

the magazine for town and parish since 1872

yB

Your Berkhamsted

February/March 2021

Observations by Dennis Furnell

Herts Visual Arts

Jobs for the Garden

**News from Rectory Lane
Cemetery**



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

In this issue...

WELCOME TO THE FEBRUARY/MARCH 2021 EDITION OF YOUR BERKHAMSTED.

This has been a long winter with lockdown and looking forward to hope and Spring. We are all waiting in anticipation of what is next. Though I have read that 13 areas of Hertfordshire are covid free including Berkhamsted. We still have things to say within the magazine including the Cemetery Project. This is always an interesting read. What better way to sort out your house and find anything needing repair – as we now have the Repair Café within the Open Door programme, I know I have many things gathering dust but not ready to throw out. Jenny Sherwood discusses old documents, if you love history this is where to go to find out more on Berkhamsted and its past. We are now approaching Lent and all the information you need are on pages 14 and 15. Herts Visual Arts are launching a Makers Fair for those creative readers. Enjoy the read. 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 features.



JACQUELINE - YBEDITOR@GREATBERKHAMSTED.ORG.UK

Rambles from Berkhamsted	3 & 5
Local History ramblings	8, 9 & 10
Observations by Dennis Furnell (The Natureman)	12 & 13
Our Clergy	14 & 15
Church News	16
St Peter's 800th Year	17
News from Rectory lane Cemetery	20, 21, 22 & 23
Jobs for the Garden	24 & 25
Open Door	26 & 27
Recipe and Dog Rescue	28 & 29
Finding Silver Linings	30 , 31 & 32
Herts Visual Arts	34, 35 & 36

**Front cover: Thank you Helen Dowley - Blue Jug by Helen Dowley, CreativeH
www.creativeh.online, insta: @creativeaitch, FB: creativeaitch**

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.

Rambles from Berkhamsted by Julian Dawson



We begin this month with our very own Baroness, namely Baroness Bowles of Berkhamsted who regularly speaks at the House of Lords. She spoke in early January of her concerns about the government's handling of the pandemic which she believes failed dramatically. She was nominated for a life peerage in 2015 having served as a Liberal Democrat MEP for South East England. She has been described as the most influential Briton in the development of European Union policy as nominated by the Guardian in 2012, and was short-listed to be a governor of the Bank of England in the same year.

Esther Rantzen was actually born in Berkhamsted on 22nd June 1940. But we have no knowledge of where her parents lived, and indeed she attended school in New York, though returned to an English education and studied at Somerton College where one of her tutors was Mary Lascelles a renowned expert on Jane Austen. An episode of *Who Do You Think You Are* did trace Rantzen's ancestry back to the Jewish area of Warsaw in the 1760s, and her family settled in Spitalfields as cap-makers in the 1850's.

Another ancestor founded the West London Synagogue. She is most famously known for her long running series *That's Life*.

singletrackworld.com reports on Phil Atwill, a free cyclist born and bred in Berkhamsted, who is returning to PROPAIN bicycles for his riding. He specialises in downhill cycling, one of the many styles of cycling administered by the Union Cycliste Internationale. Downhill mountain biking is practiced on steep rough terrain. It became a competitive sport in 1976 in Fairfax, California on machines that became known as "paperboy bikes". Many ski downhill slopes are used for this event in summer months. Australia is particularly successful at the sport, whilst not surprisingly Austria is particularly well suited to hosting events.

In business news hemeltoday.co.uk tells us that HSBC will be closing 82 branches in the UK, but that Berkhamsted's branch will remain open. The bank said there would be no redundancies as staff would be moved to other branches. The decision has been prompted by the

Cont Page 5

Eleven Plus Test Preparation, Maths and English tuition.

Holiday courses available.

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



**Pen and Ink
Tuition**
Where Learning Is Fun

25 High Street, Chesham, Bucks HP5 1BG

01494 773300

www.penandinktuition.co.uk



THE OLD PASTURES

LUXURY ACCOMMODATION FOR DOGS

Icknield Farm, Icknield Way,

Tring, Herts HP23 4JX



Luxury heated accommodation for your dog

Only 8 large kennels giving your dog the extra care and attention they deserve. All dogs are walked twice a day.

Holiday homes for small animals

DOG GROOMING

BATHING, CLIPPING, TRIMMING, HAND-STRIPPING, NAILS AND EARS. WEEKEND APPOINTMENTS AVAILABLE. EASY WALK

IN, NON-SLIP SHOWER IDEAL FOR OLDER AND BIGGER DOGS. WE CAN

CATER FOR ANY SIZE DOG.

EASY PARKING.

FOR AN APPOINTMENT FOR GROOMING OR KENNELING PLEASE CALL:

01442 824856



**Will Kimberley
Garden Services**
01442 255784

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

Why not phone for a quote?

The 50 plus

Help to Maintain, Repair & Install



- › Plumbing › Electrical › Handyman › Appliances
- › Decorating › Gardening › Home Improvement
- › General Maintenance & More

Assurance Care

- › Sensor box to monitor activity levels of your elderly relative from your mobile



- › Non-intrusive, no camera, no voice recording

- › Detects movement, temperature & humidity



- › System learns expected data & notifies exceptions

- › Assists in maintaining independence

01494 784 448
www.the50plus.co.uk



increase in online banking, which has increased even further by the pandemic. What is now a global banking organisation, HSBC was founded in 1836 in Birmingham. The Midland bank in effect became HSBC in 1999 following its purchase by HSBC in 1992. It is now headquartered in Canada Square in London.

turfatters.co.uk is a website for the golfing industry. It featured an advertisement for a qualified assistant greenkeeper for Berkhamsted Golf

Club. “The successful candidate will be motivated and work well in a team”, it says. Well, pretty obvious really. The club hosts the renowned Berkhamsted Trophy and is making history this year for being an entirely gender-neutral event, the first of its kind. The decision has been widely welcomed in the golfing world and is seen as an attempt to widen the sports appeal. This must be seen as a great move to bring equality and inclusion to the sport.



