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YB

Your Berkhamsted
June/July

How to Manage Stress

Early 20th Century Gardens

Devil Birds by Dennis Furnell

**Details for Ashlyns
Festival 2019**



£1

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

In this issue...

WELCOME TO THE JUNE/JULY 2019 EDITION OF YOUR

BERKHAMSTED. In this edition Jenny Sherwood gives us an insight to the gardens in and around Berkhamsted in the early 20th

Century. There is also the story of the design and designer of the garden at Amersfort. In Julian Dawson's Berkhamsted in the News, he touches upon the history of markets and Bazaars in their many forms and the birth of the 'Exhibition'. We also have an article on how to manage stress by Michelle Audette, very easy steps to help you through the everyday curve balls we have to dodge. Also included are details on Ashlyns School Festival and things to do at Ashridge during the school holidays. Please look out for YB tweets on @Yourberkhamsted. Do get in touch if there are any ideas or stories you may have, either to publish or additions/changes to the magazine for consideration. And please give us your feedback on the new features.



JACQUELINE - EDITOR@YOURBERKHAMSTED.ORG.UK

Berkhamsted in the news	3 & 5
What's On	6,7,8 & 9
Early 20th Century Gardens	10, 11, & 12
Devil Birds	14 & 15
Our Clergy	16 & 17
Parish Pages	18 & 19
Stickers for Blue Lidded Bins	23
Hospice News	24 & 25
Rectory Lane Cemetery News	26 & 27
Graham Greene International Festival	28
How to manage stress	30 & 31
Ashlyns School Festival	32 & 33
Dens Castle Walk	34 & 35

Front cover: Thank you Mary Casserley for the lovely front cover of Berkhamsted in the 1940's. The tall building in the centre was the International stores, sadly demolished in the 1970's, now a bland office block. The White Hart pub stood next to the Town Hall, but that too was demolished in the 70's and Boots now stands there. Please see other prints at Berkhamsted Imaging.

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



The Berkhamsted Arts and Crafts Market run a pop up bazaar on the first Saturday of most months in the Town Hall. The organisation's website berkhamstedartscraftsmarket.com

explains it is part of Great Markets in Hertfordshire Group – though one can find out very little about this organisation other than an empty Facebook page. Clearly a faceless organisation.

We very much take the regular variety of markets for granted in the town. So it is very interesting to note that when Henry II recognised Berkhamsted as a town in a royal charter in 1156, a condition stated that no market could be set up within seven miles of the town, and by 1217 the next Henry had recognised the market in Berkhamsted in its own right.

The term bazaar is actually from the Persian bazar, and is a permanently enclosed marketplace or streets where goods and services are exchanged or sold. The first evidence for them arose 3000 years ago and

East and south Asia. In the US and UK it has come to mean something far less exotic, with connotations of jumble or rummaging, or domestic charity sales.



The original variety of bazaar has inspired much art by artists such as David Roberts, Edwin Lord Weeks and Vittorio Amadeo Preziiosi. Roberts was a 19th century Scottish painter who was made famous by prints of the middle-east and Egypt that he made touring the region in 1838-40. He was actually commissioned by Queen Victoria to por-

tray the Great Exhibition, where Paxton's Crystal Palace housed more than 14,000 exhibitors in 990,000 square feet. Three times the size of St Paul's it perhaps was the ultimate bazaar. The building was intended to be temporary – perhaps the first existence of pop-up marketing – but was moved to a site in Sydenham, later named naturally Crystal Palace and spawning a somewhat decent football team and a famous athletics stadium. Interestingly the FA Cup Final was hosted by

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what was to become the Crystal Palace National Sports Centre between 1895 and 1914.

To mark the centenary of the Great Exhibition, in the midst of post-war austerity the Festival of Britain was conceived on London's South Bank. Unlike its predecessor celebrating the world's manufacturers, this was a more parochial affair though it did leave us with the Royal Festival Hall, a venue acoustically superior to the Royal Albert Hall, another legacy of Prince Albert's, being part of a series of developments known as Albertopolis. The first concert laid bare the acoustical problems leading some wag to state that the Hall was "the

only place where a British composer could be sure of hearing his work twice". Nevertheless following the destruction of the Queen's Hall the venue was to become the permanent home of the Proms.

The Proms themselves originated in the rather more Germanic traditions of Bayreuth, where Henry Wood met Felix Motti. Motti appointed Wood to conduct a series of Wagner concerts at the newly built Queen's Hall. Wood's conducting success led to the original promenade series, so perhaps we should be singing the Ride of the Valkyries on the last night too.

Drawings of Berkhamsted by Jenni Cator



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
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

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

Saturday June 1st to Monday June 3rd:

Little Gaddesden Art Club's Summer Exhibition, Saturday 1st 10.30-6.00pm, Sunday 2nd 10.30-6.00pm, Monday 3rd 11.00-6.00pm. Little Gaddesden Village Hall, Church Road.

Free entry - all welcome. Tea/coffee and homemade cakes available.

Framed and unframed paintings, pottery, sculpture, woodcraft

Sunday 2nd June 6pm: All My Sons - The Vyne Theatre, Berkhamsted. £10-15. An artsLIVE screening from the Old Vic in London. Sally Field and Bill Pullman star in Arthur Miller's blistering drama.

<http://www.berkhamstedartscentre.co.uk>

National Garden Scheme - The National Garden Scheme gives visitors unique access to over 3,500 exceptional private gardens in England and Wales, and raises impressive amounts of money for nursing and health charities through admissions, teas and cake. See website for local gardens. <https://www.ngs.org.uk>

Thursday 6th June 7.15-9.30 am: DENS Business Breakfast - The Gatsby, Berkhamsted. £25 inc £10 donation to DENS. Meet up for a short time, hear an engaging speaker and enjoy a delicious breakfast too.

<https://www.eventbrite.co.uk/e/dens-business-breakfast-tickets-60920573074>

Friday 7th-Sunday 9th June: Flower Festival - 'Interpretations of A Year in Flowers' at St John's Church, Boxmoor Friday & Saturday 10am-5pm, Sunday 11am-5pm Refreshments available.

Admission £4 (children free)

stjohnsboxmoor.org.uk

Friday 7th-Sunday 9th June: Nettleden Festival- Nettleden church. With Mississippi Swamp Dogs Fri 7.30pm, £17; Just A Capella Sat 3pm, £7; A Family Affair Sat 7.30pm, £17; The Forest Chamber Orchestra Sun 3pm, £17.

