Jesus. Through him, Christians share the relationship that Jesus has with God.



A warm welcome to all of our new families and to those returning to us after the summer break. We hope you all had a relaxing and enjoyable holiday and are feeling refreshed and ready for the Autumn term.

The children are settling in well to their new classes and are excited to be learning new skills. They will be spending lots of time together in their 'social bubbles'; having fun learning; playing games and sharing experiences. There will be lots of opportunities in Forest School and through our recovery curriculum this half term to enrich their learning and promote belonging and creativity.



We are already thinking about our Reception intake for next September. Whereas normally we would invite parents to open mornings and a tour of the school, due to COVID 19 we are unable to offer this in the same way.

To find out more about our school, please visit our website at [www.layston.sch.herts.uk](http://www.layston.sch.herts.uk) where you can view information and videos of our classes. You are also welcome to telephone the school on 01763 271235 with any specific queries.

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

**Adele McMurrough, Headteacher**

**01763 271235 / [www.layston.sch.herts.uk](http://www.layston.sch.herts.uk)**



Jackson's Lane,  
Reed,  
Royston,  
Herts SG8 8AB  
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“Learning Together, Learning for Life”



We have loved welcoming all of our children back to school this month. Happily, most of the pupils came back to school in July so our return has not been as hard as it has been for some.

We are so proud of the resilience our whole school community has shown in their positive start to a new term, new school year and, hopefully, a bit more of our usual routines (at a distance)!

We are thrilled to have also welcomed more families to our school. Our Early Years is full of the sounds of enjoyment as the Nursery and Reception children get to know each other and our team. Our biggest delight is hearing more voices around the school. The sound of children playing and learning is something we have really missed. I have noticed walkers and cyclists pause and smile as they see and hear us outside as they pass by.



If you or anyone you know would like to visit our school with a view to becoming part of our Early Years class in September 2021, or indeed any year group, we are inviting visits to our Open Day on Saturday 10<sup>th</sup> October, between 11am and 2pm. Tours will be by appointment only and can be arranged by contacting [admin@reed.herts.sch.uk](mailto:admin@reed.herts.sch.uk)

Do spend some time browsing our website [www.reed.herts.sch.uk](http://www.reed.herts.sch.uk) to see what it is like to be part of our wonderful school. We look forward to meeting you soon.

**Mrs Wittich, Headteacher**



## MILLFIELD FIRST & NURSERY SCHOOL

[www.millfield.herts.sch.uk](http://www.millfield.herts.sch.uk)



### The New School Year

Millfield children amazed staff upon their return to school in September! It has been a pleasure to see children back in school, happy and engaged, and the school is now full of energy and excitement once again. It has been a delight to see so many smiling faces.

On behalf of Millfield staff, I would like to share our appreciation for the efforts taken by Millfield families to ensure the start of school was smooth and positive for our children.

### School Website

Millfield launched a brand new website in the Summer term 2020 – take a look to find out more about us!

[www.millfield.herts.sch.uk](http://www.millfield.herts.sch.uk)



**Laura Kennedy-Weeks, Headteacher**

If you would like to know more about Millfield School (or Little Stars Pre-School) please visit our website or contact the School Office on **01763 271717**.



# 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.*



We were so pleased to welcome all our students back for the start of the new term. We began with the missed induction days for Year 5, who arrived with a little trepidation but left with big smiles on their faces. The remainder of the school returned in the first full week of September. We were really proud of parents for supporting students to return to school – our attendance for the first week back was at 97%.

Our Covid School is a very different school, one in which teachers and students work very closely together, metaphorically speaking, to keep each other safe. Lessons are divided into AM and PM sessions and students are required to remain with a teacher at all times, including breaks and lunchtimes. Students work in class and year group 'bubbles', with the aim that in the event of an outbreak of Covid-19, it will be possible to limit a lockdown to an individual class or year group. In the event of a class or year group being sent home to self-isolate, they can continue to learn remotely via "Show my Homework" which is the successful method of learning that we used last term.

## **How have our Parents supported the return to school?**

Our parents have been exceptionally patient in juggling the staggered start and finish times we have adopted for this half term, as we train our students to stay safe at break and lunch-times. We have seen the majority of parents support our social distancing by following the new timetable. The Highways Team monitored the students' exit from last week, and noted that although there were some additional cars, the operation was relatively smooth and well-managed, which was positive to see and hear. We hope that parents will be able to manage the new 'rule of 6', supporting our community to follow the social distancing guidelines out of school and and keep us all safe.