Hongkong Shanghai Bank HSBC Canary Wharf
Copyright: Arup Central Photography

Drawings of Berkhamsted by Jenni Cator

MAKING A DIFFERENCE *every day*



Here at Right at Home Hemel Hempstead, we make a real difference to people's lives every day, whether that is the clients we support to stay living in their own homes, their families or our wonderful team of CareGivers. We offer high quality care and support across Hemel Hempstead and beyond and specialise in dementia and complex care. We support people with a wide range of different things, from a weekly shopping trip through to full time live-in care.

Having 20 years' experience in the care sector, managing director of Right at Home Hemel Hempstead Tracy Shehan truly believes that everyone deserves the right to the highest quality care, the same sort of care that she would want for herself and her loved ones.

Whether ageing, recovering from an operation or a major injury, most of us would rather stay in our own home. Right at Home Hemel Hempstead helps adults maintain their independence and continue to live in the home they know and love.

Our difference:

- Our care calls are never rushed (3 hr minimum) to 24 hours
- We do not wear uniforms (discreet service)
- We have a 'No Stranger Policy'
- All CareGivers are introduced in advance

Our services include:

- Companionship
- End of Life
- Personal care
- Domestic / Household
- Hospital-to-home travel
- Long and short-term services
- Medication assistance
- Live-in care
- Assistance managing dementia/ Alzheimer's

To find
out more,
contact us
today



01442 953141 • www.rightathomeuk.com/hemel Hempstead

LOOKING FOR A FRESH START? START A JOB YOU'LL LOVE

We have a truly amazing team of CareGivers, who love their jobs because of the satisfaction they get from making a difference to our clients' lives. Our team is diverse and from all sorts of backgrounds, many of whom have worked in care before but others who are trying something more rewarding. The one thing that ties us together is our values. If you are interested in joining our team, call us today and see where a career with Right at Home Hemel Hempstead could lead you.

"I wanted a job
where I could make a
genuine difference"



NOW SELLING
HEMPWORX

LISA HANNABY

HOLISTIC & SPIRITUAL THERAPIST

07912 874214

Rahanni Celestial Healing
Angelic Reiki, Crystal Healing Therapy
www.moonflower-holistics.co.uk
facebook.com/moonflowerholistics

CHAMPNEYS

BEAUTY COLLEGE

Champneys Beauty College offers courses in Beauty and Massage for School Leavers and Career Changers as well as further training for Qualified Therapists undertaken in the stunning grounds of Champneys, Tring.

We offer flexible study options including courses at weekends and in school hours, with opportunities for employment at Champneys on completion. We also offer treatments in our college salon.



To find out more or book an open day visit champneyscollege.com or call 01442 291333



teenTutors»

Still looking for a tutor?

We've got the answer with our online tutoring!

We are an exciting new online tutoring service based in Berkhamsted, specialising in maths and the sciences for years 7 to 11. What makes us special is our tutors – all outstanding A-level students waiting to tutor your teen in a safe online environment – and our superb customer care – it's really important to us that you are happy with our service.

Visit us today at www.teentutorsuk.com
or email us at admin@teentutorsuk.com
or give us a call on 01442 913159.

OLD DOCUMENTS SEE THE LIGHT OF DAY



In recent weeks old documents dating back to the 18th and early 17th century have been donated or acquired by the

Berkhamsted Local History and Museum Society. Immediately, certain questions come to the fore. The first, a transfer of land in 1625 is written on vellum about the size of A5, mostly in Latin. The ink is sufficiently clear for the contents to be read. Where has it been for so many hundreds of years that it has survived for its contents to be read by us centuries later? Why was it preserved for later ancestors to read and understand? What was the story behind this scrap of vellum? Why was it so important that it had been preserved through the centuries? It was apparently discovered by our donor when he was clearing out the contents of his late father's solicitor's practice so it probably had been stored in the vaults or strong room of the office. Hence the favourable state it is in today.

Over the centuries reams of paper or vellum have been expended on ownership of titles or properties since what is ours is important for us all. Wills, sales and purchases of property are part of life. Very often such docu-

ments are mislaid or stored in attics only later to be found by someone who has no interest in the house or for whom the name has no meaning. Then frequently they are destroyed. Fortunately, on occasion, the historic interest of the finder is evoked and further research takes place. This transfer of land in 1625 took place between one Humphrey Rogers and William Pope and we learn where exactly this messuage with garden and orchard was. Had this transaction taken place in the 19th century one might well have been able to trace the abstract of title until the present day, but to do that right back to the seventeenth century would be well nigh impossible.

Much more of historic interest is available. The position of this tenement is clearly stated, 'that Tenement or cottage with garden adjoining, abutting on the Royal Way called Berkhamsted Street on the southern side and on the stream called St. James Stream on the north, by the tenement in the tenure of Alice Burgis, widow, known as the widow's tenement's on the eastern side and the tenement in the tenure of Thomas Peddleton on the western side.' St James' Stream is frequently used as a demarcation feature in documents right into the 20th century. With the

help of an old map this site can be identified.