St Lawrence, Nettleden. <https://nettledenfestival.wordpress.com>

07491 654415

Email ianh72542@gmail.com to purchase tickets

Friday 7th June 7.30 pm: Spice World - Outdoor screening. Iconic Spice Girls costumes will also be on display plus a book

signing with Alan Smith-Allison, author of 'The Secret Diary of a Spice Boy'. Ashridge House. <https://www.sundowncinema.co.uk/event/spice-world-exhibition-at-ashridge>

Saturday 8th June 2 pm: Berkhamsted and District Welsh Society Talk - Potten End Village Hall, £4. With Edward Thomas. welshsociety@btinternet.com. <https://www.facebook.com/BerkhamstedandDistrictWelshSociety>

Wednesday 12th June 6.30 pm: BDCC Annual Barbecue - Berkhamsted Cricket Club. <https://www.berkhamsted-chamber.co.uk>

Wednesday 12th June 8.00pm: 20th local mixed-arts event in support of Pepper Children's Hospice at Home <https://pepper.org.uk/>

- Sedbuskers, who are the touring indie/folk band Ian & Sue Bembridge.
- international award-winning quilter Jane Charles, who will display/talk about her work.
- Community craft from The Repair Shed to see, feel and pass around + an interactive talk from shed leaders.

Kings Arms, 147 High Street, Berkhamsted HP4 3HL. £5.00 book here, at lstate@btinternet.com

Friday 14th - Sunday 16th June 11.00am to 5pm: Art Exhibition and Sale - Vibrant Festival of Visual Arts Comes to Hemel Old Town. Art in the Nave 2019 will focus a bright spotlight on the visual arts when it opens at the beautiful, historic Church of St Mary's in Old Hemel. Saint Mary's Church, Hemel Hempstead Old Town. www.artinthenave.uk Exhibition

admission £2 includes catalogue artinthenave@gmail.com

Monday 17th June: Craft Workshops - Berkhamsted Arts and Crafts and Open Door, Berkhamsted. People Not Borders invite people of all ages to a series of craft workshops to mark Refugee Week. <https://www.peoplenotborders.org>

Wednesday 19th June 9am-12 noon: Berkhamsted and Tring Sewing Bee - Northchurch Social Centre, Bell Lane, £5 payable on the day, tea, coffee, biscuits inc. Bring your own equipment and materials. Please book your place as space is limited. fiona4mckenna@hotmail.co.uk

Saturday 22nd June 7 pm: Summer Open Day - Centre of Horseback Combat, Gaddesden Place Stables, HP2 6EY. (doors 6pm). Featuring the International Dzhigitovka Show plus more demos and shows. www.tickettailor.com/events/centreofhorsebackcombatltd/258145

Thursday 27th June 8.45 pm: The Greatest Showman Sing-a-long - Tring Brewery Marquee, Pound Meadow. Doors 7pm, £12 advance, £15 door. Get your voices limbered up and come along to this fun evening of entertainment with your local pop-up cinema. Hot food available. Tickets online or from Beechwood Fine Foods. www.tringcinema.com

Thursday 27th June: Tring Together Summer Carnival - Pound Meadow, Station Road, Tring. The Carnival week runs from Thursday to lunchtime Sunday 30 Jun and the highlight is the Saturday Carnival Day which is a smashing community event for all the family. www.tringtogether.org.uk

Frithsden Vineyard

A Goodbye from the Vineyard!

Our gorgeous vineyard will close it's doors on Friday 21st June after 10 years! We are heading to Cornwall!! But for now, we still have wine to sell, our lovely Solaris, Phoenix and Rosé are all in stock. We are open Thursday - Sunday for you to come and shop...

There are just a few wine tasting sessions & foodie nights left. Join us for the last paella or the last tour of the vineyard. Call us or email for any more details.

Saturday 15th June 11-5pm
BBQ, free tastings of all our wines, homemade cakes, wine by the glass or bottle, lots of gift offers, free vineyard trail.

For all dates and details go to website www.frithsdenvineyard.co.uk

Monday 1st July: The Tringe 2019 -

Save the date for the 10th annual Tringe comedy festival! Runs to 20 Jul. See website for more details. <http://www.get-stuffed.biz/tringe>

Wednesday 3rd July 7 am: BDCC Breakfast Meeting - Berkhamsted Cricket Club. <https://www.berkhamsted-chamber.co.uk>

Thursday 4th July 6-8 pm: Corporate Friends Networking Evening - Chilterns MS Centre. £10. Speaker: Trishna Bhardia, a multi-award winning patient advocate in the areas of MS and chronic

illness. Hear how Trishna leads by example, showing through her work that it's possible to live a positive life with chronic illness. <https://app.etapestry.com/onlineforms/ChilternsMSCentre/CMSCNetworkingevent.html>

Saturday 6th July 12.30-4 pm: Summer Fete - St Mary's Church Northchurch, 12.30-4pm. Enjoy Handel's arias sung by professional soprano Madalina Tudoran, Hemel Hempstead Brass Band, traditional stalls & games, BBQ & Pimms and lots more family fun! Free entry. <https://www.stmarysnorthchurch.org.uk/events>

Saturday 6th July: Chilfest - Cow Lane, Tring. Retro 80s festival with performances from Hot Chocolate, Bananarama and Thompson Twins' Tom Bailey. <https://chilfest.co.uk>

Sunday 7th July 12.30-4 pm: Wendover Arm Trust Restoration Open Day - Drayton Beauchamp Church HP22 5LS. Free entry and parking. Guided tours of restoration site (apprx 30-minute walk), Sales Stands, Teas and Cakes for sale. Video presentation in Church. Canoe and paddleboard activity on restored canal section. <http://wendoverarmtrust.co.uk/index.html>

Thursday 11th July 6 pm: Children at Risk in Asia - Open Door, Berkhamsted. 6pm. Local charity Children at Risk in Asia (CARA) runs a support programme along the Thai/Myanmar border to enable children to complete their high school education. They aim to inspire you and seek your support to change more futures. Glass of wine and Thai snacks provided.

Please call or email Colin Lillicrap to book.

