

Wheathampstead Pump Community Matters



Spring is coming!

In this issue:

How Twiddlemuffs help dementia sufferers

Tree planting by St Helen's Year 5 pupils

Do you want a boules court in the village?

Looking after our open spaces

Changes to our library



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The Pump news in brief

- **Ann Rudeforth**, one of the founding members of the Beech Hyde Nursery, has been awarded the Medal of the Order of the British Empire (formerly the British Empire Medal) for services to our community. Since the 1980s Ann has been arranging transport for villagers who need to get to hospital appointments, shops and other village events. In addition to her work for the Wheathampstead Community Group, Ann also volunteers for Oxfam and is a chorister at St Helen's.
- **The theme for this year's Village Day is "When I grow up"**. Start planning your costumes, float and stall decorations now!
- **The Parish Council is hiring two part-time administrators to work in our offices in Marford Road**. We are looking for someone with accounts experience and experience with the Sage accounting software and a second person to be responsible for events and communications with our residents. For more information contact the Clerk (see page 22).
- **Positive Movement classes are being held at the Memorial Hall every Thursday from 1.30pm to 3pm**. This is a new well-being programme for older people, anyone with mobility problems and also carers. The friendly sessions combine gentle exercise and movement with time to socialise and tea (£3 per session). For details or to book a place ring 01462 678804 or go to positivemovement@letchworthcentre.org
- **Litterblitz will be meeting on Saturday 25 February at 9.45 in Abbot John Mews ready to clear Cory Wright Way**. Follow up meetings are on Saturday 6 May and Sunday 9 July. More volunteers are welcome.



Dates for your diary

February 16 to 18 (Thursday to Saturday) 'Macbeth' by Wheathampstead Dramatic Society, Memorial Hall, 7.30pm

February 23 (Thursday) U3A guest speaker on the Second World War, Dr Helen Fry of the Trent Park History Society

February 23 (Thursday) Bingo at the Mead Hall 7.30pm
Amwell Fund Raisers (every last Thursday in the month)
contact Colin on 07790 639735

February 24 (Friday) WDPS AGM, Memorial Hall 8pm, Guest speaker on "Batford Springs Nature Reserve"

February 25 (Saturday) Litterblitz. Also 6 May and 9 July

March 9 (Thursday) Patient Participation Group meeting. The topic is 'Diabetes', 7.30pm Memorial Hall, free refreshments. Ring 832240 or 833628 for more information

March 30 (Thursday) U3A AGM including film: 'Wheathampstead in the First World War'

May 4 (Thursday) County and District Council Elections

May 10 (Wednesday) Annual Parish Meeting, Memorial Hall 7.30pm

May 21 (Sunday) Beech Hyde 10K and Fun Run

July 8 and 9 (Saturday and Sunday) Village Weekend—theme 'When I grow up'

If you wish to advertise your event in the next Pump contact the Parish Office (page 22). Next issue deadline is 7 April.

Exchange visit—change of dates

Please note that because of local elections in the Cosne sur Loire area of France on the Sunday of the weekend we were planning to visit, the date has been changed to 23-26 June.



Visit www.friendsofcosne.com for details or talk to Cllr Gill Clark (see page 22 for contact details).

Need help with your computer?

Every Tuesday morning, from 10am to midday, the Wheathampstead Library brings computing alive for local residents. For just 50p, which includes a coffee/tea and a biscuit, the Library provides 12 computers connected to the internet with at least two helpers available to provide advice for those attending.

There are also people seeking advice and help that bring their own computers and iPads/tablets .

There is a social atmosphere and the people that attend sometimes come along for a chat about what they are doing with their computers and on the internet.

The club is an ideal way to help those who are not confident to get to grips with IT skills, stay in touch with their family, shop online and generally overcome some of the fear of using computers.



Come along if you are interested: we are a very social group.

Learn about:

- staying in touch with friends and family
- social media
- sending and receiving electronic mail
- shopping online



Think before you park!

Would a fire engine be able to get to your house in an emergency?

Wheathampstead Fire Fighters are urging people to think about the way they park their vehicles to prevent lives from being put at risk. We know space can sometimes be limited but please try and leave enough room for a fire engine to get past should it need to respond to an emergency. How would you feel if you have an emergency and we can't get to you or were delayed because of careless, inconsiderate parking?



Recently fire engines were unable to attend a fire in King Edward Place because of careless parking next to the bakers—this might have cost people their lives.