Anyone wishing to find out more about this plot of land and to identify it further should go to the website of the Berkhamsted Local History & Museum Society where the whole transcription of the two important Norden and Doddridge surveys are available and the tenure of the various plots of Duchy of Cornwall land is there for all to read.

The 18th century document, mentioned earlier, is of interest on several counts because it concerns the Halimot of Northchurch and the Courts Baron. It refers to the Deputy Steward, John Duncombe and refers also to Thomas Duncombe. Dated 1755, it adds to material relating to this generation of the Duncombe family which we hold already in our archival collection. It is yet to be fully transcribed and analysed so that we can place it in perspective of what we know of the Duncombes of Barley End and their links with Northchurch and Berkhamsted. Not only will we glean more information of the Duncombe family but by studying this particular

Court Baron we should learn much more of the Courts Baron, the mediaeval baronial court that ceased to exist not very long after. By further examination we should be able to understand more of the reason for the cessation of Courts Baron and why they no longer fulfilled their particular purpose. The presence of mind of two people the one to donate and the other to make some money out of the age of his document brought these two documents to the light of day and has given historians the opportunity to learn more of a seventeenth century conveyance of land and of an ancient mediaeval manorial court still continuing in existence in 1755.

Jenny Sherwood



The Dutchy of Cornwall The View of Frank Pledge with the Court House
 of the Manor of Northchurch of our Sovereign Lord George the second by the Grace of God of
 Great Britain France and Ireland King Defender of the Faith
 and of the Dutchy aforesaid and so forth Lord of the Manor aforesaid here did on Tuesday
 the twenty first day of October in the ninth and twentieth
 Year of his said Majesty's Majesty and in the Year of our Lord One
 thousand Seven hundred and fifty five before John Duntorne
 Esquireman Deputy Steward here.

Immediately afterwards at this same Court came the said Thomas Duntorne in
 his own proper person and did in full and open Court Surrender by his Kne into the
 Hands of the Lord of the said Manor by the Hands of his said Deputy Steward access
 to the Custom thereof All and singular the Copyhold Lands Tenements and Hereditaries
 whatsoever of him the said Thomas Duntorne lying within and about of the said Manor
 with their and every of their Appurtenances To the use and Relief of our persons
 and persons and to and for such uses, intents and purposes and by and with and
 under such provisions Conditions Limitations and restrictions as the said Thomas
 Duntorne and already or should thereafter in and by his last will and Testament
 writing his Deeds Limit Direct or Appoint the same.

800 John Duntorne

Abbeyfield

Where older people find care in housing

The Abbeyfield (Berkhamsted and Hemel Hempstead) Society Limited

Independent but unhappy living alone?

Abbeyfield provide very sheltered houses at
Potten End
Hemel Hempstead
Leverstock Green

For further information contact:
Mrs Susan Pullen 01442 217578

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

PETER D HANNABY

Painter and Decorator

*Interior and exterior
work undertaken.*

*For competitive
quotations
please call:*

mb: 07765 250092
home: 01442 288956

T.A. LINGARD MOTORS

**BILLET LANE
BERKHAMSTED**

Tel: Berkhamsted 871911

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

berkhamstedcarpetcleaning.co.uk

Berkhamsted Carpet Cleaning Ltd

**carpets
oriental rugs
upholstery**

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

**David Green
01442 876622
0788 405 8795**

Berkhamsted
Herts HP4 3JE

berkhamstedovencleaning.co.uk

Berkhamsted Oven Cleaning Ltd

**complete valet service for
all ovens, hobs
and extractors**

- professional • good value
- fully insured

**David Green
01442 876622
0788 405 8795**

Berkhamsted
Herts HP4 3JE

Observations by Dennis Furnell (The Natureman)

Winter Starlings

Winter is naturally a quiet time in the countryside, apart from a few flocks of Canada geese flying over in the evening to roost on Tring Reservoirs. The main birdsong is the occasional burst of a breathless trill from a wren, the plaintive winter territorial call of a robin, or the sad sound of a wood pigeon. Yet from time to time a virtuoso songster will break through the chill air with such a complex mixture of notes that it's not always easy to work out just what bird is calling. Listen carefully; in between a series of squeaks that sound a bit like a rusty wheelbarrow, there are high-pitched whistles that tell you that the bird sitting on the nearby roof ridge or television aerial is a male starling singing fit to burst for the sheer joy of living.

This is when it's useful to have good binoculars. From a distance, starlings might seem rather dull, but close up you can see their exquisite feathering. Glossy and seemingly shot with silky green, overlaying the black and gold-edged feathers, each one ornamented with a small yellowish

teardrop-shaped spot. And, as the spring calls to this songster, it's normally unprepossessing-coloured legs take on a rosy hue and the dagger of a beak turns from grey to ivory.

Starlings are among the most intelligent of birds and will imitate other birds and even the sounds of technology like telephone ring tones. Many years ago someone I knew who worked at St. Albans museum had a rescued starling that would copy simple speech. When I first heard it, I couldn't believe it. The words were quite clear, better than a budgerigar. Also, we used to have a starling living in the wood opposite our house that would fly up onto our neighbour's roof and imitate a distant car alarm.

