

the magazine for town and parish since 1872

YB

Your Berkhamsted

April 2018

**April 23rd is St. George's Day -
Does it matter?**

**Schools unite under new
Castle Federation**

More on Rectory Lane Cemetery

Berkhamsted Bowls Club

A Bowls club and much more!



Exploring the past, reflecting the present and looking to the future in Berkhamsted

In this issue...

WELCOME TO THE APRIL 2018 EDITION OF YOUR BERKHAMSTED.

Clocks are now forward so lighter nights and already seeing a lovely array of colourful flowers popping up, so getting that feeling of spring, which is one of my favourite seasons. In this edition we have news on the collaboration of Victoria and Thomas Coram Schools, this had received a positive vote from public consultations and YB wishes these schools a great future. John Gerry has done some research on the St George's Day and as always has given very thought provoking contribution. There is more about the Rectory Lane Cemetery project and how Terrain Surveys won the 2017 Surveyors Award at the Hertfordshire Building and Construction Awards for the survey they conducted in our Rectory Lane Cemetery in June 2017. Last, but not least, we have Suzy Reading's third instalment of her guidelines to self-care, hopefully this has been very useful for getting balance within your life as we seem to get busier and busier these days. Our 'what's on' page shows events in April in and around Berkhamsted and also look out for YB tweets on @Yourberkhamsted. Please see email below and get in touch if there are any ideas or stories you may have, either to publish or additions/changes to the magazine for consideration. **Jacqueline** - editor@yourberkhamsted.org.uk



Berkhamsted in the news	3-5
What's On	6-7
Schools unite under new Castle Federation	9
Berkhamsted Museum and History Society	10-11
The Swan Project	12-13
Eric Brown	14-15
Your Clergy	17
Parish Pages	18-19
Hospice News	
20-21 Berkhamsted Bowls Club	
22	St. George's Day
24-25	
Children's Society Walk	27
Rectory Lane Cemetery Project	28-29

Front cover: Thank you Mary Casserley for your wonderful picture of Northchurch Common and St Mary's Church. For info: www.marycasserley.com

The Town and Parish Magazine of St Peter's Great Berkhamsted

Responsibility for opinions expressed in articles and letters published in this magazine and for the accuracy of any statements in them rests solely with the individual contributor.

Berkhamsted in the news by Julian Dawson



I would like to start by thanking my loyal band of correspondents who pass tasty snippets of information my way. Firstly Mags Wood followed up on the Sharlands conversation by lending me her copy of Berkhamsted Local History & Museum Society's Berkhamsted Through Time, published by Amberley Publishing in 2013. Not only does it have photographic evidence of the store in question, but is packed with fascinating then and now photos of various parts of the town. In fact, some so relatively recent as to bring back my own memories of the town 25 years ago. I do recommend this title. I'd also like to thank David Blake for his own memories of Sharlands – "...for what it's worth Sharlands had previously been in what is now Mint Velvet (formerly Birtchnells). In fact, unless my memory is playing me tricks, I think it occupied what is now EyeCare as well. I think it moved across the road in the mid or late '50s".

Margaret Burbridge tipped me off on the new series of Endeavour, the first episode of which was filmed in the town. The scene of the first crime was in Church Lane, whilst a later grisly scene was behind the front door of

Court House Cottage (though the interior was filmed elsewhere). And to cap it off H.H. Dickman also served as a chemist appropriate for this 1968 prequel to Morse.

To conclude my correspondent's round up, our curate Simon Vivian wonders if the Orr-Ewing family I mentioned recently are related to the amphibiously named Frog Orr-Ewing whom he worked with a few years ago. He is rector of Latimer Minster near Beaconsfield and is a tutor at Wycliffe Hall, Oxford. OK, you can stop croaking at the back now.

Now back to our normal programming. As I write the thaw is just beginning to kick in after a week of weather unprecedented in recent years. Radio station mix96.co.uk reported on various local Twitter feeds including one from @BerkhamstedFire which reports on "a fresh early morning call to a burst pipe @The Rex Cinema luckily the pipe is outside and has not caused any damage internally". I'm not sure whether they were showing Frozen at the time.

Eleven Plus Test Preparation, Maths and English tuition.

Holiday courses available.

Tuition tailored to suit your child's learning needs, after school and on Saturdays.



Pen and Ink Tuition
Where Learning Is Fun

25 High Street, Chesham, Bucks HP5 1BG
01494 773300

www.penandinktuition.co.uk



THE OLD PASTURES

LUXURY ACCOMMODATION FOR DOGS
Icknield Farm, Icknield Way,
Tring, Herts HP23 4JX



Luxury heated accommodation for your dog
Only 8 large kennels giving your dog the extra care and attention they deserve. All dogs are walked twice a day.
Holiday homes for small animals.

DOG GROOMING

BATHING, CLIPPING, TRIMMING, HAND-STRIPPING, NAILS AND EARS. WEEKEND APPOINTMENTS AVAILABLE. EASY WALK IN, NON-SLIP SHOWER IDEAL FOR OLDER AND BIGGER DOGS. WE CAN CATER FOR ANY SIZE DOG.
EASY PARKING.

FOR AN APPOINTMENT FOR GROOMING OR KENNELING PLEASE CALL:

01442 824856



**Will Kimberley
Garden Services
01442 255784**

- Grass cutting
- Hedge trimming
- Patios cleaned
- Gutters cleared
- All cuttings and clippings removed
- References available

Why not phone for a quote?

The 50 plus

Maintain, Repair & Install
For all your property needs

Plumbing
Electrical
Handyman
Appliances
Drains, decorating & more



01494 784 448

Book a timed appointment -
online or by telephone
Go online to book and see pricing
Free estimates
Discount club

www.the50plus.co.uk



Berkhamsted is on the lookout for newly qualified teachers apparently, according to greateducation.co.uk, a teaching agency. They are encouraging new teachers to sign up and get first refusal on job opportunities in the three counties area.

berkhamstedtoday.co.uk reports on this year's Berkhamsted Fun Run which all being well beat the big freeze. 51 Raiders team members were to run to raise money for the Hospice in memory of football mum Ingrid Gardiner who very sadly died

from cancer a few months ago aged 51. Her son Louis is in the U-15 Blues.

I ought not to let this column pass without mentioning the tragic events of the end of February that saw a young man's life taken away allegedly by a small group of teenagers. As you can imagine this was reported on by several websites including hertfordshiremercury.co.uk. One struggles to comprehend the dreadful set of circumstances that has wrecked the lives of all those involved.



Drawings of Berkhamsted by Jenni Cator, Art at 88,
88 High Street,
Berkhamsted, HP4 2BW Tel. 01442 769110
info@artat88.co.uk.

