



Wheathampstead Magazine

by
MiniMagazines
& Brochures

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July 2021



A Day in the Life...

A Traditional Family Affair

Freedom Day Coming Soon

FREE COPY



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WELCOME

Ok, I know that the delay in the so called Freedom Day is a bit of a disappointment, BUT we can only hope that it will make a difference to the health and well being of the country going forward – so my shout of ‘yippee’ must now be reserved for a little longer. Our roving reporter, Jordine Barlett, spoke to various local people to find out how the news has been received.

We met up with Countryside retailer, Peter Harper, to talk about this traditional family business and this month's Day in the Life article highlights some of the many facets of being a Club Captain at Mid Herts Golf Club and Gordon Hammond shared some insights about his new role.

With foreign travel still a bit hit and miss, it seems that the ‘Staycation’ will continue to be popular, so we've had a look around our own very wonderful country to find some great escapes that our readers might enjoy.

We've spread the net a little wider this month to take in some interesting events a little further afield and *Health Matters* looks at the potentially silent killer that is kidney disease.

Eve Atkins

eve@minimagazines.co.uk

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NEWS IN BRIEF

Useful Phone Numbers

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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

Did you know?

Antarctica is covered in a sheet of ice that's 7,000 feet thick. If the ice sheet ever suddenly melted it would raise the sea level worldwide an estimated 200 feet and submerge much of the Gulf and Atlantic coastal areas of the U.S.

So Now it's July 19th?

That's the so called freedom day – but it's worth noting than in advance of that, whilst you may need to reserve a table, most of our local cafes, bars and restaurants are open and need our support.



July 25, 1909

The world's first international overseas airplane flight was achieved by Louis Bleriot in a small monoplane. After asking, "Where is England?" he took off from France and landed in England near Dover, where he was greeted by British police.

Something Good...

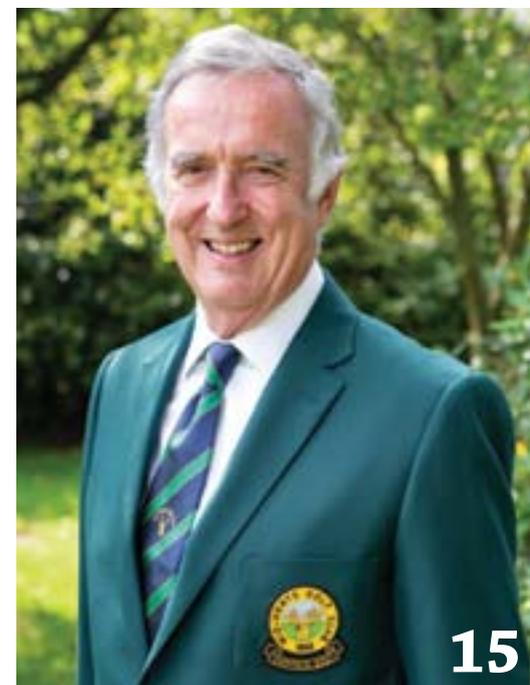
It's called a Fine Food and Wine Society. It's been around for a while – there are regular special offers, exclusive treats, summer gift vouchers and invitations to dedicated events, so seems like a society worth joining ... check it out www.harpersfoods.co.uk

Thought for the Month

Without the dark, we would never see the stars

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- Self Assessment Tax Returns
- Accounts for Self Employed
- Payroll & VAT Returns
- Audit and investigations

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Mike Crafer - CTA

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Email: laskier@fenlonandco.co.uk

www.fenlonandco.co.uk

WHAT'S ON...

regularly (in normal times)

• 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 weekly quiz every Wednesday 8 p.m. The Swan Wheathampstead

• Harpenden Riding for Disabled(RDA) Group

Subsidised lessons to local people (over the age of 5) with physical disabilities or learning difficulties. Thursday 5.15-6.10pm & 6.10-7pm term time. Greenacres, Batford. Tim 07778 519569 tim@stagenhoe.co.uk

• 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

The market has moved to the Common opposite the Public Halls in Harpenden in order for social distancing measures to be easily observed and once inside the market, there will be a one-way route that attendees must follow. There's approximately 70 stalls offering a huge selection of produce from Fish to meat pies and meat through to Preserves - pickles, jams and honey and all sort in between Harpenden Farmers' Market takes place on the 4th Sunday of the month from 10.00am to 2.00pm

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

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

WHAT'S ON Coronavirus: Dates and times may have changed, events may be cancelled or postponed so please do check with venue before you set out.

• Summer Fun Day 3rd July

Abbey line Community Rail Partnership will be holding this years' summer fun day so come and join us for an entertaining and informative afternoon with music, food, games, entertainment and information stands featuring train operators, local attractions and more. 12 noon to 3pm. 3rd July For more information and to book tickets www.abbeylinecommunityrail.org.uk

• Drive-In Air Displays 4th July

2021 sees the return of this award-winning event from the Shuttleworth Trust. The military show will line up the impressive collection from the Sopwith Pup to the Spitfire with current and vintage military visitors. Our new pricing structure will help visitors in smaller groups and without a car to attend our shows. For more information or to book tickets please visit - <https://www.shuttleworth.org/events/seasonpremiere/> 4th July. Old Warden Aerodrome, Nr Biggleswade, Bedfordshire, SG18 9EP

