

# Wheathampstead Magazine

by  
MiniMagazines

incl. Gustard Wood & Blackmore End  
[wheathampsteadmagazine.co.uk](http://wheathampsteadmagazine.co.uk)

October 2021



**A Father & Son Tradition**

**Drama in Wheathampstead**

**Podiatry: What's It All About?**

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# WELCOME

Amazingly perhaps, we have our first mention of Christmas in this month's magazine although I suppose when it comes to shopping days, as I write this there are less than 85 days left to get all those gifts purchased and even wrapped in readiness for the big day. Perhaps then we will all begin to see images on Santa Claus and jingle bells or similar in all the shops from now on but arghh, it's just all a bit too soon for me!

We've been out and about in Wheathampstead to find out the local view on Covid, asking the public about their views on mask wearing and or lack of it since the changes to and lifting of restrictions -and it's probably fair to say that there are mixed opinions.

We spoke to Justin Burgess, 6th generation owner at Funeral Directors JJ Burgess to find out about what happens in this traditionally run family business where all the sons have the initials JJ. Podiatrist and medical specialist Lorraine Webb explained what it means to work in her industry and how she helps with problems that affect feet or lower legs.

Robert Naylor -Stables told *MiniMagazines* about the new play scheduled to be performed this month by The Wheathampstead Drama Society and we shine a light on local Turkish Barbers, Chan & Mehmet, the latest new business to open in Wheathampstead.

Health Matters looks at the serious condition of Multiple Sclerosis (MS) along with its possible causes and potential symptoms.

Eve Atkins

[eve@minimagazines.co.uk](mailto:eve@minimagazines.co.uk)

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# NEWS IN BRIEF

## Useful Phone Numbers

**Doctors Surgery:** Marford Road  
01582 832258

**Dentist:** Marford Road 01582 833 408

**Gas Emergency:** 0800 111 999

**Electricity Emergency:** 0800 404 090

**Power Cuts:** 105

**Healthline:** 111

**Police non emergency:** 101

**Parish Council:** 01582 832541

**County Council:** 0300 123 4040

**Local Pharmacy:** 01582 832102

## Help Lines

**Mind:** 0845 766 0163

Advice for Mental Health Issues

**The Samaritans: Freephone 116123**

Confidential non-judgemental emotional support

**Alcoholics Anonymous:**

0845 769 7555

**Stroke helpline:** 0845 303 3100

Advice from the Stroke Association

**Age Concern:** 0800 00 99 66

**Frank:** 0800 77 66 00

Advice about drugs from professional advisers

**Beating Eating Disorders:**

0845 634 1414

**Cruse Day by Day:** 0844 477 9400

Help and support for people who are bereaved

**Macmillan CancerLine:**

0808 808 2020

**Autism Helpline:** 0845 070 4004

## October 1927

The first "talkie" opened in New York. The Jazz Singer, starring Al Jolson, an American musical film that was the first feature-length movie with synchronized dialogue. It marked the rise of "talkies" and the end of the silent-film era



## We've heard...

That Sunday Roasts are back at our village pub The Swan and they have introduced a new menu for weekday lunches and Monday and now Saturday evenings too. Do check it out soon.

## Did You Know?

The Met Office Meteorological Glossary (1916) defines an Indian summer as: 'a warm, calm spell of weather occurring in autumn, especially in October and November.' The warmest temperatures recorded in the UK in those months are 29.9C on 1 October 2011 in Gravesend, Kent - so fingers crossed for Wheathampstead this October!

## Thought for October

There is only one thing which makes a dream impossible to achieve; the fear of failure.

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## What's On... regularly

### • Foodbank

Confidentiality is assured. Community Centre, Hilldyke Road 12.30 - 2.30 every Thursday. Tel: 01727 613019

### • Recreation for the Retired

Memorial Hall, All welcome. Table tennis, darts, crib, scrabble. 2pm-4pm most Fridays.

### • Wheathampstead Dementia Wellbeing Group ('WDWG') Coffee Morning

The Mead Hall, every 1st and 3rd Wednesday, 10.30am - 12pm Margaret 01582 832368 Isobel 01582 832439

### • W.A.S.P.S. After School Play-Scheme

Fantastic, affordable and experienced child-care before and after school each day, Beech Hyde Primary School, www.wasps-asc.org

### • Quiz

Have a great evening at the fortnightly quiz starting again on Wednesday 6th & 20th October at 7.30p.m. The Swan Wheathampstead

### • ALF Bingo for over '60s

Mead Hall, 6.30 for 7pm, last Tuesday of the month. Good company, cash prizes, raffle Lifts available Phone Colin on 07790 639735.

### • Herts Musical Memories

Singing for people with dementia & their carers/loved ones. Monday mornings 10.30am - 12.00 midday. Memorial Hall Call Wendy Hyams 07984 588532 or Kerry Brabant 0208 9505757

### • Harpenden Farmers Market

70 + stalls offering a huge selection of produce and gifts from fresh meat and fish to fruit and vegetables, pies, breads, pickles and preserves through to garden ornaments mini trees, plants and all sorts of things in between. It's a great place to browse on the 4th Sunday of every month Now on Harpenden Common, opposite the public halls.

### • Community Library

Wheathampstead Community Library is open again for browsing Monday - Thursday 2pm - 6pm and Saturday 9am - 1pm. Fire Station and Library Marford Road Wheathampstead

### • Roast & Meat Raffle

Weekly on Sundays at The Swan, Wheathampstead

Please contact event organisers for full details, ticket prices and availability.