We have on several occasions had cars parked in the fire station drives. This is reckless, would delay us turning out, and could potentially be life threatening. If you park on our drive you can expect a visit from a police officer asking why. It's never right to block the exits or entrances to the fire station even if it's only for a couple of minutes.

Tracey Folds, Watch Commander, Wheathampstead Fire Station

Library support is changing

Starting later this year our library will be staffed by volunteers only. As previously reported (Pump Issue 121 p3) it will also at some point be moving to the fire station.

There will be a public meeting in March (date to be announced) and a call for volunteers. Please watch for details. For more information or to volunteer, contact Chrissy Chadney at:

chrissy.chadney@gmail.com, telephone 01582 833404

Wheathampstead Open Spaces Volunteers (WOSV) news

The Wheathampstead Open Spaces Volunteers (WOSV) have been busy since the last edition of The Pump.

On a fine Saturday morning in December, we returned to Gustard Wood to continue with the programme of clearing invasive holly. The aim is to restore light to the woodland floor so that a variety of plants can re-establish, in particular the gorse and the juniper that once characterised this area of acid grassland—a habitat that has become a rarity in Hertfordshire.

On this occasion, we focused on opening up the view from the lay-by all the way through to the eastern boundary with Astridge Farm and the Lamer estate, as shown in the two photographs below.

Before



After



The work also revealed more of the ancient field boundary that runs north/south between the Lamer estate and Gustard Wood Common with its earth bank and remains of a laid hedge, and the holloway that runs parallel to it up towards The Cross Keys. The History Society is looking into the possibility of excavating this area.

Next, on a rather colder Saturday morning in January, we paid a return visit to the Local Nature Reserve at Butterfield

Continued on next page....

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Road to continue the work of maintaining and improving the grassy chalk bank on the southern boundary. Clearing invasive vegetation and cutting and removing the grass each year improves the habitat for birds and insects as well as



wild flowers. The number of bullfinches and linnets has increased year on year and the butterflies are a delight in the summer. The photograph shows some of the working party admiring the results of clearing one of the two south-facing areas of self-set ash trees that we worked on.

Peter Ryan, WOSV Coordinator

Vulnerable during a power cut?

Do you or someone you know need extra help if there's a power cut? Power cuts can be very worrying, especially to older people, people with chronic medical conditions or parents of very young children. That's why U.K. Power Networks has set up a 'Priority Services Register' so they can identify vulnerable people quickly in the event of a power cut and get them the help they need.

This winter it is keen to increase the number of people who are registered for help so they can provide the support they need more quickly.

You can find more details and register them by visiting



ukpowernetworks.co.uk/prioritysupport
or calling 0800 169 9970.

Twiddlemuffs

What is a Twiddlemuff? Well, it is a double thickness sensory band with bits and bobs attached inside and out. They are used to calm patients with dementia or Alzheimer's, who often have restless hands. These muffs are a wonderful source of entertainment, providing sensory stimulation to keep the patient's hands 'busy.' In addition, they help to reduce agitation while ensuring their hands are snug and warm.



On an ordinary Tuesday afternoon in November, it was fascinating to visit an industrious group of twelve mainly WI ladies who were knitting something different: twiddlemuffs.

According to Pam Sanderson, the organiser of the project, the reaction is like someone 'switched the lights on' when Twiddlemuffs are given to patients. She told me that no-one makes toys for dementia patients, but these work and are in demand from care homes and hospitals. The group would also like to offer them to local people who live at home



It is amazing that such a simple and inexpensive idea can be so effective. Most ladies who knit have left-over wool and the group would welcome supplies, as well as large buttons, beads, toggles or ribbons to make the muffs more interesting.

Last month we published an article about Gillie who raised money for dementia by running. Similarly, these ladies' work made me realise how our village is full of 'everyday heroes' who give up their time to help others.

Please let us know about other examples, so we can all celebrate some other extraordinary achievements.

Cllr Linda Halford

Affinity Water - Water Saving Programme

Residents may be aware that Affinity's Water Saving Programme is moving into our area. In the coming months, you will be receiving information about their programme and what you can expect during the installation of a water meter.



The area they supply is one of the fastest-growing, most economically active regions of the UK (over 3.6m people North and West of London). It is an area which the Government has designated as being under serious water

stress. Furthermore, it is estimated that by 2040 there will be an extra 600,000 people living in 280,000 new homes in this supply area.