## **How are we supporting the Students that have returned?**

In order to support the well-being of our students, and to re-engage them with learning, the school has developed special AM and PM sessions that support students to develop an understanding of how the lockdown has impacted on us all, how they can build their resilience and strategies to deal with the added worries and concerns we have all been experiencing. In their first full week of school, students considered how



to stay safe and spent time working out how to support a break and lunch-time that allowed for fun, but remained socially distanced.

In the second week in school, we will be considering how to help students retain a sense of control and efficacy in their lives. They will be considering stress buckets and what happens when your body becomes anxious. They are being trained to notice their concerns and to reduce the outcomes that worries can cause. Students are finding the learning both revealing and supportive.

Alongside supporting well-being, we are reassuring students as to how we intend to help their learning to grow and continue, and how they will “catch up” with learning they may have missed. As a middle school, we are lucky to have this “catch up” time for which we can plan. We will remind students of what they may have forgotten and support them to develop long-term memory and return their resilience to challenging learning.

### **What have we noticed already?**

Our students are really keen and committed to learning. However, their anxieties are currently higher than they would normally be and, like all of us, they are quicker to tears and/or anger. We are supporting them to understand their feelings and emotions.

Student confidence in their learning has decreased, and they need support to rebuild it. This term Parents will be asked to support students with a reading campaign to help build resilience and calm. Stories are excellent for working through what has happened and generating a sense of calm and peace.

### **What is our value for this half term?**

We all believe that we need to work on our value of ‘compassion’ this term. Social distancing is as much about protecting others as it is ourselves, and with our extra worries we need to be able to notice when someone is feeling stressed and anxious so that we can look behind the behaviours they are displaying. We began to reflect on this in Collective Worships, which are live but hosted in tutor rooms. Each Friday we meet ‘virtually’ for hymns, as we still value the power of music for bringing us together. We cannot sing together, but we are using Makaton signing and acting as a way of worshipping collectively. It is difficult, but it is creating a sense of community and an element of fun as we battle to match the signing to the music. Whatever we are up to, we know our students need some fun!

**Jo Gant, Headteacher**

## **Ware & District Photographic Society**

Ware & District Photographic Society has commenced its new season via Zoom until the end of November. The situation will then be reviewed to see whether it is possible to return to Thundridge Village Hall for meetings.

Details of our autumn programme are now available on the Society’s new website at [www.wareps.org.uk](http://www.wareps.org.uk), together with information for anyone interested in joining us. New members are most welcome.

The Society has a long pedigree, having been established back in 1964, and we are constantly evolving, as now when we strive to keep our activities going despite the effect of Covid.

# Buntingford



## Learn, Laugh, Live



Sadly, due to an increase in Covid 19 infections, we have gone back to group gatherings of no more than six people which has been a big blow to our groups who are desperate to start meeting again. The Book Group and Current Affairs have been meeting via Zoom. Anne Church's Spanish Group has stopped for their summer break but will be restarting on Zoom soon, and the They Matter group has had to suspend its meetings until the end of the pandemic.

We had another Zoom monthly meeting in September when our Speaker was Dr Helen Fry on 'A Very Secret War: Bugging of the Nazis in WWII'. This told the story of Trent Park, now designated by Historic England as having been as important as Bletchley. Commander Thomas Kendrick, with a background as a spymaster in Vienna before the war, had saved up to 200 Jews a day before being captured and tortured by the Nazis, then released and returned home. From his experiences, he recognised the importance of gaining information from captured German prisoners. But instead of torture, his methods involved 'sweetening' prisoners so that they relaxed their guard and were unaware that absolutely everywhere and everything was bugged.

Kendrick concentrated on the high-ranking officers who had been captured – at one time there were 59 Field Generals – who were privy to much of Germany's military secrets. Firstly they were imprisoned in the Tower of London (and when Life is normal the rooms and listening posts there can be visited – I have been). Later it was felt necessary to house them in larger, more palatial accommodation. Trent Park was commandeered with a 'butler' with an invented aristocratic background and the pseudo title of Lord Aberfeldy, who the Germans believed to be their Welfare Officer.

The prisoners were really softened up by their luxurious surroundings and lifestyle. They were even taken to Simpson's of Piccadilly and the Ritz for meals, but driven there via un-bombed routes, so they thought that Hitler's assertions that London was being flattened were wrong. Churchill saw them in Simpson's and was furious! But 95% of Allied information on early German radar, the V1s, V2s and then V3 rockets, about which nothing was known before, came from the conversations of these softened-up prisoners, whose technical language was translated by German Jews who had been saved from Vienna by Kendrick in 1938-9.