To add your events please email:  
info@minimagazines.co.uk

## What's On This Month

### • Live Music 2nd October

Back at the Swan popular local covers band The Carnegies from 9pm 2nd October High Street Wheathampstead

### • Mill Green Museum Exhibition 3rd October

This exhibition looks at the way in which Welwyn Garden City was advertised to encourage people to move, particularly from London, to the newly created town. It will centre on the 'Four Seasons' posters, produced by Charles Paine. for details and tickets visit [www.millgreenmuseum.co.uk](http://www.millgreenmuseum.co.uk) Sunday 3rd October Mill Green Mill & Museum Bush Hall Lane Mill Green Hatfield tel: 01707357850

### • The Welwyn Garden City Vegan Market 9th October

Features a huge variety of vegan street food, artisan bakers, craft brewers, ethical jewellers, small-batch soapers, sustainable chandlers, local artists, zero-waste champions, environmental charities + loads more. The market takes over Howardsgate for the first time this October 10:30-4pm Saturday 9th October [www.veganmarkets.co.uk/sustainability](http://www.veganmarkets.co.uk/sustainability)

### • Gin on the River 9th October

A tranquil 3 hour cruise down the River Lee (lea). Starting in Ware, heading towards Hertford and returning to Ware. Within this relaxed setting we will present 4 Gins for tasting, and we will discuss the story behind each one and what creates that Gin's unique taste and history, these will be provided as samples as we cruise towards Hertford. All drinks are served in our custom Gin glasses which are for patrons to keep as a souvenir. We set sail at 1200 and return at 3pm The Boat Quay is 5 mins from Ware Station. Just a 40min train ride from Liverpool Street. For details and tickets <https://www.ginontheriver.co.uk>

### • Faith Healer 14th-16th October

An intriguing story with humour and pathos and plenty of twists and turns. Performed by Wheathampstead Dramatic Society. 8pm Thursday 14th Friday 15th & Saturday 16th October. Memorial Hall. Marford Road For details and tickets visit [www.wheathampsteadramaticsociety.co.uk](http://www.wheathampsteadramaticsociety.co.uk)

### • Hertfordshire Oktoberfest 15th & 17th October

An authentic German experience coming to Harpenden featuring a live oompah band, premium Bavarian beer imported from Germany, a selection of food stalls will be serving up authentic German/Bavarian food with vegan and vegetarian options available, axe throwing and local artists. Friday, 15th October 4:00 pm & Sunday, 17th October 10:30 pm Harpenden Common. For tickets and details [www.hertsoktoberfest.com](http://www.hertsoktoberfest.com).

### • Rock for Heroes 16th October

The incredible Rock for Heroes is back on the road for 2021; bringing the perfect combination of your favourite Rock songs delivered as only we can, continuing fundraising in support of the fantastic Help for Heroes. Performed by a full live rock band, incredible singers, +hilarious comedy value this really is a night out unlike any other. 7.30 Saturday 16th October for details and tickets The Alban Arena Civic Centre St Albans tel: 01727 844488

### • The Drifters 20th October

For One Night Only : The Drifters are back on tour with a brand-new show performing all their classic hits from the last six decades. The legendary group have previously been inducted into the Rock & Roll Hall of Fame, listed among the Greatest Artists of All Time by Rolling Stone magazine and have an incredible list of hits - Saturday Night at the Movies, Come on Over to My Place, Stand By Me, Under the Boardwalk and many more! 20 October 2021 The Radlett Centre, 1 Aldenham Avenue Radlett.

### • Orchestral concert 24th October

Mozart, Divertimento K113 Holst, Brook Green Suite Elgar, Serenade for Strings Haydn, Symphony No.44 in E minor Conductor: James Ross Leader: Philippa Hanson There will be 2 performances, at 5pm and 7pm, bookable in advance. Sunday 24th October Tewin Bury Farm, Welwyn Garden City, <https://www.wgcms.org.uk/>

### • Special Halloween Night 30th October

Come down to the village pub the Swan to celebrate a spooky Halloween. Disco and fancy dress. All welcome.

## Coronavirus: Useful Contacts

### Emotional & practical support

[www.hertshelp.net](http://www.hertshelp.net)

03001234044

### Health advice and information

[www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus)

### Local council services

[www.hertfordshire.gov.uk/coronavirus](http://www.hertfordshire.gov.uk/coronavirus)

### Domestic abuse

[www.hertssunflower.org](http://www.hertssunflower.org)

Hertfordshire Domestic Abuse helpline

08 088 088 088

### Financial Advice

[www.hertfordshire.gov.uk/benefits](http://www.hertfordshire.gov.uk/benefits)

### Citizens Advice

03444111 444

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

### National Debtline

0808 808 4000

[www.nationaldebtline.org](http://www.nationaldebtline.org)

### Avoiding Scams

Sign up for scam alerts

[www.hertfordshire.gov.uk/updateme](http://www.hertfordshire.gov.uk/updateme)

### Volunteering

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

# Coronavirus:

*MiniMagazines* has received the following Local Resilience Forum (LRF) update, via Healthwatch Hertfordshire, the consumer champion for health and social care.  
NB: information correct at times of going to press

It was great to see the support for emergency services voiced on social media for last month's 999 Day, with messages of appreciation for the work all blue light staff do. I know that ambulance, police and fire colleagues value the public's gratitude, especially when all services are incredibly busy with pre-pandemic workloads.  
Vaccination roundup

## Two million milestone reached

In September, the COVID-19 vaccination programme hit another momentous milestone. The total number of vaccinations administered



in Hertfordshire and west Essex now exceeds 2 million – that's double the total at the start of July. Huge thanks are due to everyone involved in vaccinating our population – particularly those staff, volunteers, and community and faith groups who have acted as ambassadors for the campaign, taking the time to listen to concerns, provide reliable information and put the support in place to enable people to take up their jabs.

There is more to do, and outreach work is ongoing in the areas and with the communities where we know that take-up is relatively low. At the same time, NHS and social care teams are making preparations for the booster vaccination campaign, which will begin soon.

## COVID-19 vaccination plans for 12-15 year-olds in Hertfordshire

The 12 to 15-year-olds currently being offered the COVID-19 vaccine are those who live with

someone with a suppressed immune system, and children who have a condition that means that they themselves are at high risk from COVID-19. These children are being offered two doses of a vaccine approved for their age group, which will be given eight weeks apart.