One of the special talents of these birds is their ability to gather in immense flocks, called murmurations. When a flock consisting of a thousand birds wheels and cascades in perfect unison it forms into fantastic cloud-like patterns. They do this just before dropping down into the trees to rest for the night and, in essence, to confuse

predators such as hawks and falcons.

The majority of the starlings we see in the British Isles migrate here for the winter from breeding sites in Europe. Intensive agriculture has robbed them of nest sites and food and their numbers have crashed.

But we can help them. We have a swift nest box on the side of the house, sadly we have not yet had any swifts nesting in it, but the starlings use it each year. We welcome them and would miss their virtuosity.



Picture: Starling by Dennis Furnell

Lent Course for 2021



Are you concerned about the natural environment of our world? I think everybody who listens to the radio and TV

news, everyone who reads newspapers, everyone who ever watches wildlife programmes on television, must be aware of the widespread and serious concerns about the quality of our global environment, and the risks to our world.

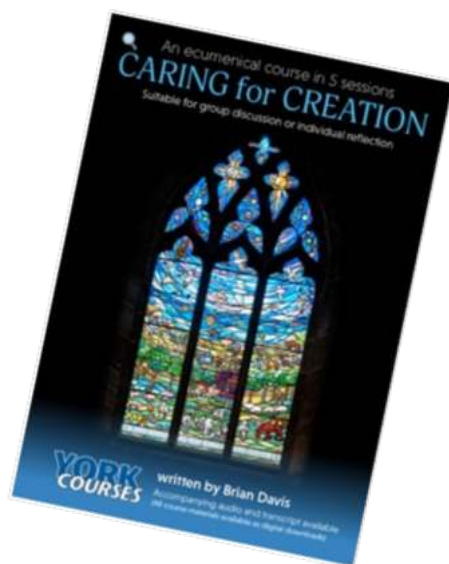
This November the UK will host the 26th UN Climate Change Conference of the Parties (COP26) in Glasgow. The summit aims to bring parties together to accelerate action towards the goals of the Paris Agreement and the UN Framework Convention on Climate Change.

John Kerry, the US climate tsar, recently said: "Glasgow will be extremely important. In fact, I would say that in my judgment, it is the last best chance the world has to come together in order to do the things we need to do to avoid the worst consequences of the climate crisis. Three years ago, we were told we have 12 years to avoid those consequences. Three

of those years were lost because we had Donald Trump, who didn't believe in any of it. And now we have nine years left to try to do what science is telling us we need to do."

Here is a quote from the introduction to the course material.

"The human race is facing its greatest challenge: global warming, leading to climate change. This, along with the damage we have done, and are still doing to the environment, God's wonderful creation, means that we all have to make radical changes to our whole way of life.



Many of us who care about this issue are sometimes understandably quite pessimistic about the future. That's where faith in God should make a difference. Hope for the future is not the same as being optimistic. Being optimistic suggests always looking on the bright side. A hope based on faith in God should enable us to open our eyes and see what is actually happening to our planet today, and still believe there is much that we can do, individually and together, with God to guide and strengthen us.

The 2020 Coronavirus pandemic continues to have a big impact on all our lives. It has important lessons to teach us about our life together on this planet, especially when we compare it to the greatest challenge of all to life on earth: climate change."

If like me you are worried about climate change and the future of the natural world, and would like to join us, please contact me, Richard Hackworth at richardhackworth@outlook.com

Richard Hackworth
St Peter's, Berkhamsted.

Lent Courses

For further information about the course above, in addition to contacting Richard, please see <https://www.yorkcourses.co.uk/product/caring-for-creation/> The course will run via Zoom on Monday afternoons.

On Wednesday evenings during Lent, commencing on 24th February, also via Zoom, there will be a course on the theme, '*Faith in the face of a global pandemic.*' During Lent this year, we will reach the first anniversary of the UK going into a lockdown, and as you'll be aware, a few weeks ago, saw us pass the figure of 100,000 COVID-19 deaths in this country. Over the past twelve months we've found ourselves repeatedly having to react to difficult and frequently changing circumstances, but there has been very little time and space to stop and reflect. It seems that this might be the right moment for such reflection, and so this course will aim to offer us all an opportunity to reflect in faith on what we have experienced, how we have been changed, and what we might have learnt.

For further information please contact Fr Stuart email: rector@greatberkhamsted.org.uk

News from St Peter's Church

Everyone is welcome to worship at St Peter's Berkhamsted, whether or not you are a regular churchgoer, or if you are coming to us for the first time.

To comply with guidance from government and the Church of England, we need to limit numbers in the church so that we can maintain social distancing during services.

Book your Space Online

During the current public health situation, we need to hold our worship within Church of England and Government guidelines.

Everyone is welcome at our services, but we must ask everyone who wishes to attend to book your space in advance, so that we can manage numbers and manage NHS Track and Trace information.

Please use the booking link below to book your space on EventBrite.

<https://www.eventbrite.co.uk/signin>

Stations of the Cross – Lent 2021 - Holy Trinity, Potten End. Join together on Facebook Live (either the Holy Trinity page or the Berkhamsted Team page) or by visiting www.holytrinitypottenend.org.uk/worship on Wednesdays at 7pm (starting on the 24th February) as we journey through the Stations of the Cross.

Each week we will visit three stations, hear from scripture and have time to reflect on an image accompanied by original music specially composed by Daniel King Smith and Andy Smith. The services will last approximately half an hour and should be available to view afterwards to watch in your own time. If you don't have access to view online, then you are welcome to join us in person at Holy Trinity. Please contact Fr.

