

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

Buntingford Journal



The Jersey Boys on stage in Layston Court Gardens in June.

Inside this month: Highlights from the Summer Arts Festival; the history of Millfield School and Freman College; Eunice Woods' generous legacy for local schools; the latest news from the Medical Centre's Patient Participation Group; and Madela Baddock reports on her experience of driving an electric vehicle – are you ready to switch?

70p

**September 2022
Volume 47, No.7**



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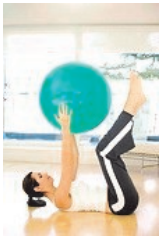


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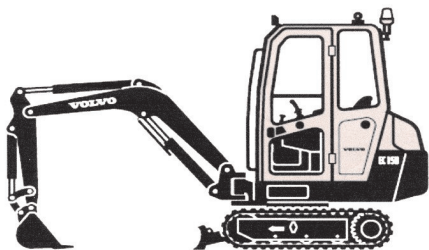


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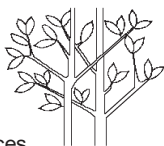
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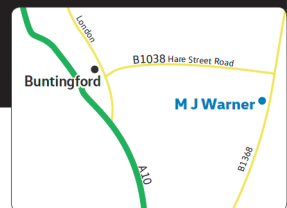
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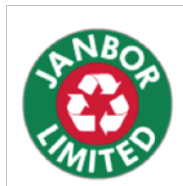
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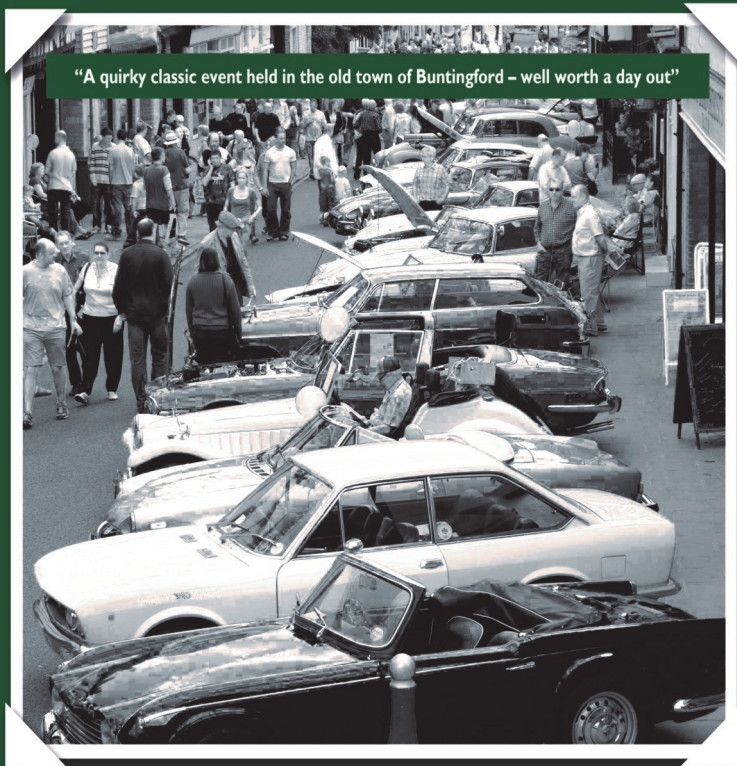
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BUNTINGFORD LIBRARY: 77 High Street Buntingford, SG9 9AE. Tel: 01763 272396	Opening times: Mon, Tue, Thur 10:00–17:30 Fri 14:00–17:30 Sat 9:00–13:00 Telephone enquiries – 0300 123 4049 Option 1 – Renewals 03:00–23:45 every day Option 2 – All other enquiries Mon–Fri 08:00–20:00, Sat 09:00–18:00 More info at: www.hertfordshire.gov.uk
CITIZENS ADVICE EAST HERTS:	Call the CAB Message Line on 01920 459 944 at anytime and they will call you back. They aim to return calls within 24 hours (except at weekends). www.citizensadviceeastherts.org.uk
HOUSEHOLD WASTE & RECYCLING SITE: Watermill Industrial Estate	Currently closed. Our nearest alternative recycling sites are in Royston, Letchworth and Ware.

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

When I wrote my last editor's letter back in June, we were still anticipating the Summer Arts Festival. Well now it has happened and what a wonderful weekend it was. It was so nice strolling down into town to take in the daytime entertainment and craft stalls, then enjoying live music outdoors – it was a glorious summer's evening for the opening night and I danced my socks off! You'll find a message of thanks from the Festival Committee chairman on page 21, then a photographic look back at all the fun on pages 22–25.

The Classic Car Show is the big event this month, taking over the High Street on Saturday the 3rd. An 'Alternative Electric Car Show' will be taking place in the Town Car Park (see pages 26-7), where 20's Plenty will also be present promoting their campaign to reduce the speed limit. There's an update from 20's Plenty on page 4.

For an issue produced in the school summer holidays, there is quite a lot about our local schools this month. Carol Emery completes her history of the schools in Buntingford, covering Millfield School and Freman College in one article (pages 6-9). It makes sense when you consider that they were built at the same time and for the same reason – because a growing population meant that Buntingford had run out of available school places. On page 10 we have a personal view of Millfield from one of this year's Year-4 leavers. And on page 11 Graham Bonner, a Trustee of the Buntingford Relief In Need charity, reports on the generous legacy left by Eunice Woods to support education in Buntingford. Eunice was a life-long resident of Buntingford and a former Town Mayor.

I must confess I was rather surprised to read in the report from the Friends of the Rib & Quin (page 33) that in the latest edition of *Wildlife Matters*, the quarterly magazine of the Hertfordshire & Middlesex Wildlife Trust, the Rib had been named number 1 in the Trust's 'Top 5 places to see Chalk Streams'. That's certainly not the impression you get looking at the poor old Rib in Buntingford! As a member of HMWT I have a copy of the magazine so I looked it up and it seems they are talking about much further downstream, but that's small comfort to the ducks paddling in what little water is left here in Buntingford.

Congratulations to Matthew Murphy of Buntingford Bowls Club who has made history by becoming the youngest player from the club to qualify to represent Hertfordshire in the National finals. It must be a family talent as his dad will also be there. I wish them and the other players from Buntingford every success. Finally, best wishes to Betty Hoskins, a volunteer at the Isabel Hospice shop who celebrated her 100th birthday in July.

Christine Noble

**Editorial copy deadline for the October 2022 Journal
is Saturday 17th September 2022**

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

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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.**



20's Plenty for Us

...making your place a better place to be

Buntingford

Recent 20mph developments in the UK and abroad

As the roll out of 20mph speed limits across Hertfordshire continues at its ultra-slow pace, I thought it would be good to share news of other places from across the UK and abroad where the implementation of wide-area 20mph speed limits is moving more swiftly.

The most significant news is that the **Welsh Government** has passed the required legislation to enable 20mph to become the new national urban speed limit there from September 2023. This is a bold move by the Welsh Senedd that will, despite the predictable backlash from some disgruntled drivers, save the lives of many vulnerable road users and vastly improve the quality of life of residents in urban and rural neighbourhoods across the country. **Scotland** are expected to announce similar plans for a national default soon.

In **Oxfordshire**, the County Council there are working on the roll-out of wide-area 20mph speed limits, and **Witney** (population 27,000) has become the first town in the county to announce plans for a whole-town 20mph speed limit. The County Council are keen to prioritise new schemes based on the level of support from local parish and town councils to ensure proper implementation.

Local support is proving key in **Cornwall** as well, where the County Council announced their pre-election plans for wide-area 20mph speed limits just over a year ago in May 2021. They have already reduced the speed on over 700 roads in rural and urban communities across the county.

Every **inner London Borough** now has a 20mph speed limit and there are 20mph limits on all red routes within the congestion zone. Plans are also underway to extend 20mph limits to all outer London Boroughs and by March 2024, Transport for London aims to lower the speed limit on a further 140km of the TfL Road Network, including 37 town centres. Enforcement is key to the success of lowering limits in London, and the Met have now increased capacity to enforce up to one million offences by 2024/25 and are introducing new technology to improve the effectiveness of enforcement, including the roll-out of new powers to Police Community Support Officers. These are all part of the joint Vision Zero Action Plan by the Mayor of London, Transport for London and the Met to eliminate death and serious injury on London's Transport Network.

Brussels has issued data on collisions and casualty rates since implementing a 30km/h (20mph) speed limit, reporting a fall in fatalities from 14 to 6 since 30km/h was normalised in 2021. Brussels' Vision Zero policy (and the implementation of the 30km/h speed limit in 2021) is reducing road deaths in the city and noise pollution by 1.5dB.

Finally, in **Spain**, following the implementation of a national 30km/h limit in May 2021 the DGT (National Traffic Authority) has reported a 14% reduction in fatalities from May to December, compared to the same period in 2019. It also reports 70% driver compliance.

20's Plenty at the Buntingford Classic Car Event 3rd September – 11am-4pm

We will have a stall again this year at the **Buntingford Classic Car Show** in September.

You'll find lots of info, campaign stickers for sale and a petition to sign.

You will find us in the car park as part of the Alternative Electric Car Show.

ENQUIRIES: buntingford@20splentyforus.org.uk

FACEBOOK: 20's Plenty for Buntingford **INSTAGRAM:** 20splentybuntingford

TWITTER: @20Buntingford **www.20splentyforherts.org**



Buntingford Civic Society

(Reg. Charity No. 1014873)

www.buntingfordcivic.org.uk



I hope that you have all had a relaxing and enjoyable summer break. We certainly cannot complain that we didn't get any sunshine this year, but we never seem to get the weather quite right do we? I am sure we all love the sunshine, but 40 degrees! Really?

And in the future – hosepipe bans, energy bills crisis, power cuts looming, train strikes, postal strikes ... the list goes on. Let us all do the best we can to get through this and make sure that we all look out for those less able to cope. Also, beware because Covid is still around – I know this only too well as I tested positive a couple of weeks ago. I felt pretty rough for a couple of days but apart from that it was fairly mild.

You will probably all have seen that the scheme to improve walking and cycling facilities along London Road/Station Road has been given the go-ahead with phase 1 work due to start in autumn this year. The scheme supports the objectives contained in Herts County Council's Local Transport Plan and Sustainable Hertfordshire Strategy. It also supports the DfT vision for walking and cycling by providing enhanced links for those choosing to travel by foot or bicycle around the Town. The scheme will create a new shared use path for walking and cycling along the eastern side of London Road/Station Road, which will result in a narrower carriageway and a reduction in the speed limit from 40 to 30mph.

The original plan had 25 mature trees being removed but following the public outcry this has been reduced to 7. Some of that 7 are diseased and would have been felled anyway.

The work will be completed in 2 stages – phase 1 from the A10 roundabout to Hare Street Road and phase 2 from Hare Street Road to Vicarage Road (design and programme of phase 2 to be announced following further stake-holder engagement).

EHDC are consulting on a raft of revisions to car parking charges. For Buntingford they are suggesting introducing charges on Saturdays and Sundays and doing away with the current 'no charge' period. This will be a real kick in the teeth for our High Street shops. Jeff Jones I know is trying to get EHDC to reconsider the Buntingford changes.

Graham Bonner, BCS Chairman, graham_bonner123@yahoo.co.uk

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

The next meeting of the BUNTINGFORD LOCAL HISTORY GROUP is on Tuesday 13th September at 2pm in Buntingford Library. Admission £1, includes tea and coffee.