Call: [01442 873439](tel:01442873439) **Email:**
colin.lillicrap@btinternet.com

Friday 12th July 9.45 pm: The Greatest Showman - Ashridge House. Hugh Jackman leads a stellar cast in this brilliant musical. Outdoor screening. <https://www.sundowncinema.co.uk/venue/ashridge-house>

Sunday 14th July 7.30 pm: Tring Chamber Music - Aldbury Church. 'Beethoven - First and Last': Beethoven String Quartet in D Op 18 no 3; Bartok Duos for 2 violins; Henze Serenade for cello solo; Beethoven String Quartet in F Op 135. http://www.tringchambermusic.co.uk/Tring_Chamber_Music_2019/Welcome.html

Wednesday 17th July 9am-12 noon: Berkhamsted and Tring Sewing Bee - Northchurch Social Centre, Bell Lane, £5 payable on the day, tea, coffee, biscuits inc. Bring your own equipment and materials. Please book your place as space is limited. fiona4mckenna@hotmail.co.uk

Wednesday 17th July 8 pm: Liberty: The Bucks Man, the London Shop, the Global Style - High Street Baptist Church, Tring. £4. Speaker: Will Phillips, Keeper of Social History at Bucks County Museum. Liberty, the iconic London shop, needs very little introduction. Yet the story of this world famous department store is full of surprises, from its historical connection to Buckinghamshire to the effects of war-time on the company's creative vision. www.tringlocalhistorymuseum.org.uk

Sunday 21st July 5-8 pm: Pitch Perfect - Berkhamsted Cricket Club. A wonderful summer's evening listening to fabulous music from local professionals supporting the Hospice of St Francis. Bring a picnic, enjoy a glass or two whilst marvelling at the beautiful surroundings. <https://www.stfrancis.org.uk/support-us/events/detail/pitch-perfect>

Friday 26th July 9.30 pm: A Star Is Born - Ashridge House. Directed by and starring Bradley Cooper with the sublime Lady Gaga. Outdoor screening. <https://www.sundowncinema.co.uk/venue/ashridge-house>

Saturday 27th - Sunday 28th July 10am-5pm: Dacorum Steam Fayre - Green Croft Farm, Potten End, HP1 2SG.. A weekend packed full of family fun in aid of the Hospice of St Francis, with heavy horses, steam engines, classic cars, stalls and displays. <https://www.stfrancis.org.uk/support-us/events/detail/dacorum-steam-country-fayre-2019>

Friday 5th July: Stocks Golf Day - Take on the exclusive 18-hole championship course in aid of the Hospice of St Francis and compete for the Challenge Trophy! Start the day with a bacon roll, enjoy time on the green and finish with a BBQ, prize giving and a raffle. <https://www.stfrancis.org.uk/support-us/events/challengeevents/golf-for-us>

Useful website for days out during the holidays:-

<https://www.dayoutwiththekids.co.uk/things-to-do/east/hertfordshire/berkhamsted>



Most people in Berkhamsted will have visited the gardens at Ashridge over the years and if they have visited in recent

years, they will have seen the sterling work that has been done by Mick Thompson and his team. The reader however may not be so aware of the various gardens in Berkhamsted which reflect the Arts and Craft movement of the early years of the twentieth century and most of which only partly exist today.

The hallmark of arts and craft garden design which came to the fore at the turn of the century was the combination of strong architectural elements with profuse and informal planting which usually took the form of herbaceous borders. The hard landscaping of the garden was constructed in the same vaguely vernacular style and in the same vaguely vernacular material as the arts and craft houses by architects such as C.F Voysey or Lutyens. Steps, terraces, walls, areas of paving, pergolas and summer houses in rustic style normally featured and were laid out close to the house. Further away were often a series of compartments defined by hedges, usually a sports section, an orchard and a rose garden.

This new style of garden design was not confined to the gardens of new houses. The leading designer, who left his mark in our area was T.H. Mawson, who supplied plans for the Maharaja of Baroda at Russell Park on the outskirts of Watford and at Stocks, Aldbury. Much of the most significant work by Mawson in Berkhamsted was however combined with a new house, Samuel Rowland Timson, who worked for Cooper's in a senior position, as their representative in South Africa, employed Dan Gibson, who was in partnership with Mawson to build him a house, which was called the Kraal. The house was typical of houses built at that time. The interior featured beams, oak panelling and decorative plaster work in a vaguely vernacular style. The garden was laid out as the house was being built, and the house and garden both feature in Mawson's book 'The Art and Craft of Garden Making': and also featured in 'The Studio' (1923) and 'The Ideal Home' (1924). 'The Kraal', now known as 'White Lodge', was not the only garden Mawson designed in Gravel Path. He also designed a garden for 'Staghurst,' which later became 'Littlehurst.'

On the other side of the town Mawson designed a very fine garden for 'Kilfillan'. Although, a large part of the extensive gardens has gone and been built over, some of the garden

close to the house, now a Care Home remains. Mawson was commissioned by the de Haven Boyd family to lay out the gardens in 1910. The grounds were entered from the south, by the newly made Graemsdyke Road. There was a circular driveway with central rose garden featuring four raised beds and paved pathways. To the east of the house there was an elaborate rose garden defined by yew hedges on two sides and to the north by a brick path with pergola festooned with climbing roses. Beyond this to the north was a large lawn. This area was flanked by the Long Walk, which comprised a gravel path with herbaceous borders backed with yew hedges. To the east of the Long Walk was an orchard and a kitchen garden. On the other side of the house, to the west, was another area of lawn, a tennis court and strips of shrubbery and woodland to screen the house from Cross Oak Road.

The house became a school in 1950 and in 1968 was converted into flats. About a third of the grounds was sold off in 1972 and a further third in 1986 when the property became a Nursing Home. Only fragments of the garden now remain although they remained in relatively good condition until the 1980s. The Arts and Craft house in our area, which is considered to be the most remarkable, in that a large part of the original lay-out remains intact is Amersfort on the Common on the road from Ashridge to Potten

End, designed by Ernest Willmott for W.S.Cohen, in 1911.