S. Dell & Sons LIMITED

THE PROFESSIONAL REMOVERS

**NEW CONTAINERISED WAREHOUSE
IN OPERATION & OPEN FOR INSPECTION
BETWEEN 9AM & 4PM
HOLDING UP TO 600 CONTAINERS**




SILVERDALE HOUSE, CANALSIDE, NORTHBRIDGE ROAD, BERKHAMSTED, HERTS HP4 1EG
TEL: 01442 863959 or 01753 891151 FAX: 01442 862163








What's on

Berkhamsted Artisans, Arts & Crafts Market (**1st Saturday every month**)
10am to 4pm. The Town Hall, 196 High Street, Berkhamsted, Herts, HP4 3AP
Through the double doors above Carluccio's on the High St. Lift access at back. If you would like a stall contact Claire - Mob: 07968 627 179; Email: berkhamstedmarket@hotmail.co.uk; www.greatmarkets@vpweb.co.uk

Tring Farmers Market (**Alternate Saturdays**). The Marketplace, Brook Street, Tring 9.00am - 12.15pm. Tring Farmers Market promotes local food for local people For more info email: enquiries@tringfarmersmarket.co.uk

For events at the Hertfordshire Libraries for young and old
<https://www.hertfordshire.gov.uk/services/libraries-and-archives/events-and-things-to-do>

www.wea.org.uk. (Adult Learning Courses) £74 for a 10-week course, 2 hours a week. 0300 3033464; information 872432



**Easter
Taizé
Service
Sunday, 22 April 2018
@ 6pm**

**St Mary's Church
High Street, Northchurch, Berkhamsted,
Hertfordshire, HP4 3QW**

A quiet meditation service with chants and silence to celebrate Easter
Tea/coffee and cake to be served afterwards. All welcome!

Sat, 7th Apr @ 8pm: Derek Nash Quartet.
Derek Nash (saxes), David Newton (p), Geoff Gascoyne (b), Sebastiaan de Krom (d). Civic Centre.
www.berkhamstedjazz.co.uk
Visitors £13, members £10 (£7.50 with voucher);
annual £10 (£15 couple); concs, DC.
bjazztickets@gmail.com 824173

Tue, 10th Apr @ 8pm: Berkhamsted Art Society. Expressive Drawing with Graphite. Drawing techniques with the humble pencil demonstrated by Ronnie Ireland. Civic Centre.
www.berkhamstedartsociety.com.
Visitors £3 at the door

Wed, 11th Apr @ 7.30pm - A History of London's Royal Parks
This talk is the third of a new major development in Art appreciation in the Hemel Hempstead, St Albans, Tring, Berkhamsted and the neighbouring villages area. ADFAS, the Ashridge Decorative and Fine Arts Society, is celebrating its 50th year by commencing this series of evening lectures.
The Civic Centre, Berkhamsted
01442 862507

Mon, 16th and Tues, 17th Apr @ 8pm:
Berkhamsted Film Society – Arrival. An arresting, inventive sci-fi masterpiece. When mysterious spacecraft touch down across the globe a linguistics expert must find a way to communicate.
Dir: Denis Villeneuve/2016/USA/Cert 12A/116mins. Civic Centre.
www.berkhamstedfilmsociety.co.uk.
Annual sub: joint £65, single £35. Visitors £5 at door (no conc); tickets 863155

Mon, 23rd Apr @ 7.45pm: Berkhamsted Archaeology Society. The Prittlewell Anglo-Saxon Burial. A talk by Lyn Blackmore, FSA, Senior Finds Specialist, Museum of London. Followed by the Society's 46th AGM. Music Room, Berkhamsted School <http://berkhamstedarchaeology.co.uk> Annual subs £15, couples £20, juniors £5; £1 on the night for members, £5 for visitors

Thu, 26th Apr @ 7.30pm: Town Meeting. Berkhamsted Town Council Annual Town Meeting 2018. At which the Town Council reports on its activities and plans, and responds to questions from residents. All are welcome. Town Hall. www.berkhamstedtowncouncil.gov.uk

Thu, 26th to Sat, 28th Apr @ 7.30 pm: Berkhamsted Youth Theatre. Dates for the exciting spring show by the Berkhamsted Youth Theatre. Check the website for details. Court Theatre, Pendley. www.courttheatre.co.uk Tickets: Thu £5, Fri & Sat £10, £8 conc from Berkhamsted Imaging, High St, & Beechwood Fine Foods, Frogmore St, Tring 07543 560478

Sat, 28 Apr @ 7.30 pm: Berkhamsted Choral Society. Duruflé Requiem. Complete work with full orchestra, and Schubert 'Mass in G'. St Peter's Church. www.berkhamstedchoral.co.uk Tickets £15, DC £8, u18s free, 07500 431643

Mon 30th Apr to 18th Jun @ 10.30am to 12.30pm: WEA Berkhamsted Commonwealth Writing. Literature course with Michael King. 289 High St. www.wea.org.uk £45 for a 6 week course, 2 hours a week. 0300 3033464; information 872432

Showing at the [The Vyne Theatre, Berkhamsted Arts Centre](http://www.vynettheatre.co.uk)
www.vynettheatre.co.uk

Bernstein Centenary : The Royal Ballet
Sun 1 Apr 2:00 pm. Live recording

Giselle : The Bolshoi Ballet
Sun 8 Apr 2:00 pm Live recording

Julius Caesar : National Theatre LIVE
Sun 15 Apr 6:00 pm Live broadcast

James Hill and Anne Janelle : Berkhamsted campaign for real music
Fri 20 Apr 8:00 pm Live event

Herts Litfest for children and adults
<https://www.hertfordshire.gov.uk/services/libraries-and-archives/events-and-things-to-do/events-and-things-to-do-at-libraries.aspx>

Our 4th Beer & Music Festival will take place in spring at the Berkhamsted Cricket Club:
6-11pm Friday 27 April Comedy Night and Early Access to Beer Festival
noon-11pm Saturday 28 April Beer & Music Festival

Contact:
T. 07774 161708

E. beer@berkobeerfest.co.uk
W. www.berkobeerfest.co.uk

Abbeyfield

Where older people find care in housing

The Abbeyfield (Berkhamsted and Hemel Hempstead) Society Limited

Independent but unhappy living alone?

Abbeyfield provide very sheltered houses at

Potten End

Hemel Hempstead

Leverstock Green

For further information contact:

Mrs Susan Pullen 01442 217578

Registered Charity No. 262424. Registered Office 175 High St. Berkhamsted

PETER D HANNABY

Painter and Decorator

*Interior and exterior
work undertaken.*

*For competitive
quotations
please call:*

mb1: 07765 250092
home: 01442 288956

T.A. LINGARD MOTORS

**BILLET LANE
BERKHAMSTED**

Tel: Berkhamsted 871911

- **WELDING**
- **SERVICING**
- **BREAKDOWN
RECOVERY**
- **BODY REPAIRS**

berkhamstedcarpetcleaning.co.uk

Berkhamsted Carpet Cleaning Ltd

**carpets
oriental rugs
upholstery**

- residential & commercial
- professional • good value
- fully insured

**David Green
01442 876622
0788 405 8795**

Berkhamsted
Herts HP4 3JE

berkhamstedovencleaning.co.uk

Berkhamsted Oven Cleaning Ltd

complete valet service for

**all ovens, hobs
and extractors**

- professional • good value
- fully insured

**David Green
01442 876622
0788 405 8795**

Berkhamsted
Herts HP4 3JE

Schools unite under new Castle Federation



Victoria
Church of England
Infant & Nursery School



Two Berkhamsted schools have formalised their close collaboration by deciding to unite under one governing body.