As late as February 1945 it was being said that Allied Victory would have been impossible without Trent Park and Bletchley Park. Kendrick really was an unsung hero. One of the reasons why little is known about his exploits is because the German officers were allowed home (after being de-Nazied), most of them under assumed names, so papers were not released till the last had died in early 2000. A fascinating story. Helen's book on the subject is called 'Walls Have Ears'.

**Marion Ling**

During Lockdown people suddenly had a lot of extra time on their hands and turned to something new to occupy it. One such person was Val Reedman, our Membership Secretary. Val was fed up with her daily walk, crosswords, scrabble and knitting hats for premature babies. Having done some cross-stitch before, she decided to go on-line and buy the material, some silks and a pattern. The end result (see photo, top left) is a piece of history, a family heirloom, a future Antiques Roadshow candidate?

Our Photography Group Leader, Roy Ellard has no problem with using his extra time. One recent Sunday morning he was up at 5am and on his way to Hertford marshes. As he had hoped there was a mist, not as much as he had hoped for but still okay, and the sun coloured up the sky. He started taking his photos in the blue hour through to sunrise.



Then, when packing up, Roy spent a few minutes just looking around. He spotted lots of cobwebs in a marshy area, waded in and got a "reasonable" shot (right). He was sorry he could not get a clean background, but using a low f-stop managed to counter the problem. He also had to hand hold his camera so could not play around with focus-stacking. He was back home by 8am. I think the photos are more than reasonable – they are stunning!

**Jean Cook**



Please visit our website for information on our groups:  
[www.u3asites.org.uk/buntingford](http://www.u3asites.org.uk/buntingford)

# The Shoot

## *Our England is a garden full of stately views – Kipling*

The early Autumn dawn started out with a heavy mist and light drizzle which dampened my demeanour and, no doubt, the spirits of my fellow beaters as the three of us trudged up the footpath to overlook the Springs. Each step was becoming arduous as Clive (the Bus), Derek (Del) and myself slipped on the wet track alongside Tyler's Wood, as we climbed up through the mist that enveloped the hill.

Eventually we came to the crest and stopped for a moment to catch our breath. "You stay here and wait for my signal", Derek directed after he had got instructions from Johnny the Keeper over the radio. "You, Clive, go on to little Round Wood and cut across towards the next field", and with that Clive, wrapped in head to toe camouflage, disappeared into the grey gloom in the direction of a piece of even darker gloom in the distance, presumably little Round Wood close by the airstrip. He put me in mind of the Antarctic hero Oates who "was just stepping outside" as he left the shelter shared with Scott.

Meanwhile Derek strode onto the heavy plough between us and with effortless ease of pace made his way to the middle distance, coming to a stop about 50 metres off where his shadowy silhouette seemed to hover above the ground in grey backdrop.

At that moment I felt that strange experience one sometimes has that somebody is watching you and as I turned slowly to follow my instinct I saw a dog fox not but a few yards behind me against the hedge. He seemed unafraid and seemingly wondering what I was doing there? Satisfied I was no threat he strolled over to a gap in the hedge and disappeared. I relaxed into that period of time that beaters must often experience whilst waiting for the off, enjoying the moment whilst anticipating the action to begin.

I took the opportunity to rest my weary legs by sitting on a single board placed next to a fallen log beneath the finger post. With my breathing slowly returning to something like normal I placed an Extra Strong Trebor mint into my mouth and allowed the fresh vapours to restore my equilibrium, when suddenly I felt a cool breath against my cheek. Could it be the efficacious properties of the aforesaid mint or something else?

The light zephyr took strength and as I sat upon that blessed timber, the curtains of mist before me parted and almost immediately warm sunlight breathed light across the valley at my feet. I can never tire of the bucolic panorama one is greeted with from that spot where, for a moment, I took respite. There below was the patchwork of fields of green autumn crops interlaced with those still in stubble and juxtaposed with the dark chocolate of the recent plough. All was framed with the rich tapestry of foliage and the canopy of trees, each with a different shade of crowning glory. Multi coloured hues of the whole spectrum showing the autumn beauty, from pale yellows and greens through to rich ruby tints, every one a picture in the newly emerged sunlight. No better place to be, even unto eternity – I believe even the famous 'Fall' which I saw many moons ago across the ocean could not compete with this vision at this time of year.