Joe (vicar@holytrinitypottenend.org.uk) if you would like to attend. Let us all have a holy Lent and take time to pray on the immense sacrifice of Christ's redemptive act on the cross.

Also at St Peter's - Rosary from Friday 19th February Fr Stuart will be praying the rosary in the Lady Chapel at midday. If you would like to join him or are interested to know more please contact him (email rector@greatberkhamsted.org.uk or telephone 879739)



In 2022, St Peter's will be 800 years old!

From the occupation of the castle to the arrival of soldiers in WW1 and major life and civic events up to the present day, St Peter's has been a constant presence in Berkhamsted for 800 years!

We want to celebrate this momentous occasion with the whole town!



WHAT WE'RE PLANNING

It's early days but we have many ideas for events to mark the anniversary from picnics to time capsules, historical displays to commemorative services.

We are exploring the option of holding a St Peter's Festival in the summer of 2022 (when hopefully Covid-19 will be behind us) and coinciding with the Queen's Platinum Jubilee. We are looking for organisations and local businesses you represent to get in touch to tell us how you'd like to be involved.

Would you like to put on a music event, hold a yoga session in the churchyard, run a craft or creative session in church or organise a book talk, dog show or wine tasting? We'd love to hear your ideas so we can start to plan a schedule.

LOVE YOUR CHURCHYARD!

With all of us spending more times outside these days, we'd like to revitalise our churchyard as part of the 800th celebrations.

As many of you know, the churchyard is a green sacred space at the heart of the community, bounded on all four sides by listed buildings of beauty and significance to the town; the church of 1222, the School of 1544, the 16th century Court House and early Victorian private dwellings. It also contains several ancient trees which give it a unique character.

What are your ideas for enhancing the space? How can we encourage more community visits?

800@greatberkhamsted.org.uk

Join Us! We'd love more people to get involved with the 800th activity. If you'd like to volunteer to help or are bursting with ideas, please get in touch!

WE LOOK FORWARD TO CELEBRATING TOGETHER!

Getting your computer up & running again



ANDY ROBINSON

COMPUTER CONSULTANCY & REPAIRS

T 07885 966570

E andy@arcomputerrepairs.com

W www.arcomputerrepairs.com

36 Trevelyan Way Berkhamsted HP4 1JH



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



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

Fair-trade coffee and tea

with a choice of home-made cakes and scones served in the Court House

(by St Peter's Church)

9.30am till 12 noon every Saturday except the first in the month

Reasonable prices - lots of space to relax

A friendly welcome awaits!

J Worley (Funeral Directors) Ltd

For Personal Attention
From Dacorum's Leading
Independent Family Funeral Directors
24 Hour Emergency Service

For A Caring & Sensitive Service
Please Ring

01442 - 253 465
48 Lawn Lane
Hemel Hempstead
HP3 9HL

Or

01442 - 870 326
344 High St.
Berkhamsted
HP4 1HT

Would you like to volunteer for us? Seek out your budding journalist or get involved in other ways. Such as research, marketing or just being part of a well established team. please contact:
Editor @yourberkhamsted.org.uk

**MOVE IT
OR LOSE IT!®**

**Your First
Session FREE**

FABS exercise classes

Flexibility, Aerobic, Balance, Strength

All Saints' Church, Berkhamsted

Thu 10.45 – 11.45

Also available in:

Tring: Mon 10.00 – 11.00

Pitstone: Tue 11.00 – 12.00

Northchurch: Tue 13.00 - 14.00

Enquiries to Corinne : 07988 649275

Corinne.cmworkout@gmail.com

**“It's given
me back my
confidence &
vitality!”**

 **Chamomile Therapies**
Reflexology & Aromatherapy

I offer high quality Reflexology and Aromatherapy treatments for women of all ages from conception through to all life stages. The aim of my treatments is to create a nurturing environment where you can find stillness within and to switch off from the stress and strain of

the outside world. My approach to each client is completely unique and supports the body's natural self healing processes. My treatments are bespoke and are tailored to support you both physically and emotionally.

If you are interested in any of my treatments please do get in touch.

Jackie Garwood

Mob: 07969044884

www.chamomiletherapies.com

I am a full member of the Association Of Reflexologists (AOR) and the International Federation Of professional Aromatherapists (IFPA).

News from Rectory Lane Cemetery

‘Restored Rectory Lane Cemetery is place of “inspiration and reflection”.’

We are pleased to share the news that the Rectory Lane Cemetery project reached the shortlist of the Royal Institute of British Architects Journal (RIBA) 2021 MacEwen award.

The MacEwen award specifically celebrates **‘architecture for the common good’** – architecture, engineering and landscape which are of demonstrable and wide social benefit.



Photographs © Siobhan Doran

The judges were impressed with the *‘intelligent’* and *‘subtle’* spatial interventions: *‘It turns around a space that normally feels daunting.’* They highlighted the importance of the cemetery as a model public space: *‘Local spaces have become really important in the last year. There are 30,000 struggling cemeteries and there’s significance in seeing the potential of a cemetery, especially now we need to claw back all the public space we can.’*

The ultimate winner was Hackney School of Food – an empty school caretaker’s house converted into a community space for inner city schoolchildren to grow and cook food – a very worthy and timely project!