Affinity's Water Saving Programme will help to achieve a sustainable

supply in three ways:

- **Saving water** – Affinity will help us to save water, save energy and save money by providing free advice and free water-saving devices.
- **Metering** – water meters encourage us to use less because we only pay for what we use. Affinity plans to install 280,000 meters by 2020 and will give customers the choice to keep paying non-metered charges for up to two years.
- **Reducing leakage** – Affinity has committed to reducing leakage by 14% - 27 million litres per day by 2020.

Watch out for further information or contact Affinity on 01707 277110 or email news@affinitywater.co.uk





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Do you play boules?

Boules (also known as petanque) is a traditional French game that has become ever more popular in Britain. One of the big advantages over bowls is that you don't need a particularly special surface to play it on—just well-drained hard dirt or gravel.



The Parish Council is ready to install a court should there be demand among our residents.



Boules is often played by small groups of men and women in a social environment particularly on warm dry days. The Council owns open spaces close to the village centre where a suitable court for one or two teams might be

installed along with a few benches for onlookers and players.

If you would like to support the idea, or even organise some teams, please contact the Parish Office. You can also vote for a court on the Home page of the website.

The picture (above) shows the two boules courts located in the centre of Harrogate. Each court allows two matches to be played simultaneously.

The picture on the right is of a boules court in Taunton.



North Meads

The main focus of work in The Meads this winter is on the trees and undergrowth on the north side of the river alongside the bridleway.

The success of the pollarding and planting that we did in the eastern plantation of goat willows last winter (see photo) has led us to make more ambitious plans for the western plantation this year.



The trees here are in even worse condition than those in the other plantation so, working with Rothamsted Research, we will pollard about six of the healthier ones and remove the rest altogether. Then, and this is the exciting bit, we will plant about 30 willow sets from up to ten different species, chosen because of the variety of colour in their trunks (red, brown, green, yellow, purple), leaf shape and potential height. These have been donated by Rothamsted Research who have helped us choose from their stock of about 150 different species. In a few years, we will have a very special and eye-catching group of willow trees that will be a unique feature of The Meads.



We have also been working to clear more of the invasive holly that has surrounded the magnificent mature oaks and field maples that mark the line of the ancient earth bank alongside the bridle path.

Continued on next page...

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They include some of the finest and most beautiful trees in the parish and deserve to be seen and admired, as in the photo. Finally (for this year anyway), we plan to plant five white poplars behind the eastern willow plantation where there is a gap in the line of large mature trees. This will help to screen the houses on the far side and maintain the semi-rural feel that everyone enjoys in The Meads.

Patrick McNeill, Meads Ranger

The John Bunyan Charity Day

Organised by the Wheathampstead Community Group and Beech Hyde School, and held in September, the event was an outstanding success. £1,700 was raised on the day, plus just over £1,000 paid through our 'BT MyDonate Account' and £1,000 from 'Barclay's Match Funding' bringing the overall total to just under £4,000. An amazing result!



There were many hard-working helpers from both organisations but the 'stars of the show' were the John Bunyan team who worked tirelessly, long before the day, to collect items including tickets for various occasions, artworks, wines and a most beautifully made dolls' house for the auction.

At the well-attended event, there were other attractions including a bottle tombola, home-made cakes and paella, plus a toy tombola and donkey rides for the children. All in all a very satisfying day and one to remember for next year's diary!

Bel Bluemel
Wheathampstead Community Secretary

Youth News: Tree Planting

An account of tree planting in
Heartwood Forest by
Lily Compton, St Helen's CE
Primary School (Year 5)

On Monday 28 November 2016, all of Year 5 was invited to go tree planting so obviously we accepted the offer. The walk was long and tiring but there were no