The History of Millfield School and Ward Freman School, now Freman College

As Buntingford expanded in the 1960s, due mostly to the development of the Sainsbury's distribution centre, it dawned on Hertfordshire County Council that more school places were needed in the town to serve the growing population. Due to overcrowding at Layston School the Council agreed to the building of a new first school in its 1970–71 building programme. It was anticipated that the school would be ready by January 1971.

As it turned out, the school wasn't ready by January 1971 so once again Edwinstree opened its doors to accommodate children who would eventually go to the new school. The old Horsa huts – erected in the 'Hutting Operation for the Raising of the School Leaving Age' soon after the end of the Second World War – were refurbished ready for the new pupils. Mr John Hughes, who had previously been head at Cottered School, was appointed as the first headmaster of the new first school.

A headmaster for Ward Freman, the soon-to-be-built new senior school, was also appointed – Mr Nobes. For the time being, as neither new school was ready on time, the new heads, teachers and pupils all shared the facilities at Edwinstree.

Millfield School

It is believed that Millfield's name came from the old watermill at the bottom of Luynes Rise, which seems feasible given the school's close proximity. The watermill probably also lent its name to nearby Mill Close and the Watermill Industrial Estate off Aspenden Road.



The school logo depicts a watermill wheel. These pictures show the original logo (left) and the current one adopted in 2014 (right). The ariel photo opposite, taken in 1972, shows the new Monks Walk estate with the new Millfield School in the foreground.



The school was opened in 1972 by Lord Sainsbury. At first the school dinners had to be cooked at Edwinstree and sent over to be served at Millfield as the kitchen hadn't yet been built. And no sooner had the school opened than it was realised that there still weren't enough places for the local children. Discussions ensued at County Hall and eventually it was decided to enlarge both Millfield and Layston schools.



This plaque (left) lists all the Millfield headteachers since the school's foundation. John Hughes remained for 18 years and on his retirement a large party was held with some 200 past and present staff, pupils and parents. He received a number of leaving gifts.

Over the ensuing years the school has undergone many alterations. A nursery for 4–5 year olds was opened in January 1976 and proved to be very popular, so much so that by 1984 Layston School was struggling to attract new pupils due in large part to the fact they did not have a nursery.



The children at Millfield Nursery tended to remain at the school when moving into reception classes. Eventually Layston opened its own nursery and within a short time its school roll increased and things evened out.

More recent improvements at Millfield include a new nursery added in 2008, a new classroom and library in 2014, with more classrooms and other rooms added since then. All the classrooms are now named after trees. Outside there is a pond area, a timber trail, and a woodland story circle and yurt for outdoor learning. The school now caters for 300 pupils with a two-form entry. The nursery has 52 children.

The school has a number of pets, the most popular of which are its two dogs – Tilly, a black Labrador, and more recent arrival Blue, a golden retriever. They support the children’s social and emotional learning, as well as teaching them how to consider and care for another being. They all bring so much joy to the children and staff at Millfield.



Ward Freman School

After some time spent looking for a suitable site for a new senior school in Buntingford, in 1967 the County Council were on the verge of signing an agreement to buy almost 15 acres of land beyond the Ermine Street allotments to build it on. Initially it was envisaged that the new school would be ready by April 1971. Headteacher Mr Nobes was keen that the school should offer something to everyone in the town, so a new youth wing was planned and a swimming pool was hopefully to be included in phase 2 of the building programme.



Buntingford Parish Council wanted the school to be called Seth Ward in honour of the man born in Aspenden and educated at Buntingford's original grammar school who rose to national fame and became a benefactor of the town. However, Ward Freman was chosen to honour both Seth Ward and Elizabeth Freman, both of whom had been benefactors of the Old Grammar School. The school badge incorporated parts of the coats of arms of both Seth Ward and the Freman family.

Ward Freman School opened at Edwinstree in September 1970 where it remained until April 1972 when it was able to move to the new building. Pupils from the time remember carrying furniture from Edwinstree to Ward Freman when it opened. At a late stage of the building programme, it was realised that a footpath to Throcking ran right through the school's grounds, and the onerous task of getting it re-routed fell to the County Council's land agent. And this wasn't the only problem – large mounds of chicken manure on land opposite the school posed a health hazard, as well as an eyesore and I imagine a smell. John Reynolds, a councillor at the time, intervened to get them moved. The school had an official opening party on 1st July 1972. Guest of honour was Professor A L Hodgkin, President of the Royal Society, Fellow of Trinity College, Cambridge, Professor of Biophysics at Cambridge, and Nobel Prize-winner in 1958. Seth Ward had been one of the original members of the Royal Society.

The school still operates the original house system of four houses named after famous sculptors – Butler, Hepworth, Mills and Moore. (The first of these is named for Reg Butler who had been born in Buntingford in 1913, in Bridgefoot House where his parents were the last master and mistress of the Union Workhouse.) The students compete all year to win points for their houses, with the winning house receiving the Sainsbury's Cup at the end of the summer term. Many children go into the same house that their parents were in and siblings are always put into the same house.

Edwinstree had been raising money to build a swimming pool, but now that one was to be built at Ward Freman, what would become of the money raised so far? Mr Nobes phoned the retired head of Edwinstree, Mr Baldwin, to ask how the money had been raised. Mr Baldwin said that £5 was donated by Father O'Brien, £30 had come from the Parent-Teacher Association, but the rest, £1665, had come almost entirely from profits from the tuck shop. It was agreed to use the money to buy a minibus for the school.

At a governor's meeting in June 1973 two people from the education department and county architects came to discuss the cost of the pool. For £97,400 they could build the pool, heating plant, changing rooms, office accommodation and a cafeteria; this did not include a roof or walls. Buntingford Parish Council contributed £15,000, another £15,000 was to come from the phase 2 budget; the rest would hopefully be given by Braughing Rural District Council. Arguments raged over who would be responsible for maintenance, until the district council agreed to take it on because the pool would be open to the general public. By mid-1976 the pool was open to local primary schools but due to a problem with the chlorination not yet to the public. The youth wing opened and was used four nights a week as a youth club. Students had many different clubs and activities they could do either after school or in the lunch hours.



Long-standing former staff member Mr Greenhalgh, head of history and housemaster of Butler.



In 1974 Mr Nobes left to become head of Bedales, the private school in Hampshire where Princess Margaret's children were enrolled. So a new head, Roger Harcourt (left), took over in 1975. He would remain for almost 30 years, until Helen Loughran took over in 2004, so Freman has had just three headteachers in its history.

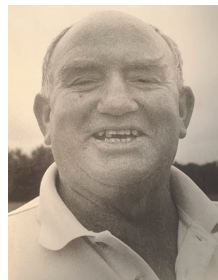
The aerial photo below, though undated, shows the school in around 1974. There is no swimming pool, and the old football pitch can be seen where Freman Drive is now. Edwinstree can be seen in the top right corner, with Norfolk Road playing fields lying between the two schools.



By June 1976 the school was running out of room, so phase 3 was planned to provide sixth form accommodation, a music suite, a performance facility for drama, music and English, as well as other alterations. And before they finished phase 3, phase 4 was being discussed as the school roll expanded.

In September 1999 the name of the school was changed to Freman College, much to the annoyance of many local people. In his letter to the parents, Roger Harcourt explained: "The change reflects the more adult atmosphere of a 13–18 school and its high profile within Hertfordshire in the so-called Advanced League Table points scored per student. In our change of name, we are not, of course, simply abandoning the past." Many locals thought that in removing Seth Ward's name from the school that was exactly what they were doing. However, his name did not disappear completely. To this day the swimming pool is called Ward Freman and the road sign pointing down Bowling Green Lane still calls the school Ward Freman, not Freman College.

In 2014 a new £1.2 million sports hall opened, named after Janette Wood OBE who had taught at the school for 38 years. In addition, the play area adjacent to the sports hall was renamed after Dave Lewis (right), a former head of PE who died in 2013. He was well known to many as he often drove the school transport for outings and trips all over the country. After he retired, Dave helped to run the play scheme with Glyn Ward, a gym club at the school, and a fitness club for men called the Fylosan Flyers. The youth wing was renamed the Howard Carter Centre after a governor of that name who served the school from 1969 to 1987.



So, what comes next in the development of Buntingford's schools? Once again there is a shortage of primary places so a new first school is being planned near the Bury and will be Hertfordshire's first zero carbon school. It was due to open in September 2022, but true to form that's been pushed back to September 2023. Let's see if that happens.

Carol Emery, Buntingford Local History Group



Millfield First & Nursery School

'A View of Millfield'

written by Samuel, a Year-4 leaver, July 2022

These past few years at this school have really brightened up my life. From Nursery to the end of Primary, this school has really made a move in terms of education, not to mention the new classrooms and resources. The Yurt, classrooms, etc. have played a great part in this school's culture. I really enjoyed the trips, tournaments, and even the lessons throughout my life.



Memories of Millfield, clockwise from top left: photos of the school pond; Hatfield Forest; the Platinum Jubilee; and Hautbois.



I am honestly quite nervous about leaving this wonderful school, because of all the memories I still have not shared and some I still have not made. This is my last full day ever at this school. But someday I might come back, listen to everyone else playing in the school grounds, and remember when I was there. It is a truly high quality, wonderful, jolly school.

I would stay longer if I could, but sadly, I have to move on. Although, sometimes it is good leaving things behind and moving on. No-one can take our memories from us when they are carved into our hearts forever. Of course, you might expect this out of other schools, but trust me, this one is unique. This school has grown and grown and it will continue growing, as far as I know. I grew up here. This was my first school ever. I never want it to close. Memories keep this school alive.



If you would like to know more about Millfield School, you can go to the website www.millfield.herts.sch.uk or call the School on **01763 271717**.

Eunice Woods' Legacy to Buntingford Schools

Eunice Woods was born in Buntingford in 1931. She became a nurse and worked for many years at the Doctors' surgery in Buntingford High Street. Later in life she became a Town Councillor on Buntingford Town Council and was elected Mayor four times from 1997 to 2004. Eunice also became Chair of the Buntingford Relief in Need Charity.

Although Eunice never had children of her own, she always took a great interest in the well-being and education of the children of Buntingford. She was a Governor at Millfield School for many years. She always said that she would leave a legacy in her will when she passed away and she was true to her word.

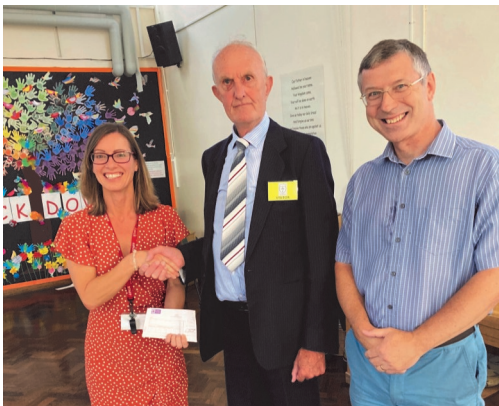
Eunice passed away in March 2019 and her estate has now been finalised. A considerable six-figure sum has been given to the Buntingford Relief in Need Charity to be used ***"to assist in the education of children from less well off families"***. To this end the four schools in Buntingford would each receive money to help achieve this.

