

the magazine for town and parish since 1872

yB

Your Berkhamsted

February 2018

**Romeo and Juliet and the
music behind it**

Alfred's Heart - A plea for help

**Suzy Reading teaches
us how to Self Care**

More on the Rectory Lane Project

50p

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

In this issue...

WELCOME TO THE FEBRUARY 2018 EDITION OF YOUR

BERKHAMSTED. February brings the start of Lent. Lent is a great time for giving up something, even if only the 40 days until Easter. It is also a time for reflection and giving, so perhaps find a little time to take an elderly person shopping for example or write a special thank you note to someone who has been a help to you. We also have Valentine's Day and John Gerry has done some wonderful research on Romeo and Juliet and the music created from the story. Suzy Reading is showing us how to help ourselves with Self Care and I will be featuring more of Suzy's work in future editions. Her book launch is at Waterstones, Berkhamsted on 10th February. Lastly we have a very poignant story about Alfred, who, at a very young age has gone through more than many of us will go through in a lifetime. His brave mother has written an honest and personal story about this journey they are presently enduring. Our 'what's on' page shows events in February in and around Berkhamsted and also look out for YB tweets on @Yourberkhamsted. Last but not least, 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

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Front cover: Thank you Paul Watkins for your fantastic print for our front cover. Please look at Paula's blog www.frecklesandflowersgirl.blogspot.co.uk. Paula also does workshops at Workaid in Chesham.

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



My younger son is a frequenter of the Swan Youth Centre which puts on safe activities for young people every weekday. It is very popular and those taking part speak highly of it. St Peter's has in the past raised some funds for the organisation. However it continues to struggle with funding, and according to berkhamstedtoday.co.uk it is hoping local businesses will become more involved in improved money raising schemes.

This month's guest blog is the venerable peeragenews.blogspot.co.uk. It reports on the splendidly named Orr-Ewing family. Jack Alexander Bodley Orr-Ewing has become engaged to Emma Clare McDowell, eldest daughter of Mr Christopher McDowell, of Berkhamsted. There are apparently two baronetcies created for members of the Orr-Ewing family. Our interest is in the Hendon branch, which was created in June 1963 for the Conservative politician Ian of that ilk. Intriguingly he was created a life peer of Little Berkhamsted (our poor relation). Jack is grandson of the current baron. Viewers of McMafia – not quite in the same league as last year's Night Manager – will be intrigued to know scenes were filmed in one of our

our very own Quality Villa's new Croatian properties, as reported by prlog.org. A spectacular property was used in episode two, for a scene ostensibly in Tel Aviv. In fact Croatia was adapted to scenes in a variety of places such as the south of France, Israel and Moscow. I haven't been since the days of the old Yugoslavia, when I went on a two-centred Yugotours trip, the first week to the Croatian resort of Opatija. The food was shall we say ordinary and it rained every day, which was particularly galling as this was the UK drought year of 1976.

The local golf club regularly makes appearances in this column. nationalclubgolfer.com reviews many courses, and I found one such for Berkhamsted. Apparently you'll find it hard to chip around the greens. Intriguingly it is one of the few courses not to have sand, a characteristic it shares with Ashdown Forest, Kington and Windermere. If memory serves me correctly a certain Dean of Ely, formerly of this parish, enjoyed the odd round, enjoying the combination of heathland and parkland. And continuing that ecclesiastical theme, churchtimes.co.uk reports on

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the New Year's Honours. Ann Brown-
ing, Chairman of the Berkhamsted
Committee of the Children's Society
has been awarded the British Empire
Medal for charitable services. Con-
gratulations to her.

A big thank you to Mags Wood who
has helped solved the mystery of
Sharlands department store – see
last issue. Apparently it was on the
site of what is now M and Co. (aka
McKays) and was certainly in exis-
tence when Mags came to the town
in 1962, a mere 29 years before I
moved here.

And I can also mention another local
parishioner Michael Robinson, who is
a regular contributor to the ever-

theguardian.com. He hopes that the
newspaper's move to a tabloid style
will mean less space for "celebrating
footballers". Talking of which, Mi-
chael presumably won't want to
know that our local team remains
undefeated at time of writing, hold-
ing off Leaverstock Green in a 2-2
draw despite being down to nine
men. This reported by watfordob-
server.co.uk, which continues to be
an excellent source of sports news in
the area.