Following guidance from the independent Joint Committee on Vaccination and Immunisation (JCVI), GPs have been using their records to identify:

1. children aged 12-15 with severe neuro-disabilities, Down's syndrome or underlying conditions resulting in their immune systems being suppressed
2. children with profound and multiple learning disabilities, severe learning disabilities or who are on the learning disability register
3. children aged 12 years and over who are household contacts of people with suppressed immune systems.

## Where and when will these children be vaccinated?

A number of the children identified by their GPs are being vaccinated by their local 'Primary Care Network' of GP practices. Where these networks are not currently vaccinating their own patients, they have provided lists of eligible 12-15 year-old patients to HCT (Hertfordshire Community Trust), the NHS organisation which administers school-aged children's vaccinations in Hertfordshire. HCT have been commissioned to vaccinate these children.

HCT staff routinely vaccinate children with profound and multiple disabilities, or who are on the learning disability register, in their familiar school environment. HCT are in the process of



gaining consent from the parents or guardians of these children to administer their COVID-19 vaccinations in their specialist schools. This vaccination programme started in September.

## What if a child is eligible to be vaccinated but their family has not yet been contacted?

Parents and carers of the 12-15 year olds who meet the criteria should have been contacted either by their own GP, via their child's special school, or through a text or phone call from HCT. If they have not been contacted, they should speak to their own GP practice and request that



either the local Primary Care Network provides their child with a vaccination, or refers their child to HCT.

## What about additional children recently recommended to receive the COVID-19 vaccination?

In September, the JCVI recommended that more 12-15 year-old children should be added to the list of those eligible to be vaccinated, including those with:

- haematological malignancy
- sickle cell disease
- type 1 diabetes
- congenital heart disease
- children with poorly controlled asthma

GPs are beginning to identify these additional children, so that they can be vaccinated as well.

## How can parents or carers get help if they are concerned?

If a parent or carer feels that their child is eligible to be vaccinated but hasn't been contacted, they should contact their own GP practice in the first instance.

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*Continued from page 9*

Failing this, they should contact the Clinical Commissioning Group which oversees the vaccination arrangements in their area. In east and north Hertfordshire, they should email [enhccg.quality@nhs.net](mailto:enhccg.quality@nhs.net) or call 01707 685356. In south and west Hertfordshire, they should email [hvccgpatientfeedback@nhs.net](mailto:hvccgpatientfeedback@nhs.net) or call 01442 898865.

### Children's respiratory health this winter

Health services are now seeing an increase in severe respiratory illness in children and babies. Case numbers are higher than usual for this time of year and we expect viruses to continue circulating over the winter months alongside COVID-19. Parents are encouraged to look out for symptoms of severe respiratory infection in their children,



particularly in babies and the under twos, including a fever, a dry and persistent cough, difficulty feeding, rapid or noisy breathing (wheezing). Some of these symptoms are similar to COVID-19, so parents are asked to book a PCR test for their child. Having COVID-19, or suspected COVID-19, doesn't mean that a child cannot be treated by a GP, it just means that the GP practice will take extra precautions to protect other patients and staff from infection.

While respiratory infections are common in children, last winter saw many fewer infections in younger people due to the impact of COVID-19 restrictions, which limited people's opportunities to socialise. Many children and babies will not have been exposed to viruses to develop their immunity and may be at higher risk of severe illness. For the majority of children, winter illnesses will not be serious, and they will soon recover following rest and plenty of fluids. But parents should contact their GP or NHS 111 immediately if they are worried about their child.

### Suicide prevention

10th September was World Suicide Prevention Day, an awareness event observed globally

every year to raise awareness of suicide and suicide prevention, hosted by the International Association for Suicide Prevention. Challenges at home or at work can have a huge impact on wellbeing and mental health, and the difficult times we have all faced over the last 18 months have emphasised the need for us to look out for one another.

### Support services available within our communities:

Hertfordshire Partnership University NHS Foundation Trust (HPFT) has a Single Point of Access freephone number - available 24/7 hours a day, 7 days a week - for mental health support,

for people who may be experiencing a mental health crisis, need mental health support, or would just like to talk: 0800 6444 101 Samaritans is a national charity, providing confidential support for people in distress, and is also available 24/7 hours a

day, 365 days a year. The number is 116 123, or email [jo@samaritans.org](mailto:jo@samaritans.org)

There are also support services at: <https://www.hpft.nhs.uk/information-and-resources/spot-the-signs/urgent-help/>.

If you are worried about someone being at risk of suicide, visit this page: <https://www.hpft.nhs.uk/information-and-resources/spot-the-signs/help-for-others/>.





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# Have Masks Become a Thing of the Past for the People of Wheathampstead?

by Jordine Bartlett

It has been a while since mandatory mask-wearing in England was scrapped along with strict social distancing rules and limited gatherings, but for many people, pre-covid life is still on hold and things are far from back to normal.

Daily reported cases across the country have

increased from approximately 400 to over 32,000 since distancing measures were lifted on July 19 and this has caused many people high levels of anxiety as they go about their daily routines.

Mandatory masks worn over both the nose and mouth were introduced in July 2020 to help reduce the risk against the spread of infection, but the recent relaxation of rules now allows for people to choose whether or not to wear a covering when in public areas such as shops and restaurants, although it is still deemed compulsory on public transport.

The decision was made as part of the government's final stage of the roadmap and announced alongside the rollout of vaccinations across the country this summer.

Mr Johnson said: "The vaccine had allowed the country to go ahead with further unlocking,

despite rising cases. The government must balance the risks between the virus and continuing with legally enforced restrictions that inevitably take their toll on people's lives, livelihoods, health and mental health."

Hertfordshire has a high population of vaccinated residents with almost 80% of all those living

in the county now having received their first dose, but despite this, figures show that positive Covid cases in Hertfordshire are still above the country's national average.