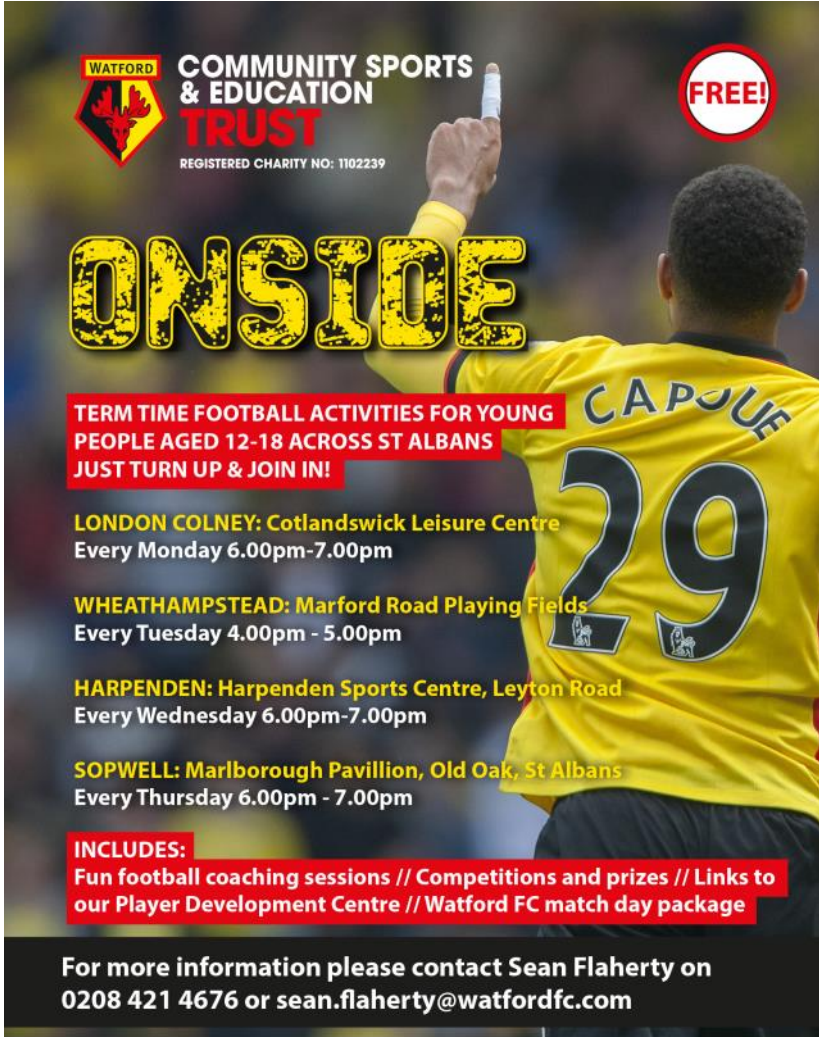
groans or regrets (luckily). The ground was cold and hard. As we entered Butterfield Road we decided to plod up Wick Avenue and across Nomansland Common. When we got there the instructors (Tim and Chris) taught us how to plant trees and to dig our spades through the hard mud. Some of the pebbles there are over 10,000 years old because in the Ice Age they got washed up by a glacier.

We had a lovely time. In total we planted 225 trees. Some were Rowan trees, others were Cherry or Oak. My partner and I planted eight Rowan saplings, four Cherry trees and one big Oak tree. Someday I hope I can visit the forest when I am older and tell my children or grandchildren that I built this forest when I was in Primary School.

I am very excited because he said he will try and fit in another session this year. I rate it 100/10.



Youth News: Football Sessions



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Note:

There are also sessions for the 8-11 age group. Tuesdays 5-6pm (£1 per go).

St Helen's School's new defibrillator



An automated defibrillator is now available in the centre of the village, at **St Helen's School**. Easy and safe to use, it offers a valuable additional first aid response in cases of sudden cardiac arrest once 999 has been called. The St Helen's defibrillator can be accessed via Reception, during school hours.

Also—the Parish Council has just ordered one to be placed outside the Memorial Hall. See the next issue for more details.

Your vote matters – don't lose it

Hertfordshire County Council elections take place on Thursday 4 May 2017.

Only those people who are registered to vote can take part in the elections in May. If you have recently moved to the district or moved house it is important that you register again now at your new address. Registering to vote is straightforward and can be done online at www.gov.uk/register-to-vote The deadline date for receiving applications to register for the May elections is Thursday 13 April 2017.




Postal and proxy vote application forms are available from www.aboutmyvote.co.uk or by calling the elections team on 01727 819294. The deadline for receipt of new postal vote applications is 5.00 pm on Tuesday 18 April 2017.