Drawings of Berkhamsted by
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What's on

Berkhamsted Artisans, Arts & Crafts Market (**1st Saturday every month**)
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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. £74 for a 10-week course, 2 hours a week. 0300 3033464; information 872432



**Lenten Taizé Service
Sunday, 18 February
2018 @ 6pm
St Mary's Church
High Street,**

**Northchurch, Berkhamsted,
Hertfordshire, HP4 3QW**

A quiet meditation service with chants and silence for Lenten reflections
Tea/coffee and cake to be served afterwards. All welcome

Sat, 3rd Feb @7.30 pm: Classical String Trio. The Goldberg Trio was brought together to play Sitkovetsky's arrangement of Bach's 'Goldberg Variations'. This will be a rare opportunity to hear the piece, along with trios by Schubert and Beethoven. Civic Centre.
www.berkhamstedmusic.co.uk.
Season ticket £52, £15 at the door, under 18 free. 862798

Mon, 5th & Tue, 6th Feb @ 8pm:
Priceless. A charming, sexy romantic comedy set on the Riviera. A scheming opportunist (Audrey Tautou) mistakes a shy young barman for a millionaire.
Dir: Pierre Salvadori/2006/France/Cert 12A/106mins/subtitles. Civic Centre.
www.berkhamstedfilmsociety.co.uk.
Annual sub: joint £65, single £35.
Visitors £5 at door (no conc); tickets 863155

Sat, 10th Feb @ 8 pm: Darius Brubeck Quartet. Darius Brubeck (p), Dave O'Higgins (ts), Matt Ridley (b), Wesley Gibbens (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, 13 Feb @ 8 pm: Portrait Painting. A demonstration by Peter Keegan of painting portraits in oil. Civic Centre. £3 at the door
www.berkhamstedartsociety.com

Mon, 19th and & Tue, 20 Feb @ 8 pm: Letters from Baghdad. A fascinating documentary exploring the life and travels through the Middle East of writer, archaeologist, diplomat and spy Gertrude Bell. Dirs: Z Oelbaum, S Krabenbuhl/2016/ UK,USA,Fr/Cert PG/95mins. Civic Centre.

www.berkhamstedfilmsociety.co.uk
Annual sub: joint £65, single £35. Visitors £5 at door (no conc); tickets 863155

Wed, 21st Feb @ 8 pm: The Rectory Lane Cemetery Project. James Moir, convenor of the project, presents an update of this Heritage Lottery-funded community venture. Town Hall. www.berkhamsted-history.org.uk Annual sub: joint £15, single £10, visitors £3 (no conc); DC, 874598

Mon, 26th Feb @ 7.45 pm: Archaeology Society - Stepping into Britain: Early Humans at Happisburgh, Norfolk. Dr Nick Ashton, FSA, Honorary Reader, UCL Institute of Archaeology. Music Room, B'sted School
<http://berkhamstedarchaeology.co.uk>
Annual subs £15, couples £20, juniors £5; £1 on the night for members, £5 for visitors

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

Sunday 4th February 2 pm: The Lady of the Camellias (Bolshoi Ballet - ENCORE)

Sunday 11th February 2 pm: Tosca (The Royal Opera - ENCORE)

Sunday 25th February 6 pm: Cat On A Hot Tin Roof (National Theatre – ENCORE)

March

Wed, March 14th @ 8 pm: BERKHAMSTED LIVE with THE DEVINE FAMILY Celtic folk/jazz group, MAY CONTAIN NUTS theatre company in 'Little Cuts', LESLIE TATE author launching his new novel 'Purple'. Kings Arms, 147 High St Berkhamsted, HP43HL £5.00/£3.00 supporting Pepper Nurses. Book at lstate@btinternet.com



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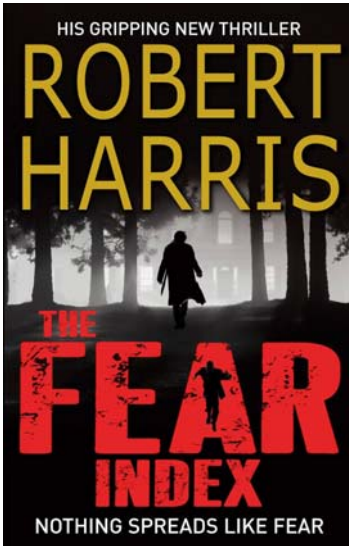
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The Fear Index - Robert Harris



Robert Harris is a multi-talented author who is equally at home with political biography and historical fiction. However he is particularly adept in turning the apparently prosaic into a page-turning thriller. He has followed “The Ghost”, a novel about the post-premiership career of a character spookily resembling Tony Blair, with “The Fear Index” – a novel about a computer algorithm that tracks human emotions and so make millions predicting movements in the financial markets.

The story centres on the American Alex Hoffman, who has left his career as a physicist to create obscure financial instruments. He likes to remain mysterious himself, paying a PR firm to keep him out of the press. He is in great contrast to his British business partner Hugo Quarry who loves selling and whose only worries are potential paternity suits.

The two are about to launch VIXAL-4, a revolutionary algorithm, when an intruder lets himself into the apparently secure home of Hoffman and begins sharpening knives in the kitchen. Over the course of the next breathless 24 hours Hoffman kills a man, destroys his office ceiling and douses a warehouse with petrol which is then lit with a burning match. All the while he practically destroys the world financial markets and wins back the love of his long-suffering spouse.

If you thought hedge funds somewhat abstruse, this book will make them strangely exciting. Stick with the at times implausible plot and you will be rewarded with a gripping thriller that is read surprisingly quickly.