*Minimagazines reporter Jordine Bartlett*, took

to the streets of Wheathampstead to hear what locals had to say about mask-wearing and the government's roadmap out of lockdown.

Mr and Mrs Fletcher shared their concerns. "We live in the village and own a small shop local to the area and have been shocked

by the number of people now refusing to wear their masks, explained Mrs Fletcher. It's no longer mandatory and therefore we can't prohibit them from coming into the shop, but some look offended when we kindly ask them to do so."

Mr Fletcher continued: "We both continue to wear our masks for the protection of our customers and wish we

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*Continued from page 13*

had the power to ask that they consider us and do the same.”

Mr Patterson a local art dealer had a similar opinion. “It is beyond me why people would wish to go without their masks and when in shops or closed public spaces. I commute into London several times a week and continue to see people without masks during my train journey, which is against the law. I honestly don’t understand this relaxed approach the government is taking. We are not out of the woods yet and the steady increase in Covid cases clearly shows this. I will continue to keep my mask firmly on!”

Local grandmother of five, Mrs Woods said: “My concern has always been for the mental wellbeing of my grandchildren. The varying lockdowns and social restrictions have been difficult for my family and I welcome the freedom to move around again. Yes, I am weary about where I go and regularly wash my hands, as well as keep spare masks in my bag in case I wish to use them, but we all need to live our lives and so I am thankful for the government’s decision to lift restrictions and remove the need for masks to be worn at all times.”

Lucy and Timothy both attend nearby secondary school, Katherine Warrington and explained why going to school was better now the restrictions had been lifted. “We are finally able to enjoy time with our friends at school instead of seeing them



on a screen, said Lucy. Things were confusing last year and it was difficult to have a routine and concentrate in school with our masks on.” Timothy said: “I still wear my mask, as I sometimes feel anxious when in larger groups. Members of my family experienced Covid and I know how scary it can be and don’t want to catch it.”

Although views on the removal of compulsory mask-wearing have divided Wheathampstead locals, all agreed that a return to pre-covid life couldn’t come soon enough.

For the latest UK government data and insights on coronavirus (COVID-19) in Wheathampstead visit: <https://coronavirus.data.gov.uk/search?postcode>.



# A Father and Son Tradition

Justin James Burgess is the 6th generation in a long line of Funeral Directors for JJ Burgess and Sons. Founded in 1839 by James Burgess, down the years the business has always passed on to the eldest son; and those sons have all, or almost all, been christened with the initials JJ. The current owner, Justin James, has followed tradition too and his sons and future directors are also JJ Burgess, this time, John Jeremy and James Jacob. There was, it seems, one little blip some years ago when the family naming tradition was broken for an AW Burgess, (Alfred William), but before that and after there has been a 'JJ' steering the business through every generation.



aspects of the business, which begins with the preparation of a daily sheet of instruction the night before work is due to begin. This 'schedule' details all elements of the services to be provided on the day, from timings and music to cars and flowers and everything in between.

Justin also liaises with hospitals and doctors as required and ensures all legal documents and paperwork is completed as appropriate. There are 18 staff members across 5 branches and, whilst arrangers are employed to discuss requirements with clients, Justin will often meet and talk with clients, visiting them at home if that is preferred.

Justin told us that during the coronavirus pandemic, there had been many more funerals than usual to attend to, some times as many as 7 per day, but more recently the numbers had returned to a more normal 3 per day. Justin is also fully trained in preparing the deceased to ensure that family can view their loved one before their final journey. This could include dressing in favourite clothes, hair styling and make-up application. These days you can have just about anything you want at a funeral;- i.e. a horse drawn hearse, a jazz band or solo singer as well as a choice of luxury cars and hearse. A green or natural burial is a way of caring for the dead with



minimal environmental impact that aids in the conservation of natural resources, reduction of carbon emissions, protection of worker health and the restoration and/or preservation of habitat. Green burial necessitates the use of non-toxic and biodegradable materials, such as caskets, shrouds, and urns.

You can choose flowers, personal music, hymns and readings as well as a celebrant to prepare and present the eulogy. The service can be recorded or even live streamed and the Funeral Director and his staff will even wear whichever colour tie you may prefer.



All funeral services here are bespoke. Justin and his team will talk things through and help to plan the day and will discuss all the different options to ensure that everything is as you want it to be. Every funeral is conducted by the Funeral Director, which for JJ Burgess is Justin, although there are times when his son John steps up.

Justin told us that he feels compassionate and respectful for every client and is keen to offer comfort, support and advice throughout the process, wherever and whenever it's needed. He said: "Although it's likely that I have conducted thousands of funerals over the years, I can honestly say that I still get butterflies during each

service. I have never really seen this as a job. I know it might sound corny, but I do love my job. Done properly, there really is so much job satisfaction, and it's great to be part of this long-lived family tradition and contribute to its continuation."

Whilst we accepted that spare time must be rather limited for Justin, we did ask about hobbies and activities and he admitted to playing rugby and riding his Harley Davidson with his motor-biking friends as often as possible. Justin has also founded a mental health charity - Just One Click Away (JOCA) <https://jocarugby.co.uk/>

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--	---

www.jjburgess.co.uk

# Mid Herts Golf Club

## CHRISTMAS IS JUST AROUND THE CORNER!

With just under 3 months left, don't be disappointed!