• Jigsaw Festival 9th July

Harpenden's first ever Jigsaw Festival. Hundreds of completed jigsaws will be on display and for sale. The event is being organised jointly by High Street Methodist Church and Our Lady of Lourdes Roman Catholic Church. Proceeds from the event will be shared between two charities: Azalea in Luton and Workaid. 9-10 July High Street Methodist Church in Harpenden. <http://www.harpendenjigsawfestival.co.uk/>

• A brand new interactive children's musical 10th July

From Golden Toad Theatre, exploring community, imagination and a passion for plants. 10th July For more details [http://www.lutonculture.com/stockwood-discovery-centre/Stockwood Discovery Centre London Road, Luton](http://www.lutonculture.com/stockwood-discovery-centre/Stockwood%20Discovery%20Centre%20London%20Road,%20Luton)

• Open Air Theatre - to 11th July

The Maltings Theatre and OVO created The Roman Theatre Open Air Festival in 2014, bringing this unique and historic venue back to life, after it stood largely abandoned for many centuries. As we now enter our seventh year, the festival is recognised as one of the UK's leading outdoor theatre events. 2021 is our biggest and best festival yet with 14 shows, 8 companies and 69 performances presenting a diverse range of incredible theatre, opera and music over 7 weeks. Now till 11th July For details - <https://maltings theatre.co.uk/whats-on>

• Battle Proms at Hatfield House 17th July

A summer celebration with music, fireworks, Spitfire, cannons and cavalry! Quintessential British 'party in the park' picnic concert, with sublime classical music from the New English Concert Orchestra, complemented by toe-tapping vintage vocals, dramatic Spitfire, parachute, cavalry and cannon displays, all culminating in a superb musical firework finale! Queen Elizabeth Oak Field Gates open at 3pm Displays from 6.15pm Concert 8.00 - 10.30pm Saturday 17th July Hatfield House Hatfield AL9 5NQ for tickets tel: 01432355416

• Digswell Road - Open Garden for NGS 25th July

Town garden of around a third of an acre with naturalistic planting inspired by the Dutch garden designer, Piet Oudolf. The garden has perennial borders plus a small meadow packed with herbaceous plants and grasses. The contemporary planting gives way to the exotic, incl. a succulent bed and under mature trees, a lush jungle garden incl. bamboos, bananas, palms and tree ferns. Sunday 25th July 2-5.30 Open for charity.35 Digswell Road, Welwyn Garden City, Hertfordshire AL8 7PB tel: 01707 324074

• Hertfordshire Summer Camp 2021 | British Youth Music Theatre 26th July

Calling all musical theatre lovers! BYMT's Musical Theatre Summer Camps are fun-filled 6-day activity holidays for ANYONE aged 11-17. These are full of exciting activities and inspirational training. Participants will work with top theatre professionals to create a brand-new show in just a week! This is the best way for young people to catch up on all the fun and excitement they missed out on in 2020! All levels welcome. Lockers Park School, Lockers Park, Hemel Hempstead, Monday 26th -Saturday 31st July tel: 020 85637725

Coronavirus: Useful Contacts

Emotional & practical support

www.hertshelp.net

03001234044

Health advice and information

www.nhs.uk/coronavirus

Local council services

www.hertfordshire.gov.uk/coronavirus

Domestic abuse

www.hertssunflower.org

Hertfordshire Domestic Abuse helpline

08 088 088 088

Financial Advice

www.hertfordshire.gov.uk/benefits

Citizens Advice

03444111 444

www.hcas.org.uk

National Debtline

0808 808 4000

www.nationaldebtline.org

Avoiding Scams

Sign up for scam alerts

www.hertfordshire.gov.uk/updates

Volunteering

www.volunteering.org.uk

Coronavirus:

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

Almost 1million people in Hertfordshire have now received at least their first vaccination. That's a significant achievement, but it's vitally important that everyone goes along for their second vaccination too.

A minority of people are reportedly putting off their second vaccination because of the prospect of potential side-effects. Vaccine side-effects are almost always mild and short-lived – whereas we know that contracting COVID-19 can be potentially devastating for individuals, their families and communities and there's the potential for long Covid too. The effectiveness of the vaccines currently being offered in the UK is significantly increased after two doses.

Vaccination update

Younger people now eligible to be vaccinated

Whilst the vaccination programme opened up to people aged 25-29 in June, with both Pfizer and Moderna (the vaccinations currently recommended for younger adults) in fairly short supply, appointment availability is limited and people may need to regularly check the National Booking Service or ring 119 to find a suitable slot.

Meanwhile, there are still vaccination walk-in sessions which are suitable for people aged 40 or over who can receive the AstraZeneca vaccine. Check out this web site to find places closest to you. <https://covid.healthierfuture.org.uk/vaccinations-your-area>

Encouraging employers to support their staff to get protected

Business' should do all they can to support their staff to get vaccinated as soon as possible. Some people who haven't been vaccinated have told outreach staff they are concerned that vaccination side-effects might cause them to be unable to work for a day or two, and that they can't afford to lose pay. All employers are

urged to do everything in their power to support their staff to take up their vaccination when it is offered. A vaccinated workforce is a more resilient workforce.