Recently the Charity's Chair, Councillor Stan Bull, and Trustee Graham Bonner visited all four schools and presented cheques to their headteachers. The photos show Stan with Helen Loughran at Freman College (top), Jo Gant, Edwinstree (right), Laura Kennedy-Weeks, Millfield (below right) and Adele McMurrough of Layston (below). They agreed that each school would purchase a trophy to be awarded annually to recognise Eunice and her most generous legacy.



Graham Bonner

Trustee, Buntingford Relief in Need



United Benefice of Aspenden, Buntingford and Westmill



Reverend Kirsty Wainwright

Website: unitedbenefice.org.uk

Email: admin@unitedbenefice.org.uk

Postal address: C/O St Peter's Church, Chapel End,
Buntingford SG9 9AL Telephone: 07484 345027

Services for September 2022

Sun 4 th	9.30am	Morning Worship	St Mary the Virgin, Westmill
	9.30am	All Age Worship	St Mary's, Aspenden
	11.00am	Holy Communion	St Peter's, Buntingford
	4.00pm	Pet Service (see below)	St Mary the Virgin, Westmill
Sun 11 th	9.30am	Sung Eucharist	St Mary the Virgin, Westmill
	9.30am	Morning Worship	St Mary's, Aspenden
	11.00am	All Age Worship	St Peter's, Buntingford
Sun 18 th	9.30am	Holy Communion	St Mary's, Aspenden
	11.00am	Holy Communion	St Peter's, Buntingford
Sun 25 th	9.30am	Harvest Sung Eucharist	St Mary the Virgin, Westmill
Harvest	11.00am	Harvest Morning Worship	St Peter's, Buntingford

Our Service pattern may be subject to change, therefore please check our website and church door notices for any changes. Thank you.

Sunday 4th September, 4pm

St Mary the Virgin, Westmill

Pet Service

**A service to celebrate all
God's creatures**

**If your pet is shy or you are worried
about him or her being in church,
please come along with a photo of
your pet**



**We hope that this will become an
annual service**

Please join us in

Morning Prayer

Held every

Tuesday & Thursday

9am

St Peter's Church



For further information please contact our Benefice office, contact details as above.

Harvest Services

United Benefice of Aspenden, Buntingford and Westmill

Please join us as we celebrate harvest

25th September 9:30am St Mary the Virgin Westmill
 25th September 11:00am St Peter's Buntingford
 2nd October 9:30am St Mary Aspenden



This year we will be supporting two charities: **The Food Bank for Buntingford & Villages** with donations of tinned & dried foods & toiletries & **The Bishop of St Albans' Harvest Appeal 2022 – NOT FORGOTTEN** Urgent support is needed for those traumatised and displaced by conflict in Mozambique. Your support will help on-the-ground, local church partners to reach the most vulnerable. Donations can be made at: <https://www.stalbans.anglican.org/faith/bishops-annual-harvest-appeal/>

Harvest Lunch

on Sunday 25th September 12.30pm at St Peter's Church.

Our Benefice-wide Lunch will follow our Harvest Service at St Peter's and you are all welcome. *Collectively we all bring buffet foods to share.*

For further information please contact Nina Kingsley:

Email: admin@unitedbenefice.org.uk / Telephone: 01763 271552 or 07484 34527

The Ash and Quin Valleys Group

Living God's Love

Rev'd Julie Gawthrop – 01920 823531 / vicar@braughing.org.uk

Services for September 2022

St Mary the Virgin



St Mary's, Braughing

Sun 4th Sept	10.30am	All Age Holy Communion
Sun 11 th	10.30am	Holy Communion
Wed 21 st	9.30am	Holy Communion (said) or Morning Worship
Wed 28 th	9.30am	Holy Communion (said)

St. Mary's Church Furneux Pelham

St Mary's, Furneux Pelham

Sun 18 th	9.30am	Café Church
Sun 25 th	10.30am	Holy Communion Harvest Thanksgiving

St. Mary's Church Stocking Pelham

St Mary's, Stocking Pelham

Sun 30 th Oct	10.30am	Benefice Holy Communion
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The
United
Reformed
Church

Christ Church

Baldock Road, Buntingford SG9 9AA

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

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

Services at 11.00am

September	4	Holy Communion	Rev Sue Fender
	11	Morning Worship	Rev Dr Janet Tollington
	18	Morning Worship	Rev Allen Morton
	25	Morning Worship	Rev Sue Fender
October	2	Holy Communion	Rev Sue Fender

Our next event to raise funds for the repair of the church ceiling will be on **Friday 2nd September** when the Buntingford Film Club are screening 'Downton Abbey' as a fundraiser for us (see right). All profits from tickets and the bar will go straight into the donations pot. For tickets and more information please go to: <https://buytickets.at/buntingfordfilmclub/727112>. There is also a box office at Keith Ian's estate agents.

REGULAR EVENTS

Buntingford Churches Together: Lunch, laughter & light topical discussion on the first Wednesday of each month in the Hall. Lunch at 12.30 (bring your own lunch, *tea & coffee will be provided*). Discussion 1pm to 2pm.

Coffee and Company meets every Thursday, 10.30am till 12.30pm, in the URC Hall (disabled access in Meeting House Lane). If you're elderly, or living alone, new to the area, perhaps working from home, come along to share Coffee, Company, Cake and Chat. *All are welcome* – just turn up and give a small donation for refreshments.

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

ST RICHARD OF CHICHESTER Catholic Church

3 Station Road, Buntingford. Telephone 01763 271471

Parish Priest: Reverend Father Cyril Chiaha

SERVICES FOR SEPTEMBER 2022

VIGIL MASS for Sundays is at 6pm every Saturday

SUNDAY MASS is at 9.15am and 11am every Sunday

**WEEKDAY MASS TIMES, SACRAMENTAL PROGRAMMES
& OTHER PARISH NEWS** are available on the parish website:
<https://parish.rcdow.org.uk/buntingford/>

All Masses will continue to take place at St Richard of Chichester in Buntingford until the remedial works in the parish church of St Edmund of Canterbury & English Martyrs, Old Hall Green, and St Thomas of Canterbury, Puckeridge, have been completed.



BUNTINGFORD FILM CLUB

Our 2022/23 season starts this month, but not in our usual fashion. Instead of starting, as in previous years, with a film for the motor-heads on the evening before the Classic Car Show, this year we are opening with a charity evening and will be donating the proceeds of the ticket sales to the United Reformed Church towards the cost of repairs following the collapse of the ceiling. The film will be shown not at our usual venue in the Community Centre, but in the Church itself on Baldock Road. We are not abandoning our traditional ethos of 'event cinema' and there will be a bar in the church hall. Instead of a car-themed movie we shall be presenting one which should appeal to all who enjoyed the popular TV series. So join us for **Downton Abbey: A New Era**, in which all the much-loved characters appear. This time the Dowager Countess has inherited a villa in the south of France and the family decides to visit to discover how it happened. As Carson comments, "The British are coming". We shall be showing the film at **7.30pm on Friday 2nd September in the URC, Baldock Road.**



In October we shall revert to our usual time and place – the first Saturday of the month at the

Seth Ward Community Centre. We will be showing the 'Top Gun' sequel, **Top Gun: Maverick**, in which Tom Cruise reprises his role as ace fighter pilot, Maverick, who is now nearing the end of his career and is training the next generation of pilots. The cinematography is said to be even better than the original. The film is the highest grossing of 2022 so far, outperforming even 'Mission Impossible'. Please join us for the **7.30pm screening on Saturday 1st October at Seth Ward Community Centre.**

Book your tickets through [Facebook.com@buntingfordfilmclub](https://www.facebook.com/buntingfordfilmclub) or at **Keith Ian, 42 High Street.**

Brian Thompson

Ware & District Photographic Society

The new season of the Society will begin on Wednesday 7th September.

We meet from 8pm–10pm at Thundridge Village Hall, Cambridge Road, SG12 0TU.

The Society helps photographers at all levels and ages with talks, practical advice and studio workshops, etc. The first three evenings are free for prospective new members.

For further details visit www.wareps.co.uk

We hold a coffee morning for Ukrainian families at St Mary's Church in Walkern every Wednesday from 10.30–11.30am.

This is a voluntary group who provide free tea/coffee and cake where our Ukrainian families can meet each other and also have access to our Food Bank. There are several families living in and around Buntingford who would like to come along but are unable to do so because of lack of transport.

Would anyone in Buntingford be willing to volunteer to bring them to the coffee morning? If you can, please contact me, Sally Roberts, by email at

sally041960@gmail.com *Many thanks!*

BUNTINGFORD ADULT LEARNING FOR FUN OUR AUTUMN COURSE IS 'CURRENT AFFAIRS'

9-week course starts Wednesday 12th October at 10.30am

The Russian invasion of Ukraine has signalled the start of a new Cold War between Russia and the West. What are the consequences of this for the UN and NATO? We'll look at the implications, as well as 'winners' and 'losers' in the war. Whilst refugees from Ukraine are welcomed into Britain, other immigrants are not – what can be done to control illegal immigration? Successive Conservative governments have emphasised the need to 'level up' the regions of Britain and create a 'Northern Powerhouse', but what has been achieved so far? Other issues up for discussion include the Commonwealth – is it still relevant today? Is Britain over-populated and, if so, what can be done about it? And do we still have democracy and free speech? We certainly have free speech in our Current Affairs classes – come along and join in the discussion.

If anyone is interested in joining us do just come along, you will be made very welcome. Our Wednesday lectures start at 10.30am, at the Seth Ward Community Centre. Coffee is served from 10am. For further information please phone Julia Peacock on 01763 272584 or Joan Jones 01763 273341.

BUNTINGFORD SENIOR CITIZENS' CLUB

The Buntingford Senior Citizens' Club are having a busy Summer. Apart from our regular Monday afternoon Bingo meetings, we have celebrated a special birthday of one of our members with a gorgeous cake, drinks and nibbles. Our new committee have organised two outings, one to a watermill and another to the seaside (the weather was lovely, not too hot) – some enjoyed just watching the sea and eating fish and chips, some managed a paddle in the sea and also fish and chips! We have now arranged a further trip to the seaside, which is probably happening just as you are reading this. Further events are planned for later this year.

We meet every Monday (except Bank Holidays), **1.30 for 2pm**, at the United Reformed Church Hall, Baldock Road, Buntingford, for Bingo, tea/coffee, chat and fun.

For more information, please contact Val on 01763 272019

Happy 100th Birthday, Betty!

On the 20th July, Betty Hoskins celebrated her 100th birthday surrounded by her family, some of whom had travelled half-way round the world to be with her on the day. Betty herself doesn't think she is anything remarkable – "I'm sure I'm not the only one in Buntingford who is 100", she said to me. "No", I replied, "but I bet you are the only one still working!" Because Betty still volunteers at the Isabel Hospice shop, working there every Friday morning, where I went to meet her. She is taking a month off to spend time with her family while they are here in the UK, but will be back in the shop in September.

Betty was born in Tottenham in 1922 and spent the first 11 years of her life there, living with her parents in three rooms at the top of her Grandma's house. She recalls the night her younger sister, Doreen, was born. She was snuggled up in bed when her mum told her dad he had better go for the midwife because the new baby was on its way. In 1933 the family moved to Enfield and when Betty was 15 she left school and went to work in the office of a shop in Enfield Wash. She lived in Enfield throughout the war and got married, to Stan, and the couple had two children – a daughter and a son, Carol and Christopher. Her daughter was born during a terrible air raid and as soon as the baby had arrived, Betty had to get up and go to the air raid shelter!