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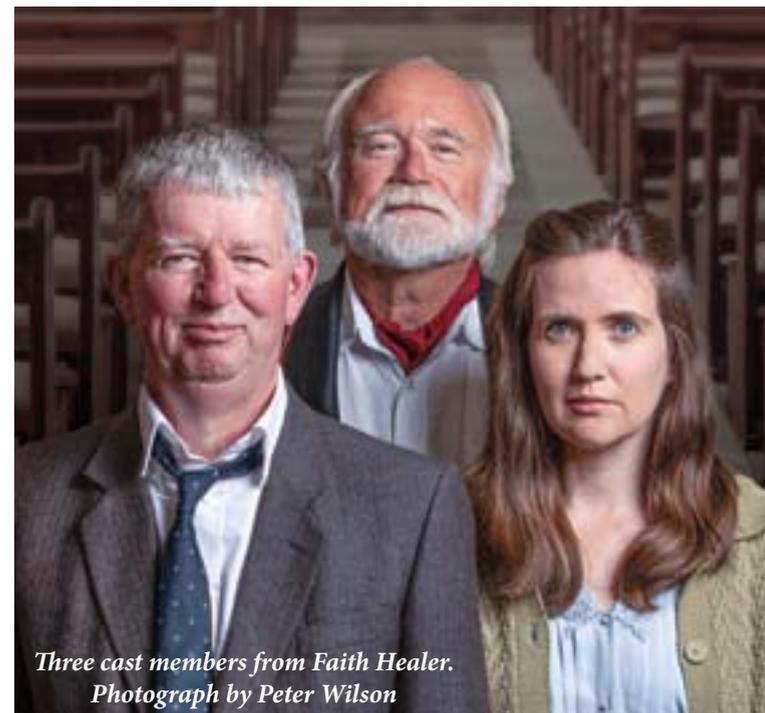
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# More Drama for October



Three cast members from Faith Healer.  
Photograph by Peter Wilson

The Wheathampstead Dramatic Society (WDS) are back. With stories to share and drama to perform this friendly society can't wait to see you. After months away due to lockdown and the pandemic, they are now fired up with energy and enthusiasm to perform Faith Healer by Brian Friel later this month. The cast have been in rehearsal since the end of June. Robert Naylor-Stables said: "It's fantastic!! We are so excited to be back on stage soon and performing live again."

Robert Naylor-Stables, the play's Director explained some details about the play and its characters to *MiniMagazines*...

It's an intriguing story about three people: Francis Hardy the Faith Healer (played by Jonathan Field), his wife Grace (Julie Gough) and Manager Teddy (Malcolm Hobbs) as they tour Scotland, Wales and finally Ireland in Frank's faith-healing quest.

Each character relates the memories of their travels together. There's humour and pathos with twists and turns as each recount how their lives have intertwined. Gradually, they reveal a story of love, loss, friendship, doubt and triumph. It's

fascinating to hear their different perspectives as they share their experiences and relationships with the audience.

Robert told us: "Faith Healer is a fabulous piece of writing. Brian Friel was considered one of the greatest living English language dramatists before his death in 2015."

WDS is an active society with plenty happening behind the scenes. Since their last production in February 2020, *Love from a Stranger*, members have done lots of things to ensure they stay in touch. During lockdown, face to face meetings were obviously not possible but

WDS members were still able to meet using the virtual technology of Zoom. The Play Selection Committee met monthly to look at titles for future productions and Pub Quiz nights, Poems and Pints and Play Readings continued to take place but all on Zoom. Now, of course, that is all set to change.

For more information about the society [www.wheathampsteadramaticsociety.co.uk](http://www.wheathampsteadramaticsociety.co.uk)

Faith Healer will be performed on 14th, 15th and 16th October at 8:00 p.m.

Memorial Hall, Marford Road, Wheathampstead.

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# More Than You Think for Less Than You Thought

Doesn't it always feel good to get more from a service than you expected? According to Chan, joint owner at the new barbers shop in Wheathampstead, a Turkish Barber traditionally provides more than just a hair cut. A visit to the new shop in Station Road for a hair cut will also mean that your eyebrows and ears can be trimmed, your hair washed, you can relax with a hot towel and the prices are comparable to an ordinary barber shop.

One customer told *MiniMagazines*: "I needed a haircut, so just walked in off the street, no appointment or anything. Then, it just felt like a bit of a pamper session to be honest. They don't rush you and the hot towels feel marvellous." Chan (pronounced Jan) and his partner, Mehmet, decided to launch their new venture in the village after looking around the area for suitable locations. Chan said: "we loved Wheathampstead right away and when we spoke to some local



people about our ideas, everyone was so friendly, telling us that a Turkish barbers would be a good addition to the village."

Chan has worked as a barber for 8 years, working his way up from sweeping up and making the tea in his first job to the expert stylist he is today, learning from master barbers and gaining his experience along the way. He met up with Mehmet, also an experienced Turkish Barber, through a mutual friend some years ago and, after working together for a while, they realised that they clicked and decided to start a business of their own and 'First Class Barbers' was born. After only a couple of months, the partners have already received some great reviews; - you don't need an appointment and they are open every day - Monday through to Sunday, so if you like the idea of a little pampering, why not support a new local business and give them a try?

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# Podiatry: What's it all About?

You may know it as chiropody but, these days, chiropody and podiatry are in fact one and the same. Podiatry is the modern-day medical name for the pre-existing profession chiropody. The name was changed in the UK to podiatry in 1993 and is the internationally recognised name for a foot specialist. Podiatry involves the assessment, diagnosis and treatment of conditions related to the foot, ankle, and lower limbs which encompasses care for existing complaints, as well as corrective management for acute and chronic conditions. Podiatrists can also treat and alleviate day-to-day foot problems, including: toenail problems, such as thickened toenails, fungal nail infections or ingrown toenails, corns and calluses.

Our local Podiatrist is Lorraine Webb, who is a fully trained health professional and these days offers her specialist podiatry treatments and services locally.

A member of the Royal College of Podiatrists, Lorraine has been involved with podiatry and foot care for more than 25 years, working initially for the NHS in hospital services within a team of allied health professionals caring for patients with problems associated with diabetes. After raising her family, Lorraine went on to work in private practice for a number of years until the pandemic and lockdown struck and she realised that a different approach was needed. Lorraine became aware



*Continued onp age 25*

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Lorraine Webb is a member of the College of Podiatry and a qualified Podiatrist on the Government's Register of Healthcare Professionals.