A description and plan of this and the surrounding gardens appeared in his book 'English House Design' published the same year and also in Macartney's 'Recent English Domestic Architecture', 1912, where it states 'the house is mainly in Georgian style but infused with a great deal of individuality by the author'. An article in the 1917 'Country Life' identified Dutch and French colonial influence, derived from Willmott's earlier career in South Africa. Willmott designed the strongly architectural gardens at the same time as the house and the two were closely inter-related. The gardens are on a sloping site with the gradient increasing towards the south east away from the house. They were therefore laid out in a series of terraces linked by steps made of brick, flint concrete and thin tiles. The house was arranged east west parallel with the contours. Two wings of the house extended over a flagged terrace to form loggias. Below the terrace was a large lawn retained to the south by a substantial wall and laid out on another terrace. The centre of each terrace is occupied by a grass walk 12-15 feet in width and bounded by wide herbaceous borders. The terrace walk immediately below the house led to an orchard and to the kitchen garden. To the west of the house was a rose garden, an area of lawn with formal beds and topiarised

The gardens created by Ernest Willmott at Amersfort are striking in their architectural scale. They are even more interesting in that much of the original planting was designed by Gertrude Jekyll, who had been contacted by the owner W.S. Cohen in July and August 1911. He had asked her specifically to supply planting plans for the double flower borders through the orchards to the west of the house and



other borders elsewhere. Cohen emphasised to Jekyll that he was interested in planting plans rather than overall garden design. He wrote, 'What I want is not so much a garden designer as specific advice as to the planting of some borders. The garden is already laid out largely according to the architect's plan..... but in the actual planting I want guidance.' Later Jekyll was asked for advice on climbers for walls and trellises. In October plans for the borders had been fully supplied.

Jekyll's plans for Amersfort are in the Reef Opoint Collection in America. The double flower border was the principal area of planting begun and finished at both ends with flowers in blues and whites building to bright

included a very wide range of plants, ranging from yuccas, geraniums, delphiniums, roses, pinks, clematis, cistus and white jasmine. Other borders were different, for example the border below the retaining wall of the main terrace had been partly started

before Jekyll was approached and Willmott had obtained azaleas and heathers from a local nurseryman, almost certainly Lane's.

Much of the garden at Amers-

fort still survives. Almost all of Willmott's landscaping is still intact; walls, terraces, bastions, steps and even traces of Jekyll's intervention remain. There will be an opportunity to see for yourself what remains of Willmott's and Jekyll's very fine Arts and Craft garden on September 16th when Amersfort (Grade II* listed) features in Berkhamsted's Heritage Open Days, arranged by the Berkhamsted Local History & Museum Society. On the 17th and 19th September there will also be an opportunity to learn of the developments over the years of the gardens at Ashridge. Full details of all the events will be published early in July. Further enquiries and bookings Jenny Sherwood 01442 865158 and KSherwood9100@aol.com

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Gentle Julian Clary is a small Lurcher who was born in 2012. This lad first arrived at Appledown in a very poor state. Despite this he is extremely sweet-natured and affectionate. He really deserves a loving calm home and we are guessing a comfy sofa would come pretty high on his wish list! He will need owners with patience and understanding to help him overcome his separation anxiety. They will be rewarded with a truly devoted companion. He could probably live with a female dog pending introductions, but not cats. Children 7 years plus.

If you can offer Julian or any of our other dogs a forever home, please call in at the kennels any day between 10 am and 4 pm, or phone for more details. Please note that there are restrictions on rehoming dogs to families with children under seven years of age. Full details of the rehoming process can be found on our website. Join our Facebook group to see more photos of Julian and other dogs awaiting homes.

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Jackie Garwood

Mob: 07969044884

Devil Birds

Oh, how I look forward to the return of the devil birds, dark, sickle-winged screamers probably better known as swifts.

As May warms into June, they appear, seemingly suddenly, hurtling through the air with excited flickering wing beats and screaming contact calls. It's little wonder that our ancestors thought these superb aerial creatures had mystic powers. Indeed, before the wonders of bird migration were discovered it was thought that swifts and swallows and martins too, hibernated in the mud at the bottom of ponds only to appear when spring called them up from the depths.

Swallows and martins may look very similar to swifts; they may share the same flying skills, but they are not related, and their feeding habits are different. Swifts are the masters of the upper air; totally at home in their element. House Martins hunt in the mid-range, catching insects that fly around trees and over hedges... and swallows hunt flying insects low down, close to the ground, particularly where grazing animals are pestered by flies.

When a young swift leaves its nest, say in the eaves of an old house, or a swift nest box high up on a modern house, it slips into its natural element

as a fish swims in water. For almost two years, from the time it is fledged it will not touch a solid surface. It will travel immense distances, sleeping on the wing. It will fly from Britain to South Africa on a mammoth late summer migration, where it will harvest insects drawn up by thermal updrafts from lower levels; or winged creatures that gather ahead of thunderstorm fronts; or might be caught in the rising air from bush fires.

Swifts also drink on the wing, eat and sleep on the wing, and when, finally, they return to Britain from Africa, they skirl and chase about the skies to find a mate. They will even mate on the wing and the female carries her developing eggs within her streamlined body cavity. These eggs are especially shaped so as not to upset her delicate aerodynamics. She will seek a nest high up on the side of a building under the eaves so that when she leaves the nest she can fall into flight and so too can the fledglings. The newly fledged swiftlets chase their parents for a pellet of insects, which is passed to the youngsters on the wing.

If by mischance they are forced to land, they find it virtually impossible to take off again. The incredibly long thin wings are designed by nature for

rapid flight, not for high lift; and their legs and feet are too short, which means they are unable to push themselves off the ground. On the rare occasions when I have had grounded swifts given to me to care for, I am amazed how tame they are and how trusting and how beautiful when seen close to. If you ever find yourself in the situation of having to free a grounded swift, don't throw it up into the air. They are fragile and delicate. Just hold the bird on the palm of your hand and raise it high and

face into the wind. It's the most delightful feeling when it beats its long-feathered wings and lifts off into its natural element.

Swifts arrive in late May, early June and leave us at the end of August. They are not with us for long, but long enough for us to delight in the sight of them skirling and chasing and screaming, seemingly with delight, in the summer skies. How fortunate we are to be blessed with the swift - the devil bird.

Dennis Furnell



Picture: Swift— by Dennis Furnell

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

Celebrating the life of St Peter



On Sunday 30th June, we'll once again be celebrating the life of the leader of the gang of Jesus' twelve apostles: namely, St Peter.

St Peter has a special place in our hearts in Berkhamsted because, along with a certain famous royal abbey in Westminster and a very large basilica in the heart of Vatican City, the patron saint of our church here in Berkhamsted is, of course, St Peter.