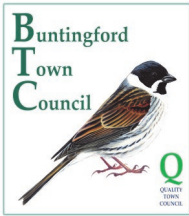
In 1952 the family moved to New Zealand. The journey, by ship, took six weeks and cost £80, a huge sum of money back then. Christopher and one of her grandsons still live there, but Carol eventually moved to Australia and Betty followed her there. When Carol decided to return to the UK, Betty and Stanley came too, and that is how Betty came to live in Buntingford 22 years ago. Many people have moved to Buntingford from Enfield, but surely no-one else has taken such a roundabout route to get here!

One of the first things Betty did in Buntingford was volunteer at the Isabel Hospice shop. "I thought it would be a good way to get to know people", she said in her common-sense way, and so it was. She also enjoys going to the Senior Citizens' Club every Monday, and joins BALA for pub lunches and other outings. She still lives independently, her only concession to advancing years being someone to help with the cleaning.

As well as her daughter in Buntingford she has twin granddaughters living nearby, one a midwife and the other a scientist, and she is clearly very proud of both of them, as she is of the rest of her family who live far away. She has one grandson in New Zealand and another in America, and 11 great-grandchildren. Her sister Doreen lives in Australia so they don't see each other nearly as often as they would like, but they talk every Sunday morning on the phone. Doreen flew over from Australia for Betty's birthday and stayed for a month, and some of the grandchildren and great-grandchildren also flew in for the celebrations. The big birthday dinner, on 20th July, was at the Sword Inn Hand, where Betty had also celebrated her 90th. Many Happy Returns, Betty, and best wishes for many more birthdays to come.



Christine Noble



BUNTINGFORD TOWN COUNCIL

A QUALITY TOWN COUNCIL

Work to upgrade the facilities at Hare Street Road Playing Field is due to commence in September. Phase 1 work will include a new activity trail, zip wire, springer, pod swing and accessible roundabout and Phase 2 will include a climbing boulder. Some of this work will be funded from developer contributions and some from Town Council allocated reserves. The choice of equipment was made as a result of a survey undertaken in 2019 and from a presentation to Edwinstree School pupils, where the pupils were invited to look at designs and express preferences.

Preparation has begun for this year's Service of Remembrance which will include a parade on the High Street for the first time in three years. This will also be the first Remembrance Service conducted by The Reverend Kirsty Wainwright who was licensed in July. We look forward to working with Kirsty and wish her a very warm welcome.

The Chamber of Commerce has started work on the Late Night Shopping event and of course the Classic Car show, to be held in early September.

Local groups and organisations may not be aware that the Town Council has a small grant budget. If your organisation would like to apply for grant funding the application form can be downloaded from our website. The Council has now resumed face-to-face meetings; details for September are below.

Jill Jones MILCM Cert HE, Town Clerk

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

Office hours: Monday–Thursday 9am–5pm; closed Friday.

The Manor House, High Street, Buntingford SG9 9AB

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

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

Website: www.buntingford-tc.gov.uk

Town Council meetings for September 2022

Thurs 1 st Sept	7:00pm – Amenities Committee
Thurs 8 th Sept	7:00pm – Planning Committee 7:30pm – Resources Committee
Thurs 29 th Sept	7:00pm – Planning Committee 7:30pm – Full Council meeting

All meetings to be held in the Council Chamber at The Manor House.
Members of the public are welcome to attend.

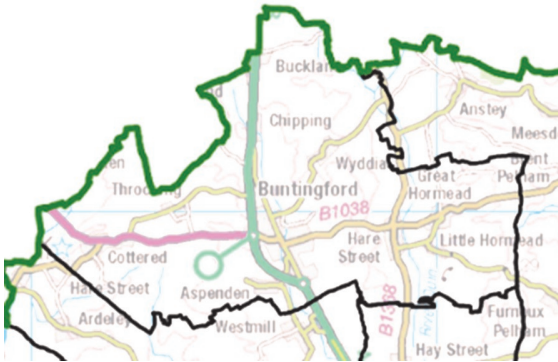
The Buntingford Journal is delivered FREE to members of the Buntingford Civic Society, or it can be purchased from:
THE CO-OP • LOCKS, STOCK & MORE • MARK DOEL BUTCHERS
McCOLL'S (The Post Office) • RILEY'S FAMILY BUTCHERS

News from Your District and County Councillor, Jeff Jones



Boundary Review

The Local Government Boundary Commission has just published final recommendations for East Herts District Council in which it recommends that the Council remains at 50 members. Some ward boundary changes have been recommended, in particular that Buntingford Ward, which currently has 2 council members, should become a 3 member ward. This allows for a better balance



New Buntingford Ward Boundary

of electorate per member, given the increase in housing and also a proposal to extend the Ward boundary to encompass Aspenden, Cottered and Hornead parishes in the Buntingford Ward, alongside Buckland & Chipping and Wyddial parishes which are already included. This aligns the boundary of the Ward with the existing Neighbourhood Plan Boundary. The review now has to be approved by Parliament and the changes should be in place for the local elections in May 2023.

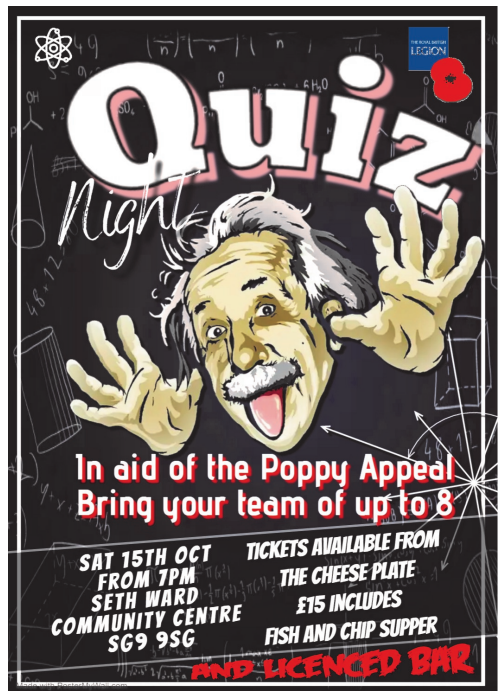
Royal British Legion Buntingford Branch

Quiz Night – 15th October

Buntingford RBL are hosting a Quiz Night on **Saturday 15th October** to raise funds for this year's Poppy Appeal. The event will be held in the **Seth Ward Community Centre, Luynes Rise, Buntingford (SG9 9SG)**, from 7pm.

The ticket price is £15 per person, which includes a fish and chip supper. To obtain your tickets, you can email our Branch and County Chairman, Andrew Huggins, on Hertfordshire.Chairman@RBL.Community or you can purchase them from **The Cheese Plate** on Buntingford High Street.

Enter a team of up to 8 or just come and join a team and help raise funds for this year's Poppy Appeal. A licensed bar will be available all evening. Please come along and support our fund-raising event.





Conservative Party Leadership Election

By the time you read this we may already know who our new Prime Minister is, as the result of the vote is to be announced on 5th September. I have been taking a keen interest in the debates and hustings from both Rishi Sunak and Liz Truss, as you might expect. My personal position is still very much 'undecided' (despite the lapel badge in the photo!), although both candidates, I am sure, will do a very good job.

I was pleased to be able to join a meeting with Liz Truss when she visited Hitchin recently. Liz did inform me that she had also been a Local Councillor and fully understands the difficult decisions we have to make, especially on planning. Her opinion is that the planning system is broken, and one of her priorities will be to reform the planning system. A very welcome priority for me.

Councillor Advice

I receive many requests for help and advice on District or County Council matters. I have started to hold monthly Councillor Surgeries for face-to-face meetings. With a Town Councillor present this gives residents the opportunity to discuss any concerns they have in the town. The Surgeries are by appointment, available by calling the Town Council on 01763 272222. I am always available by phone or email on the contact details below.

Clr Jeff Jones
East Herts District and Hertfordshire County Councillor, Buntingford Ward
0300 123 7493 / jeff.jones@hertfordshire.gov.uk

The Bishop Seth Ward Almshouse Trust

Trustee Vacancies

To ensure our succession plans for the work of the charity continue smoothly, Bishop Seth Ward Almshouse Trust currently has 2 vacancies to join them in the management and administration of the charity.

Our grade 2 listed building built in 1684, situated at the southern end of Buntingford High Street, provides safe and comfortable accommodation for 8 residents with limited financial means.

The board of trustees are responsible for the management of the charity including, governance, property maintenance, secretarial, regulation compliance, clerical support and financial accounting.

The Trust is seeking public spirited individuals who feel they would like to contribute to our local community, have obtained life skills and could undertake shared/joint responsibility on a voluntary basis. Interested in this fulfilling and worthwhile position? please contact Chris Dobner - chrisdobner@gmail.com or Pam Hibberd - prhibberd@gmail.com. Further Trust information can be found at www.Buntingfordalmshouses.org.uk



A BIG THANK YOU

I would like to take this opportunity to publicly thank the following groups who between them created our wonderful Summer Arts In Buntingford Festival in June this year:

The Festival Committee (below) – Anne, Chrissy, Christine, Christine, Danielle, Dave, David, Ella, Kim, Neil, Nicola, Paul, Paul, Rob, Rosey and Sarah – for their constant enthusiasm and tenacity. You were simply brilliant!



The Volunteers – over 70 of you, who worked tirelessly throughout the Festival to keep the Gardens free of litter and who seamlessly helped us make the Festival happen.

The Sponsors – public and private. Without your generous donations the Festival simply wouldn't have happened.

The Crafters, Caterers, Contractors and all our wonderful Entertainers – thank you for working with us and for making the Festival simply come alive.

East Herts Council and Buntingford Town Council who, respectively, own and manage the Gardens, for giving their permission for the Festival to take place.

And finally, a very big thank you to everyone in Buntingford and beyond who came to support us during the day and at the evening concerts. We know from the feedback just how much everyone enjoyed it and that made all the hard work worthwhile.

And the future? – lots to consider and lots to discuss but I know that I can say, on behalf of the Festival Committee, that we hope Summer Arts In Buntingford – in one form or another – is here to stay.

Jenny Thomas, Chairman – Summer Arts In Buntingford



"Our pupils were thrilled to perform ..."



"The stretch tent worked brilliantly!"



Nora Gate Photography





Nora Gale Photography



Nora Gale Photography

SUMMER FESTIVAL HIGHLIGHTS

This is just a small selection of photos taken by Eleanor Hutton (aka Nora Gale) and other members of the Summer Arts team. Apologies if you're not featured!

Christine Stuart-Taylor, with thanks to editor Christine Noble for her help in putting the images together

Clockwise from top left: Edwinstree School Choir; Fremantle College Big Band; dancing in the sunshine; Saturday night's Miami Royals; Tammy TJ (left); Sunday night headliners Hannah Saunders & Ben Savage; the Saturday daytime crowd watching the Buntingford School of Dance; Friday night headliners The Swiftbeats; and finally, the main stage under the stretch tent marquee.



"Really warm atmosphere ... it was brilliant ... can't wait for the next one!"



This page: right, Buntingford Dramatic Society; below, Buntingford Community Choir; bottom left, hugely popular children's entertainer Ella Markey; bottom right, Trevor Allen from the Old Forge Pottery, just one of 28 craft stalls. Facing page: top left, four of our fabulous volunteers, including our new Ukrainian friends; top right, the Hertfordshire Holly Morris Dancers. Continued below ...