[lorrainewebb.podiatry@gmail.com](mailto:lorrainewebb.podiatry@gmail.com) [www.lorrainewebb.wixsite.com/podiatry](http://www.lorrainewebb.wixsite.com/podiatry)

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*Continued from page 23*

that many people were unable or unwilling to get out, due in part to concerns for safety and in some cases perhaps some felt a reluctance to contact their GP with anything they considered to be a minor issue.

So, with a desire to work more locally and to offer her skills and experience to local people in need, Lorraine decided to begin a podiatry service for the residents of Wheathampstead, Harpenden and surrounding villages.

Whilst these services do include common foot problems like nail cutting and corn treatments, there really is so much more to it than that. It all starts with a general health assessment and full medical history. Lorraine will assess foot, ankle and lower limb health and advise patients about any associated issues such as problem growths or swelling and, indeed, she may pick up on things that are not podiatry related too. Lorraine can



usually see people within 10 days or sooner if there is an urgent issue.

Lorraine is required to undergo appropriate professional development and educational training in order to maintain her membership of the Health and Care Professions Council

(HCPC), which means that she is always well informed of any changes in general standards.

We asked Lorraine what she liked about her job and she told us: "I often see people that have had a problem of some sort or have even been in pain for some time, so being able

to assess and treat them and leave them pain free is a really good feeling."

Lorraine has lived in Wheathampstead for 25 years and, whilst her spare time is limited, she enjoys walking her dog Max in Heartwood Forest or around Gustard Wood, and shops in the village whenever she can, often enjoying a little sit by the Crinkle Crackle Wall.

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# MS: A Common Cause of Disability in Young Adults

Multiple sclerosis (MS) is a condition that can affect the brain and spinal cord, causing a wide range of potential symptoms, including problems with vision, arm or leg movement, sensation or balance. It's a lifelong condition that can sometimes cause serious disability, although it can occasionally be mild. In many cases, it's possible to treat symptoms. Average life expectancy is slightly reduced for people with MS. It's most commonly diagnosed in people in their 20s and 30s,



although it can develop at any age. It's about 2 to 3 times more common in women than men. MS is one of the most common causes of disability in younger adults.

## What causes multiple sclerosis (MS)?

MS is an autoimmune condition. This is when something goes wrong with the immune system and it mistakenly attacks a healthy part of the body – in this case, the brain or spinal cord of the nervous system. In MS, the immune system

attacks the layer that surrounds and protects the nerves called the myelin sheath. This damages and scars the sheath, and potentially the underlying nerves, meaning that messages travelling along the nerves become slowed or disrupted. Exactly what causes the immune system to act in this way is unclear, but most experts think a combination of genetic and environmental factors is involved.

## Symptoms

The symptoms of MS vary widely from person to person and can affect any part of the body and depending on the type of MS you have, your symptoms may come and go in phases or get steadily worse over time

The symptoms of MS are caused by your immune system attacking the nerves in your brain or spinal cord by mistake. These nerves control lots of different parts of your body. That's why you can get MS symptoms in many parts of your body, and why everyone's MS is different.

## The main symptoms include:

- fatigue
- difficulty walking
- vision problems, such as blurred vision
- problems controlling the bladder
- numbness or tingling in different parts of the body
- muscle stiffness and spasms
- problems with balance and co-ordination
- problems with thinking, learning and planning

## Types of multiple sclerosis (MS)

### Relapsing remitting MS

More than 8 out of every 10 people with MS are diagnosed with the relapsing remitting type. Someone with relapsing remitting MS will have episodes of new or worsening symptoms, known as relapses. These typically worsen over a few days, last for days to weeks to months and then slowly improve over a similar time period. Relapses often occur without warning, but are sometimes associated with a period of illness or stress. The symptoms of a relapse may disappear altogether, with or without treatment, although

some symptoms often persist, with repeated attacks happening over several years.

Periods between attacks are known as periods of remission. These can last for years at a time. After many years (usually decades), many, but not all, people with relapsing remitting MS go on to develop secondary progressive MS this type of MS, symptoms gradually worsen over time without obvious attacks. Some people continue to have infrequent relapses during this stage.

Around half of people with relapsing remitting MS will develop secondary progressive MS within 15 to 20 years, and the risk of this happening increases the longer you have the condition.

### Primary progressive MS

Just over 1 in 10 people with the condition start their MS with a gradual worsening of symptoms.



## Health Matters

In primary progressive MS, symptoms gradually worsen and accumulate over several years, and there are no periods of remission, though people often have periods where their condition appears to stabilise.

MS can be a challenging condition to live with, but new treatments over the past 20 years

have considerably improved the quality of life of people with the condition. MS itself is rarely fatal, but complications may arise from severe MS, such as chest or bladder infections, or swallowing difficulties.

The average life

expectancy for people with MS is around 5 to 10 years lower than average, and this gap appears to be getting smaller all the time.

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Continued from page 27

## Research

19 new research projects are being funded, including three in the UK – by the International Progressive MS Alliance. All over the world, these scientists are working to get us closer to stopping MS.

The International Progressive MS Alliance is awarding 19 projects around the world up to £65,000 each. The aim is to better understand why MS progresses. Ultimately, this knowledge will help us develop treatments for progressive MS.

Professor David Baker, from Queen Mary University of London, will explore how to protect nerve cells from becoming dangerously over-excited. If nerves become over-excited, it can lead to nerve cell death, which plays a big part in MS progression.

Professor Baker explains: “We’ve developed a chemical that we believe can help calm over-excited cells and protect them from exhaustion. Based on a chemical our bodies make naturally, it can enhance a gate-like mechanism, which allows certain charged particles to exit the nerve cells.

This prevents the build-up of excitability which can be dangerous and lead to nerve cell death”. If this chemical can protect nerve cells without causing side effects, David thinks this could be a game changer for MS treatment.