On Monday 19 February, governors from Victoria Infant & Nursery School and The Thomas Coram School – both Church of England schools in the East Berkhamsted ward – voted unanimously in favour of becoming the Castle Church of England Federation.



The schools already share an Executive Headteacher, Mr Rob Halls, and are now unifying their leadership structure further by creating a single Governing Body to oversee both schools.

Mr Halls commented: "It will be an exciting time for our two school families as we reap the benefits of federating: shar-

ing a strategic direction, pooling resources effectively and offering staff new career development opportunities. I'll be working with our new governing body to make sure each individual pupil achieves their full potential.

"It is a priority for us to continue the close working relationship with our other partner, Swing Gate Infant and Nursery School."

The decision to federate was declared after a positive outcome to a six-week public consultation. A total of 38 responses were returned, of which 33 (87%) respondents indicated support for a Federation, with three neutral and two respondents against.

The existing governing bodies will be dissolved on 16 April 2018, subject to formal approval from the Diocese of St Albans and Hertfordshire County Council, and a new constitution under a single governing body will be adopted.

Thomas Coram and Victoria will still operate from their existing school sites and keep their separate names and uniforms.

Luisa Clarke

BERKHAMSTED HERITAGE HUB PROJECT



On 14th March the news broke that the Berkhamsted Local History & Museum Society had been successful in

its bid for a Lottery grant of £60K to carry out its project to investigate the feasibility and viability of establishing a Heritage Hub for Berkhamsted. How does that help, and does it bring Berkhamsted any nearer to fulfilling the dream of many to set up a museum for Berkhamsted?

‘Berkhamsted, historic Market Town’ reads the motorist on approaching Berkhamsted. Berkhamsted is ‘a royal town’ states Henry Nash proudly and correctly in his ‘Reminiscences’ of the Berkhamsted of the early 19th century. ‘How old is the market, and how can the town be royal?’ ‘Where is the Palace?’ Visitors from all over the world come to the ruined Norman castle and ask for directions to the Museum or a Heritage Centre and turn away disappointed. There is obviously an interesting town trail with blue plaques, but ‘early 18th century’ does not tell you that in that house lived an apparently respectable Quaker gentleman who poisoned his mistress! Berkhamsted has such a wealth of history but much of it is hidden away and needs to be given more of the ‘human touch’.

It needs to be put into its historic context in a more understandable manner, adapted for specific audiences.



LOTTERY FUNDED

The Heritage Hub Project, led by the History Society, will be investigating how best to bring the heritage of Berkhamsted alive for the different groups of residents and visitors of all ages; and how we can make best use of the large collections of BLHMS and the Archaeological Society (at present hidden away and largely inaccessible to the general public) to tell stories of how the town developed and of what life was like, for example, for those who lived in the little alleys off the High Street in Victorian times.

The History Society’s programme of talks, the Heritage Open Days, guided tours, exhibitions, U3A History groups and their research - each has its valuable part to play, but wouldn’t a team working together with other societies and heritage buildings give a greater force and meet the interests and needs of more of the population? This will be investigated.

Berkhamsted has a number of fine historic buildings. How best could we use them to display their own history, and also the occasional small exhibition, or even adapt them to make

a central Hub? This too will be investigated and evaluated and costed. Would it not then just be a small museum?

For very many years - in fact, since 1950 - the History Society has sought an appropriate building to house a museum. The problems have always been the high costs of property in Berkhamsted and the absence of a benefactor with an appropriate building. The concept of a museum has changed radically. The days of 'Do not touch' have been replaced by 'hands on' activities; stories illustrated by artefacts which aid the understanding of chronology and the development of our town, scenes or tableaux depicting a certain age, the dramatization of events, the use of modern technology – these have changed museums beyond all recognition. Outreach - i.e. taking history to schools, to the community rather than the people coming to a 'museum' - is the order of the day. The Hub is then just an updated museum?

The Heritage Hub and its Network comprise a team of people working together to enhance local heritage provision and boost its impact, especially among under-reached members of the community. It will be largely accessible all day/ every day and encourage local individuals' and family collections and histories to be shared. The project will identify existing resources and see how best they can

be used and built upon. All owners of historical collections - whether museums, societies or private individuals - are faced with the responsibility of assessing how their collections can best be preserved for posterity. The difficulty of storage is of major concern. Digitalisation must be considered and costed and is an important part of the project.

This mammoth task, in which we will consult widely to gather the views of the community, will take over a year to complete. You can follow our progress on the History Society's website <https://berkhamsted-history.org.uk>

The members of the Project are as follows:-

- **Berkhamsted Local History & Museum Society:** Jenny Sherwood and Norman Groves (Project Manager)
- **Berkhamsted Town Hall Trust:** Pete Elsworth and Giles Clark
- **Berkhamsted & District Archaeological Society:** Peter Clayton
- **Dacorum Heritage Trust:** Roger Hands (and Peter Clayton)
- **Rectory Lane Cemetery Project/ Friends of St Peter's:** James Moir-Plus: Ian Reay - Herts County Council and Berkhamsted Town Councillor
- **Linda Hattersley** - market research and communications specialist.

We are grateful to the Heritage Lottery Fund and the Lottery players for the opportunity to carry out this project.

Jenny Sherwood

SOMEWHERE TO GO – SOMETHING TO DO – SOMEONE TO LISTEN

ABOUT OUR SWAN

Sometimes young people don't want to go home, but certainly don't want to hang around on the street. In the heart of Berkhamsted High Street, the Swan Youth Project is waiting for them. They can drop in and see their friends and make new ones. They can use the space to relax, listen to music, explore the art room and just sit and chat in their own space. The Centre is open every day of the week after school and there are some additional sessions for particular year groups.

Our members can get creative. Music plays a big part in life at the Swan, there are gig nights and members are encouraged to make music both here at the Swan and in public. There is a regular drumming workshop on Fridays and a fully equipped recording studio that is available to hire. Often people use The Swan to make their first appearance in front of a live audience. It's a safe space for a first gig in front of an appreciative and generous audience.

We organise day trips ranging from the beach, to street art walks in London, a visit to the Inns of Court, the opportunities are huge, and we encourage members to come forward with their own ideas and help make them happen.