All thoughts of tired muscles and respiratory shortfall were forgotten as I allowed the whole scene to wash over me. Indeed I was deep in my reverie when I was brought back to earth with the dulcet voice of Derek calling from across the plough behind me "Okay, get moving!" and he pointed across the field to the now revealed meadow beyond. I glimpsed back for moment and saw way down in the valley the guns were moving out towards the pegs and in the middle distance between I noticed that Val and Bob were making their way along the hedge that divided the hill from the flat bottom area adjacent to the river beyond. On the opening day of the shoot I am accompanied by my long-time

friend and complete country man Lawrence, who is moving across the hill side fighting the clay beneath his feet.

Strangely the shoot took more victims in those first days as Derek (the Boat) sustained an injury that unfortunately brought his long-serving beating career to an unplanned end. Having been on many shoots with Derek he will be much missed for his company and comments on life in general. Meanwhile ...

My own progress was helped by the grass division between the two fields and the cover crop soon came into view where Clive and Derek (Del) were making their way towards the hedgerow alongside the cover crop that runs down towards the valley. At first there appeared to be no activity in the cover apart from a walking cock strutting out with determined strides. By the length of his tail and spurs I guessed he'd seen it all before and had survived to tell the tale for another season. In my imagination I could almost hear his thoughts: "All that flying about just makes for a target, better to walk. Novices? Pah!"

With the cock bird striding away across the field my attention was soon refocused on the task in hand through which I was making rather wet progress. The birds were sitting tight but I could see they were there, albeit deep amongst the stalks, as their progress away from our advance was marked by the movement in the top-most leaves of the corn.

"Steady lads", I could hear Kevin's voice from Derek's radio a couple of yards away. "Hold the line, hold the line."

Then, with a rush, 30 or so birds took flight and headed towards the valley and river. Many seconds passed in silence before the reports of the guns noted that they were taking birds, or at least making their best efforts. By careful husbandry of the beaters' line we were able to push the birds across the whole gun line giving all a chance to shine.

We made steady progress, stopping just as soon as the next burst of activity got underway, until we reached the hedgerow mentioned earlier dividing the field from the flat land adjacent to the river. At that point Val and Bob joined us from the left flank whilst Kevin and his team, on this occasion Mel (we were down to seven beaters this particular day), came in from the right.

We lined out again and pushed through a steadfast crop of artichokes which was like walking through a bamboo grove, yet we could still hear birds launching across the divide to the river and beyond, each bird running the gauntlet of the line of guns. As we came out of the cover we could see one or two guns picking off the tail-enders from the drive, whilst the picker-ups were setting their dogs to collecting the fallen birds. The air was strong with the smell of cordite and there was a haze of smoke drifting about the valley. A whistle was blown to announce the completion of the drive. Then we turned towards the track where the vehicles were waiting, each beater blowing vapour through mouth and nostrils as we trudged along through the sticky clay which pulled at our legs.

The usual post-mortems of the drive were in train as we plodded towards the carts and the dogs were called in and were necessarily, and some unnecessarily, chastised for erring from the heel or some other misdemeanour actual or perceived. We clambered aboard and settled into the interior, which soon becomes snug as the beaters shuffled up to make room for all. Then we are off again with Russell at the wheel.

Vyse

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



## NEW FITNESS CLASSES FOR MUMS

Have you recently had a baby, or got a toddler, and you're looking for a local class to get fit? We are now offering 2 classes a week which are 'Child Friendly'. You can come along with your little ones, or you can come on your own, it's your workout, you choose! We are a local business who provide a full range of fitness classes for all ages. Find us on **FaceBook: Irene Gibson PT**

### MummyFit – Cardio & Core

An all round cardio workout, which you'll enjoy in the great outdoors! We meet on Aspenden Village Green, every Wednesday morning at 11am. Please dress for the weather, lots of layers for the winter months! Bring a drink and a mat or towel and you're good to go ... We have a great mix of workouts with music to suit. You don't even need to have, or have had, a baby at all. We have a wonderful group of ladies turning up every week, who just enjoy a good workout and a bit of banter! For more information, get in touch with the team at [karen@irenegibson.co.uk](mailto:karen@irenegibson.co.uk)



### MummyFit – Pilates

A lovely gentle class, which will get your body back in shape post baby! We choose exercises which you can do with baby or without!

We will be starting this 45-minute class on Friday 9<sup>th</sup> October, at the United Reformed Church, Baldock Road, at 10.15. Please bring a mat.

We are Risk Assessed, Covid Secure and use Track & Trace.



# Exercise for Everyone

Since the last edition of the Journal, I have started running classes back at various venues. All my classes follow social distancing rules and although I have had to make adjustments to my timetable, as well as undertaking Covid-specific training and doing some cleaning before and after classes, it is wonderful to be back in person with my 'fitness family'. Meanwhile, Zoom exercise classes still continue to boom.