Along with the accessible paths, the installation of **specially designed seating** throughout the space has been key to making it a green space in which people can spend much appreciated time in nature. Each area of the Cemetery has its

own style of seating: the upper third, the wildlife area, has its woven willow family seat and sculpted oak trunk, here enjoyed by some Berkhamsted Beaver Scouts.



The middle section, the memorialisation area, its five wood and metal crucifix seats.



And the lower cemetery has its five welcoming, curved limestone composite seats.



Cont on Page 22



At the end of last year the Read In Peace seat finally had its brass library box installed, making it complete.

The funding for this particular seat was raised by participation in the *Big Give Christmas Challenge* the previous year. The Big Give brings together charitable projects and philanthropic donors. As a participant charity we had to first secure local pledges (individual promises to pay a minimum of £100) to demonstrate that we had local backing. Having done so we waited in the hope that a philanthropic donor would choose to support our project and match those pledges with a promise of its own. We secured a matching pledge from the National Lottery Heritage Fund – but then the real hard work began, because these promises or pledges would only turn into funds for the project if we managed to obtain the same level of online public donations during one specific week in December – *JustGiving Week*. The cemetery was closed because of the landscaping works and dreadful weather so we were very fortunate to be offered the former betting shop to use as our HQ on the High Street. We had lots of people popping in to find out more about the project and to offer their support and make online donations – thanks to everyone’s generosity we raised more than we had set out to do and were able to embark on the foundations of the seat straight away.

With the seat completed, when the good weather comes we will pop the books back into the mini library for people to enjoy in this lovely corner.



To all teachers – and parents who are homeschooling their children during lockdown – we have just launched a collection of free downloadable Learning Resources on our website www.rectorylanecemetery.org.uk The materials focus on two topics which tie in with the History National Curriculum: **Victorian Berkhamsted**; and **Berkhamsted in World War 1**. Do check them out, visit the cemetery and help your young people become ‘history detectives’.



Project volunteers continue to work in the cemetery every first Sunday of the month to keep it a beautiful and valued space for the community to use. We look forward to resuming our events programme and are missing the donations that are raised through our events. If anyone would **like to help sustain the project, you can do so by texting the word CEMETERY and the amount that you want to donate to 70085. For example:**

Text CEMETERY 5 to 70085 to give £5

Text CEMETERY 10 to 70085 to give £10

Text CEMETERY 20 to 70085 to give £20 (maximum donation)

Our text donation service is provided by [Donr Ltd.](#)

Thank you for your support and do visit our website

www.rectorylanecemetery.org.uk to discover more about the project.

Kate Campbell

JOBS FOR THE GARDEN

We are in another lockdown as I write this. If the weather allows and you have a garden get out in it and make a start clearing and tidying your borders. Gardening is wonderful for losing yourself in and forgetting your worries. A major plus for our mental health. There is also so much that can be grown on a balcony. Spring is just around the corner.....snowdrops are flowering, crocus are showing colour and daffodil bulbs are pushing up through the soil. Here are a few jobs to be getting on with.

FEBRUARY

Cut down dead foliage from ornamental grasses before the new shoots appear, cutting them to within a few centimetres of the ground. Cut back Cornus down to their base. Clear out patio/balcony containers ready to plant for spring and summer. For an instant display plant up with winter flowering pansies, primroses and container grown bulbs; daffodils, hyacinths and snakes head fritillary. Interplant with small evergreens; ivy, dwarf conifers. Get ahead and plant summer flowering bulbs in pots, such as lilies and eucomis. Don't plant in borders yet as the soil is too wet.

Seeds can be planted now if you have a greenhouse, sunny windowsill or heated propagator – tomatoes,

salvia, cosmos, sweet peas.

Chit seed potatoes in an egg box on a cool windowsill.



MARCH

Now is the time to divide clumps of snowdrops after flowering while they are 'in the green' as overcrowding can reduce their flower display. Divide the plant into smaller clumps and replant at the same level as they had been growing. Water well.

Prune roses, feed with a slow-release fertilizer and mulch with garden compost or well-rotted manure.

Plant your chitted potatoes for early varieties in the ground, raised bed or a bag on the patio or balcony.

Pick off seed heads from winter flowering bulbs once they have finished flowering. Leave the foliage in-situ to feed the bulb for next year's flowers.

Tidy borders digging up weeds removing them by the root.
Plant indoor forced flowering bulbs in the garden once the flowers are spent to flower next year.

Clear away plant debris from perennials and feed with a general purpose fertilizer.

Mulch borders generously with garden compost while the soil is moist.

This will suppress weeds, lock in moisture and improve the fertility of the soil.

Sow hardy annual seeds under cover so plants have time to establish before planting out when the risk of frost has passed. A selection to try are love-in-a-mist, antirrhinum, marigold, tithonia and godetia.

Sarah Dawson



Help shape Open Door's men's programme

Open Door, the community and arts space on Berkhamsted high street, have been taking time to reconfirm their mission and values. They're now clearly focused on **tackling social inequality and isolation**, providing opportunities for you to **connect and contribute, for your own wellbeing and that of the wider community**. Their core values are about being **inclusive, empowering and collaborative**.

With this in mind, they're taking steps to address male mental health and isolation in our community – as the vast majority of people who take part in their activities are women. This will include setting up the following.

- **Men's group meetings** – initially online, covering a range of topics including purpose and career planning, mental and physical health, emotions and relationships, and leisure interests
- **Men's group activities** – such as running, cycling and yoga
- **A Repair Café** (see below for more details) and **gardening group** – for men and women

They need you and your ideas!