Outreach vaccination clinics can potentially be arranged in medium or large employment sites in Hertfordshire if there is sufficient demand. Please contact enquiries@healthierfuture.org.uk if you would like to

find out more about this offer.

Changes to vaccination sites

A few vaccination sites are changing over the coming weeks. People will be contacted directly if their appointment is affected.

Alongside fixed vaccination sites across our area, pop-up clinics will continue to take the vaccination offer directly to the heart of communities where there is lower take-up.

Testing

Testing is a vital element in the fight to keep track of COVID variants, detect symptomless infection and prevent the spread of the virus. It's important that everyone uses the right kind of tests. There are 2 types of coronavirus tests available in Hertfordshire: - have symptoms and need a test -do not have symptoms and need a test

Coronavirus tests for people with symptoms (PCR tests)

Book a COVID-19 test for yourself or a family

member. Don't delay if you have symptoms of coronavirus (COVID-19). <https://www.gov.uk/get-coronavirus-test>

If you have a high temperature, a new continuous cough, or a loss or change to your sense of smell or taste, you should either order a test kit or book a test at one of the drive-through testing centres. For additional help to book a test, call 119 between 7am and 11pm. Textphone / minicom users with hearing or

speech difficulties, call 18001 0300 303 2713.

The call centre can also answer enquiries about the testing process and what to do once you have your result, or chase up any delayed results.

Drive-through tests in Hertfordshire

The drive-through testing centre at Tesco Headquarters in Shire Park in Welwyn Garden City is open every day from 8am to 8pm. It has been carrying out an average of 210 tests every day. Here, people can test themselves with the swabs provided or have a swab test carried out

by a trained professional. The test involves taking a swab of the nose and the back of the throat. Visit www.gov.uk/coronavirus for more about symptoms, how to book a test and the NHS Test and Trace system.

Coronavirus tests

for people with no symptoms (rapid testing)

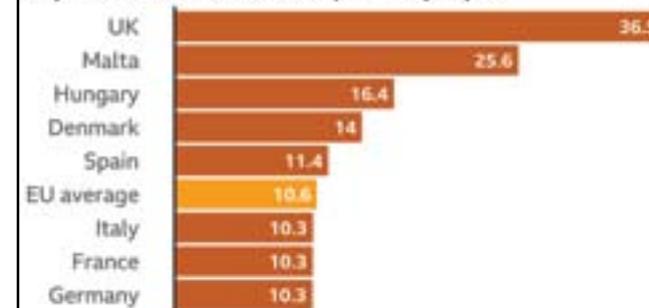
1 in 3 people with coronavirus don't show any symptoms.

Rapid tests are free tests for people who do not have any symptoms.

Continued on page 11



Coronavirus vaccine doses by population
Reported total vaccinations per 100 people





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Continued from page 10

They're also known as lateral flow tests. You get your test results in 60 minutes.

Who can have an in-person rapid test?

Everyone can now get a free test twice a week. Even if you've been vaccinated, still continue to get tested regularly.

There are 2 ways to get tested:

Visit a testing site where you do a self-swab test (with supervision)

Use a home testing kit.

Get tested at a test site

You can now walk in to get a rapid test. No booking required – just check where your nearest testing site is.

<https://eservices.hertfordshire.gov.uk/services/hidden/rapid-test-schedule>

If you have previously booked a test on an upcoming date, this booking will remain valid.

Remember to take your mobile phone – you'll need to

provide a mobile phone number or email address. Take a face covering (not a face visor or shield) – if you're exempt, bring proof or evidence of your medical exemption. It's worth noting that parking may be available at or around the test site, but is not guaranteed. Some parking may be chargeable. Please check before you travel. There are no toilets or seating at the test centres. Once the test has been carried out, you'll be given a flyer with more information. Please go straight home or back to work, ideally not using public transport (unless that's how you got to the test centre).

Rapid tests take 10 minutes. You should get your results within 60 minutes by email or text. If you have not received your results within 12 hours, you can follow-up your result by calling the NHS on 119

Home test kits

Home test kits come in a box containing 7 tests (enough for one person to test themselves twice a week for 3-4 weeks). You can order kits direct

from the government's national scheme online or by calling 119. You can either order a test kit to be sent to your home or book a test at one of the drive-through testing centres. For more information about testing in Hertfordshire, visit: <https://www.hertfordshire.gov.uk/about-the-council/news/coronavirus-tests.aspx#rapid>. Kits should arrive within 5 working days. Pick-up from an NHS testing site – some NHS testing sites operate as a collection point in the afternoon. Collect from a local pharmacy – check if a pharmacy near you is offering test kit collection.

Home testing for school children – for children in Year 7 and above, continue to access home testing kits through your school. Parents can't access tests for themselves through the school testing system. Workplace testing – check with your employer if they're offering testing on work premises or



offering home testing kits.

How rapid testing helps

Rapid testing is over 70% accurate. Through this programme, the aim is to identify people who do not have COVID-19 symptoms but who are infectious and could spread the infection to others unknowingly. Identifying and supporting infectious people to isolate will help reduce spread.

Supporting our communities

Volunteering update

Communities 1st, along with partner organisations, have continued to recruit volunteers to provide important support to vaccination sites across Hertfordshire, west Essex, Luton and Bedfordshire. Last weekend, Communities 1st volunteers reached 100,000 hours of volunteering in vaccination centres. More than 4,900 volunteers have now signed up to help in a variety of roles, from stewarding to administration.