"You we're all amazing ... it really felt like the Buntingford community was coming [together] back in the heart of this historic High Street."





... centre row (left to right), Derek Guy, one of several local acoustic musicians; members of the A-Train band; John Benson, renowned double-bass player, of Dixie Mix. Above: Tig at the popular StrEats food stall; right, Buntingford Brewery, and above, Ali Buckley, one of their satisfied customers!





Festival footnote ...

The winners of the Battle of the Bands were four young lads from Bushey Meads school who together form a band called Fused. Part of their prize was to be the opening act on the Summer Arts Festival's opening night. In a surprise announcement after their set it was revealed that Alex Trenchard, founder of Standon Calling and a member of the BotB judging panel, had secured for them the opportunity to play at the well-established festival in Standon in July. And here they are, photographed with Madness, 80s' legends and headliners at the Standon Calling festival.

'It was great to support and be involved with this first 3-day festival in Buntingford. I look forward to the next time when we can work together again for our mutual benefit. Congratulations on your success.' – Alex Trenchard, Festival Director of Standon Calling

BUNTINGFORD ACTION ON CLIMATE CHANGE AND SUSTAINABILITY

Buntingford's Alternative Car Show Showcasing Electric Vehicles

I hope you have all managed to stay comfortable during our long, hot summer. Not only has the heat been challenging but we have also faced huge hikes in fuel and energy prices, as I am sure you don't need me to tell you.

To save on fuel costs, you may have been considering buying or leasing an electric car and, as a Nissan Leaf owner, I would say that if you can, do it. I have had mine since March 2021 so have had 18 months to get used to it. It isn't brand new, being a 2018 reg, but it's a bit like buying a house – you get the best you can afford at the time. Even if it seems a big outlay, you soon reap the benefits. After all, with inflation being as high as it is and interest rates on any savings not giving the same return, it is not necessarily a bad idea to invest in something that will save you money over the coming years.

We have an electric charging point at home so we can charge the car at our convenience. It cost about £600 to install last April. There is a new government grant scheme (OZEV) which provides funding of up to 75% towards the cost of installing smart charge-points at domestic properties in the UK which is worth taking advantage of. See <https://>



WHAT DO YOU WANT
BUNTINGFORD
TO LOOK LIKE IN
2050?



www.gov.uk/government/collections/government-grants-for-low-emission-vehicles to find out more. Typically, it costs me just over £2 to charge the car overnight on a special tariff and this will take me a minimum of a 100 miles – so what's not to like!

OK, so maybe you are thinking this could be a good idea, but what about range anxiety? It is true that you do need to be more mindful of your journeys and make sure that there is enough charge in the battery to get you where you are going but, in my opinion, it is worth the extra time and trouble to know that your journeys are not contributing the same amount of emissions as a petrol or diesel car. Some more modern electric cars have a range of around 350 miles so they are definitely improving. There are apps you can use on your smart phone (Zapmap), which tell you where all the charging points are on your journey and at your destination so that you can plan accordingly.

We realise that electric cars are not strictly *zero emission* when you take into account the manufacturing and the sourcing of precious metals. They can also be more responsible for microplastic shedding as they tend to be heavier vehicles, so they are not the answer to a net zero emission transport system – it would still be better to use public transport, especially if that were run on renewable electricity. However, living in Buntingford or surrounding villages, we have a sparse service which is not always practical

The half-way house used to be to buy a (plug in) hybrid car but it has been found that, unless used carefully and charged regularly, they are no less harmful to the environment than a car with an internal combustion engine. After all, hybrids carry extra weight – the battery when using the engine and the engine when using the battery.

If you are not yet ready to change to an electric vehicle but need to buy another car, you can minimise fuel consumption by buying a car with the lowest CO₂ emissions you can find. If buying a new car, try searching on <https://www.nextgreencar.com> which allows you to search for the type of car that works for you and then finds models with the lowest real-world emissions. For used cars, websites like <https://www.autotrader.co.uk/> allow you to sort your searches (advanced) by CO₂ emissions or fuel consumption.

For all cars we can minimise microplastic shedding by driving in way that also saves fuel and money:

1. Drive smoothly, avoiding aggressive manoeuvring, and accelerate and decelerate smoothly.
2. Use the correct tyre pressure. Under and over-inflated tyres increase both wear and fuel use.
3. Try to drive the smallest vehicle you can and remove unnecessary weight from it. Consider only half filling up as a full tank adds significant weight.
4. Avoid rush hour black spots where there will be a lot of stopping and starting – it uses more fuel and increases wear.
5. Go easy on air conditioning as it burns more fuel.
6. Take off unnecessary roof boxes and roof bars as the drag increases fuel use.
7. Maintain your vehicle. If an engine is not serviced regularly, it can use more fuel.
8. Drive slower – it saves fuel.

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

Madela and the team

Find us on Facebook: [@BACCSBuntingford](#) Email us at: BACCS@gmail.com



Braughing Fair and Wheelbarrow Race 2022

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

We were blessed with amazing weather for the annual Braughing Fair and Wheelbarrow Race on Saturday 9th July. A record number of people attended and were treated to many different stalls selling everything from candles to jewellery to gin. Visitors could also sample all the wonderful food on offer – BBQ, Thai, Indian, Bagels, Pizza and Brownies, not to mention the tea/coffee and cakes supplied by the Church.

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

The dog show was very busy too, with dog-owners eager to show off the canine members of their family. The 'Musical Sits' class is still the most competitive – for the owners, not the dogs!

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

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

So, on to the Wheelbarrow Races themselves!

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

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

Each team was pelted with flour bombs as they came into the finish – some people looked like snowmen by the end. It was superb fun and the atmosphere was one of carefree hilarity for this unique English tradition. Thank you to the Axe and Compass and the Brown Bear for supplying the pints of beer which were drunk en route.

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

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

The event enables local charities and groups to fundraise for themselves and we are delighted that over £11,000 was raised. More than £4,000 was raised for Braughing village and will go towards a local project.

We look forward to seeing everyone again at next year's Braughing Fair and Wheelbarrow Race on **Saturday 8th July 2023**. Put it in your diary now!

Braughing Fair and Wheelbarrow Race Committee

Sandon's Fete Celebrates the BBC's Century



Sunday 18th September, 1-4pm

Invitation to enter:

Sandon's Crufts Show

Star Baker

Best-dressed TV character

Sandon 'Crufts' dog show will be the major attraction at this year's fete in Sandon as the village marks and celebrates the centenary of the BBC with appropriately themed activities, flower arrangements and competitions such as Star Baker and Best-dressed TV character.

Dogs of all kinds are encouraged to enter the novelty classes and compete for the unusual awards, such as waggiest tail and best six legs, alongside classic categories such as handsomest dog, best puppy and prettiest bitch. For owners it will cost £1.50 per class, entries on the day.

Villagers are invited to channel their inner Prue Leith and Paul Hollywood and compete

for Star Baker – the winning cakes will be judged by the public for best decoration and by the judges for best taste. With three classes – ladies, men, and 12-and-under – the organisers are looking forward to some creative and imaginative entries.

The fete will be opened by Sandon's most recent bride, followed by entertainment from the Sandon JMI children and the village community choir.

Along with the back-to-front bike race and space hopper races, there will be a range of traditional and more unusual stalls providing enjoyment and fun for all – high striker, football wall, tin can alley, the coconut shy, tombola, bottle stall and the Grand Draw, which offers £150 cash as first prize as well as bountiful hampers to win.

Villagers contribute their scrummy homemade marmalade, chutneys, jellies and jams that are always eagerly sought out on the produce stall, as are plants and cuttings and other culinary delights made with the abundance of summer and autumn produce.

Throughout the afternoon visitors will be able to enjoy scrumptious homemade cakes and cream teas, as well as a BBQ. There is also a licensed bar for a pint and a glass of prosecco is always a popular tippie.

The church will be decorated with stunning flower arrangements created by skilled arrangers from the village depicting the theme of the fete with displays such as The Daleks, Match of the Day and The Sky at Night.

All monies raised at the fete will go towards All Saints' Church in Sandon.

The fete is held on Sandon's village green and in the village hall, from 1–4pm, on Sunday 18th September 2022. There is free parking. Satnavs: SG9 0QX.

VINTAGE CAKES and SUMPTUOUS SOUPS



Vintage Cakes, Cream Teas & Homemade Soups with fresh Bread Rolls – delivered to your door! Please contact for price list:

Elaine – 07501 495 940 / 01763 289 738



Facebook – Sumptuous Soups and Country Cakes

Recipe of the Month

White Chocolate and Apricot Cheesecake

I understand there is a glut of apricots this year so here's a mouth-watering recipe for them!

Ingredients

200g pack shortbread biscuits	300ml pot double cream
50g butter, melted	250g pack light soft cheese, such as Philadelphia Light
7 ripe apricots	85g caster sugar
2 sheets leaf gelatine	2 tbsp icing sugar
300g white chocolate, plus extra to decorate	

Method

1. Break the biscuits into the food processor and pulse until you have fine crumbs. Grease a deep 20cm flan tin. Stir the melted butter into the biscuits crumbs, then spoon the mixture into the flan tin and press down the base and sides. Chill while you make the filling.
2. Stone and chop 3 of the apricots into small chunks. Put the gelatine in a bowl, cover with cold water, then leave to soften for 10 minutes.
3. Break up the chocolate into a heatproof bowl and add 100ml of the double cream. Stand the bowl over a pan of simmering water and leave until melted, stirring occasionally.
4. Squeeze the water out of the gelatine, then stir it into the chocolate mix. Take off the heat and stir until dissolved.
5. Beat the soft cheese and sugar together. Whisk the remaining cream until stiff, then fold into the cheese. Fold in the chocolate, followed by the chopped apricots. Pour into the prepared tin and chill for at least 4 hours or overnight.
6. Line a grill pan with foil. Cut the remaining apricots into quarters, then place on the foil, cut-sides up. Dust with icing sugar and grill for a few minutes until lightly browned. Cool, then arrange over the top of the chilled cheesecake. Shave some white chocolate curls and pile up in the centre of the cheesecake, slice and serve.

Elaine Wyld

STRAWBERRIES & CREAM

A short story

They'd been messing about really, dressing up and slapping on make-up in large dollops up in Libby's bedroom, painting black circles around each other's eyes. Tess said: "Oooh, you look like a cat." Libby purred and poked her tongue out a bit. In turn she daubed sparkling silver on Tess's eyelids and sat back. "Stars in the night", she pronounced. They both looked in the mirror, grinned and grimaced, savouring the silliness and vanity of it all. Aged 14, best friends on a lazy Saturday afternoon at the end of term, school forgotten until September 2000.

"You've got a real strawberries & cream complexion", Tess said taking a large fluffy powder brush to stroke Libby's cheek. "The boys are going to love you. White skin, pink cheeks, fair hair. What wouldn't I give..."

Libby blushed self-consciously and slapped Tess tenderly on the arm. Self-conscious not just because of the compliment but because she and Tess never talked about skin colour. Tess, her Best Friend Ever, had black skin. Ebony you might call her. Part of their friendship was saying that colour didn't matter. Occasionally Libby would hear their classmates make some vile racist joke about Tess and she never knew how to respond, except to say "Oh shut up" or something cruder. She cringed inside now, suddenly conscious of Tess's colour in a way she hadn't felt before.