We have a Swan Skaters Group, where older members deliver coaching sessions to younger new members during the holidays. By passing on their skills, the Swan Skaters help to break down the barriers between the different age groups that attend the park.

Members learn about the value and importance of exercise and are offered opportunities to participate in sporting events such as five-a-side football, yoga, and dance. There is also the opportunity to go on trips.



WE MAKE A DIFFERENCE

Like many other youth projects around the country, The Swan works to support young people, by providing an environment in which their personalities and life skills can be developed, enabling them to become productive contributing individuals of society. It has a preventative role. By providing young people with support, it aims to bring with it broader benefits for society such as reducing unemployment, improving the take-up of education, reducing substance abuse, cutting crime and anti-social behaviour.

Some of the comments young people have made about The Swan Project - "I like coming to the Swan because I get to see and talk to new people that I wouldn't necessarily talk to at school and confidence at engaging with social situations has grown tremendously since I started coming."

"I like the Swan because it is one of the only places where I can be myself."

Our member volunteer programme offers the opportunity to develop new skills and experiences whilst volunteering at the Swan. It also qualifies for community service for the Duke of Edinburgh Awards.

We offer support and information which help our members make informed choices about mental health, addictive substances, identity and relationships. This includes the latest sexual health advice. The door is always open to all our young people.



HOW YOU CAN HELP?

With all this and more on offer, we are still finding it very difficult to achieve the funding we need to maintain our high standard of care.

We have funding from Berkhamsted Town Council for which we are very grateful, but we need another £30,000 a year just to maintain our current programme let alone extend as we would wish.

Do call us (01442 384349) and arrange to come and have a look round to see our amazing facility, and please consider whether you could make a monthly

donation to keep us afloat – even small amounts add up and make a difference to the young people living in the Berkhamsted area.



If you would like to volunteer to help with any of the regular sessions or on the occasional trips away please get in touch at:

manager@swanyouthproject.co.uk

DON'T MISS OUR NEXT BIG EVENT!

Following the success of our Inaugural Ball a few years ago, we are holding another Ball on 12th May at Ashlyns School starting at 7pm. Tickets cost £50 for an introductory drink, 3 course meal and coffee plus live music from Grand Central to enable you to dance the night away. The previous Ball was much enjoyed by everyone, and this promises to be even better. Why not put a table together for an evening of fun whilst supporting a worthwhile local charity? Our offer to young people is unique in the town.

Details and/or tickets contact us at swanball2018@outlook.com

Please do explore our website and find out more about what the Swan offers www.swanyouthproject.co.uk

Lindy Weinreb - trustee

Rain and wind battered the windows of Southwick House. It was not the most propitious of weathers to persuade Eisenhower that D-Day was safe to proceed, and for the tens of thousands of soldiers on the landing ships and craft it was significantly less than comfortable. But Group Captain Dr James Stagg, head of the meteorological team, was able to reassure the Supreme Command that there was a break in the weather. As he presented his forecast 'the Supreme Commander and his colleagues became as new men' he later wrote, and Eisenhower's famous grin returned. The decision to proceed with the liberation of Western Europe was made. But how was Stagg able to present such a confident and correct weather forecast? Eric Brown, who died recently aged 95, was one of the pilots of 517 Squadron Coastal Command. He and others flew lengthy patrols over the Atlantic to help provide the data to the meteorologists and decision makers that had the fate of liberty in their hands. This was a highly significant if not well reported contribution to the victory of the Allies. Some of the data he gathered involved flying at very low altitude skimming the wave tips measuring the distance of waves in the Channel in order to deduce their

effect on the invasion beaches. Eric would have flown Handley Page Halifaxes out of RAF Brawdy in Pembrokeshire.

Wales clearly had a calling for him, because after completing his studies in Geography he accepted an assistant lectureship at the University College of Wales, Aberystwyth. Interestingly, despite his previous life in the air, he specialised in the behaviour of the ground and built up a renowned expertise in geomorphology. His PhD resulted in the publication of his book 'The Relief and Drainage of Wales'. As a former alumni of Aber, I can vouch that the title is only too apt!

Having built up a formidable knowledge from many international field trips, he became instrumental in establishing the Remote Sensing Unit of University College London and became involved in many of the administrative committees at that institution.

It was his work in London that led Eric Brown to move to Berkhamsted in 1957 and to join the band of commuters up to Euston. His girls, including Jane Bartholomew, attended what was to become Berkhamsted School, a prime motivation for the move out of the city. The tributes to Eric from

friends, family and colleagues offer a fine testament to the man. One particular tribute caught my eye. Professor David Unwin described him as ‘An inspirational teacher who had a huge influence on my academic

development and career’. It is more than fitting therefore that the motto of his war squadron was *Non Nobis Laboramus* "We work not for ourselves".

Julian Dawson



Appledown Rescue and Rehoming Kennels



FUN DOG SHOW!

Sunday 13th May

**Come along to Appledown for
a great family day out!**

12 classes plus Best in Show

Tea tent, Barbecue & Stalls!

Show opens at 11 a.m. Classes commence 12 noon.

Judge: Lynne Davies. Entries on the day.

**Appledown Rescue & Rehoming Kennels, Harling Road,
Eaton Bray, Beds LU6 1QY 01525 220383 (Registered Charity Number 1116848)**



**BETTER HEARING
STARTS HERE**

HEARING PROBLEMS? *or maybe just Ear Wax?*

Visit us for a complete inspection of your ear canal and eardrum. If there is any amount of wax, we'll remove it for you using safe and extremely effective methods of Dry Removal or Microsuction (gentle suction).

CALL US ON 01442 389949

we offer appointment times at short notice to suit you.

Halo Hearing Solutions, a family-run business, provide the highest standard of hearing care to the local community, offering you the best products and service that match your requirements. Visit us for:



FREE HEARING ASSESSMENTS

- Latest Hearing Technology
- Tinnitus Solutions
- Hearing Protection Products
- Service, Tuning & Batteries



CALL US TODAY ON 01442 389949

or visit one of our clinics to discuss how we can meet your hearing needs.

NEW CENTRE:

Halo Hearing Solutions
3 Lower Kings Road
Berkhamsted
HP4 2AE

Clinic:

Delite Chemist
4 Money Hill Parade
Rickmansworth
WD3 7BQ

Clinic:

Kings Langley Eyecare
12 High Street
Kings Langley
WD4 8BH

Your Berkhamsted Clergy

As I write this, it is the day after Mothering Sunday and the promise of spring after the recent cold snap is just about on the horizon. The green shoots of spring and summer flowers are beginning to push their way through, the trees will soon be in leaf once more, and within a couple of weeks the clocks will have gone forward. In short, new life is beginning to happen all around us.