Freedom Day Delayed

by Jordine Bartlett

How will setbacks to the final lifting of lockdown restrictions affect locals?

It seemed light was at the end of the tunnel as the countdown to Freedom Day began, that was, until the government's plan to postpone the lifting of restrictions until July 19 was announced last month. The delay was due to information that emerged concerning the Delta variant and its transmissibility confirming that two doses would be more effective against it.

This amendment to the roadmap out of lockdown means that those living in England will be required to continue following step 3 legal limit restrictions which include: following the rule of six when indoors, working from home where possible and exercising in groups of no more than 30 people.

It also means fixed penalty notices of £200 for anyone found to be breaking the rules will be imposed, until new measures are introduced. According to the gov.UK website, England will

move to the final stage of the roadmap and eliminate Covid restrictions on 19 July, though the data will continually be monitored to see whether this date can be brought forward.

As society slowly opens back up, case numbers steadily grow and a report from Public Health England has revealed that of the 315 local areas in England, 272 (86%) have seen a rise in rates, since step 3 came into force in May.

St Albans has one of the highest levels of vaccinated people in England, with almost 80% of adults now having received their first COVID-19 dose. However, despite this, figures show that an average of 25 new COVID cases is now reported in the area each day. This is a 63% rise from the previous month.

The setback is likely to disappoint Wheathampstead residents who feel restrictions have significantly limited their social contact



during the past 18 months, however, others will be led by the medical data and agree with plans to postpone.

MiniMagazines reporter Jordine Bartlett was keen to see how local people were responding to news of the delay and took to Wheathampstead High Street to hear their views and opinions.

Mrs Reid, 76, has lived in Wheathampstead for 30 years and said: "I don't often agree with the government and their backpedalling, but this time it was the right thing to do. Safety first, I say. More people should be vaccinated before restrictions are lifted so everyone can enjoy the same level of access to amenities and we can prevent a third outbreak – surely that's the most important thing and should be the governments focus?"

Mother of three, Mrs Green, also agreed with the July 19 delay, even though she feared her family holiday will be cancelled as a result of the announcement.

"We were all looking forward to getting on a plane, but who knows now. The airline will refund us if we're unable to travel, but I am considering rescheduling the trip until the October half term now anyway. I thought

things were improving, but numbers are rising. Yes, it is an inconvenience and the kids will be disappointed, but we have got to do what's right." Couple James and Sarah, both 35, moved to the area from London, in January and got engaged shortly after relocating.

Sarah said: "I was hoping to venture beyond the UK, so we could begin looking at wedding venues. We have always wanted to marry overseas and so quickly took the vaccine in the hope we could fly and just feel more relaxed whilst out



and about, but it seems unlikely now. It's just upsetting when you have everything pinned on an idea and follow all the rules."

James continued: "Of course we will get married, hopefully on a beach, but it's just a case of seeing what happens."

Local businessman, Mr Roberts, 44, said: "What's been going on is a joke. You don't know what to believe when it comes to announcements. Running my business has almost been impossible due to delays and minister retractions. I have gone through different feelings and now with this latest setback, I just feel deflated. I want things to go back to some level of normality and I am happy to wait, but I just wish the government would stick to plans and that be that."

For the latest UK government data and insights on coronavirus (COVID-19) in Wheathampstead visit:

<https://coronavirus.data.gov.uk/search?postcode.>



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A Day in the Life of... Club Captain Gordon Hammond

Appointed in October 2020, it's certainly been a funny old time to be the Club Captain at Mid Herts Golf Club – all because of the pandemic. But Gordon has taken it all in his stride; playing golf and socialising when restrictions allowed, and generally taking part in plans to ensure that the club and therefore its visiting members are Covid safe and that the future is secure.

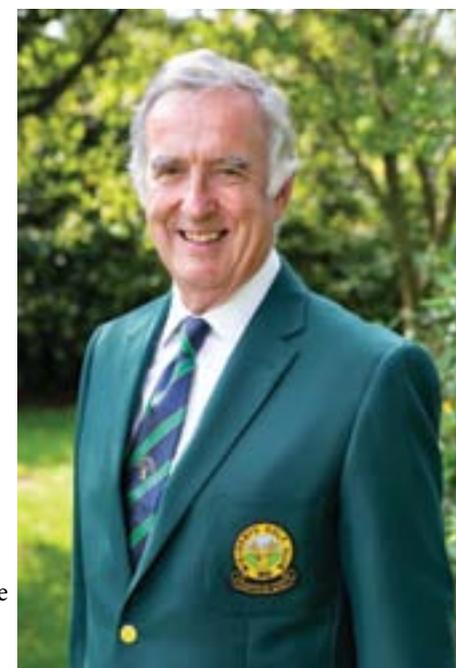
Gordon joined Mid Herts Golf Club in 1996, although for the first 10 years of his membership, he was frequently out of the country working in a consultancy role for the supply chain industry. By 2011, Gordon had retired and began to play golf more often, now aiming for around 3 times per week if time allows.

Every golf club has a Board of Management (BOM) who contributes to running all aspects of the business of a golf club, which also includes setting policy and overseeing the finances. Gordon has been involved with the BOM at Mid Herts for 6 years, most of that time being responsible for sales and marketing.