Julian Dawson



Some Random Thoughts on Berkhamsted Castle

Little use is made nowadays of the potential cooperation

between the railway and castle events which could exist to boost tourism in the town. The perennial problem of car parking is ameliorated by the offer of free parking in the Station Car Park for those who wish to attend the Lions Fete. This now takes place, however, in the grounds of the Cricket Club. School parties wishing to visit the Castle for guided tours organised by the Berkhamsted Local History & Museum Society are severely restricted by the high cost of coach hire. Schools near to the railway line are able to travel to the castle by train, but do not always readily think of using that form of transport. Much greater use could be made of this facility. A joint ticket could also be issued for those wishing to attend the annual Gilbert & Sullivan performance in the Castle grounds, or for any future events. As the **Bucks Herald** reported in June 1856 on the Mechanics Fete held in the Castle grounds *'The second annual gathering took place in the Old Castle grounds, which, from its shady walks, formed a most delightful place for recreation on such a day. The attendance of the inhabitants, both rich and poor, far*

exceeded that of last year. The railway alone brought upwards of 1,000 persons for the purpose of attending the fete.' In the meadow adjoining the Castle grounds we noticed the young and strong at the game of cricket; in another part of the meadow, in a dell which formed almost an amphitheatre, was a large ring staked out for jingling matches for the youngsters. Jumping in sacks, wheeling barrows blindfold, and a variety of other amusements also took place on the grounds. There was 'Punch and Judy' to amuse the children; and we think, from the patronage bestowed on 'Mr. Punch,' that children of all ages were highly amused with his performance. Tumbling also took place, under extensive patronage'. Great fun was had by all in the good old days!

Nowadays restrictions are in place in this litigious age and concern is expressed that there should be another exit from the Castle. In 1856, however, that problem was overcome by the building of another entrance. as it was as recently as 1966. The report continues thus:

'The entrance this year was formed in the very place where royalty often, in olden times, had entered the castle, which, till this year, perhaps, had for centuries been closed; and, thanks to the exertions of Mr. Elliott,

a very neat imitation of granite pillars was effected, with an arch on the top, on which was inscribed the word 'Welcome.'

In the evening, the services of Mr. Mortram, the pyrotechnist, were called into requisition to provide a display of fireworks; and, in justice to him, we are bound to say that on this occasion he had exerted himself, for the devices were excellent, and all went off without a single mishap – giving universal satisfaction to upwards of 10,000 people who had assembled to witness them. Thus ended the fete to the satisfaction of all.'

Bucks Herald, Jun 1856).

The main barbican gateway together with the outer moat was destroyed by the building of the railway in 1837. The first railway station was close to this point until it was moved to its present site in 1875. Traces of the original station are still visible by the little bridge close to the ***Crystal Palace***.

Further newspaper reports tell us of 19th century visits to the castle, annual outings of the Akeman Street Chapel, Tring Sunday School, the Watford Ragged School, and the Aston Clinton Temperance Society. The latter in its report sums up the tourist attractions of the town which if the HLF bid to establish a Heritage Hub for the town is successful, will make Berkhamsted's heritage more accessible for all.

"Members of this society had their annual summer outing, the place chosen for the excursion being Berkhamstead Castle Grounds, kindly placed at their disposal by Earl Brownlow. The start was made from the Anthony Hall, whence the large party proceeded to their destination in well-appointed brakes and conveyances. The place of rendezvous having been safely reached, after strolling about the grounds an excellent tea was partaken of in a tent on the grounds, provided by Mr. Bates, of the Swan Coffee Tavern. A dispersion then took place again, some enjoying themselves in various games, others in examining the extensive ruins, in visiting the town and church, and surveying the rural beauties of the neighbourhood."

(Bucks Herald, Aug 1894)

Two short verses summing up earlier views and misconceptions of the history of the Castle complete these random thoughts. The first by the Quaker, Sarah Littleboy attributes the ruins of the Castle to the ravages of War, whereas most Berkhamstedians know that the Castle was used to build Berkhamsted Place and other buildings in the town. The second verse by Mr J R Crawford, a master at Berkhamsted School shows how very much better the ruins and the bailey are cared for today by Historic England.

Cont on Page 12

Cont from page 11

*'To other themes my fancy now inclines,
Thoughts of the by-gone years, the olden
times*

*When the strong castle in its lofty pride
Frowned o'er the sleeping woods that
stretched beside*

*Here the fierce Conqueror from his victory
came*

*Here Royalty with all its glittering train
Of court y knights and dames of noble
race*

*Graced the fair banquet or pursued the
chase*

*But war', disastrous war Hath dealt its
blow*

*And laid those steely halls in ruins low
Still the moat in silence round it steals
And the high mound its ancient pride
reveals*

*Embo'wring trees now lend their graceful
shade,*

With nature's music ever vocal made.