"Is there a Black equivalent to strawberries & cream? You know, black silk or something?" Tess sat back. "Black beauty will do me. Anyway I've got bigger tits than you," and they fell about laughing, rolling on the bed, yelling about the awfulness of boys and their acne, laughing, laughing till their eye-make smeared and they had to start all over again.

And yet, something had changed. Subtle at first, barely noticeable. Tess began to take more interest in the few black boys in the year above them at school; Libby looked at magazines that were all white models, not intentionally of course – that's just how things were. There was Naomi Campbell, but usually the gorgeous leggy models were white. By the time of their A Levels, Tess and Libby had begun to have different friends, still hooking up every now and again, but not always, always together as they had been.

And today I'm getting married, Libby thought as she gazed at herself in the mirror, all fair hair and white wedding dress.

She knew from Facebook that Tess had gone into banking after school, braided her hair, went to funky clubs in London. Didn't seem to be married or with someone permanent. Tess's friends in the pictures were all black – gorgeous, obviously, but black.

She looked at herself, slightly ashamed. How did we let this happen? Was it me? Was it Tess? Was it 'society', whatever that means? Were we just too young to negotiate racial tensions while we were at school?

Libby sighed: I do really miss her in my life. I'll message her after the honeymoon. Rob will love her, I know he will. Yes, that's what I'll do – I really will.

Chris Kell, Buntingford Writers' Group

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



The Hundred Parishes Society

www.hundredparishes.org.uk

One pleasurable autumn task is the harvesting of ripened fruits from trees in your own garden. For most of us, our cooking apple will be a Bramley's Seedling and the dessert apple an Essex-bred Discovery or Cox's Orange Pippin.

Originating from central Asia, apples are now incredibly varied with at least 2,000 named varieties! There are 150 varieties in the gardens at Audley End, including these ripening Pippins (left).



In the 19th century the skilled horticulturalists at the Rivers Nursery at Sawbridgeworth bred and propagated many varieties of fruit trees, including the prolific Czar plum and Conference pear (right), both of which are still



available today. The Conference pear features in Great Chesterford's 21st-century community orchard (below).

For commercial reasons, the range available from modern plant nurseries is limited to a few easy-to-grow varieties. However, hidden away in forgotten corners of long-established gardens within the Hundred Parishes there are specimens of heritage varieties of orchard trees. If you have a flavoursome but unidentified variety, the team at the **East of England Apples and Orchards Project** would be delighted to hear from you. You can find further information on <https://www.applesandorchards.org.uk>, or you can phone them on 01328 838403 or email info@applesandorchards.org.uk.



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

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

Tricia Moxey, Trustee



With temperatures now regularly, it seems, into the 30s centigrade and rainfall, as I write, a distant memory, the impact of the drought is putting the issues facing our rivers back in the spotlight and increasing pressure on the water industry and government to take action. For the

sake of our chalk streams, rivers, coastlines and wildlife, let's hope that it is not too late.

I am sure many Journal readers are members of HMWT (Herts and Middlesex Wildlife Trust) and were as thrilled as we were to see FORQ get a mention in the article on Chalk Streams in their quarterly magazine, *Wildlife Matters*. We were even more pleased to see that the River Rib featured at number 1 in their 'Top 5 places to see Chalk Streams'. We were also delighted to see that Friends of the Rib & Quin received a mention in a local BBC website story highlighting restoration work to combat climate change.

As Journal readers know, FORQ have been conducting Riverfly Monitoring and Water Quality Testing at several points along the Rib and Quin for over a year now. This means that we are starting to see trends emerging and we were very concerned when, in early July, we found that phosphate levels at one of the sites in Buntingford were too high for our monitoring equipment to measure (we use Hanna HI713 Phosphate Colorimeters), meaning that the levels were above 2.5ppm (parts per million). Data over recent months from other sites on the Rib showed levels were higher than they should be but lower than in Buntingford. The figures for the River Quin in Braughing were lower still.

More data was needed to try and explain what was happening. Therefore, a day of testing was conducted at chosen sites on the Rib between Buntingford and Wadesmill. Our first test site, at Buntingford Watermill on Luynes Rise, is above the Thames Water Sewage Treatment Works (STW), and this gave a reading of 0.52ppm – approximately 7 times what might be expected in a 'natural' chalk stream. Our next testing point, at Aspenden Road, is below the STW. This is the site where we had seen the Colorimeter 'max out' on the regular test day and it did so again: the water there has well in excess of 30 times the level of phosphate compared to that expected in a chalk stream.

The next three sites, at Westmill North Bridge, A10 Hay Street Bridge and Hamel's Mead, all produced the same reading of greater than 2.5ppm. It wasn't until Braughing Railway Bridge that phosphate levels fell back to within the parameters of the Colorimeter, with a reading of 1.56ppm. Here the River Rib has been diluted by the River Quin with its lower phosphate levels. After the test site in Standon (1.56ppm), the River Rib is further diluted by discharges from Standon STW, which we believe has phosphate stripping infrastructure, and possibly by other springs. A test above Latchford (1.26ppm) rose to 1.69ppm at Barwick Ford, which is below private sewage treatment discharges at Latchford, Hanging Wood and Barwick that probably contribute phosphate. There was a fall again at Cold Christmas (1.27ppm) followed by a rise at Wadesmill to 1.57ppm.

The data from this snapshot test and our ongoing testing provide evidence of phosphate pollution in Buntingford. It is clear to us that the Rib is being highly polluted, then diluted by the Quin at Riversmeat. Our findings replicate those of the Environment Agency and demonstrate one of the main reasons why the classification for the Rib, according to the Water Framework Directive and in the Chalk stream Restoration Strategy, is 'poor'. The full report of our testing is at <https://friendsoftherib.wordpress.com/phosphate-testing/>. We will, of course, continue with our monthly monitoring of sites in Buntingford, Braughing, Standon and Cold Christmas, and we have new sites that we are looking at as well. We note that there is a planning application to upgrade the STW in Buntingford and we hope that this includes infrastructure for phosphate stripping.

Pauline Ayers, FORQ Communications

Patient Participation Group

Buntingford and Puckeridge Medical Centre

The Buntingford and the Puckeridge surgeries merged into one joint practice in 2014 but continued to operate contractually as two separate entities until quite recently. This 'separateness' has now ceased as the two GMS (General Medical Services) contracts have finally been merged with joint policies, practise, and governance in place. Administrative workload is reduced as things now only need to be done once rather than for each surgery individually. There is strong organisation and partnership and a stability that will ensure the future.

Once again, the number of face-to-face appointments continues to rise with 10,333 of the 16,506 appointments handled in this way during an eight-week period. Over 7000 of these appointments were with a GP. 'Did Not Attend' data is monitored carefully and numbers remain low as most people are very good at informing the surgery if they are no longer able to attend their allocated slot. This is so important as the space can be reallocated to someone else in need, so please, if you are unable to make your appointment, let the surgery know.

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

The telephone system provider has been able to agree to supply the functionality required by the Practice and the call back and queue number options should be rolled out in early Autumn.

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

The Practice continues to pursue premises options which are fit for the future and are considering several options. Each option has its own considerations, advantages and disadvantages, but the overriding priority is for longevity. The current site in Buntingford is not big enough for purpose and no-one wants to end up back in the same position in 10 years' time, having to repeat the task of finding somewhere else because the premises are, once again, outgrown. The extended Puckeridge site should be fully operational by end August/early September.

We all know that it can be very difficult to get a hospital appointment and that waiting lists for almost all clinics are sometimes frighteningly long. The Practice is proud that it is able to continue to manage each patient whilst they are waiting to access a hospital clinic or undergo surgery, although this does mean an additional load on the service that should, in an ideal world, have been passed on to a hospital. Most times they get things right, but they do acknowledge that sometimes things do not go according to plan and that occasionally someone may not be happy with the service they receive. If you

have any concerns regarding your experience with the Practice, please do contact the Practice Manager who will always be available to hear your story. The Practice can only improve if they are made aware of any issues and it is not helpful to anyone for dissatisfaction to be expressed on social media sites although, in reality, the positive generally outweighs any negative.

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

Jenny Dingley

Buntingford & Stortford Hybrid Studio

We have seen some very hot weather lately, so classes have been outside in the shade. We did have to cancel a few when we got into extreme high temperatures as it would have been unsafe to exercise.

During August I took over the chair of a local charity working for the wellbeing of the community, so watch out for exciting workshops and courses coming soon as I apply for funding and write courses.


Our Zoom Live Studio classes have been updated. Check out our new timetable (right) – 4 classes per week for £20 per month. And our FREE monthly challenge for September is working on our abdominals, covering lots of variations in classes and on our social media pages at:

@jacquismithpersonaltrainer

**NATIONAL
FITNESS
DAY**

Need help getting into a Healthy Lifestyle? Then contact us at theteam@jacqui-smith.net or call us on **07956 647806**

Jacqui Smith Personal Trainer



Pilates Live
Tuesday 10am
Tuesday 6:30pm
Thursday 10am

HIIT Workout Live
Tuesday 6pm
(last Tuesday of month - Dance Fit)

Wake Up Workout & Sunday Stretch Live
Sunday 9am & 9:30am

National Fitness Day is coming up on the 21st September and I will be running free workouts via our Live Studio and in venues around town.



Full Class Listings



Royston, Buntingford & South Cambridgeshire



Can you help us access £10,000 in matched funding?

Local family support charity Home-Start Royston, Buntingford & South Cambridgeshire (HSRSC), based in Meldreth, has been supporting families through tough times for the past 39 years. It has recently been awarded up to £10,000 of matched funding from the Four Acre Trust, which has pledged to match donations received by the Charity by the end of this year. To qualify for matched funding, donations must be from new donors, they must

be a minimum £500, and be from an individual, company or charity – money raised through events or sponsorship is not eligible. Donations must be received by **31st December 2022**. If you might consider generously donating in this matched funding offer, please email Sarah Mascall, Home-Start's Scheme Manager, at sarah@hsrsc.org.uk



Thursday 29th September – Home-Start Literary Lunch 12.15–2.15pm at The Bull, Royston

At most of our Literary Lunches, you'll find our poet-in-residence, Jude Simpson, in interviewing mode, teasing out the best stories from guest authors. This time, however, Jude is the one in the spotlight, being interviewed by local author Sarah Harrison to celebrate the launch of Jude's new book, 'Shambolic Mammal', an illustrated collection of her favourite poems, wordplay and musings. Tickets are £15 (includes a buffet lunch) from our website.

Who is Jude Simpson? She is a unique writer and entertainer, combining insightful observational comedy with poetry, rap and song in an act that leaves audiences smiling, laughing, and occasionally hungry! She has performed at festivals, comedy venues and theatres around the country, including the Edinburgh Festival and Glastonbury!



At Home with Jude

Host a Home-Start party with Jude!

We are delighted to team up with Jude again to bring you the chance to host your own 'At Home with Jude Simpson' event during October and November. Gather your family and friends, some drinks and nibbles, for a fantastic live gig of music, comedy and observational humour – all in the comfort of your own home. Jude's work is often hilarious, sometimes moving, and always entertaining. If you would like to find out more about these sessions, available dates and to book,

please go to <https://www.hsrsc.org.uk/event/at-home-with-jude-simpson-2022/> or call Tracy on 01763 262262 or email events@hsrsc.org.uk.

Finally ... we are hosting a QUIZ NIGHT at Meldreth Village Hall on Saturday 1st October, from 6.45pm for 7.30pm start. Teams of up to 6 people, tickets £13.50pp which includes a fish & chip supper. Reserve your tickets by 15th September by calling Tracy on 01763 262262 or email events@hsrsc.org.uk.