But once Gordon became Vice Captain, he remained on the BOM and began to shadow the Captain at that time and to devote his attentions to learning the intricacies of being a Club Captain. Gordon told *MiniMagazines*; "It was a great plan, but proved to be quite difficult as essentially our club, like all other clubs at the time, was in lockdown. But fortunately I did have my experience as a BOM member, to fall back on, which helped enormously."

The Club Captain is responsible for all golf

and social matters at the club and is therefore the focal point for members, their comments and queries. Every day the Captain's duties involve reviewing emails from members about any number of issues relating to golf, such as queries about rules, slow play or competitions. There are also numerous telephone calls to respond to which could be more comments from members, committee members or staff members as well as various meetings to attend including discussing many aspects related to the club with



the Chairman and / or the committee members. There's also a Captain's Committee which is chaired by Gordon which meets to talk through all golfing matters including future competitions and social events.

Gordon prepares and sends a monthly Captain's Bulletin to members via email, which provides details about golfing activities in the past month, the Golf Hub, and updates on the condition of the course. Gordon is also very keen to support new members and has established a Retention Group, which is designed to ensure that new members are fully informed and

feel at home, becoming involved in the club's 'buddy system' with one of the existing members, including the Club Captain.

Mid Herts Golf Club membership for both ladies and men has recently been capped and there is a waiting list to join. Gordon said, "We have been delighted to welcome a raft of new members on both sides of the club and actually, it's good to know that the club is so well thought of. I am very proud to be Captain at Mid Herts, it's such a friendly, sociable club and the golf is great too."

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Remained'

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Great Escapes

There are so many wonderful countries to see throughout the world but, in these uncertain times, it's worth exploring some of the many treasures that England has to offer. England has many gems that glisten throughout its countryside, seaside and lake-side towns and criss-crossing across the country and, generally off the beaten track, there are some great escapes. There are Riviera style resorts with fine sandy beaches, breathtaking stretches of water, wonderful culinary experiences as well as top rate service available, if, of course, you know where to look.

Wonderful views

The Lake District

Surrounded by trees and particularly magical is

Lake Ullswater in the heart of the Cumbrian Lake district where peace and tranquillity seem to ooze through every gap in the hedgerow. The water is so still and the landscape so perfect that it really is quite breathtaking and is just the right setting for a relaxing few days. Ullswater is the second largest lake in the English Lake District, being about 9 miles (14 km) long and 0.75 miles (1 km) wide, with a maximum depth a little over 60 metres (197 ft). Driving around the lake is a good experience, although a good flat walk around will take quite some time – it is worth it – small animals and birds are everywhere in the undergrowth and the water shimmers and shines and your boots crackle over bark and leaves and the odd branch as you wend your way along the well trodden paths. Ullswater's attractions in non Covid times include the Ullswater "Steamers" which offer

trips around the lake, calling at Pooley Bridge, Glenridding, These sail all the year round and were originally working boats which from the 1850s moved mail, workers and goods to and from the Greenside Mine at Glenridding, which closed in 1962.

Ullswater is also a sailing location with several marinas round the lake. It is home to the Ullswater Yacht Club and the Lord Birkett Memorial Trophy, usually held annually on the first weekend in July. This regularly attracts over 200 sailing boats for two races covering the length of the lake. There are also facilities for diving, rowing and motorboats. Another attraction is the waterfall of Aira Force, midway along the lake on the western side.



Whilst the splendid Sharrow Bay Country House Hotel which stood on the lake's eastern shore became a casualty of Covid last year and is now closed, there are various other hotels nearby. Local shops and pubs serving

food are about a 5 minute drive away in Pooley Bridge and within easy reach are the towns of Penrith and Keswick as well as other lakes like Windemere.

Donald Campbell set the world water speed record on Ullswater on 23 July 1955, when he piloted the jet-propelled hydroplane 'Bluebird K7' to a speed of 202.32 mph (325.53 km/h).

Over the hills and faraway

Wetherall Village near Carlisle

About 50 miles from Newcastle and just outside of Carlisle is the charming village of Wetherall. You couldn't be blamed for expecting to see steam trains huffing and puffing over the antique bridge and viaduct which spans the river Eden

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some 100 feet up. Again the views are splendid and if you can manage the 99 steps down the side of the hill beside the railway line, you will be in for a treat. The river winds its way around the bend and neat houses nestle on the banks whilst a narrow lane runs around the village past some substantial houses, a couple of shops and a restaurant and ends up back where we started at the Crown Hotel.

Wetheral is a great place to make your base, as this delightful village is only a few miles away from Carlisle that is a must for a visit. Carlisle



was fought over by the Scots and English for centuries and is dominated by the castle. It is worth seeing this formidable building along with the museum and art gallery in Tullie House, which houses various roman collections. Nearby too are stretches of Hadrian's Wall - still standing 6 feet high in places, the Roman wall once 20 ft high and 7ft thick is still an imposing sight. The Milecastle Inn in Haltwhistle is a friendly roadside pub, which shouldn't be missed for its traditional ales and marvellous lunches and home cooked pies.