*I sit alone on the Castle mound
And muse in silence on its decay*

*A tranquil melancholy reigns around
And o'er my soul asserts its thoughtful
sway*

*The autumn sun pours down a softened
light*

*Through the green network of the
tangled grove*

*Where interwoven branches veil from
sight*

Meadow beneath and azure vault above

*Here all was life from Spring to merry
Yule*

*Ere the dead past its destined course out-
ran*

*Now nature hath resumed her proud rule
While wasting Time destroys the work of
man*

*The Castle's old magnificence is gone
Yet comely Grace is blended with decay
Green ivy crowns each rugged mass of
stone*

And verdant shrubs bedeck the ruins grey





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suzy reading

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Suzy Reading has kindly sent some of her guidelines to self care and I will be featuring these in the next few editions. Suzy will be launching her book at Waterstones, Berkhamsted on Saturday 10th February 14:00 - 15:00

Why is Self-Care so Hard?

Self-care is such a buzz word at the moment but while awareness and appetite to engage in it are strong, it can be hard to do! If you find it tricky, go gently, you are not alone and there are valid reasons for it. In a nutshell, we all know what we need to do to feel healthy and happy, but it's another thing to make it happen. Welcome to being human! Let's explore why it can be tough and see what we can do to overcome the challenges:

Self-care is wishy washy.

One of the reasons it can be hard to commit to self-care is because it feels nebulous and poorly defined. What exactly is it? Let's be crystal clear: self-care is *nourishment* for the head, the heart and the body. The mantra is: self-care is health care. To further clarify the concept, self-care is an action or skill that nourishes you in the moment AND the person you are becoming, your 'future self' if you like.

One glass of wine savoured in the evening can constitute self-care, but if that one turns to two or more and a late night, your future self is hardly going to be thanking you for your choices the next

day. This practical definition will help you to understand self-care better and make more life-giving choices.

One size does not fit all.

Another reason it can be hard to get clear on self-care is that what someone else finds nourishing may not float your boat. In fact, what you find nurturing in one moment might not be the tool or strategy you need in the next. We all have different needs, goals and natural preferences and this also changes over time. The solution here is to have a broad toolkit from which to draw, so there is always some kind of boost when you most need it.

I don't have time.

Neither do I. No one has spare time just waiting in the wings! The key here is to know that you don't need extra time for self-care. Many self-care tools don't take any more time, they are things you are doing already or it's a way of harnessing your mind while you are doing everyday things! For example, your morning shower. You can ruminate on your worries or to-do list, or you can take a meditative shower where you choose to focus on the cleansing properties of the water or the scent of the gel. It is in how you use your time and parcel it out. You'll find two whole sections of my book dedicated to mood boosters and coping tools – these are all skills and activities that don't take any added time.

I don't have the energy.

I hear you. I have experienced energetic bankruptcy too. There are times when we feel absolutely floored by life – grief, loss, change, relationship breakdown, parenthood. No one is immune. If you feel like your nervous system is fried or you are burnt out, then you need a specialised self-care toolkit, one that is healing, soothing, restorative, so that it tops you up without any further depletion. Self-care strategies that come to the fore here are nature, listening to music, eBooks, TED talks or podcasts, or working with the breath, meditation, visualisation mantra and the relaxing yoga you will find in my book. There are many options to explore, they just need to be the appropriate strategies to meet you where you are at right now.

I can't afford it.

Don't be fooled into thinking that self-care requires an investment in expensive products or services. Self-care needn't cost a penny. Gratitude, kindness and compassion cost nothing but are all potent mood boosters. You don't need to join a gym, just take some shoulder rolls at your desk and savour a walk in nature at lunch. Connect with a loved one, enjoy a hug, stroke the cat. All effective, free and easily accessible.

I feel guilty.

Please, please let this one drop away. Well-nourished people are kinder, more compassionate, more resourceful and more resilient. This is what the whole world needs. When you commit to regular self-care you become a better version of yourself. Everyone your life touches benefits and this is the most sensational

win win. Engage in self-care and you give yourself the best chance to be the person you aspire to be, to do the things you aspire to do. If guilt still pops up, use the mantra: 'It's not me first, it's me **as well**'. Just take a moment to think of what self-care facilitates in your life... for me it's to be the kind of mother, wife, daughter, sister, friend, neighbour and coach I want to be. See that version of you and take the action required to nourish this 'best self'. Watch those dividends ripple out well beyond you.

Self-care turns into self-sabotage.

We've all been there, the brain fade on the sofa is more alluring than the run you have planned. Again, this is the nature of being human. The answer is to spend time getting to know who you want your 'future best self' to be. Really see them, feel them and hear them. Ask yourself what choices would this 'future best self' make? Make the same choices more often than now and you take steps closer to being this version of you. When faced with a choice, check in and be clear on what takes you towards or away from your best self. This often dials down the volume of temptation. And it's useful to acknowledge too that not every choice has to be 'self-care'. There is a time for a late night with mates, there's a time for champagne, there's a time for a lie in, there's a time for chocolate cake'. Just pick your time wisely and if you are trying to engage in self-care make sure it fits the definition of nourishing you now and your future self. And if you choose to let your hair down, let the mantra be: If I'm going to indulge, then I will savour it...

Cont on page 22

Your Berkhamsted Clergy

Despite the wind and the rain of January, as the weeks move on, I'm already discerning a bit of light creeping back into our lives in the early mornings and late afternoons, moving us ever onwards from the twinkling of Christmas lights shining in the darkness of the depths of winter towards the great revelatory light of Easter in a couple of months' time.