It's what I love doing and will continue to do for as long as I am able – helping to keep Buntingford residents fit and healthy.



I would like to thank Layston First School and the Seth Ward Community Centre (above) for allowing me to use their outdoor spaces during the summer

**Jacqui Smith, Personal Trainer**

## Barkway Park Golf Club

The senior part of the club (The Barkers) have continued to catch up on the competitions which were lost during the lockdown and by the end of the season (30<sup>th</sup> September) will have completed about 90% of them. This has been possible because most matches against other clubs have been cancelled. However, two matches have been played recently, against Manor of Groves at home and Elsenham away. Both were highly enjoyable encounters and both were drawn.

The Autumn Trophy stableford competition was won by Martin Bach with 42 points, beating Bill Rodda by two points. Before the new season starts members have the Chief Barker Day and 3 clubs and a putter competitions to look forward to.

The club continues to accept new members of all ages and abilities.

**Tel: 01763 848215**

## Fundraising Events in October & November 2020 and in 2021

As you will know, Isabel Hospice has struggled with raising income due to the cancellation of so many of our events due to Covid-19. As we look to the future we have put in place a number of events in the run-up to Christmas and 2021. We hope you find something you like the look of and are able to support us so we can carry on caring for our community. If you are fundraising for Isabel Hospice, please ensure you are following government covid-safe guidelines and adhere to social distancing.

### **Festive offerings:**

**CHRISTMAS TREE RECYCLING:** Want your Christmas tree collected and recycled? This is a great scheme to help you tidy up after Christmas and raise vital funds for Isabel Hospice. Check out if the Isabel team are collecting in your area – details coming soon at [www.isabelhospice.org.uk/tree](http://www.isabelhospice.org.uk/tree)

**“DRESS YOURSELF AS AN ELF”:** We are encouraging schools to sign up to a festive “mufti” day and support Isabel by dressing as an ELF. You can find out more at [www.isabelhospice.org.uk/elf](http://www.isabelhospice.org.uk/elf) or email [fundraising@isabelhospice.org.uk](mailto:fundraising@isabelhospice.org.uk) for more information about how your school can take part.

**ISABEL’S TEA PARTY:** After the success of Isabel’s Two-week tea party in August, we are bringing an all-year-round chance to join the party because “it’s always the right time for Tea and Cake”! To host your own tea party and for your fundraising pack and tea party goodies sign up for free at [www.isabelhospice.org.uk/teaparty](http://www.isabelhospice.org.uk/teaparty)

### **Three Thrill-seeker Events:**

- 1. SKYDIVE for Isabel Hospice: 14<sup>th</sup> March 2021** – Tick something off the wish list and join #TeamIsabel for the thrill of a lifetime. Taking place at North London Skydiving Centre. Go to [www.isabelhospice.org.uk/skydive](http://www.isabelhospice.org.uk/skydive)
- 2. WINGWALK for Isabel Hospice: 15<sup>th</sup> May 2021** – The ultimate experience for hardened thrill-seekers! Strapped to a 1940s Boeing Stearman biplane, with spectator area for friends and family. All flights approved by the UK Civil Aviation Authority and flown by some of the best display pilots in the UK. Taking place at Upminster in Essex. Go to [www.isabelhospice.org.uk/wingwalk](http://www.isabelhospice.org.uk/wingwalk)
- 3. FIREWALK for Isabel Hospice:** Walk over hot coals this December as we bring back this classic “too hot to handle” challenge. Places are limited and date is to be confirmed, so for more information email [fundraising@isabelhospice.org.uk/fire](mailto:fundraising@isabelhospice.org.uk/fire)

**ULTRA CHALLENGE for 2021: Apr–Sept 2021:** Are you a keen walker new to these events, or maybe an experienced hiker or runner seeking adventure? We have the challenge for you. Choose from 100km (full challenge), 50km (half) or 25km (quarter challenge). 12 destinations to choose from at [www.isabelhospice.org.uk/ultra](http://www.isabelhospice.org.uk/ultra)

**CYCLING: Étape d’Amwell: March 2021** – The Rotary Club of Amwell and “Your Town” present a cyclosport in aid of the hospice. Choose from 50, 100 or 150km of challenging, picturesque cycling, starting and finishing at Allenbury Sports Club in Ware. To sign up go to [www.isabelhospice.org.uk/bike](http://www.isabelhospice.org.uk/bike)

**Do your own thing:** Want to raise funds for Isabel Hospice your way? No problem – we’d love to hear from you! Email [fundraising@isabelhospice.org.uk](mailto:fundraising@isabelhospice.org.uk) to find out how we can support you.