At the other end of the country Portland

The little island of Portland is a tide island which is a landforms consisting of an island that is connected to land only by a tombolo; a spit of beach materials connected to land at both ends, although geographers now believe that Chesil Beach (which connects the island to the mainland) is a barrier beach that has moved eastwards, rather than a tombolo, 6 kilometres long by 2.7 kilometres wide, in the English Channel. Portland is 8 kilometres south of the resort of Weymouth, forming the southernmost point of the county of Dorset - Chesil Beach joins it to the mainland. The A354 road passes down

the Portland end of the beach and then over the Fleet Lagoon by bridge to the mainland. Portland Harbour, in between Portland and Weymouth, is one of the largest man-made harbours in the world. The harbour was made by the building of stone breakwaters between 1848 and 1905. From its inception it was a Royal Navy base, and played prominent roles during the First and Second World Wars; ships of the Royal Navy and NATO countries worked up and exercised in its waters.

It's easy to drive around Portland and to take in the sights of the harbour and, of course, Portland Bill Lighthouse which has been standing majestically for more than 100 years at a height of 41 metres (135 ft). The distinctive red and white tower first shone its famous four flashes of light every twenty seconds on 11 January 1906 and had a range of 25 nautical miles, which has guided passing vessels through the hazardous waters around Portland Bill.

Overlooking Portland Harbour stands one of Henry VII's finest coastal forts, built in the early 1540s to protect against French and Spanish invasion.

This English Heritage owned Portland Castle has stunning views from the gun platforms and you can get close to the powerful cannons and hear



history brought to life through the free audio tour.

Portland stone, a limestone famous for its use in British and world architecture, including St Paul's Cathedral and the United Nations Headquarters, continues to be quarried here.

I have been fortunate enough to visit all of these wonderful places and would find it hard if pressed to choose between them - the beauty of Lake Ulswater, the old world charm of Wetheral or the gentle sea and sights of Portland - all are worth a visit and any would be a great escape.

Harpers Food

It's a Traditional Family Affair

It was more than 60 years ago in 1958 that Thomas Harper moved away from the fast moving executive business career that he had developed to a small holding in Studham, Bedfordshire. Initially, the reasoning for the move to the countryside was to improve his own health and the health of his family, although there were plans to 'maybe keep a few pigs'.

It seems that quite quickly, as poultry was added to the increasing number of pigs, Thomas was encouraged back into big business to act as a

consultant in his old trades and he passed the reigns of the growing small holding to his young son Peter. Peter was incredibly interested in the animals and the land and how to get the best from both.

Peter told *MiniMagazines*, "It was certainly very challenging for the first 12 months, but I had some good fortune;- my father was a direct, disciplined, and fair minded man with high standards and, luckily, he shared those values with me. I was also lucky to meet a vet who taught me a great deal about animals and their welfare. I felt grateful that my father and the vet showed such great confidence in me, teaching me to use my own instincts and my own common sense and all their advice has stayed with me ever since."



Pictured Finance Director Alice Rees & Operations Director Jane Boyle



Peter met and married Sally, a trained chef, and together they went on to expand the business. Peter was drawn into how to manage the stock in order to market successfully to the consumer and set about reviewing just what products people wanted. Working together, Peter and Sally decided to arrange a series of open evening style events, inviting people to sample the various meats and poultry products for free, so long as they provided feedback on what was good or not so good. Once the feedback was analysed

they proceeded to market the meat and poultry, using the cuts and joints that the customers wanted and preferred. The business grew, staff were recruited and trained in all aspects and the true family business that is Harpers Food was born.

These days, continuing the traditions of a countryside retailer is very much a family affair as Judy, Sales Director, 1 of Peter and Sally's 5 children is involved in the business; and Alice, their granddaughter is Finance Director.

There has, it seems, always been a drive to build lasting relationships with the customers, finding out what they like and supplying it in a well thought out and happy environment. Rewarding customers for their loyalty also became a

priority and some years ago, with that in mind, Harpers launched their Fine Food and Wine Society. Operational for 30 years, with no fees, regular special offers, exclusive treats, summer gift vouchers and invitations to dedicated events, this really is a society worth joining.

Peter and his team are rightly proud of their reputation for offering superb quality English beef, pork, lamb and game as well as grocery items, desserts, confectionary, beers, wines and spirits and home prepared meals – all with their discerning customers in mind. Another well earned accolade must be for the many variations of their speciality homemade sausage rolls, which are made on the premises at Pepperstock. They sell thousands of these little



wonders every day, both to the various shoppers that visit the food hall at Harpers and in larger quantities to various events organisers and caterers across the country.

The food hall is spacious and easy to wander around to make your choice. Knowledgeable staff are on hand to offer a warm welcome and advice if you need it. Harpers Food moved to bright new premises in Pepperstock in 2014 and now has a Coffee Shop which also serves hot food every

day, and the Oak Room where you can enjoy afternoon tea or reserve it for a private function. A visit to Harpers is an experience - it's in the countryside, but easy to get to – there's plenty of parking, lots of enticing food to choose from and you can stay for lunch!