Our preparations for Easter begin this month in the form of Lent - those 40 days and nights during which we reflect upon ourselves, our lives, and upon the way in which we should respond to God's call to us. The first day of Lent is Ash Wednesday - the day after Shrove Tuesday - which this year falls on 14th February - otherwise known as Valentine's Day.

Valentine's Day stems from the Church's celebration of the feast of St Valentine. Little is known about the real Valentine but it's possible that he was a priest or bishop of Terni in central Italy, who was martyred in Rome under the Emperor Claudius in about AD269.

The connection between St Valentine's Day and the day when lovers traditionally celebrate their affection may have something to do with the day, in medieval times, on which it was believed birds mate. More likely,

however, is the link to Rome's pagan festival of Lupercalia, which occurred on the Ides of February to avert evil spirits and purify the city, releasing health and fertility.

Now, whilst one might not immediately associate the austerity of Ash Wednesday and Lent with Valentine's Day candle-lit dinners, helium-inflated heart-shaped balloons, dark chocolates, and anonymous messages of endearment, we would be forgetting that Christians worship the God of love.

This isn't the romantic love of lovers however [Greek: *eros*] but an unconditional love [Greek: *agape*] in which God actively longs for us to be all that we are made to be. But, whilst it's a different type of love, God does want a relationship with us - He does want us to know Him - so that we might receive His gift of eternal life.

If you want to explore your relationship with God further, this year's Lent course starts on Wednesday 21st February in The Court House at 8pm, and will be held each Wednesday evening throughout Lent. So that we have sufficient handouts, do please let the office know by 15th February that you'd like to attend (churchoffice@greatberkhamsted.org - 01442 878227).

The fact that Ash Wednesday falls on St Valentine's Day isn't the only interesting juxtaposition of dates this year. Easter Day will fall on Sunday 1st April, otherwise known as April Fools' Day. The first recorded association between 1st April and foolishness appears to be in Geoffrey Chaucer's 'Nun's Priest's Tale', though this may be based on an erroneous interpretation of Chaucer's words. However, if you've ever been the butt of a prank on the morning of 1st April, you'll know that the tradition is still prevalent, even in the media: the BBC's 1957 prank news report, voiced by the authority of Richard Dimbleby, about spaghetti trees is a classic.

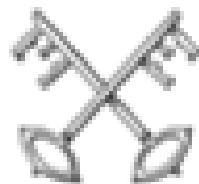
Of course, this Easter morning - 1st April - there will be many who will think that the joke is on Christians; that those of us who believe in the astonishing claims that Christ rose from the dead are the fools. Yet I continue to struggle to find an answer as to why a fearful band of disciples fled from the scene of Jesus' arrest, hid timidly in a room for fear of being arrested, yet were suddenly, after their experiences of the resurrected Jesus, fearless in their proclamation that Jesus was their Christ, and willing to die for what they believed: namely, that Jesus is the Son of God who continues to live and reign in heaven over all that we see.



As the days begin to grow longer, and we move from the twinkling of the Christmas lights towards the bright resurrection light of Easter shining goodness into the darkness of our world, may this Lent be a wonderful opportunity for each of us to become a fool for the sake of Christ as we renew our relationship with the God of love.

Yours in Christ

Fr. Simon



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

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 10th February at 7.00pm: CONCERT in St Peter's Church. St Albans Abbey Choir, Director: Andrew Lucas. Organist: Tom Winpenny. Admission Free. Donations invited.

Mon 12th February at 8.00pm: TALK in the Court House. Cowper Society Winter Talk. Julius Holt - Food aid in Africa. Free Entry. Retiring Collection.

St Peter's

Baptisms- None

Weddings-None

Funerals- 28th December Margaret Irene Davis

All Saints

4th Candlemas

10am Morning Worship with Christingles
Heather Tisbury

11th Sunday next before Lent

10am Holy Communion— Revd John Kirkby

18th First Sunday of Lent

8am Holy Communion - Revd Rachael Hawkins
10am Morning Worship - Revd Rachael Hawkins

25th Second Sunday of Lent

10am Holy Communion - Revd Rachael Hawkins
4pm Messy Church - Revd Rachael Hawkins & Messy Church
Team

Baptism 17 December: Frederick William Bracken Dowty

Further information available from our church websites:

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

News from the Hospice of St Francis



**February
2018**

We could
not
continue

to provide our services without the inspirational efforts of all our supporters and this year we hope even more of you will join us as we gear up for our exciting 2018 calendar of events and challenges.

Bubble Rush

For the third year running and by popular demand – the bubbles are back! Join us on **Saturday 29th April** for Bubble Rush Herts at Gadebridge Park, Hemel Hempstead for another chance to run, walk or dance through safe, frothy foam at different coloured bubble stations.