See a GP if you're worried you might have early signs of MS. The early symptoms often have many other causes, so they're not necessarily a sign of MS. Let your GP know about the specific pattern of symptoms you're experiencing. If they think you could have MS, you'll be referred to a specialist in conditions of the nervous system (a neurologist), who may suggest tests such as an MRI scan to check for features of MS.

Information supplied by NHS and MS society.

# Local Clubs and Groups

## Coronavirus:

Dates and times may have changed, events may be cancelled or postponed so please do check before you set out.

## Tennis

Wheathampstead Lawn Tennis Club with 3 all-weather floodlit courts, a short tennis court and a clubhouse located in the heart of Wheathampstead on Marford Playing Fields, just alongside Brocket View. Wednesdays at 6.30pm every week, or Sundays at 10am most weeks. Visit the website for further information [www.wltc.org.uk](http://www.wltc.org.uk)

## Thursday Club

As part of the Wheathampstead Community Group, the Thursday Club provides companionship and support for Wheathampstead residents who are aged over 60, unable to access other activities without support, or need day to day care either from a carer or family member. The club meets every Thursday in school term time from 10.00.a.m. – 2.00.p.m. Lunch and entertainment are provided. To find out about potential membership call Val Hughes on 01582 629682 or Peter Woods on 01582 621944.

## Wheathampstead Patient Participation Group

The objective of the group is to contribute wherever possible to health improvement in Wheathampstead. Our initiatives include highly successful weekly Pilates classes and we arrange at least three medical talks a year in the Memorial Hall. WPPG members receive a quarterly Newsletter with useful medical updates and specific details about forthcoming talks. To find out more, please visit [www.wheathampsteadppg.org.uk](http://www.wheathampsteadppg.org.uk) or tel: Iain Begg on 07799 410670 or email: [iain2.begg@virgin.net](mailto:iain2.begg@virgin.net)

## Archery

Wheathampstead Archery club was founded in 1956, and has about 70 members. Always happy to welcome newcomers; beginners or experienced. Beginners will need to complete a beginner course run by our Archery GB qualified club coaches. There is a Junior Section for under-18s, but the minimum age is 10. <http://wheathampsteadarchery.org.uk/>

## Horticultural Society

‘Our village ‘Garden Club’ meets on the first Wednesday of the month (except August and January) at 8.00pm in the Memorial Hall. We are affiliated to The Royal Horticultural, The Dahlia and The Fuchsia Societies. Each month we have interesting talks including garden travels, local gardens, good plants for our gardens and from specialist nurseries who often bring plants for sale. Coach trips and visits are held during the year and our Annual show is held in September. Visitors are very welcome.’ *Continued on page 31*

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*Continued from page 29*

## Wheathampstead Community Group (WCG)

WCG seeks to support anyone in the Parish of Wheathampstead who is looking for assistance. If you or anyone that you know needs help, or you wish to volunteer for WCG, please call 07539 176481. If you need transport to hospital or the doctor, please call 07918 136870.  
www.wheathampsteadwcg.org  
email: Secretary@wheathampsteadwcg.org

## Kimpton Bowls Club

A small, friendly outdoor bowls club located to the rear of the Recreation Ground in Kimpton. Informal bowling nights on Tuesdays and Thursdays at 6.00pm. We welcome new members of any age, to start with you only need flat soled shoes, bowls and tuition can be provided. For further details contact Brenda on 01582 623106

## Cricket

Wheathampstead Cricket Club has five adult teams and an expanding colts section. Cricket is played



on Nomansland Common on Saturday and Sunday throughout the season, with occasional mid-week and evening fixtures. WCC really is a club on the up and we now have some of the best cricket facilities in the county. New players and spectators are always welcome. www.wheathampsteadcc.hitscricket.com

## Wheathampstead Dramatic Society

The Dramatic Society is always looking for new members who would like to join this friendly group. For information about our next planned production visit our website: www.wheathampsteaddramaticsociety.co.uk

*Continued on page 33*





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Continued from page 31

## Business Group

The Wheathampstead Business Group (aka "WEB") aims to proactively enhance and secure the long-term future of Wheathampstead as a dynamic trading area for the benefit of the whole community. Local businesses and residents are encouraged to get involved, support businesses locally and help make Wheathampstead a better place to live. The group meet regularly. Contact Ginny Cooper  
chair@wheathampsteadbusinesses.org.uk

## Wheathampstead & District Preservation Society

The aims of the group are to protect what's best about the village, make the best use of its assets, object to inappropriate planning applications and take part in community initiatives. The more members we have, the louder is our voice. To join, please see our website:  
www.wheathampsteadpreservation.org.uk or call 01582 833789.

## Mead Quilters

The group was formed just over 26 years ago and meet on the first Tuesday morning of each month from 9.45-12 non, visitors are welcome (fees apply) also on the third Tuesday evening of the month from 7.30pm for a guest speaker. Visitors are welcome (fees apply). For further information visit the group's website [www.meadquilters.org](http://www.meadquilters.org)

## Wheathampstead W.I.

Lively, interesting and varied meetings. Every 2nd Wednesday 7.30pm at the Mead Hall in East Lane W/stead. Social events and outings throughout the year. See W.I Noticeboard in High Street for more information or join us at our Coffee Mornings every 2nd and 4th Wednesday 10.30 to 12 noon in the Mead Hall or Contact our Secretary Karen Benomran at:  
Wheathampsteadwi@outlook.com  
New members always welcome.

## Football

Wheathampstead Wanderers was formed in 1990 by a small group of families from the village to promote and support youth football for the benefit

of children and young people in Wheathampstead and surrounding areas. An FA Charter Standard Club, granted in 2008, with around 300 boys and girls playing football.  
[www.wheathampsteadwanderersfc.co.uk](http://www.wheathampsteadwanderersfc.co.uk)



## ALF Over 60's Socials

ALF raises money at Amwell Day at the Elephant and Castle to fund social events for the over '60s. ALF Bingo is in the Mead Hall (last Tuesday of most months - transport available). Other highlights are the summer outing (for example cream tea at Flatford Mill in Constable Country) and the Christmas party (food, drink, a great entertainer and more). Details from Colin, Amwell Local Fundraisers charity, on 07790 639735.