By the time you are reading this we, at St Peter's will have partaken in the ultimate celebration of new life in Holy Week and Easter, marking Jesus' resurrection; perhaps you and your family joined us at one of our special services over Holy Week.

The celebrations of Easter and the season of spring give us an annual opportunity to dwell a little on our lives and where we could let the newness in, the very message of Christianity is of the promise of new life. Perhaps you have never considered the claims of Christianity before and you are feeling some pull towards doing so. We are running a class for people considering confirmation at St Peter's during April and May, if you could be interested in considering this please do contact the Parish office (churchoffice@greatberkhamsted.org.uk)

Perhaps you have celebrated a new life in your family recently, we would love to celebrate this with you. As ever, we have monthly baptism services, again contact the parish office about this. But we also have lots of opportunities for

families with young children. At our 9:30 parish mass each Sunday our children's corner is available to all, and is being improved and updated at the moment. There are quiet toys, books, cushions and colouring where children can be entertained during the service. There is also an alternative children's talk during the sermon, where children aged over 3 can come and hear some age appropriate teaching and topical crafts. As well as our monthly all age service on Sunday afternoons with activities and tea afterwards. Families and especially children are so very welcome at every part of church life, we would love to see you.

While the spiritual nature of new life is hugely important, and what we are in the business of. There is also much to be taken from a new friendship or event attended. We are continuing to introduce more social events to our calendar, places and activities where regular attenders and newcomers and the wider community can meet and have fun together. So do keep an eye out on our website or Facebook for details of upcoming events.

Whatever you do this April, I pray you find all the joys of spring and the freshness of new life, wherever that may be.

Lex Bradley
Parish intern.



Regular Church Activities

- 3rd Mon Pastoral Network, 7:45pm, The Court House. Contact Philippa Seldon 871534.
- 1st Tues Tuesday Club, 7:30pm A lively women's group with guest speaker. The Court House. Contact Rosslyn Laidler: tel 01442 879992
- Tues Chuckles Parent & Toddler Group, 10–11:30am. All Saints' Church Hall. Song Time or short service as announced. Contact Kate Spall 873470 .
- Tues St Peter's Choir, Children 5:15–6:15pm. St Peter's. Adrian Davis 01296 632263 or Jean Wild 866859.
- 3rd Tues Mothers' Union, meet in members' houses at 2.30pm. New members always welcome. Contact Kathie Lally, 863526.
- 4th Tues Mothers' Union Prayer Group, 2:30pm. 120 Valley Road. Tell us if anyone needs your prayers. Contact Margaret Burbidge 862139
- Wed Julian Meeting, meets about twice a month, 11:30am. All welcome. At Ruth Treves Brown, 3 Sherwood Mews, Park Street, Berkhamsted HP4 1HX. Tel 863268.
- Thu Bellringing, 8pm, St Peters. Contact David Burbidge 862139.
- Fri Little Fishes Parent & Toddler Group 9:30–11:30am. The Court House. Weekly, with short service on 1st Friday in St Peter's (10am), Tracy Robinson 863559.
- Fri St Peter's Choir, Children 7–8:30pm, Adults 7:30-8:30pm. St Peter's. Adrian Davis 01296 632263 or Jean Wild 866859.
- 3rd Sat Berkhamsted Churches Prayer Breakfast, 8am, The Way Inn. Peggy Sear 01296 584530.
- 1st Sun Sundays Together Lunch 12.30pm, Court House. For anyone on their own on a Sunday. Carolynne Charman 869003

Regular Church Services

St Peter's

Regular Sunday services

8:00am Eucharist

9:30am Sung Eucharist and Sunday School

6:00pm Evensong

Regular weekday services

Morning Prayer – Monday, Wednesday, Thursday, Friday 9:00am (St Peter's), Tuesday 9am (All Saints' Shrublands Road)

Eucharist – Tuesday 9:30am (All Saints'); Wednesday 8:30am, (St Peter's)

Evening Prayer Monday – Friday 5.00pm – Saturday 6:00pm (St Peter's)

Key Church contacts:

Parish Office, Hilary Armstrong & Kate Perera, Court House, 878227.

Fr. Tim Pilkington, 01442 879739, (day off Friday), Team Rector, St Peter's.

Simon Vivian, Assistant Curate

The Revd. Rachael Hawkins, All Saints' 01442 866324.

This Month's Diary

St Peters

Friday, 30th March - Good Friday

11am All Age Reflection

An opportunity to think about the message of Good Friday as a whole family. Short talk and interactive prayer activities suitable for children.

2pm Liturgy of Good Friday.

We most solemnly recall Jesus' trial and execution, leaving us to wait...

Saturday - Easter Eve

2.30-4.30pm An Easter Celebration following on from All Age Reflection on Good Friday for children up to 10 years: under 5's to be accompanied by a parent or carer. Come and have some fun exploring the Easter story.

8pm The Easter Vigil Eucharist The First Eucharist of Easter, the Resurrection of our Lord, when light triumphs over darkness.

Sunday, 1st April - Easter Day

We celebrate God's triumph and promise of Eternal Life for the whole Christian Community

8am Holy Eucharist

9.30am Sung Eucharist

All Saints

1st	Easter Day
10.30am	Holy Communion - Revd Rachael Hawkins
8th	Second Sunday of Easter
10am	Holy Communion - Revd John Kirkby
15th	Third Sunday of Easter
10am	Morning Worship - Revd Rachael Hawkins
22nd	Fourth Sunday of Easter
10am	Holy Communion - Revd Rachael Hawkins
4pm	Messy Church - Revd Rachael Hawkins & Messy Church Team
29th	Fifth Sunday of Easter
8am	Holy Communion
	Revd Rachael Hawkins
10am	Morning Worship
	David White

Further information available from our church websites:

www.stpetersberkhamsted.org.uk and www.allsaintsberkhamsted.org.uk.

News from the Hospice of St Francis



April 2018

Grand-mother-of-five, Sandra Wicks and her

granddaughter Cassie, are helping The Hospice of St Francis raise awareness of the extensive support it provides for families who have experienced bereavement as part of our Spring Appeal. Sandra, from Chipperfield, and her family from Garston, received support from the Hospice's Wellbeing and Family service after her husband of nearly 50 years, Terry, died following a short and unexpected illness two years ago.

In a poignant video, Sandra talks movingly about how the charity has helped her through her grief and carried her "from the darkest place I've ever known into the light".

Cassie, nine, also talks fondly about her Grandpa 'Bumps' and how much she misses him.

Sandra, who received one-to-one weekly therapy and attended our six-week Cooking with Chris course, says she felt "wrapped in a blanket of love" after Terry passed away.

"I never expected this to happen to my Terry," she says, "but when it did, the Hospice helped me move from the darkest place I've ever known into the light. The Hospice wrapped me and my whole family in a blanket of love. It was there for us. None of us know when we might need its support."