For the chance to be one of our early-bird bubblers – and a reduced registration fee – sign up to the priority list by filling in a short form at www.stfrancis.org.uk/bubblerrush

2018 Challenges

Well-known local cabbie Mark Twyman will be swapping the streets of Berkhamsted for the sand dunes of Morocco when he takes on Trek Sahara for the Hospice later this year. Mark has signed up for this year's challenge that will see him trekking 50km across dried up river beds, sand

dunes and sun-baked plains before setting up camp for the night and sleeping under a blanket of stars.

The week-long trek, which takes place from **10th-17th November**, will end with a two-day community project in Marrakech helping to improve conditions at a local centre for street children, a medical day clinic or a home for the elderly.

If you'd like to join Mark and his fellow trekkers on this trip of a lifetime, contact Claire.jones@stfrancis.org.uk

Cycle or Run for us!

We're looking for people to saddle up for us in two of London's most iconic cycling events this year – Nightrider on **9th-10th June** – which offers the chance to explore the capital at night – and Prudential Ride London-Surrey 100 on **29th July**. If you want to take on a cycling challenge, you can do so day or night, the choice is yours!

However, if you prefer to keep both feet on the ground and running is more your thing, we have places available for the Brighton Marathon on **Sunday 15th April**. If you think you can go the distance and want to raise money for the Hospice, please contact Claire.jones@stfrancis.org.uk

Make a Will Month

March sees the return of our annual **Make a Will Month**, where solicitors

supporting the Hospice will be offering to make your Will and waive their fee in lieu of a donation to the Hospice. All donations help the Hospice to provide specialist care to local families.

Participating solicitors in Berkhamsted are:

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175 High St, Berkhamsted
Herts HP4 3AP
Call James Houghton on 01442 872141

Harrowell & Atkins

275 High St, Berkhamsted
Herts HP4 1BW
Call Helen Downen on 01442 865671

Sumner & Tabor

Lockhart House, 295-299 High St,
Berkhamsted
Herts HP4 1AJ
Call Josie Birnie on 01442 872311

For more information on how to book and a full list of participating solicitors, visit www.stfrancis.org.uk/makeawillmonth



Dates for the Diary
Saturday 12th May

- Join us for the glittering biannual **Spring Ball**, at Heatherden Hall, Pinewood Studios. For tickets, visit our website or email thespringball@mail.com

Sunday 3rd June –

Our ever-popular **Garden Party** returns to the beautiful setting of Ashridge House.

For more information on all our events and challenges visit :

www.stfrancis.org.uk/support-us/events

Facebook: [the hospiceofstfrancis](#),

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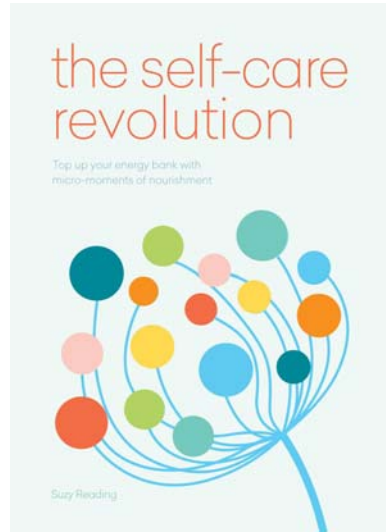
Exhibition Display Opportunity

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

Cont from page 15

So these tips help us get clear on what self-care is but we still need to take further steps to make self-care happen. My best advice here is to use my Vitality Wheel framework set out in my book, 'The Self-Care Revolution' to write out your own self-care toolkit. We need it written down so there is a reminder when we're feeling stressed out or too fatigued to think straight. Small incremental change works better than grand sweeping change and there needs to be balance in our self-care pursuits. The Vitality Wheel will help you carve that balance. With one micro moment of nourishment at a time, enjoy creating your future best self! We're in it together!

Suz xx



"The Self-Care Revolution" by Suzy Reading is out now! Available from Amazon here: amzn.to/2ws07tl

PANCAKE DAY - FEBRUARY 13TH

Recipe

Ingredients

- 120g/4oz [plain flour](#)
- pinch [salt](#)
- 2 free-range [eggs](#)
- 210ml/7fl oz [milk](#)
- 90ml/3fl oz water
- 1 tbsp [vegetable oil](#)
- [butter](#), for frying

To serve

- [caster sugar](#)
- [lemon juice](#)
- [lemon](#) wedges





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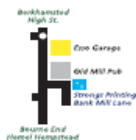
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“O Romeo. O Romeo! wherefore art thou Romeo?”

The month of Valentine’s Day is upon us once more, and our minds may switch to the balcony in Verona where one of the best known love scenes in literature was played out.

Romeo and Juliet is, of course, best known as one of Shakespeare’s best loved plays..... but where did the plot come from? It turns out that it was not an invention of Shakespeare’s. The almost identical story first appeared in Italy in 1476, over 100 years before Shakespeare put pen to paper. This version by Masuccio Salernitano had the lovers named Mariotto and Giannozza with the action taking place in Siena rather than Verona., but it contained all the key elements of the play we love - sleeping potions, feuding families, forbidden love and miscommunication. Two more Italian playwrights wrote further versions, Luigi di Porta moving the action to Verona and Malteo Bandello naming the Capulets and Montague’s. The first English translation appeared in 1562, entitled “The Tragical History of Romeus and Juliet”, with a further English play by William Painter in 1582, under the unlikely name of “Palace of Pleasure”. Shakespeare would undoubtedly have been aware of this, and his own “Romeo and Juliet” was penned sometime between 1591 and 1595.