## Dementia Wellbeing Group

Social group for those living with dementia and their carers. 1st and 3rd Wednesday of each month, 10.30 to noon at the Mead Hall, East Lane AL4 8BP. Call Margaret 01582 832368 or Isobel 01582 832439

## Brownies, Guides and Rainbows

1st Wheathampstead Brownies meets at St. Peter's in Gustard Wood on a Tuesday.  
3rd Wheathampstead brownies meet at the Scout Hut on a Thursday.  
1st Wheathampstead guides meets at Mead Hall on a Friday.  
1st Wheathampstead Rainbows meet at the Scout Hut on Monday evening.  
2nd Wheathampstead Rainbows meet on a Tuesday at Mead Hall  
All units are currently full so anybody wishing to put their daughter on the waiting list should register at [www.girlguiding.org.uk](http://www.girlguiding.org.uk)

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## Our guardian angels help you to stay safe and stay connected

Visiting Angels are continuing to deliver vital care and support in the community

We know that Covid-19 is a major concern for our clients and their families, even more so when they cannot be together. So our carers are trained to help you stay connected to loved ones when you can't be with them in person, with sanitised smart phones and ipads and appropriate PPE, they will assist with regular facetime calls.

They will also help with socially distanced trips out into the community as necessary, to help clients stay connected, whilst staying safe by following all the current guidelines.

We can help with shopping, personal care and companionship, to hospital discharge support and end of life care.

We can visit from one hour each week to every day, for as long as you need us to help with:

- \* Companion & Social Care
- \* Personal Care
- \* Dementia & Alzheimer's Care
- \* Post-Hospital Stay Care
- \* Palliative
- \* End of Life Care
- \* Staff fully trained on infection control
- \* Extensive stocks of PPE

We are taking every step to ensure that we keep our clients, their families and our staff as safe as possible.

Find out how a **Visiting Angel** can help  
**Call 01707 585 888**

[www.visiting-angels.co.uk/southherts](http://www.visiting-angels.co.uk/southherts)  
[southherts@visiting-angels.co.uk](mailto:southherts@visiting-angels.co.uk)



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## Beavers, Cubs & Scouts

- Beavers Cubs and Scouts are popular in Wheathampstead and meet regularly at Mead Lane in Wheathampstead as follows:
  - Beaver Colony Wednesday 5.15-6.15
  - Mead Cub Scout Pack Tuesday 6:30 - 8:00
  - Delaport Cub Scout Pack Wednesday 6:30-8:00
  - Amwell Scout Troop Monday 7:30 - 9:00
  - Lamer Scout Troop Friday 7:30 - 9:00
  - Explorer Scouts Thursday 7.30 - 9.15
- Contact Karen Oxley:-  
[gsl1stwheathampstead@outlook.com](mailto:gsl1stwheathampstead@outlook.com)



## Music and Singing

Introducing the Clover Singing Club, a new concept in ensemble singing for ladies, with emphasis on laughter and relaxation. Try us out - first session free. No need to read music. Sessions are term time on Mondays 1.15-3.15 p.m., Mead Hall, Wheathampstead. Contact Charlotte 07791 741233.

## Wheathampstead History Society

The society meets at 7.15pm, the third Wednesday of each month, in the Mead Hall, East Lane.

It offers a programme of talks promoting local history & heritage, undertakes research projects and encourages and supports members' research. For further information visit our website [www.wheathampsteadheritage.org.uk](http://www.wheathampsteadheritage.org.uk)

## Wheathampstead Warriors

Your local running club, all abilities welcome! The best way to find out more about the Warriors is to come and join one of our club runs on a Tuesday or Thursday evening. Currently all runs need to be booked in advance but

please contact us on [wheatywarriorsmembership@gmail.com](mailto:wheatywarriorsmembership@gmail.com) and we'll be able to arrange for you to join us for a run.

More information can be found on our website - <https://wheathampsteadwarriors.co.uk/>

## Wheathampstead U3A

Wheathampstead U3A is open to anyone who is retired or semi-retired. No qualifications are needed, and none are given. Make friends, learn new skills or refresh old ones through our wide range of interest groups. Enjoy first-rate speakers at monthly meetings in the Memorial Hall and participate in organised outings to places of interest. Find out more at <https://u3asites.org.uk/wheathampstead/home>

## Art Group

Cancelled until notified  
The art group get together to paint on Wednesday afternoons, 2 - 4 pm, in the Green Room, Memorial Hall, Marford Road, Wheathampstead.



Beginners are welcome. Periodically we invite artists along to do demonstrations or workshops. Contact Jean Gatehouse 01582 832952 or Maureen McCaffrey 01582 833719

## The Hardyng Choir

The Hardyng Choir is keen to help people experience the joy of choral singing, and welcomes new members, whatever their previous expertise, especially Altos, Tenors and Basses. We rehearse on a Monday evening 7:45pm and 9:45pm during school term time at the School Hall of St Helen's C of E Primary School, Brewhouse Hill, Wheathampstead.

Call Primrose Watts on 01582 460092  
[www.hardyngchoir.org](http://www.hardyngchoir.org)

# THE SWAN

*Wheathampstead*

**NEW MENU with lots of new home-cooked specials**

- Lunch served daily 12-2.30
- Friday evening Hand battered cod, Burgers or Pizza
- Saturday (which is new) and Monday evening full menu 6 till 9pm
- Pizza served daily, eat in or take away



**Sunday Roasts are back;- choice of beef, chicken or lamb shank 12 till 3.30pm and the meat raffle at 5pm**



Showing football on sky and bt sport  
Outdoor covered seating area  
Function room available to hire  
Dog friendly

56 High St, Wheathampstead, Herts, AL4 8AR, 01582 833110