The Hospice of St Francis family services are available to anyone in the local community should they need them. Just £5 will help fund any of the family support services while £25 will fund a children's bereavement care activity, such as one of the Pony Days which Cassie attended.



Watch Sandra and Cassie's video and donate at www.stfrancis.org.uk/springappeal

Join the fun at this year's Bubble Rush!

With more than 1,000 people already signed up for this year's bubble-tastic **Bubble Rush HERTS**, places are selling fast, so if you want to join the fun, grab your family and friends and book your slot for the bubbliest event for miles around. We hope as many of you as possible will join us on Sunday 29th April for our fantastic frothy fiesta as we turn Gadebridge Park, Hemel Hempstead, into a mass of foamy bubbles. Everybody, young or old, can enjoy running, walking or dancing through safe, frothy foam at our different

coloured bubble stations in aid of Hospice care! To book your place visit www.stfrancis.org.uk/bubblerrush or our Bubble Rush event page on [Facebook](#) for more information.

Markyate Plant Sale

The ever-popular **Markyate Plant Sale** is back for another year on Saturday 26th May. Enjoy exploring the gardens of 64 High Street, Markyate and browse the wide selection of colourful bedding plants, perennials, herbs, vegetables and hanging baskets all for sale in aid of Hospice care. As always, there will also be delicious teas and lunches as well as music and entertainment on offer.

Save the date for the Garden Party

The Hospice is once again gearing up for its fabulous annual **Garden Party** on Sunday 3rd June in the beautiful gardens of Ashridge House.

In addition to the regular attractions of cream teas and Pimms on the terrace, live jazz and children's entertainment, the Garden Party is an opportunity to

explore the historical and contemporary gardens of Ashridge House and enjoy spectacular views over the stunning parkland.

As usual, it will feature a Shopping Village selling locally produced speciality food and drink, jewellery, crafts, plants and much more. If you'd like to apply for a stall, please visit www.stfrancis.org.uk/gardenpartystalls for more information.

Other dates for your Diaries

Berkhamsted Golf Day – Friday 20th April at Berkhamsted Golf Club.

Join us on the fairway for a fun day followed by gala dinner and auction!

Dacorum Steam and Country Fayre – Saturday 28th - Sunday 29th July at Green Croft Farm, Potten End, nr Hemel Hempstead.

For further details of all our events visit www.stfrancis.org.uk/events or call 01442 869555

Follow us on Facebook: [the hospice of st francis](#), **Twitter:** [Hospicstfrancis](#) and **Instagram:** [Hospicestfrancis](#)

Exhibition Display Opportunity

If any local charity or organisation would like to use the Long Room of the Court House (the room at the front) to mount a short exhibition or display on a Saturday morning between 9am and 12 noon this space is available free of charge. To check availability and make your reservation contact Kathie Lally at kathleenlally21@gmail.com

Berkhamsted Bowls Club

A Bowls club and much more!

Recent activity at Berkhamsted Bowls Club includes significant refurbishment of the club house ready for the new season and Open Days scheduled for April 28th and 29th. The improvements include a new bar and store facilities and the installation of a modern kitchen with new cabinets and appliances. The refurbishment project is being financed purely through club members including funds raised through our many and varied social events. We are especially proud to include in our membership disabled players, one of which is now a world champion!

A key aspect of the club is to promote a friendly and welcoming environment especially for those in the com

munity who might wish to enjoy the company of others whilst playing a healthy outdoor game. Activities are not just confined to the playing season. We offer weekly activities throughout the winter months with added monthly special social events organised. So every attempt is made to ensure that we are an active member of the local community. For further information please visit our web site

at www.berkhamstedbowlsclub.co.uk or contact John on 01442 868483.

We can be found over the Waitrose bridge, next to the play park in Canal Fields.

John Bell





NFU Mutual
INSURANCE | PENSIONS | INVESTMENTS

30% OFF HOME INSURANCE

IF YOU HAVEN'T CLAIMED IN 4 YEARS

And if you come to claim,
there are no forms and
no quibbles.

You won't find us on comparison sites.

For a home insurance quote call us on

01442 270000

or pop in and speak to us at
NFU Mutual Office, Boxted Farm, Berkhamsted
Road, Hemel Hempstead, Herts HP1 2SG

www.nfumutual.co.uk/hemel-hempstead

No Claims Discount applies to NFU Mutual Standard Home Insurance.

Our Agents are appointed representatives of The National Farmers Union Mutual Insurance Society Limited (No. 111982). Registered in England. Registered Office: Tiddington Road, Stratford upon Avon, Warwickshire, CV37 7BL. Authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. A member of the Association of British Insurers. For security and tracing purposes, telephone calls may be recorded and monitored.

STRONGS PRINTING AND PHOTOCOPYING SERVICE

Plan Copying

B/W A2 to A0

Photocopying

A4 - A1 colour

Full Colour Digital Printed Leaflets

A4	A5	A6
x100 for £30	x100 for £20	x100 for £15
x200 for £45	x200 for £35	x200 for £25
x500 for £75	x500 for £52	x500 for £39
x1000 for £120	x1000 for £80	x1000 for £60

Full Colour Digital Business Cards

<p>Photocopying Colour & B/W Laminating / Stapling / Hole Punching Binding (GBC, Perfect & Saddle Stitch) Design: Full Apple Mac Design Studio Artwork / Scanning / Repro Printing: NCR Sets & Books / Letterheads Compliment Slips / Business Cards Leaflets / Brochures / Folders / Posters</p>	<p>x100 single sided £31 x100 double sided £46 x1000 single sided £79 x1000 double sided £113</p>
--	---

Boxted Farm
Hemel Hempstead
Herts HP1 2SG

Strong's Printing Services, Bank Mill Wharf, Bank Mill Lane, Berkhamsted, Herts HP4 2NT
Telephone: 01442 878592
Email: tony@strongs-printing.co.uk www.strongs-printing.co.uk

April 23rd is St. George's Day - Does it matter?

by John Gerry

On April 23rd, many of us will wave the flag, sing Jerusalem, wear a red rose or just have a celebratory drink. Should we do less, should we do more, and does it really matter?

Let's have a ramble through the history and the meaning of St. George.

First of all, St. George is far from exclusive to England. He is the Patron saint of Bulgaria, Ethiopia, Georgia, Greece, Portugal and Russia as well as parts of Canada. Although a Christian saint, he is also celebrated by the Gorani people, an Islamic tribe from the Balkan Mountains. It is pretty clear that St. George never set foot in England.

Born around 280AD in what is now Turkey, George entered the Roman army and rose through the ranks to become a member of Emperor Diocletian's bodyguard. He converted to Christianity and rebelled against Diocletian's anti-Christian programme. He was executed in 303, and the story has it that Diocletian's wife was so impressed by his bravery that she converted to Christianity.