“If music be the food of love, play on”.....

So much for the history of the story..... more important is the effect it had on the cultural scene, and we concentrate here on music.

Hector Berlioz produced his choral symphony, *Romeo and Juliet*, in 1839. The provenance of this piece has its own dramatic quality. Berlioz saw the play in London at the Garrick, and fell madly in love with the actress playing Juliet. So much so that he pursued her and they married a few years later.

The romance of this tale is rather spoilt by the fact that he had an affair not long afterwards and the couple split up.

In 1867, Gounod produced his “*Romeo et Juliette*”, an opera in five acts, probably his best and best known opera. Notably he extended the final death scene to allow for a moving duet from the dying couple. Arguably the most famous rendition occurred in 1869 when Tchaikovsky composed his “*Fantasy Overture*”. Although this 20 minutes long piece was hissed at its first performance, it is now recognised as one of the composer’s greatest works. Inevitably it has been much copied in productions

ranging from “The Jazz Singer” to “Sponge Bob Squarepants”!

Fast forward to 1936 and Prokofiev’s famous ballet, known particularly for its dramatic final scene, and, in more modern times for the theme of “The Apprentice”!

We can’t leave the influence of Romeo and Juliet without Leonard Bernstein’s “West Side Story”, premiered on Broadway in 1957. Instead of the Capulets and Montague’s we have the Puerto Rican Sharks and the Polish-American Jets. “West Side Story” had its own influence on musical artistes. Henry Mancini’s “A Time for Us” topped the US charts whilst Johnny Mathis, amongst others, put words to it.

Not forgetting the famous Italian, Nino Rota, who wrote the score for [Franco Zeffirelli](#)’s “*Romeo and Juliet*”. Rota was nominated for a “Golden Globe” for his efforts. He also wrote the music for “The Godfather” and War and Peace. In all, Rota wrote scores to more than 150 films.

We’ve come a long way from the Verona balcony, and it only remains to wish you all a happy musical Valentine’s Day, and to say, with Juliet....
“Good night, good night, parting is such sorrow
That I shall say goodnight till it be morrow”

John Gerry



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Appledown Rescue's Dog of the Month



Beautiful Tutti Frutti is a lurcher who was born in 2012. Very sadly she is available due to the death of her much loved owner. We would love to see this extremely affectionate and sweet-natured girl happily settled once again. She is good with other dogs (not cats) and house-trained. She will need a secure garden and on-lead exercise. She cannot live in Leighton Buzzard.

If you can offer Tutti or any of our other dogs a loving and secure home, please drop in at the kennels or call us

any day between 10 a.m. and 4 p.m. 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 for more photos and information.

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Website: www.appledownrescue.co.uk **Follow us on Facebook, Twitter & Instagram**

Rectory Lane Cemetery Project – what’s in store for 2018?

The next stage of the transformation of the Rectory Lane Cemetery Project.

James Moir, formerly Voluntary Convenor, has now become the Project Manager and Kate Campbell has joined as the Community Engagement Officer. Paul Crosland, a Friends of St Peter’s trustee, takes over as the Voluntary Convenor.

YB talks to the newest member of the team – Kate Campbell

Congratulations on your appointment – what appealed to you about this job?

After 20 years at Ashridge Business School in administration, marketing and business development roles, I was ready for a new challenge and keen to use my previous advocacy and voluntary sector experience in a not-for-profit environment. By coincidence I had worked as an occasional volunteer at the Cemetery and so was already an enthusiast for the Project.

It’s an exciting brief – to help organise Heritage Open Day events, tours and sessions for a wide range of local groups and schools, arrange volunteer training, and develop the project’s online presence.

Sounds like a very broad brief – where will you start?

I’ve started by building on the contacts from previous Heritage events and Open days and am reaching out to new groups who may not have considered the Cemetery as a community asset.

What sort of people or groups would you like to hear from?

Anybody! Students, teachers, photographers, artists, outdoor fitness leaders, mother and toddler groups, mental health workers We have just hosted our first family bird watching event to contribute data to the RSPB’s Big Garden Birdwatch and are planning more events for people to learn about the Cemetery’s wildlife residents. In addition, working with Berkhamsted Local History and Museum Society there are opportunities to learn about the people who built this town. If anyone has any ideas or proposals about how their group could benefit from the Cemetery I would love to hear them.

What is your biggest challenge?

Officially, having only 18 hours a week! As plans develop I know I am going to need to rely on some very able volunteers – so please get in touch. Now is a very exciting time to

get involved, with the transformation of the Cemetery 'from dead space to living place' just commencing!

How does your role work with that of the Project Manager James Moir?

James will project manage the programme of conservation to repair and enhance the physical fabric of the Cemetery and deliver the landscape works, such as improving the pathways, installing new seating and creating a Garden of Remembrance. I will be working very closely with him to ensure that the Community activities dovetail with any works being carried out and, of course, learning so much from his extensive Heritage knowledge and experience.