Peter was a fisherman on the Sea of Galilee who became a follower of Jesus, along with his brother St Andrew, when Jesus encouraged them to become "fishers of people". Originally called 'Simon', Jesus gave him the name 'Peter' as a play on the Aramaic word for 'rock' so that Simon Peter could be called by Jesus to be the rock upon which he would build his Church.



On one occasion, with his faith growing and encouraged by Jesus, Peter had a go at walking on water. All went well for a moment until the reality of what he was doing dawned on him and he began to sink. Jesus

was soon there to offer Peter a steadying hand.

On another occasion, Jesus stated that he would give Peter the keys of the kingdom of heaven. And so it is that Peter is often portrayed holding two crossed keys, a symbol which you will find throughout our church here in Berkhamsted, not least on a lot of the church kneelers.

Before the Last Supper, Peter was also prominent. Jesus wanted to wash his disciples' feet to create a symbol that everybody - no matter what their perceived status - should be a servant of all. Faced with the offer from Jesus, Peter initially refused to let Jesus wash his feet. Jesus responded, "Unless I wash you, you have no share with me". So Peter, still missing the symbolism, asked Jesus to wash not only his feet but also his hands and head! The moment is remembered each Maundy Thursday when we wash the feet of twelve members of the congregation, as a symbol of our desire as clergy to serve the church and the community.

Only hours later, the atmosphere in Jerusalem was a tinderbox, as Jesus, perceived to be a trouble-maker, was arrested in the Garden of Gethsemane and taken away. And it was in this context, fearful for his life, that Peter

denied being a follower of Jesus three times before the rooster crowed to mark the dawn... all just as Jesus had predicted. So there's a lovely symmetry in the days after Jesus' Easter resurrection when, back on the shore of the Sea of Galilee, Jesus asked Peter three times if he loved him. Following Peter's threefold affirmation, Jesus requested Peter to "Feed my sheep". It was the moment of Peter's rehabilitation.

Years later, having done his best, in the face of persecution, to feed Jesus' flock by proclaiming the good news in word and writing, and to galvanise the early Church, Peter arrived in Rome where he was eventually crucified for his faith. Yet he's now considered to have been the first bishop

of Rome - his successors better known to us as popes - and his remains still rest below that basilica in Vatican City which bears his name - continuing to be an inspiration and joy to us and countless other Christians down the ages.

Yours in Christ,
Fr Simon



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 8th Jun 7.30pm at St Peter's: ORCHESTRAL CONCERT Bridgewater Sinfonia. Programme includes Vaughan Williams, Dvorak and Beethoven. Tickets £15 in advance www.bridgewater-sinfonia.org.uk or Aitchisons Berkhamsted and £17 on the door. U18s free

Sun 9th Jun at 7.30pm in St Peter's Lady Chapel: QUARTET RECITAL Chroma Le Page Piano Quartet 'Tales from Bohemia'. Mozart Piano Quartet in G minor, a selection of Balkan dances and Brahms Piano Quartet in G minor. Tickets £16/£13 concessions (friends £14/£11), U18s free from Luminous & Vogue 24 Lower Kings Rd or www.chromaensemble.co.uk or on the door

Sat 15th Jun at 7.30pm at St Peter's: CHORAL CONCERT Chiltern Chamber Choir. Programme includes Britten, Vaughan Williams, Moeran & Pearsall. Tickets £10, U18s free from Brown & Merry, chilternchamberchoir.com or on the door.

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, 9.30-11:30am. 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 9:30–11:15am. 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 (day off Friday), Team Rector, St Peter's, 879739

Simon Vivian, Assistant Curate. 01442 864199. curate@greatberkhamsted.org.uk

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

This Month's Diary - All Saints

June

2nd Seventh Sunday of Easter
10am Morning Worship
Methodist Youth Brass
Band

9th Pentecost
10am All Age Holy Communion
Rev'd Rachael Hawkins

16th Trinity Sunday
10am Morning Worship
David Williamson
4pm Messy Church
Rev'd Rachael Hawkins
and Messy Church Team

23rd First Sunday after Trinity
10am Holy Communion
Rev'd John Kirkby

30th Second Sunday after
Trinity
10am Morning Worship
Action for Children
Audrey Cox

Funerals

12 April – Peter John White
29 April – Bernard William Grigg

July

7th Third Sunday after Trinity
8am Holy Communion
Rev'd Rachael Hawkins
10am Morning Worship
Rev'd Rachael Hawkins

14th Fourth Sunday after Trinity
10am Holy Communion
Rev'd Rachael Hawkins
2pm Messy Church
Rev'd Rachael Hawkins
and Messy Church Team

21st Fifth Sunday after Trinity
10am Morning Worship
Richard Hackworth
4pm Holy Communion with
Prayers for Healing
Rev'd Rachael Hawkins
and Tracy Robinson

28th Sixth Sunday after Trinity
10am Holy Communion
Rev'd John Kirkby

Every Tuesday

9am Morning Prayer
9.30am Eucharist

Every Friday

4pm Evening Prayer

Further information available from our church websites:

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

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Contact us: publicity@sunnysidefarm.co.uk ☎ 01462 862884
www.sunnysidefarm.co.uk ☎ Sunnyside, Hemel ☎ @sunnysidefarmco

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New information stickers are being rolled out for blue-lidded bins.

All blue-lidded bins in Dacorum will have a permanent information sticker placed on their lids to explain exactly what materials can be correctly recycled in them. The roll-out of these stickers has already begun and will take several months to complete.

The items which are accepted in the blue-lidded bin is not changing – the new sticker will simply provide the correct information to help people recycle right.

Recycling is crucial for the environment and it is essential that everyone is playing their part to make sure that they are recycling their waste the best that they can.

One of the main barriers for people recycling correctly is confusion about what materials can be put in their bins. Dacorum has been collecting the same mixed dry recyclables in the blue-lidded bin since 2014. However, many are still not recycling all that they can, or are putting the wrong items in.

The new sticker will help to let people know that items which often cause confusion, such as aluminium foil, aerosol sprays, cleaning sprays and tetra-pak cartons can all be recycled in their blue-lidded bins. This is alongside the items that people typically already know that they can recycle, such as paper, cardboard, glass and plastic pots, tubs and trays.

All items in the blue-lidded bin should be clean and loose; if items have lots of food waste still on them, they should be given a quick rinse before being recycled.