For further information on registration and voting please visit www.stalbans.gov.uk/elections



Thursday 2 March	10am — 12 noon
Monday 6 March	2pm— 4pm
Tuesday 14 March	3pm— 5pm
Saturday 18 March	10am — 12 noon
Friday 24 March	10am — 12 noon
Wednesday 29 March	2pm— 4pm
Saturday 2 April	3pm — 5pm
Thursday 6 April	10am — 12 noon
Monday 10 April	2pm— 4pm
Tuesday 18 April	3pm — 5pm
Saturday 22 April	10am — 12 noon
Friday 28 April	10am — 12 noon
Wednesday 3 May	2pm— 4pm
Saturday 6 May	3pm — 5pm
Thursday 11 May	10am — 12 noon
Monday 15 May	2pm— 4pm
Tuesday 23 May rd	3pm — 5pm
Saturday 27 May	10am — 12 noon

Police surgery dates at the Memorial Hall



All dates and times are subject to operational requirements.

Che Ponton
PCSO 6021



Clerk to the Parish Council

Julia Warren, Parish Council Office, The Memorial Hall, Marford Road, AL4 8AY.
Contact on 01582 832541 or info@wheathampstead-pc.gov.uk
website: www.wheathampstead-pc.gov.uk

Your Parish councillors

Annie Brewster	Fairways, Firs Drive, AL4 8LB	01438 832255
Gill Clark	16 Tudor Road, AL4 8NW	01582 832579
Adrian Dante	25 Wright Close, AL4 8TJ	07780 836624
David Davies	3 Cherry Tree Lane, AL4 8HP	01582 821350
Elias Habib	69 Necton Road, AL4 8LB	07522 435367
Linda Halford	35 Marshalls Way, AL4 8HZ	01582 760593
Steve Haynes	65 Necton Road, AL4 8AT	01582 629327
David Johnston	9 Brewhouse Hill, AL4 8AN	07774 211933
Tessa Reason	Croft Farm, Cherry Tree Lane, AL4 8HP	01582 832071
Judy Shardlow	28 Dale Avenue., AL4 8LS	01438 833858
Paul Wilby	35 Nurseries Road, AL4 8TP	01582 834549
Peter Woodhams	54 Butterfield Road, AL4 8QH	01582 832541

Your District councillors

Annie Brewster	As above	As above
Gill Clark	As above	As above
Sandra Wood	12 Mount Road, AL4 8BX	07919 497818

Your County councillor

Maxine Crawley	14 Saberton Close, Redbourn, AL3 7DS	01582 793760
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Your MP

Rt Hon Peter Lilley	104 High Street, London Colney, AL2 1QL	01727 827201
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Police

Your local officers are PC1848 Arthur Wilkes and PCSO 6021 Che Ponton. Please see page 21 for Police Surgery dates at the Memorial Hall.
Call 101 for non-emergency and information, or 999 for an emergency.

Council Services contacts

To report highways matters eg salt bins, potholes, lights, road signs, abandoned roadwork signs, call 0300 1234 047 or report online at
www.hertsdirect.org/highwayfaults.

For recycling collections, fly-tipping and other local services contact St Albans District Council on 01727 866100 or visit
www.stalbans.gov.uk and select Local Information Service.

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New leisure and cultural facilities in Harpenden

St Albans City and District Council is working on plans to breathe new life into Harpenden's leisure and cultural facilities. These will serve the north of the District, including Harpenden, Redbourn and Wheathampstead.

Help us get it right.

Just like we've done in St Albans and London Colney, we are now working to renew local facilities in Harpenden.

Last Autumn we held a number of initial to help us understand what people would like to see in Harpenden. We asked Imagine Places, an independent facilitator, to run the workshops. They captured the diverse ideas of the local residents and other stakeholders who took part.

Space & Place, our architects, have used this information to develop concept designs for new Leisure Centre and Arts and Cultural Centre facilities in Harpenden.

We now need your help.

If you would like to help refine the concepts into final detailed designs, we invite you to get involved.

For Further Information:

harpendenleisureandculture@stalbans.gov.uk (preferred)
01727 819558

To Take Part

Please go to:

www.stalbans.gov.uk/harpendenleisure
to see the concept designs and respond to our consultation, telling us what you like about the proposals, and what you would like to see change. Our consultation continues until 3rd March.

Special Exhibitions

Space & Place architects and officers from the Council team will be on hand to answer questions at our two special events.

Come and meet us on Wednesday 15th or Thursday 16th February from 6.30pm to 9.00pm, at Park Hall, Leyton Rd, Harpenden.



St Albans
City & District Council

Help us to get it right

Number 124 Wheathampstead Parish Council Spring 2017