Buntingford Community Choir



It was with great sadness that we had to announce to the Choir that one of our founder members, Eve Norman, had passed away. Only a few months ago Eve was featured on the front of the Journal at our Birthday celebration, proudly displaying her founder's medal, and even more recently she enjoyed performing on stage with the Choir at the Summer Arts Festival in Layston Court Gardens in June. Eve will be missed by the whole choir and we pass on our condolences to her friends and family.

Choir Practice will resume on **Monday 5th September** after our short summer break. We meet at **Millfield School** in Monks Walk, Buntingford, starting at 7.30pm.

If you are interested in joining us you can email us at info@buntingfordchoir.co.uk. Or for more information go to our website: www.buntingfordchoir.co.uk



NEW SCHOOL YEAR

Nights drawing in!

Want to do something new for you?



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

Coffee Morning

**At Standon & Puckeridge Bowls Club, Station Road,
Standon, SG11 1TF (parking at Community Centre)
to learn more about the Trefoil Guild.**

Trefoil Guild is the part of Girlguiding that is for adults and we are exploring the option of starting a new Guild group locally. Pop in and enjoy a cuppa and find out more. The new group might meet daytime or evening depending on what is best for the most people. You do not need to have been in Guiding to join. Everyone is welcome. Information about units for girls will also be available. Young children welcome

If you are interested but cannot come that day, contact Janice at trefoil@girlguidingherfordshire.org.uk

Buntingford W.I.

We are so pleased that our pump decorations have survived – thanks I guess to the long dry spell – so they will still be in place for visitors to the town to see when they come for the Classic Car Show this month. We are now starting work on our annual wreath for the War Memorial and also thinking about our Christmas project.

The speaker at our July meeting was Nick Dobson and he took us on a virtual tour of London by tube, stopping off at various stations to see places with literary connections and he told us lots of anecdotes about well-known poets and authors. One surprising fact is that author Dorothy Sayers, who was associated with the Bloomsbury area, originally worked in advertising and she was responsible for the famous Guinness advertisement with the poem about a Toucan.

In August we held our annual tea party in the beautiful gardens of Pigs Nose Cottage and, on one of the hottest days in August, it was lovely sitting in the shade of the trees with a refreshing occasional breeze to keep us cool!

Our next meeting will be on **Thursday 8th September** at the URC Hall (opposite McColls) at 7.15pm. Our guest is Analiza Jones and she will be talking about the making of handwoven bags from the Philippines – so if you are into handbags this will be the meeting to come to as there will lots on display and you'll be spoilt for choice! If you are new to Buntingford (and even if you're not!) just turn up on the night and come to see what Buntingford W.I. is all about.

If you would like further information about us you can call us on 07817 459313.

Val Hume

Buntingford Gardeners' Club

September's meeting, on Wednesday 7th, is our Annual Show, an opportunity for the members to exhibit their achievements in a relaxed atmosphere amongst friends.

Have you recently moved into Buntingford? Have the builders or previous house-holders left the garden in a mess? Where do you start? Why not come along to our meetings held on the 1st Wednesday of the month (excepting January and August) at the United Reformed Church Hall, opposite McColls, at 7.45pm for 8.00pm start, and discover the wonderful world of gardening. A garden is not a necessary requirement to come along to the Gardeners' Club. We have a varied programme of speakers and day trips to interesting venues.

New members and visitors are always welcome. Membership costs £17.50 per annum, visitors pay £3 per meeting. Contact: Secretary 01763 271885.

Lesley Lowers

Reed Garden Club

Wednesday 14th September, 2–4pm, at Reed Village Hall

This month's speaker is Dr Gwenda Kyd. In 'People and Plants – molecules, medicines and mischief', she takes a closer look at some uses of plants, both traditional and modern. £2 entrance to include tea/coffee & biscuit, also the bookstall.



Buntingford Bowls Club

On Sunday 31st July the Club took part in the Hertfordshire County finals at Bishop's Stortford where 12-year-old Matthew Murphy of Buntingford (left) paired up for the very first time with Josh Juke of Datchwood Hall, playing in the junior pairs against another Hertfordshire pairing. All four youngsters had a cracking game but Matthew and Josh came out winners on the very last end by 1 shot. Matthew and Josh will go on to represent Hertfordshire at Leamington in the National finals, making Matthew the youngest player from Buntingford ever to go to the finals.

In the fours, Ross Murphy (Matthew's dad), Carl Frostick, Scott Wake and Mark Plume had a relatively easy win over a Garston four and will also represent Hertfordshire at the finals. Well done to all and good luck in the finals!

Dave Murphy

A Talk on the History of Reed

will be given by our local historian, Tom Doig, in Reed Village Hall on

Saturday 24th September at 7pm

There will be a Ploughman's Supper and Licensed Bar.

Admission £10

To book please contact Di Duke by email di duke@btconnect.com

or phone 01763 848294



NATIONAL GARDEN SCHEME
Garden Open For Charity

Alswick Hall

Hare Street Road, Buntingford,
SG9 0AA

Sunday 18 September
12 - 4pm

Adults £8 Children free

www.alswickhall.com/gardens

Hog roast.

- Wheelchair access
- Dogs welcome
- Plants for sale
- Teas available
- Hog roast
- Card payment accepted
- Admission: adults £8, children free

**More information available on
the National Garden Scheme
website at:**

ngs.org.uk



East Herts

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

citizensadviceeastherts.org.uk

The cost of energy and food is so high now. With the kids home from school for the summer, I had to pay out more for lunches and snacks. I'm worried about how I'll put food on the table this autumn, never mind winter. I'm on a prepayment meter and I'm really scared we're going to be left without any gas or electric if I can't top up. What can I do?

First of all, you're doing the right thing in reaching out for support and there are things you can get help with.

As a prepayment meter customer, your energy supplier will be able to give you temporary credit if you can't afford to top up your meter. They might add this to your meter automatically, but if they don't, you can call them and ask them to do this.

If you run out of temporary credit, speak to your supplier to explain your situation. They may give you extra temporary credit if you're struggling with living costs. There are other reasons why they might give you extra credit too, including if you're disabled, have a long-term health condition, or you have children under the age of 5. You will have to pay back anything extra you get, but you can agree with your supplier how to do this in a way you can afford.

As you say, the cost of living is really high but there is help available. If you pay council tax and you're in bands A-D, you should get a payment of £150 automatically. It could take until the end of September, but if you've not had it already you might need to make a claim. You can check how to do this on your council's website.

You might also be able to get a fuel voucher, which you can use to add credit to your meter. Contact your local council about this.

There's more government support coming from October, including a £400 payment to help you with your energy bills. If you have a prepayment meter, you'll be given vouchers in the first week of each month from October, via SMS text, email or post. Make sure your energy company has your up-to-date details.

To help manage other costs, it's also worth checking you're getting all the benefits you're entitled to. There are **benefits calculators** you can use online. On the Citizens Advice website, there's advice on **how to reduce living costs** and information on **other ways to increase your income**.

School holidays can be a really tough time and we know the normal food shop isn't stretching as far it used to. Contact your local council to find out what extra support you can get. If you can't afford to buy food, your local Citizens Advice can help you get a referral for a food bank.

We know this is an extremely worrying time and everyone's situation is different. Don't struggle alone. If you need further support, call our Message Line **01920 459 944** at anytime – we aim to return calls within 24 hours (except weekends). Or visit our website www.citizensadviceeastherts.org.uk for our advice options.

Citizens Advice East Herts is a registered charity.



At Attend2Health we have been very grateful to have air conditioning in our premises as the weather has been so hot this summer!

This month I thought I would focus on our private GP, Dr. Suren Naidoo (right), who works at the clinic on a Wednesday. He is able to help with skin tag removal, mole checks, hair loss treatments, Botox and Fillers, as well as a new treatment called ThermaVein. Dr. Naidoo has been using ThermaVein for over 6 years but it is new to Attend2Health. It is used to eliminate vascular blemishes and thread veins on the face, and is the gold standard treatment for the removal of facial or ankle thread or spider veins. The ThermaVein machine works by a process called Thermocoagulation in which a tiny needle is touched to the skin, delivering a small microwave current that seals off the thread vein walls. For more information or to book a free chat give us a call on 01763 87 80 87.



Louise Hampton



The ‘Carers in Hertfordshire’ Charity is asking unpaid family and friend carers to take a few moments to complete a survey that will provide a better insight into the caring situation in our county

If you look after a partner, relative or friend, who is ill, disabled, elderly, or misuses drugs or alcohol, and you or the person you care for lives in Hertfordshire, the Carers in Hertfordshire charity would like you to complete a short survey about your caring situation.

The responses will help the charity, which provides support for unpaid carers in the county, to understand the caring situation in Hertfordshire in 2022, any changes since its last survey, and if it should adapt its services to meet any apparent needs. Feedback can also be used to show other organisations why supporting carers is so important and if there is anything they should be doing to help.

The survey asks about various topics including your experiences of health and care services, your own health and how many people you care for. There is one survey for **adult carers** at www.surveymonkey.co.uk/r/JK3SJM and another one for **young carers**, aged up to 19, at www.surveymonkey.co.uk/r/YM9Z6RJ. Or you can call the charity on **01992 58 69 69** to arrange to complete the survey over the phone or to receive a copy by post.

The surveys are due to close later in September, so please don't delay. You can complete the survey anonymously, or if you are happy to give your details you will be entered into a prize draw. Prizes include gift cards of various amounts.

For more information or support related to a caring role contact Carers in Hertfordshire on **01992 58 69 69** or visit www.carersinherts.org.uk

u3a learn, laugh, live Buntingford

Some U3A groups take a break during August but others, like Bridge and Mah Jong, keep going. Another 'non-stop' group was the new Pickle Ball group (below), which meets on Mondays at the Seth Ward Community Centre, 11.30am–1.30pm (except on the second Monday of the month when there is an early finish to prepare for the u3a Monthly Meeting.)



Another new group started in July and they, too, carried on through August. Led by Dave Austin, a former U3A Buntingford chairman, it's a Petanque group which meets on Fridays at The Crown pub, 1pm–3pm.

On one of the hottest days of the year, Monday 18th July, when temperatures in the high 30s and even above 40°C were recorded around the country, we had a very successful Tea & Cake get-together on in the cool hall at the Seth Ward Community Centre. Many of our new members attended and the homemade cakes were out of this world!



The LETs Group (London, Elsewhere & Theatres) went to the Hatfield Battle Proms (left) and the evening was perfect with the weather a little cooler than it had been. The show began at 6.15 and included a display by the iconic Grace Spitfire. The show finished at 10.30pm.