The sticker also confirms what materials cannot go into the blue-lidded bin. For example, not all plastic is accepted in the blue-lidded bins - soft, scrunchy or compostable plastic such as carrier bags, crisp packets, sweet wrappers, plastic film or polystyrene cannot be recycled.

When a bin is contaminated with the wrong materials, this can cause problems with the machinery at the sorting facilities, or affect the final end product. A heavily contaminated bin lorry could have its whole load rejected and sent to landfill or incineration. Because of this, we cannot empty blue-lidded bins with the wrong materials in, which is why it is so important to ensure that everyone is recycling correctly.



Our website has more information about the materials that should go in each bin, as well as a downloadable leaflet if you would like to print this to keep at home. Visit www.dacorum.gov.uk/recycling to find out more, or to make a recycling query.

Sample sticker on page 36

News from the Hospice of St Francis



June
2019

It's our 40th Birthday!!

The Hospice of St Francis was founded 40 years ago this month following a prayer vigil at St Peter's church in Berkhamsted on 6th June 1979. A big thank you to you, our community, for helping us reach this milestone anniversary.

Led by Pam Macpherson, a small group of determined volunteers worked tirelessly to set up our charity and galvanise support for hospice care to provide *'skilled loving care for the relief of symptoms and anxiety'* and to establish in a *'gentle, unhurried environment, an atmosphere of peace, comfort and hope for patients and relatives'* across West Herts and into Bucks.

From the off, fundraising had a high profile in the local community and we are still indebted to our community for their continued support. Initially people were invited to donate just 25p and within three months, £19k had been raised which paid for the first community nurse. In the mid-80s a residential Hospice 'Shrublands' was opened in Berkhamsted and this was followed in 2007 by a new Hospice in

Spring Garden Lane. A symbolic double rainbow appeared at the Topping out Ceremony which many believed signified hope and luck for our future!

We now support 2,000 people every year and today our ethos is the same as it was 40 years ago, helping people to live their precious life well and being here for family, friends and carers. We'd love to hear your stories and memories of special people we've helped or how you've been involved with St Francis over the years.

Finally, today, anyone, regardless of faith or background, can refer themselves to access our free care via our website or over the phone. We offer all kinds of support, with a focus on rehab, offering classes, exercise groups like Tai chi and Nordic Walking, physio, complementary therapy, clinical advice, creative therapy and psychological support.

Director of Care, Fay Richardson, explains "Many of our patients are active and getting on with their lives, dipping into the Hospice for help and support to manage specific symptoms and help regain confidence or strength so they can return to family life, work or achieve ambitions which are important to them."

Please do get involved in our celebrations during our birthday month....

Hospice Official Birthday – Thursday 6 June

We will be out in Berkhamsted town and surrounding areas – offering information and spreading awareness of the work we do as we celebrate our official birthday. Come and say hello if you spot a member of the team!



We are recreating the silent **Prayer Vigil** that was held at St Peter's Church in Berkhamsted on the **6th June 1979**. St Peter's will open its doors this year from 4-8pm providing a multi-faith, contemplative space to give thanks for our Hospice and to pray for our future. The Lady Chapel in St Albans Cathedral will also be open from 1pm-3pm and 40 prayer hubs across our catchment area will be saying prayers for us during our birthday week.

Garden Party, Ashridge House - Sunday 23 June 1-5pm

Join us for our big birthday party in the beautiful grounds of Ashridge House! There will be plenty of attractions including a shopping village with lots of independent producers, children's entertainment, live music, refreshments including cream teas,

local brs eeand Pimms, and tasty ice cream – not to mention, the chance to sing Happy Birthday!



Walk With Us – Saturday 29 June 7:30-11:30pm

Come together with family and friends to support the Hospice and remember special people – particularly those cared for at the Hospice over the past 40 years - on a six mile walk retracing our history through Berkhamsted. Along the way there will be poignant activities for walkers to do

Fortify us!

Finally, we're 40 and we'd love you to help **Fortify us** for the future! We started with donations of 25p, today can you start by giving 40p in a collection tub or, can you donate 40p a day, £12 a month during our birthday year? We'd be so grateful for your support.

Find out more about how to access our care, our events, how to donate and how to share your stories and precious memories from our past 40 years at **stfrancis.org.uk** or on social media.

Tel: **01442 869555**



Inaugural Berkofest Book Festival proves popular

On a sunny Sunday May 12th, Rectory Lane Cemetery hosted over 360 children and adults who learned about book characters who had found sanctuary in the peace and nature of cemeteries. They also learned about beetles and bugs and other wildlife that live here, and crafts with the [Herts & Middlesex Wildlife Trust](#).

The brand-new bug hotel was opened by MG Leonard, author of the best-selling beetle series of books.

Mia Hickman, the youngest author and a pupil at Berkhamsted School, aged just 12 gave an inspirational talk about her *Man from the Ice* book.

Theresa Breslin author of *Whispers in the Graveyard* launched our children's writing competition – 'Cemetery Stories' and children were eagerly picking up entry leaflets. For those still working on their entry for this competition this is just a reminder that the closing date is **Sunday June 9th**. For any questions contact Kate Campbell: campbellkate01@gmail.com or visit: www.stpetersberkhamstedfriends.org.uk for the full details and t&cs.



M G Leonard opening new Bug Hotel



M G Leonard

Suzu Reading's workshop on yoga, breathing and mindfulness added extra calm to the day, in contrast to a lively Design a Monster session in the main marquee.

Mr and Mrs Ghost drew a crowd for their Gravedigger Tales in the Sexton's Hut and children were entranced by Gramps from Waffle the Wonder Dog.

Refreshments were provided by local schoolboy William Ennels who is raising funds for his participation in Challenge Cambodia.

Welcoming Volunteers from overseas

These volunteers are paying a two-week visit to the UK under the Erasmus + Local and International Active Seniors programme, which is co-funded by the European Union and delivered in the UK by Community Action Dacorum.

During their visit they spent time at a number of local community projects, of which the Rectory Lane Cemetery



Project is one. Seven graves were cleared and then planted up close to the proposed Garden of Remembrance.



Are you a budding author?
YB is looking for short stories or poems written by our readers. 700 words and can be fact or fiction. If you would like a story featured - please contact:

Editor @yourberkhamsted.org.uk

L to R J Kaija from Latvia, Julia from Portugal, Anita from Latvia and our own CEO Kate from Berkhamsted. Portugal and

Latvia are both partners of the UK for the programme.