Dr James Moir and Kate Campbell in RLC

Would you like to place an advert in the Your Berkhamsted magazine? Prices are very reasonable.

Please contact:

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Alfred's Heart - Local family's plea for help



When our son, Alfred, was born in June 2015 he had sepsis. He spent the first week on ICU at Watford Hospital. When he finally came home he was a happy, normal

baby, but when he was around 12 months old he caught a nasty gastro bug. Our GP also found a heart murmur at the same time. Once Alfred was better we went back to the GP hoping the murmur had gone, however, it was still there so we were referred to Stoke Mandeville Hospital. We saw a consultant there who suggested it was probably a small hole which would close in time but booked Alfred in for an Echo (heart scan). There was a 4 month wait for this so we carried on as normal. Alfred was around 18 months old when it came for the time to have the scan and that is when all hell broke loose and our lives changed forever!

He had a blockage in his main artery that supplies oxygenated blood to his body called coarctation of the aorta. He didn't have a pulse in his feet or groin but by some miracle his body had bypassed the blockage making an extra vein to supply a small amount of blood to his organs and limbs which was just keeping him alive.

We were referred to The John Radcliffe Hospital but due to the severity we didn't make it, instead we ended up being booked in to Southampton Children's Hospital the following week.

Before the appointment at Southampton and not knowing the full extent of how serious this was Alfred suffered a seizure at home. Thinking the worst we thought

we were going to lose him, waiting for the ambulance he had turned blue and had been convulsing for nearly 45 minutes; we thought it was his heart! He was admitted to Stoke Mandeville for a few days to recover.

The following week we were in Southampton having tests and scans which was a few days before Christmas 2016. The surgeons agreed that we would be allowed to take Alfred home for Christmas and they would operate on Friday 13th January.

Christmas was strained, trying to make it the best, not knowing if it was his last, it was hard but we made it. January came and off we went to Southampton, over 100 miles from our family and friends. Alfred had his surgery on the Friday; we will never forget that day, he was 19 months old by now. He was so happy; he was given a medicine that made him giggle and laugh before he was anaesthetised and we had to leave him. The surgery took 9 hours. It was only meant to take 5 hours so we were beside ourselves but it went well and he was out, recovering in PICU.

Nothing can prepare you for PICU, the babies and children wired up to machines, tubes coming out of everywhere, your little baby on a machine keeping him alive and breathing for him. It was heart breaking but the nurses in there were beyond amazing.

Alfred was on a breathing machine, he had a chest drain and a million needles pumping medication into his arms, leg, neck and groin. He was sedated for the

first 24 hours but he was alive and for that we owe a lot to so many wonderful people.

Alfred was slowly taken off the sedation and over the next few days was transferred back to Ocean ward. He was such a fighter; he was up and running once the tubes were out even managing to "hoover" the corridor! It still amazes me how these children bounce back.

After only 5 days post op Alfred was allowed home, the day before my birthday. I couldn't have wished for anything better. He had to be on lots of medicine and was not allowed to get poorly so his social skills went out of the window.

Then in February Alfred had his second seizure, lasting nearly an hour. He was rushed into Stoke Mandeville Hospital. He then had seizures every 3 - 4 weeks and he now needs rescue medicine to stop them as they don't stop themselves. He has now been diagnosed with epilepsy.

During this time we found The Daisy Garland. The charity was set up following the loss of their daughter due to SUDEP (sudden unexpected death in epilepsy patients). They have been a fantastic support for our family and have now funded us an epilepsy bed alarm.

Since Alfred's first seizure back in December we had hardly slept for fear of missing a seizure or him dying in his sleep. We took turns to watch him, we received the bed alarm and he was in our bed! ; every movement brought fear.

Alfred started epilepsy medication a few months ago which has helped reduce the

seizures but he still has them every few months.

Alfred will always need heart surgery to keep his aorta open and he also has a Bicuspid Aortic Valve which will need replacing in the next few years. Alfred is now under the care of the John Radcliffe Hospital and is currently undergoing genetic tests to determine if this is the cause of all his issues. He has had to deal with so much in the first few years of his life. More than many of us will ever have to deal with in our whole life time.

Alfred never moans; he is a pro at check-ups and knows the routine well, lifting his top so the doctors can listen to his heart. He is always a happy little boy and wears his scars with pride.

We would like to give a little something back to a few of the many people who have helped our family get through this and who have helped save our little warrior's life.

- **The British Heart Foundation** who without their research many heart conditions would go unfixed.

- **The Daisy Garland** for not only supplying us with an epilepsy alarm but for all of the messages of support along the way.

- **Friends of PICU** at Southampton Hospital who need funds for vital equipment, for the expert care they gave to Alfred and keeping us parents calm and supported in their care.

**If you feel you could help please go to :
www.facebook.com/Alfreds-Heart**

Thank you Lisa Cannone
http://www.justgiving.com/alfredsheart2?utm_id=124



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