Our speaker for Monday 12th September is Corinne Price on 'The Swiss Garden – Restorations of a Regency Gem'. The Swiss Garden was created by Lord Ongley in the 1820s in the 'Swiss Alpine Picturesque' style, and boasts 13 listed buildings and artefacts within its 9-acre grounds. Embellished with Victorian features during the 1870s by Joseph Shuttleworth, the garden and its buildings sit within the wider landscape of Old Warden Park, an early 19th century Grade II listed parkland. The garden is a rare and complete example of a late Regency landscape in the UK, as many of the delicate structures in

other gardens dating from this period have not survived. The Swiss Garden has recently been extensively restored thanks to a £2.8 million Heritage Lottery grant, and as a result was taken off the Heritage at Risk register in 2014. This presentation includes an illustrated 'potted history' of the Swiss Garden over the last 200 years

We meet at the Seth Ward Community Centre on the second Monday of the month – doors open at 1.30pm. **New members are always welcome.**

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

www.u3asites.org.uk/buntingford

Jean Cook

BALA Buntingford Action for the Less Able

Registered Charity No. 1094426

Minibus Trips in September 2022

SEPTEMBER	Time	Destination	Price
Thurs 1st	10.30-2pm	Frosts Garden Centre, Willington	£7.50
Wed 7th	9.30-3pm	Southend	£13
Mon 12th	10.30-2pm	Scotsdales Garden Centre	£6.50
Wed 14th	11.30am	Pub Lunch	£5
Mon 19th	10am-2.30pm	St Ives	£8
Weds 21st	9.30-1.30pm	Hoddesdon Town Centre (Market Day)	£6
Tues 27th	9.30-1.30pm	Biggleswade Town Centre (Market Day)	£6.50
Thurs 29th	10am-12.30pm	3 Lakes, Ware	£4
OCTOBER			
Tues 4th	10.30-2pm	Saffron Walden	£6

All trips start from the Benson Hall car park unless otherwise agreed
Our bus has full facilities for wheelchair transport with the latest length
tail lift. To book a seat or for more information ring: 01763 271909
or 07870 638480 (please be prepared to leave a message)

BALA Coffee Morning At URC Hall, Baldock Road
Friday 16th September, 10–11.30am

DATE FOR YOUR DIARY BALA'S 20th Birthday Lunch
Friday 21st October, 11.30-1.30, at URC Hall

WHAT'S ON – DATES FOR YOUR DIARY

SEPTEMBER

- Fri 2nd 7.30pm: **Buntingford Film Club** – 'Downton Abbey' at the URC (p.15)
Sat 3rd 11am–4pm: **Buntingford Classic Car Show** in the High Street (p.A18) plus the
Alternative Electric Car Show in the Town Car Park (p.4 & 27)
Wed 7th 7.45 for 8pm: **Buntingford Gardener's Club Annual Show** (p.38)
Wed 7th 8–10pm: **Ware & District Photographic Society** new season (p.15)
Thur 8th 7.15pm: **Buntingford WI** in URC Hall (p.38)
Mon 12th 1.30pm: **u3a Monthly Meeting** at Seth Ward Community Centre (p.42)
Tue 13th 2pm: **Buntingford Local History Group** at the Library (p.5)
Wed 14th 9.30–11.30am: **Coffee Morning** with the Trefoil Guild in Standon (p.37)
Wed 14th 2–4pm: **Reed Garden Club** in Reed Village Hall (p.38)
Wed 14th 8pm: **Buntingford Branch of the Royal British Legion** in The Crown
Fri 16th 10–11.30am: **BALA Coffee Morning** in URC Hall (p.43)
Sun 18th 12–4pm: **Alswick Hall Garden Open for Charity** (p.39)
Sun 18th 1–4pm: **Sandon Fete** (p.29)
Wed 21st **National Fitness Day** (p.35)
Sat 24th 7pm: **A Talk on the History of Reed** in Reed Village Hall (p.39)
Thur 29th 12.15–2.15pm: **Home-Start Literary Lunch** in Royston (p.36)

LOOKING AHEAD

- Sat 1st Oct: **Buntingford Film Club** – 'Top Gun: Maverick' (p.15)
Wed 12th Oct: **BALFF Autumn Course** commences at Seth Ward CC (p.16)
Thur 15th Oct: **Quiz Night** in aid of the RBL Poppy Appeal (p.19)
Fri 21st Oct: **BALA's 20th Birthday Lunch** at URC Hall (p.43)

Mondays:

- From 8.30am: **Buntingford Market** on Market Hill
10am–12noon: **Coffee Morning** at St Peter's Church
10–11.45am: **Chatter Table** at the Manor House – 1st and 3rd Mondays
1.30 for 2pm: **Buntingford Senior Citizens' Club** at URC Hall (p.16)
7.30–9pm: **Buntingford Community Choir** at Millfield School (p.37)

Tuesdays:

- 10.30–11.30am: **Jigsaws & Chat** – 1st Tuesday at the Library
7.30–9pm: **Braughing Sing Community Choir** in Jenyn's School Hall

Wednesdays:

- 10.30–11.30am: **Coffee Morning** for Ukrainian families in Walkern (p.16)
8–10pm: **Ware & District Photographic Society** in Thundridge Village Hall (p.15)
Buntingford Meditation at St Peter's Church, except the 1st Wed in the month
which is online: www.mindful-worklife.com/buntingford-meditation

Thursdays:

- 10.30–12noon: **Coffee & Company** at the URC Hall (p.14)
12.30pm: **Functional Movement Class** in Reed Village Hall; contact Jessie Skeggs
on 07977 146 380 / www.peacefulchangePilates.com
2.15–2.45pm: **Story Time** for toddlers in the Magnolia Room, Buntingford Library.

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Buntingford Civic Society

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



WHO ARE WE?

We are your local amenity group, established in the early 1970's initially as a conservation group covering the ancient parishes of Buntingford, Layston, Aspenden, Wyddial and Throcking. We obtained charity status in 1993.

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

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

WHAT HAVE WE DONE?

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

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

Updated the set of Town Trails with the Discovering Buntingford booklet.
Erected a Town Sign and replaced it on a like for like basis in 2018

Installed a seat on the hill to and paid for works at the Layston Cemetary.
Erected Town Gateway signs complete with Planters and pay for the plants.
Contributed financially to the Freman College sports hall, Buntingford Film Club, previous Buntingford Carnivals, and to the planned Summer Arts in Buntingford 2022 weekend, and given a grant to the Friends of the River Rib and Quin

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

Were actively involved with the production of the Neighbourhood Plan
Arranged four Buntingford in Bloom competitions our fifth in 2020 cancelled due to the pandemic.

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

WHAT ARE WE PLANNING TO DO?

Monitor future housing development and continue to work with local organisations for the benefit of Buntingford, including the River Rib Project.

TO JOIN PLEASE SEE THE MEMBERSHIP FORM ON OUR WEBSITE
www.buntingfordcivic.org.uk

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Carers in Hertfordshire Online



Due to the situation with the coronavirus most of Carers Support Hub groups are meeting online via Zoom. The main purpose of the groups is to bring carers together so they can offer each other practical and emotional support.

If you would like to join in a group online we request that you book a place. If the group for the area where you live is at a time you can't make, or is not yet running online, you are welcome to book a place at another meeting. Please note the meetings may be subject to change so contact us to check details.

To book email contact@carersinherts.org.uk or phone **01992 58 69 69** and let us know which group you are interested in. Once you've booked a place we will send you confirmation and the meeting login details. If you're booking by phone it would be useful if you could confirm your email address. **Please do let us know if you have any other technical issues or requirements, as we may be able to help.**



Carers in Hertfordshire Hub groups meeting online via Zoom

Name of Group	When Meeting
Berkhamsted (a joint meeting with Hemel Hempstead)	Second Tuesday of the month, 10.30am – 11.30am.
Bishop's Stortford	First Wednesday of the month 10.30am – 11.30am.
Borehamwood	Second Thursday of the month, 10.30am – 11.30am.
Buntingford	Last Tuesday of the month, 10.30am – 11.30am.
Chorleywood & Rickmansworth	Third Monday of the month 10.30am—11.30am
Harpenden	Third Thursday of the month 10.30am – 11.30am.
Letchworth Garden City	Third Wednesday of the month 10.30am – 11.30am.
Potters Bar	Last Wednesday of the month 10.30am – 11.30am
Royston	First Thursday of the month 10.30am – 11.30am.
Stevenage	Last Thursday of the month 10.30am – 11.30am.
Ware	Third Friday of the month, 11am – 12pm noon.
Watford	Second Monday of the month, 10.30am - 11.30pm.

Our **Men's Carers' Group** is also meeting online on the **last Tuesday of the month, 1.30pm – 2.30pm** and twice a week we have some informal meet ups on Zoom for any carers to join in with so they can have a chat. Please contact us for more details or if you'd like to join any of these meetings.

Our Carer Support Advisors should also be able to advise you of other groups for carers that are meeting online during the coronavirus pandemic. You can contact them 9.30am – 5pm Monday to Thursday and 9am – 4pm on Fridays for advice or support related to your caring role.

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

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

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

For one-off adverts or to advertise a specific event, contact the Journal editor, Christine Noble, on 01763 273 095 or email journal@buntingfordcivic.org.uk.
Adverts for charitable or community events are normally free of charge.

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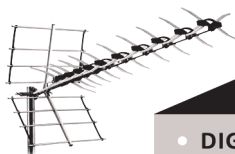
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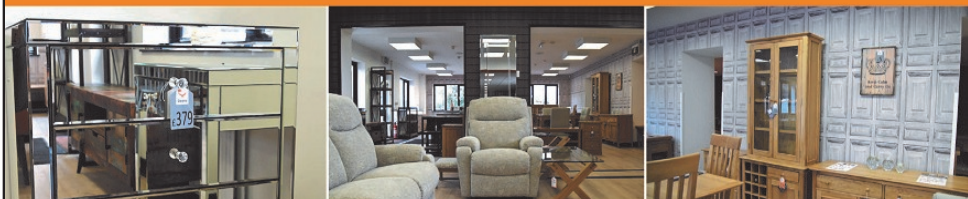


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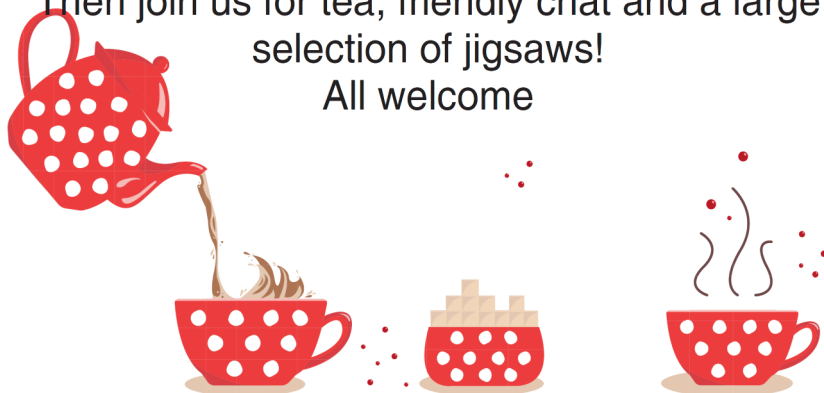
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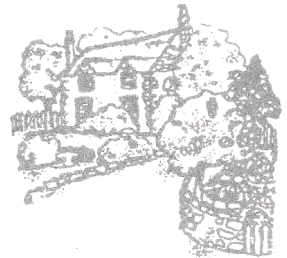
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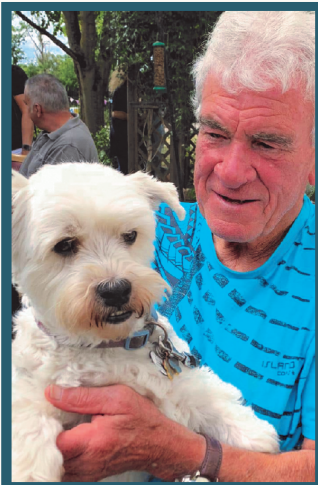
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