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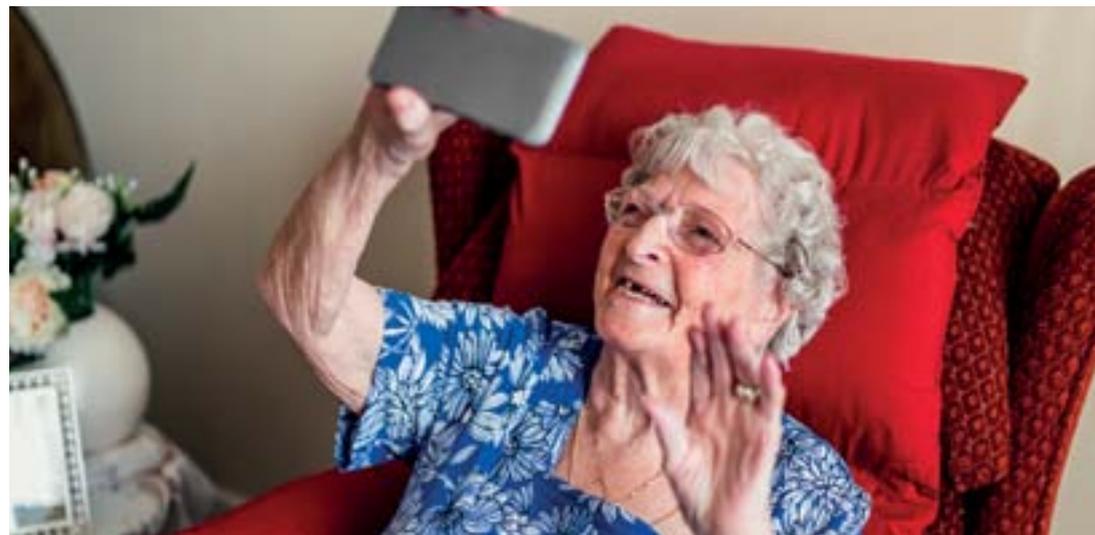
Our Fine Food and Wine Society was established over 30 years ago to thank our customers who shop regularly with us

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Kidney Disease The Silent Killer

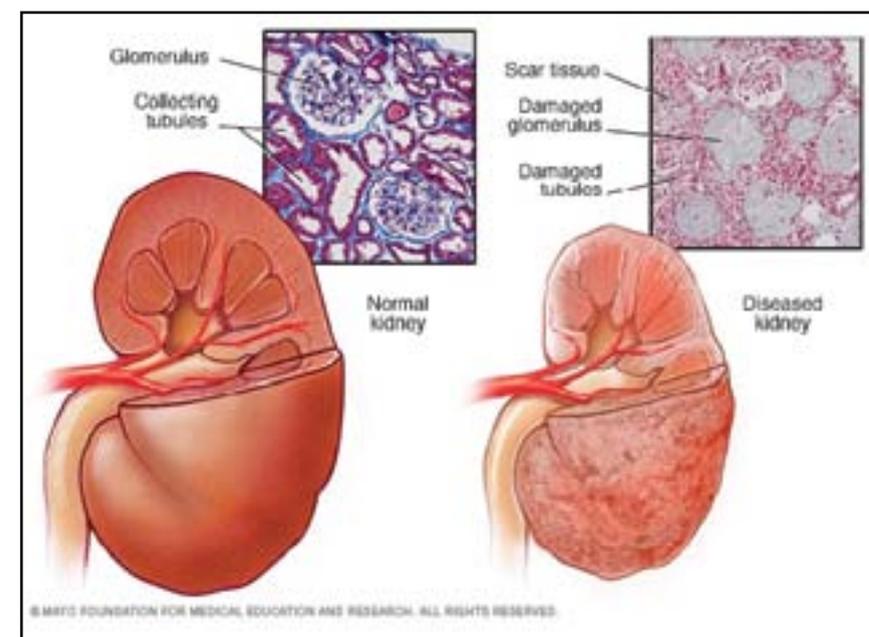
Healthy kidney's function is to remove extra water and wastes, help control blood pressure, keep body chemicals in balance, keep bones strong, tell your body to make red blood cells and help children grow normally. Chronic kidney disease (CKD) occurs when kidneys are no longer able to clean toxins and waste product from the blood and perform their functions to full capacity. This can happen

renal replacement therapy becomes a life-saving treatment.

It is important to detect potential renal problems at an early stage when a little prevention goes a long way in preventing loss of vital kidney function.

At the same time, diagnosis and prevention benefits the heart and circulatory system by controlling high blood pressure, high cholesterol

in the blood and encouraging everyone to embrace a healthy lifestyle. This definitely means no smoking, eating a healthy nutritious diet as well as taking regular exercise in some form. Your GP and practice nurse will be pleased to guide you on this. Too often we take our kidneys (like the rest of our bodies) for granted. Because our kidneys work



suddenly or over time. Chronic kidney disease (CKD) is a phrase that embraces the majority of renal conditions. It can be thought of as a thief that works quietly at night, without creating any disturbance. CKD is quite often found by accident when the doctor carries out tests to investigate something else, say a routine employment medical screening, and then discovers signs of kidney disease at an early or moderate stage. If the problem is not discovered, eventually your body will let you know – as well as being ill, the lifestyle you and your family enjoy changes, even your life could be at risk. By this stage it is often too late for any effective preventative measures and a form of

quietly for us in the background, we tend to think this is always so and that our kidneys are indestructible.

Just a few simple medical checks can lead to an early diagnosis of potential kidney problems, treatments can be extremely efficient and improvements are frequent. In all cases the progress of these conditions can be very much reduced and possibly even halted.