Of course, the most famous thing we know about St. George is his exploits with the dragon. Unfortunately there is no truth in the legend. Supposedly he was riding past a village in Libya

when he came upon a sacrifice about to be made to a dragon. The dragon guarded the only well in the town and demanded an annual sacrifice in order to release water to the townspeople. This particular year the princess had been chosen by lot. George fought the dragon on foot and so saved the princess. Hence his reputation for bravery and chivalry.

So how come he became revered in England? The story of St. George first surfaced in the writings of Bede in the 8th century. In the 11th century, crusaders brought back tales of his exploits, particularly a miraculous appearance in Jerusalem in 1099 to lead the crusaders into battle. There is a church in Fordingham in Dorset that has this "miracle" engraved over its south door. The stories gathered pace and, in 1222, April 23rd was declared as St. George's Day. In 1348 he became the Patron Saint of England and in 1415 St. George's Day was pronounced a national holiday. I'm sure it is no coincidence that 1415 was also the year of the famous victory at Agincourt. Edward III created the Order of the Garter under the patronage of St. George, and awards are made every year on April 23rd. It will not have escaped your attention that the George Cross is the highest honour that can be bestowed on a civil-

this country.

Much as I am in favour of the United Kingdom, it has to be said that the importance of St. George began to diminish after the Act of Union in 1707 when England ceased to be a separate country. It lost its national holiday and has become a much smaller event in the nation's year.

But what of the flag? The red cross on a white background is still seen on many occasions, particularly sporting ones, and, of course, is the basis of the Union Jack (as an unrelated side issue, where is the Welsh element of our national flag?). The red cross on the white background was originally the flag of the Republic of Genoa. Around 1190, the King of England paid Genoa to protect English ships in the Mediterranean, and from this it became a frequent sight in the Crusades and adopted as their own by

the English. Interestingly, the same design is prominent in the flags of Barcelona and Georgia.

I can't leave the history of St. George without a glance to see if it has had any great effect on our literary tradition. Unfortunately, it seems to have had very little. Our medieval tradition of courtly and chivalrous verse owes more to the French troubadours than St. George. It is true that our greatest literary giant, William Shakespeare died on St. George's day in 1616, and that UNESCO nominated it therefore as the "Day of the Book".

Perhaps the best I can do is to leave you with the rather disturbing words of Bram Stoker in "Dracula" - "It is the eve of St. George's Day. Do you not know that tonight, when the clock strikes midnight, all the evil things in the world have full sway".



Getting your computer up & running again



ANDY ROBINSON

COMPUTER CONSULTANCY & REPAIRS

T 07885 966570

E andy@arcomputerrepairs.com

W www.arcomputerrepairs.com

36 Trevelyan Way Berkhamsted HP4 1JH

BOOKS PURCHASED

HARDBACK BOOKS
WANTED OLD OR NEW
LARGE OR SMALL
AMOUNTS
HOUSE CLEARANCE
DISCRETION ASSURED
PROMPT PAYMENT

01442 832910

DJ PROCTOR

McCLEANS DECORATORS

INTERIOR AND EXTERIOR

ESTABLISHED 1985

**EXCELLENT LOCAL
REFERENCES
FREE ESTIMATES AND
ADVICE**

**PHONE 01582 696032
MOBILE 07957 848222**

**For Personal Attention from Berkhamsted's
only independent family business**

J. WORLEY
(FUNERAL DIRECTORS) LTD
344 High Street, Berkhamsted
FUNERAL DIRECTOR and
MONUMENTAL MASON

● GOLDEN CHARTER PRE-PAYMENT PLANS ● 24 HR EMERGENCY
SERVICE ● COMPETITIVE PRICES ● PRIVATE REST ROOM

Telephone Day/Night Berkhamsted 870326

The Children's Society



The 50th Berkhamsted Walk will take place on Sunday May 13th. For this

very special anniversary we have Rev. Matthew Reed, Chief Executive of The Children's Society, coming to start the walk from the Court House where both the 12 mile Bluebell Walk and the 18 mile Challenge begin at 10am.

A new route has been designed for all the walks including the 6 mile Fun walk from Ashridge College which starts any time between 11am and 2pm. A quiz for younger walkers will hopefully keep them entertained on this route.

Go to www.berkhamstedwalk.com to learn more, to download a sponsor form and register for your choice. Sponsor forms are also available from the Library, Cafe Epicure and The Complete Outdoors at Bourne End.

You can turn up on the day and pay a donation to this wonderful caring charity which supports neglected abused children in this country.

We aim to raise £10,000 and the Complete Outdoors is offering £100 in vouchers to the person or family group raising the most sponsorship this year!

Come to have a great day out and enjoy the bluebells and beech trees of our beautiful countryside.

Events at St Peter's Church or the Court House, Berkhamsted, presented by The Cowper Society supported by the Friends of St Peter's

Sat 14th Apr at 7.30pm: CONCERT in St Peter's Church - Alexander Ardakov Piano Recital. Entry: £10 on the door.

Sat 28th Apr at 7.30pm: CONCERT in St Peter's Church - Berkhamsted Choral Society with orchestra. Duruflé Requiem and Schubert Mass in G. Conductor Graham Wili. Tickets: £15, DC £8, U18s free, 07500 431643 or www.berkhamstedchoral.co.uk

Tue 1st May at 6.15am: MAY MORNING MADRIGALS sung from the Tower of St Peter's Church under the direction of Adrian Davis, followed by BREAKFAST in the Court House. Donations for breakfast please.

Not Just a Win for us!

Terrain Surveys won the 2017 Surveyors Award at the Hertfordshire Building and Construction Awards for the survey they conducted in our Rectory Lane Cemetery in June 2017.

Project Manager James Moir said, "We congratulate Terrain Surveys on winning this well-deserved award; their work has provided us with invaluable data and their professionalism in communicating with our neighbours was very helpful.



The brick perimeter wall around the cemetery is in a state of considerable disrepair. In total it measures around 400m in length and backs onto 17 private homes. Over the course of a 3-day period in June 2017, Terrain Surveys managed a 3D laser scan survey of both sides of the wall, liaising with householders to arrange access to rear gardens to carry out the scanning.

The work allows consultants to view all areas of damage to brickwork and

is being used at present by restoration contractors to quote for the essential remedial work.

More preparatory work for walls and paths

Bill from Herts and Essex Site Investigations spent Friday 2nd March in sub-zero temperatures (and snow) drilling boreholes to get three 7-metre deep core samples of soil for analysis.

The first will help us understand the ground conditions in the vicinity of the entrance gates and so inform the underpinning work that needs to be carried out to correct the substantial lean on the three piers; the other two, taken near the northern boundary (well away from any burials!) are to assist with the design of the anchors necessary to restrain the northern wall - the ground is much higher on the Cemetery side of the wall, which over the years has caused it to bulge.