Elaine Mercer

Graham Greene International Festival 2019: 'Reflections on Greene'

The 21st Graham Greene International Festival will be held in Berkhamsted from Thursday 19th to Sunday 22nd September this year.

The theme for this year's Festival is 'Reflections on Greene', emphasizing the reflective nature of Greene's writing and also the nature of this event as an opportunity for comparing different responses to his *oeuvre*.

"Our programme of events could be compared to a veritable hall of mirrors," observes Festival Director Dr Martyn Sampson, "plentiful in perspectives and diverse in points of view, in which Festival-goers can pursue all manner of different leads and ideas. As always, friendship is the foundation of the Festival, and it is our hope, as an organising team, that participants will enjoy all the fun of the fair, especially if they are visiting for the first time."

The year 2019 is a significant one in the field of Graham Greene studies, marking as it does 60 years since the release of Carol Reed's film adaptation of Greene's classic novel *Our Man in Havana*, 60 years since Fidel Castro's revolution in Cuba, and 500 years since the founding of the city of Havana itself. *Our Man in Havana* enjoys a fitting prominence in the Festival programme, with a screening of the film on the evening of 20 September and a talk entitled *Our Woman in Havana: Reporting Castro's Cuba* by BBC foreign correspondent Sarah Rainsford on Saturday 21 September.

Other contributions include talks on *The Quiet American*, *The Third Man*, and *Brighton Rock*, with the BBC's Mark Lawson interviewing Bryony Lavery and Esther Richardson on the latter in a contribution entitled *Wrestling a Wonderful Story from out of a Book and onto the Stage*. Meanwhile Sir Vince Cable, Leader of the Liberal Democrats 2017–19 and former Secretary of State for Business, will be exploring the intrinsically political nature of Greene's work in a talk on *Politics and the Novel*.

This year's celebration also features a Festival first, with the launch of an innovative new writing prize for film reviews, in commemoration of Greene's intimate involvement with the cinema as a writer and also a reviewer. The inaugural prize will be awarded at the 2020 Festival.

Tickets, for individual sessions or the entire Festival, can be purchased in advance from the website of the Graham Greene Birthplace Trust (<http://grahamgreenebt.org/tickets>). People under 21 and holders of a Dacorum Card have free entry to all Festival events apart from the meals. Proof of status will be required on the door.

Ashridge in the school holidays

12th July - Totally Batty Walk

These amazing creatures are busy at night so join one of our rangers to see how many you can see and learn more about them.

20:30 - 22:00

£8 Booking essential (Children £5)

21st July - Bioblitz

Drop in at any point between 10am and 4pm or book one of our mini-events during the day and help us record as many species as we can and help contribute to the Year of Green Action.

10:00 – 16:00 - Free admission -

30th July - Ashridge Adventurers

Our education team will be running twice weekly outdoor activity sessions during the summer holidays. Each week will feature a different activity, and sessions will run on Tuesdays and Thursdays. 10:30 – 12:00/13:30 – 15:00

Children £4 Booking essential. **Also Thurs 1st Aug and Tues 6th August**

17th and 18th August - Big Camp

Back by popular demand, we are once again offering families the special opportunity to sleep under the stars at Ashridge. There will be a range of outdoor activities on offer for your entire family to enjoy.

12 lunchtime - Booking essential

<https://www.nationaltrust.org.uk/ashridge-estate/> / Phone: 01442 851227 / 755572

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HOW TO MANAGE STRESS

We are all aware of how stress can impact our health and our bodies, leading to heart disease, high blood pressure, obesity and diabetes. But I think sometimes we forget how much it also impacts our daily lives and moods.

I recently did a survey asking what the impact of stress and tension was on people's lives and here's what I heard back:

'Headaches, fatigue, low mood'

'Anxious thoughts, disturbed sleep, eating too much!'

'Makes me ratty towards other people'

'Irritable, short fuse, insomnia'

I'm sure you are ready to be done with the stress, tension, fatigue and irritability that seems to be consuming your life right now. I know you don't want any more of that – but the question is what do you want more of in your life? Often you spend a lot of your day thinking about what you don't want - it's worth taking a few minutes thinking about what you'd like to add to your life.

Here's a quick exercise you can do anytime. In your notebook or on a piece of paper, jot down your answers to the questions below. Don't overthink it, just trust your gut and write down what first comes to mind.

Would you like to spend more time

alone or with friends/family?

If you had £20 to spend just for fun, what would you spend it on?

Would you like to move more (up-tempo activities) or sleep more (downtempo activities)?

Write two things you would do just for yourself if you suddenly found tomorrow you had:

- *30 minutes freed up?*

- *One hour freed up?*

- *Two hours freed up?*

Our unconscious minds are designed to move us towards the things we want in our lives. By taking time today to write down what you want, you've given your mind the job to help you find them. So that way, even when you're busy and stressed thinking consciously about other things, your mind is now working away in the background helping you to create the life you want.

Often when I do this exercise with my clients - their lists look great, but they tell me that they don't have the time or money to do those things. But my challenge to them and to all of you is this. If you want to be a happier and healthier person - you must be willing to change. And you must be able to find 15 minutes a day to relax and relieve stress.

To make it super easy for you, here is my list of 10 different ways you can

spend 15 or 20 minutes reducing your stress so you can be a happier and healthier person.

1. Try a free guided app for beginners for yoga or meditation

Yoga has been proven to lower cortisol levels and reduce stress in your body. Just five minutes of concentrated deep breathing has been shown to reduce blood pressure and cortisol levels

2. Listen to some stress-reducing music.

Research points to multiple ways music can relieve stress. For instance relaxing music or stress relief sound therapy

3. Count your blessings

Keeping a gratitude journal has been shown to make people feel happier over time.

4. Get your feet moving

Just walking around your neighbourhood for 10 minutes will boost your endorphins and lower stress hormones.

5. Have a snooze

Napping even 20 minutes will boost energy levels and aid in stress relief.

6. Get a massage

You can ask your friend or family member to give you a five-minute shoulder massage. The 'love hormone' in our body gets released when you are touched, cuddled or stroked and has been shown to reduce your heart rate and cortisol levels.

7. Smell something nice

There are many studies that support aromatherapy as a good way to reduce stress. Try lavender or peppermint.