Stages of kidney disease

There are various stages of chronic kidney disease (CKD) and your doctor will regularly test your urine and blood to find out if there is kidney damage, how serious the

Continued on page 25

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Health Matters

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condition is, whether it is getting worse and what treatments you might need to manage your symptoms.

Symptoms

Signs and symptoms of chronic kidney disease develop over time if kidney damage progresses slowly. Signs and symptoms of kidney disease may include:

- Nausea
- Vomiting
- Loss of appetite
- Fatigue and weakness
- Sleep problems
- Changes in how much you urinate
- Decreased mental sharpness
- Muscle twitches and cramps
- Swelling of feet and ankles
- Persistent itching
- Chest pain, if fluid builds up around the lining of the heart
- Shortness of breath, if fluid builds up in the lungs

High blood pressure (hypertension) that's difficult to control

Signs and symptoms of kidney disease are often nonspecific, meaning they can also be caused by other illnesses. Because your kidneys are highly adaptable and able to compensate for lost function, signs and symptoms may not appear until irreversible damage has occurred.

When to see a doctor

Make an appointment with your doctor if you have any signs or symptoms of kidney disease. If you have a medical condition that increases your risk of kidney disease, your doctor is likely to monitor your blood pressure and kidney function with urine and blood tests during regular office visits. Ask your doctor whether these tests are necessary for you.

Causes

Diseases and conditions that cause chronic kidney disease include:

- Type 1 or type 2 diabetes
- High blood pressure
- Inflammation of the kidney's filtering units
- Inflammation of the kidney's tubules and surrounding structures
- Polycystic kidney disease
- Prolonged obstruction of the urinary tract,

- from conditions such as enlarged prostate, kidney stones and some cancers
- Reflux, a condition that causes urine to back up into your kidneys
- Recurrent kidney infection



Risk factors

Factors that may increase your risk of chronic kidney disease include:

- Diabetes
- High blood pressure
- Heart and blood vessel (cardiovascular) disease
- Smoking
- Obesity
- Being African-American, Native American or Asian-American
- Family history of kidney disease
- Abnormal kidney structure
- Older age

Complications

Chronic kidney disease can affect almost every part of your body. Potential complications may include:

Fluid retention, which could lead to swelling in your arms and legs, high blood pressure, or fluid in your lungs (pulmonary edema).

A sudden rise in potassium levels in your blood (hyperkalemia) - which could impair your heart's ability to function and may be life-threatening

Heart and blood vessel (cardiovascular) disease

Weak bones and an increased risk of bone fractures

Anaemia

Decreased sex drive,

Continued on page 27

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Health Matters

Continued from page 25

erectile dysfunction or reduced fertility

Damage to your central nervous system, which can cause difficulty concentrating, personality changes or seizures

Decreased immune response, which makes you more vulnerable to infection

Pericarditis, an inflammation of the saclike membrane that envelops your heart (pericardium)

Pregnancy complications that carry risks for the mother and the developing foetus.

Irreversible damage to your kidneys (end-stage kidney disease), eventually requiring either dialysis or a kidney transplant for survival

Prevention

To reduce your risk of developing kidney disease: Follow instructions on over-the-counter medications. When using non-prescription pain relievers, such as aspirin, ibuprofen etc. follow the instructions on the package. Taking too many pain relievers could lead to kidney damage and generally should be avoided if you have kidney

disease. Ask your doctor whether these drugs are safe for you.

Maintain a healthy weight. If you're at a healthy weight, work to maintain it by being physically active most days of the week. If you need to lose weight, talk with your doctor about strategies for healthy weight loss. Often this involves increasing daily physical activity and reducing calories.

Don't smoke. Cigarette smoking can damage your kidneys and make existing kidney damage worse. If you're a smoker, talk to your doctor about strategies for quitting smoking. Support groups, counselling and medications can all help you to stop.

Manage your medical conditions with your doctor's help. If you have diseases or conditions that increase your risk of kidney disease, work with your doctor to control them. Ask your doctor about tests to look for signs of kidney damage.

Information supplied by Kidney Research UK & Mayo clinic

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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.

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/>

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

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

Thursday Club for the Disabled

The Club has very clear objectives to welcome and support disabled individuals, for whatever reason, within the Parish of Wheathampstead. The Club has flourished for over 45 years and is a well-respected part of our community. We meet every Thursday in school term time, when lunch and entertainment are provided, together with valued social companionship. To find out about potential membership, call Maggie Fleetwood on 01438 832523 or David Law on 01582 833628

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 or tel: Iain Begg on 07799 410670 or email: iain2.begg@virgin.net

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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



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

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

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

Cricket

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

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FRIENDLY, RELIABLE, INDEPENDENT BUSINESS

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 - wheathampsteadpreservationsociety.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 noon, 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

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 Friday Coffee Mornings 10.30-11.45am in the Mead Hall or Contact our Secretary Karen Benomran 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



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

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Dog lovers wanted:

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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



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

Wheathampstead Warriors

A local running club, all abilities welcome! Come and run with us on Tuesdays and Thursdays at 8pm at the Memorial Hall, Marford Road. Just turn up on any week to try us out for free.
<https://wheathampsteadwarriors.wordpress.com/>

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 www.wheathampsteadu3a.co.uk

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 Hardynges Choir

The Hardynges 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.hardyngeschoir.org

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