Taking advantage of the open holes, the firm also conducted a 'falling head test' which involves pouring water down the hole and measuring how quickly it drains away. This demonstrates the drainage conditions and will inform the final design of the paths. We are looking forward to receiving the results!



the project. Thanks to all of you who have been helping already and please do keep voting.



Remarkable Women (1)

This booklet mentioned in Jenny Sherwood's column last month is now available in Berkhamsted Waterstones suggested donation £1.

Every Little Helps

Just a little reminder to say that the Friends of St Peter's Rectory Lane Cemetery Project has been chosen for Tesco's *Bags of Help* Grant Scheme (for the second time). Last time we were able to reinstate and refurbish the handsome Seat of Remembrance. This time the grant will go toward a much-needed Volunteer facility. So please shop at Tesco during March and April (Metro Berkhamsted, Express Northchurch or Tring Superstore), and ask for the tokens to vote. If, as we have found on occasion, no blue tokens are available you can keep your receipt and ask for a token on your next visit. It may take a bit of effort, but it is hugely important for

Elaine Mercer



Escape the High Street. Drop into the Court House for coffee

Fair-trade coffee and tea
with a choice of home-made cakes
and scones served in the Court House
(by St Peter's Church)
9.30am till 12 noon every Saturday
except the first in the month
 Reasonable prices - lots of space to relax
A friendly welcome awaits!



suzy reading

Psychology | Private Yoga | Health & Fitness Coaching

Suzy Reading has kindly sent some of her guidelines to self care and this is the last instalment.

Suzy Reading C.Psychol, B.Psych (Hons)
M.Psych, REPS, BWY Accredited.

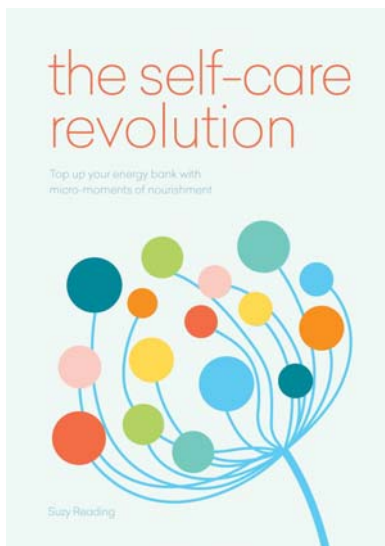
Ten reasons to practice self-care

- No one is immune from stress, loss, change, or ill health... we all have a fallible human body, we all lose people we love. Energetic bankruptcy is no joke. We need self-care to keep us topped up. Self-care gives us a fighting chance in the face of life's inevitable curveballs.
- Self-care helps us cope during challenging times. Often, this is when self-care gets dropped from the agenda because we are too time poor and fatigued, but this is precisely the time when we need to nourish ourselves. We just need an evolving toolkit that meets our needs and resources at different times.
- Self-care helps us heal whether it is a physical, mental or emotional wound. It's about taking the time to soothe and seek out the help we need to process and move through trauma or injury.
- Self-care provides a buffer from future stress. Engaging in regular nourishment boosts our resilience and helps us respond with greater resourcefulness and creativity to challenging events.
- It feels good! Often, self-care is a pleasant and life-giving act and something that we deserve to really savour... Sometimes, the act itself might be uncomfortable, like taking that run when all you want to do is sloth on the sofa, or maybe it's the discomfort of practicing forgiveness. If it's not intrinsically pleasurable it is expanding us and helping us grow in some way.
- Self-care is good for our relationships. When we take the time to engage our heads, hearts and bodies in ways that we find energizing and replenishing, we come together in relationship with lighter hearts and greater generosity. Great things blossom when we encourage each other to do things that make our spirit soar, better still do them together.
- We need to role model self-care for our kids. Want to raise compassionate and resilient kids? Who doesn't! Rather than hoping they will pick it up by osmosis, that's if we have our own self-care practice... teach them the tools of self-care, involve them in your rituals of nourishment.
- Self-care gives us access to compassion and this can transform the quality of our day in an instant. I can't think of a quality more needed in this world. Use the mantra 'I soften into this moment' and feel how this cultivates greater calm, openness, acceptance, and compassion.

- Engage in self-care and you tap into your best self - it is the ultimate win win! Take little moments to energise when you're feeling sluggish, to let off steam when you're feeling full up, to focus when you're feeling mentally dissipated, to just drop when you've been carrying a heavy burden. When we are kinder to ourselves, we are kinder people! Self-care helps us be a better incarnation of ourselves, and it benefits not only us, but every person our life touches.
- Without health, what do we have? So give yourself permission to nurture yourself head, heart and body.

Suzy is a mother of two, a Chartered Psychologist, Yoga Teacher, and Health Coach. She specialises in self-care, helping people manage their stress, emotions, and energetic bank balance. It was her life experience of motherhood colliding with the terminal illness of her father that sparked her passion for self-care which she now teaches to her clients, young and old, to cope during periods of stress, loss and change and to boost their resilience in the face of future challenges. Suzy is a contributing editor for Psychologies Magazine and the Psychology Expert for wellbeing brand Neom Organics. She figure-

growing up on the Northern Beaches of Sydney, and now makes her home in the hills of Hertfordshire. Her first book 'The Self-Care Revolution' published by Aster, is out now. Available from Amazon here: [amzn.to/2ws07tl](https://www.amazon.co.uk/dp/B087T1W507)



Join Suzy's Wellbeing Community at:

Instagram: www.instagram.com/suzyreading/

Facebook: www.facebook.com/SuzyReadingPsychologyAndYoga/

Twitter: <https://twitter.com/SuzyReading>

Your Berkhamsted Team

Editor and layout: Jacqueline Hicks, editor@yourberkhamsted.org.uk

Features: Julian Dawson, **Advertising:** John Gerry, 07774 850508, advertising@yourberkhamsted.org.uk; **Circulation:** Jane Morgan 01442 872075;

Published by Great Berkhamsted Parochial Church Council. Registered charity no 1130108
Printed by Strongs Printing, Bank Mill Lane, Berkhamsted, HP4 2NT



For all your roofing and guttering needs

Maintenance
Repair
Replacements

Free Inspections

- ✓ Tiles, slate and flat roofs,
- ✓ Guttering, down pipes, drainage
- ✓ Fascia, soffit board and cladding replacement, repair and cleaning
- ✓ Chimney care, repair & rebuild - new pots & cowls
- ✓ Parapet wall repairs & rebuild
- ✓ Lead work - flashings – ventilation
- ✓ Roof carpentry - dormers - roof windows
- ✓ Specialist brickwork, brick repairs and pointing
- ✓ Scaffolding and towers for access

Office

36 Maynard Road, Hemel Hempstead
Hertfordshire HP2 4TR

Office: 01442 407 523

Direct: Carl Britton 07709 763 280

Email: carl@brittonroofing.co.uk

Web: www.brittonroofing.co.uk