8. Watch a funny video

Laughter has been shown to reduce the physical signs of stress and lower blood pressure.

9. Take a break from your computer

Uninterrupted computer use has been associated with stress, depression and lost sleep.

10. Go caffeine-free

Or at least reduce the amount you drink. The studies have shown that blood pressure and stress hormones are elevated more by caffeine – switch to the decaf.

So, go ahead. Pick out one or two new things to try and see the impact it can have on your daily life. Life is short and you're here to enjoy it. Don't let stress and tension overshadow it. Make some changes today that your future self will thank you for.



www.michelleaudette.com

<https://www.lifecoach-directory.org.uk/lifecoaches/michelle-audette>

Ashlyns Festival 2019 – Friday 12th and Saturday 13th July

“A celebration of summer for Berkhamsted and beyond”

Set in the magnificent grounds of Ashlyns School in Berkhamsted, Ashlyns Festival returns for its second year, building on the success of 2018. This fund-raising event aims to bring our local community together – families, residents and local businesses are all welcome to enjoy the festivities. Hosted by the Ashlyns School Association, a charitable organisation, this event helps raise funds for our only local senior state school and the wider community facilities that are available at Ashlyns School.

Ashlyns Festival is an exciting new fundraising venture and an opportunity to host a public event open to all; a legacy we hope to continually build on with successive Festivals by involving the whole community and businesses. The success of last year's Festival contributed towards £25K of funds which helped to purchase new equipment for the science, music, textiles and inclusion departments, as

well as a new minibus and chapel screens.

The Festival is held across two days in July a week before the start of the summer holidays, and this year begins on Friday the 12th with a Comedy and Curry night. Sponsored by The Fat Buddha, who will be serving their award-winning curries, the evening will feature a stellar line-up of comedians from the professional comedy circuit. With a full bar and a special pre-show live music set from a local band, 'The Pete Kershaw Four', this is a great way to kick-start the summer.

Celebrations continue into Saturday with fantastic live music across two stages all day featuring local musicians and bands. A Bar Marquee serving quality beers and ales from local breweries, a Pimms Tent and Gin Bar, and a wide range of food from local suppliers to tickle your taste buds, will keep you fed and watered!



As a family-friendly event, with a safe, car-free environment for everyone to enjoy, the ever-popular Family Area returns with activities, workshops and demos (many of which are free) as well as the Beauty Tent for all those festival essentials.



Ashlyns Festival students

We are proud to be able to work with our Community Partners. Transition Town Berkhamsted were our festival heroes last year. The Green Team are a tireless bunch of volunteers who deliver recycling and kept our festival site clean last year and will be our heroes again this year. We are also



Ashlyns Festival

proud to be able to support the Swan Youth Project and showcase musical talent from up and coming young artists, giving them a platform to perform alongside more established bands, making this a truly community-spirited event.

We have a truly amazing team of ASA volunteers who have been working tirelessly to ensure this year’s Festival is even better, and so we extend an invitation to you to come and join us this year – for more details and to purchase tickets, please visit our website www.ashlynsfestival.co.uk

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DENS CASTLE WALK

DENS ever-popular sponsored walk has been given a refresh for 2019. Setting off on 22nd June from the historic Berkhamsted Castle, there's a choice of 2, 5 or 10 mile routes.



Whether you're a serious stepper, a roving Rambler or looking for family-fun, the Castle Walk has something for everyone; even four-legged friends are welcome. With nature quizzes, castle activity packs and a sweet treat for children, it's the perfect local family day out.

Nicky Maxwell-Braithwaite, DENS Events Manager says "Our gentle buggy and wheelchair-friendly 2-mile walk goes along the Grand Union Canal and includes a children's quiz. The five and 10-mile walks take you along the canal, across beautiful Chiltern countryside with stunning panoramic views, passing historic buildings and picturesque villages. We're urging everyone to make a whole day of it and

are encouraging people to bring along a picnic to enjoy in the castle grounds and soak up the sun after your challenge."

Nicky adds "We're so excited to be working with English Heritage and are thrilled to incorporate Berkhamsted Castle, one of the oldest motte-and-bailey castles in England, into our walk. Midland Mainline have kindly offered free spaces at the Berkhamsted railway station, so there will be plenty of parking."

Over a decade of walking, the sponsored walk has helped to fund DENS’ integrated services including their 44-bed Hostel, Day Centre and Foodbank. This year, with your help, DENS want to raise even more to continue to help rebuild the lives of people facing homelessness, poverty and social exclusion, as well as highlight the issues that homeless people face.

Find out more visit www.dens.org.uk/walk or email fundraising@dens.org.uk



DENS aim is to be the first port of call for people in Dacorum who are facing homelessness, poverty and social exclusion; to support and empower them to take the next positive step in their lives.

DENS ensure individuals have access to temporary and short-term accommodation, and individuals and families have access to food and provisions. They provide a range of accommodation options to support people to move on and sustain their own tenancy and provide advice and training; empowering people to develop skills and confidence to build a better future and be an active member of their community.

DENS integrated services include:

The Elms, a 44-bed hostel providing temporary to short-term accommodation

Day Centre – providing a daytime haven, advice, shower, company and a hot meal

Open Space – a place where people can socialise, be creative develop their skills and seek advice

Move On Service - providing support for a move into more independent living

Foodbank – providing emergency food supplies and household provisions.

Your Berkhamsted Team

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What goes in my recycling bin?

			
plastic pots, tubs & trays	mixed paper & card	food tins & drinks cans	cartons
			
mixed glass bottles & jars	aerosols & foil trays	cardboard	plastic bottles

Not accepted:

- ✗ No soft, scrunchy or compostable plastics (bags, wrappers, film, cellophane, crisp packets)
- ✗ No polystyrene
- ✗ No garden waste
- ✗ No food waste
- ✗ No electricals
- ✗ No batteries
- ✗ No nappies
- ✗ No textiles

How to recycle right...

- All items should be clean and loose.
- Wash and squash items, if needed.
- Do not put recycling in bags.

Reduce, reuse, recycle...

Reduce the amount of waste you create, (especially single-use plastic) with items like reusable drinks bottles and lunch boxes.



Thank you for recycling!

For all recycling queries, including reporting missed bins, requesting repairs or finding collection days, call 01442 228000 and ask for 'Waste Services', or visit:

www.dacorum.gov.uk/recycling