They'd love you to get in touch by emailing the programme leader, Iain, at iain.manson@opendoorberkhamsted.co.uk to let them know if you:

- would like to participate in their programme and if you think it could help you
- have ideas about what they could cover or do to help them deliver their programme

Thank you from everyone at Open Door!

Can you fix it?

You may have heard of repair cafés or watched 'The Repair Shop' on TV – where broken items are given a new lease of life. They're a brilliant idea, not least because they reduce waste and CO2, as well as bringing the community together to share skills and help each other out.

So Open Door are setting up a **Repair Café**, which they hope will be up and running once Covid restrictions allow – and that's where you come in! Do you have a talent for fixing electrical, electronic or mechanical items, garden tools, bicycles, textiles, jewellery or clothing/textiles? If so and you'd like to help at the monthly repair sessions, Open Door would love to hear from you.

For more information and a friendly chat, please email Richard at berkorepaircafe@gmail.com. Together we can help the environment and our community.



Katie Jones

Mushroom Soup Recipe

Ingredients

- 35g butter
- Splash olive oil
- Onion, finely chopped
- 750g chestnut mushrooms, finely sliced
- 3 garlic cloves, crushed
- 1 litre vegetable stock
- 100ml double cream
- 2 tbsp chopped herbs



Method

- Heat the butter and oil in a large deep frying pan over a medium heat. Add the onions and mushrooms and fry for 5-6 minutes until starting to soften. Increase the heat to high and fry for 10 minutes more until golden.
 - Add the garlic and fry for 1-2 minutes. Pour in the stock, bring to the boil, then reduce the heat and simmer for 8-10 minutes.
 - Remove from the heat and leave to cool slightly. Blend
 - Heat the soup until piping hot, stir in the cream and herbs and season.
- Serve immediately

Appledown Rescue and Rehoming Kennels



Lovely lass Brina finds herself in rescue at the ripe old age of 12. She is a compact little Staffy, full of life and very affectionate. She enjoys her walks, is house-trained and travels well in a car. We would love to find this adorable girl a foster home where she will be loved and cherished for the rest of her days. Brina would suit an older household where she would be the only pet. Appledown will meet any medical bills, so she needs foster folk who can take her to our vets in Leighton Buzzard. If you can offer Brina love and security please complete an adoption form from our website, or for more info please e-mail the kennels. All viewings are by appointment only.

For adoption information and application form visit our website

www.appledownrescue.co.uk

**Appledown Rescue & Rehoming Kennels, Harling Road, Eaton Bray,
Beds LU6 1QY**

01525 220383 (10-12 a.m.& 2-4 p.m.)

e-mail: appledown.kennels@btinternet.com

Follow us on Facebook & Twitter!

THE HEATHER CLUB AT HOME

Finding Silver Linings



Whilst spring seems tantalisingly just around the corner, especially on the days that the sun peaks through, we are unfortunately still living in a time of limitations.

It may give us time to reflect on the cycle of nature and whilst we still have memories of the activities that we took

for granted, finding some silver linings in the midst of gloom is a psychologically positive thing to do.

The winter months are particularly hard as even nature seems to have given up on its beautiful and diverse colours and the birds are quieter than usual.

Although we can't see it, nature is taking its time to spring forth with renewed vigour when the time is right – and this year it will be a time to reflect on many aspects of our own lives and be ready for the positive change which will happen!

Accepting reality is often a struggle, but it gives us all the ability to focus on what we can do – not what we can't do and this has helped the volunteers at The Heather Club find new ways of connecting with our members.

Here at The Heather Club, an adult care centre for people living with dementia, we have had to take a step back and learn and change in line with the current environment. However hard this time is for most of us, for the people living with memory loss and in some cases both mental and physical isolation, it is extremely lonely.

Our challenge has been how do we change our traditional role, as a physical day club for our members to now reach out and help them still feel connected, valued and part of a unit that does care about them?

With an amazing team of volunteers, what a world of creative thinking opened up to us! We have a real sense of camaraderie as a team in trying to find the silver linings in this situation for our members. Our outreach service will aim to help our members feel connected, feel stimulated and have a sense of belonging to a community and Club of people who care about them.

The limitations on what we can do keep changing, and we have learnt to be flexible too. We are looking at two service options, one based on technology and one as a more traditional offering.

We are developing a monthly theme, in line with the seasons and well-known annual celebrations as we go through 2021. We have wellness activities, fitness classes, dance activities, singalongs, art activities, sensory projects and we hope to engage with local suppliers particularly to build the sense of community. We are a happy team and motivated to deliver value however we can.

We aim to pair up our volunteers with either service option, then link them with a member to reconnect in a positive way. We pay a great deal of attention to the safety of our volunteers and members and only do what is possible within the law and regulations.

If you would like to join us or if you know someone who might like to be involved in our outreach programme, please let us know. At the moment, we can't do things the way we used to do, but we will be back with open doors and open arms when we are allowed. Until then, we will work on finding the silver linings for our members in every situation we face.

Cont page 32



If you would like to find your own silver linings, ask yourself;

- Can you think of anything good that has come out of your experience?
- What have you learned?
- Have you developed any strengths as a result of the situation?
- How has your learning added to your life?

Pippa Harrand is a trustee of The Heather Club which is based in Hemel Hempstead. The Heather Club is a day care centre for adults living with dementia and an outreach programme. The Club offers sociability and stimulation to people living with early-stage dementia and memory loss. For more support and advice please visit us at our website www.theheatherclub.com or follow us on our Facebook page 'The Heather Club' or on Instagram at the heather club.

**Handleless Handbags?
Unzipp Holdalls/Travelbags?
Battered Briefcases?
Gaping purses/wallets?
Sad Vintage Leathergoods?**



**We are as near,
as your nearest
post office**

01753 862824



www.leathergoodsrepairs.co.uk

HALL HIRE

**Quaker Meeting House
289 High Street
Berkhamsted
HP4 1JA**

**Large room for hire
Seats up to 50
Use of kitchen and garden**

**Ideal for classes, groups etc.
Children's Parties
(under 12s)**

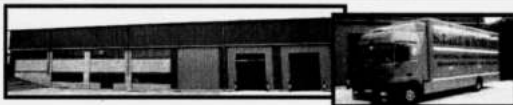
**for further information see:
[www.berkhamstedquakers.org.uk/
hallhire](http://www.berkhamstedquakers.org.uk/hallhire)**

S. Dell & Sons

LIMITED

THE PROFESSIONAL REMOVERS

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



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



Herts Visual Arts Launches a new Makers Fair

Following the continued success of their July Big Art Fair for Hertfordshire, Herts Visual Arts' (HVA) first public art event in 2021 is the brand new Big Makers Fair showcasing Hertfordshire artisan makers. Originally conceived as a vibrant weekend-long in-person affair on Saturday/Sunday 20th/21st March, the Makers Fair is designed to bring a positive focus to artists, their art/skills and the visiting public alike after a year of formal health-related restrictions

Responding to the ongoing health situation, HVA is now launching their inaugural Big Makers Fair as a month-long virtual art extravaganza celebrating Spring alongside our member artists and their work. Building on last year's Virtual Open Studios, Christmas Showcase and Winter Exhibition, the Big Makers Fair 2021 will again focus on video.

On Saturday/Sunday 20th/21st March, Herts Visual Arts will live-stream artist tours and presentations, enabling visitors to experience live-media, video and more on HVA and other social media accounts. Throughout March, the Big Makers Fair on Herts Visual Arts website will showcase creativity through an exhibition, gallery tour, videos (meet the maker, studio tours, artists at work) flipbook/video and social media live. Participating artists will be using the hashtag #BigMakersFair, collated onto the HVA social media wall.

Herts Visual Arts events are run by and for HVA members: artists and designer-makers across Hertfordshire. Moving on-line for Open Studios 2020 paved the way for our lively 2021 HVA calendar as we continue to bring art into the heart of our communities, all the while supporting the individual art journeys of our professional and amateur visual art members. Makers and designers can share their work, studios, workshops and exhibitions via a dedicated website: a full and exciting range of online offerings, supported by deep and flexible on-line search capabilities.

Of course, a bonus of bringing the Big Makers Fair online is that it is accessible to a far wider audience who can 'travel' and 'visit' from the comfort of their own home, at whatever time suits them.

In person, the Big Makers Fair was expected to feature around 50-60 3D and 2D makers. Our virtual, live 2021 event will now be able to showcase more than this, with artist registration opening in February. Visitors can expect a wide-ranging, exciting and enticing array of work: textiles, ceramics, jewellery, sculpture, glass, mixed media, paintings, printing, photography and more.

Full contact details in our participating artists' HVAF Galleries make it easy for visitors to get in touch, find out more and perhaps purchase something special. From greetings cards to larger statement pieces, original unique art alongside limited editions, there's something for every pocket – a range of prices that won't break the bank.

"We expect this new fair to create an even bigger buzz than our 2020 virtual offerings, and anticipate it being very popular with artisan makers, artists and visitors alike", HVA Chair Hillary Taylor confirms, "we have such a talented and committed group of HVA members who create events like this, bringing an amazing wide range of art to the forefront. Although the health situation has certainly been a challenge, our ability to respond and develop new virtual opportunities for members and visitors alike is a testament to those organisers."

Artists who want to take part, but are not yet members, can easily join Herts Visual Arts. They can then take full advantage of all member benefits, including networking, exhibiting at events and sharing on-line galleries. Membership for 2021/2022 is now open and artists can find out more join here: <https://www.hvaf.org.uk/artists>

www.hvaf.org.uk 'More creativity, more fun, more buzz, more laughter in our lives'

Cont Page 36

Your Berkhamsted Team

Editor and layout: Jacqueline Hicks, ybeditor@greatberkhamsted.org.uk

Features: Julian Dawson, Committee: Sarah Dawson, Circulation: Jane Morgan



Non-members can sign up to our newsletters Free of Charge.

24th November 2020 - February 2021: Winter Exhibition <https://www.hvaf.org.uk/latestshow>

20th/21st March 2021: Makers Fair <https://www.hvaf.org.uk/our-events/makers-fair>

16th-18th July 2021: Big Art Fair. <https://www.hvaf.org.uk/our-events/big-art-fair>

September 2021: Herts Open Studios <https://www.hvaf.org.uk/our-events/herts-open-studios-2021>

The easiest way to join HVA is online: www.hvaf.org.uk

Twitter: @HVAF #HertsOpenStudios Instagram @HertsVisualArts

Facebook: @HertsVisualArts

Press Release by Hillary Taylor chair@hvaf.org.uk

Press contacts are: For marketing email marketing@hvaf.org.uk