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yB

Your Berkhamsted

April/May 2020

The Community comes together

Obituary - Matthew Minors

**Observations by Dennis Furnell
(The Natureman)**

Plastic - Friend or Foe?



£1

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

In this issue...

WELCOME TO THE APRIL AND MAY 2020 EDITION OF YOUR BERKHAMSTED.

A lot has changed since the last edition. In these unsettling and most difficult of times we hope that this issue of YB will bring some pleasant distraction, interest and inspiration to help you through the day. This issue is a first for us, it being an entirely electronic edition to help keep us all safe. There has in these sad times been a great show of community where people have joined together to help the vulnerable. Without them many would have been forgotten and stranded. Thank you! Please look at Jon Russell and Lisa Hartley's article on page 6 relating to this. We have shown our appreciation to the many key workers, who are the glue that is keeping everything together in the 'Clap for Carers' on Thursday evenings. I personally thank each and every one of you. I hope by the next edition we will be seeing a light at the end of this dark tunnel. As usual we have Dennis Furnell's nature article and hopefully soon we will be able to get out and enjoy our surroundings again. Easter will be very different – but if we can make the most of this time to slow down, reflect and do things we have wanted to do or have been putting off, be it creative, DIY, catching up on reading or studying, the time will pass more quickly. 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 EDITOR@YOURBERKHAMSTED.ORG.UK

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**Front cover: Thank you Mary Casserley for the wonderful picture of Berkhamsted in the 1940's.
See more of Mary's work - <http://www.marycasserley.com>**

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

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

Rambles from Berkhamsted by Julian Dawson



If you feel like being very nosey and checking what the neighbours are up to (no, not like that), then why not check out this week's local authority planning applications, which are reproduced on berkhamstedtoday.co.uk. Suss out such delights as non-material amendments, ramps replaced by steps (a little unusual these days), loft conversion, foul water drainage (lovely), enlargement of a verandah (very colonial), works to trees and pruning, specifically to sycamores and horse chestnuts. Phew, I am quite exhausted.

To hockey now and the newhamrecorder.co.uk which reports on the exploits of East London women who are top of the East League Premier Division at the time of writing. They are so strong a club that they actually have eight teams. The seconds recently beat Berkhamsted by a 3-1 margin. watfordobserver.co.uk reports on the men's game summarising the exploits of West Herts. Their fourth team were thrashed by Berkhamsted Seconds in a 5-1 home defeat, despite inflicting a 4-0 defeat earlier in the season. bedfordindependent.co.uk not surprisingly

reports on the Bedford side, whose sixth team defeated Berkhamsted 1-0, though which of Berkhamsted's teams is not indicated.

On to football, and Berkhamsted's rise to the top of the BetVictor Southern Central league after beating Hale-sowen at home. mynewsmag.co.uk describes how the Comrades were victorious with a second-half goal and were able to show resilience against a dominating away side. Meanwhile, in rugby, surreycomet.co.uk reports on the selections for the England U18 team, which includes our very own Toby Knight, who plays for the lately disgraced Saracens.

After that whirlwind round-up, let's bring ourselves back to earth with the latest on Bunting Magnetics. hub4.com announces the appointment of three sales engineers to their Red-ditch and Berkhamsted teams. Barry brings 30 years of experience from gear motor manufacturer Bonfiglioli. Bunting's European Managing Director was pleased to be able to use their expertise to build the company's magnet-related engineered solutions.

Cont page 5

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To more artistic matters, and a dancing round-up from mix96.co.uk. The Allstars Academy are a performing arts group based in Longwick, but who also have a site in Berkhamsted. They are busy fundraising for their trip to the Dance World Cup in Rome. Dancers from the academy have been selected for the England side in an annual event with 6000 participants. Team England are the champions, and have taken the trophy in six of the last seven years.

Meanwhile in the world of song, this issue's random Wikipedia entry is for Edie, who began her career at the age of ten in Annie. A Berkhamsted

School student, she has toured with Girls Aloud, had a debut album written with Misreid and Connor Reeves, and now has a successful musical and acting career in the United States.

Finally, a spot of history from history-ofroyalwomen.com, specifically an entry on Cecily Neville. She was mother to Edward IV, Richard III and Margaret of York, Duchess of Burgundy. You will recall that she was a resident of Berkhamsted Castle, where she lived in a strict religious regime, and is buried in Fotheringhay, a focus of Yorkist history.

Drawings of Berkhamsted by Jenni Cator



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A Community Comes Together

Three weeks ago, with the Coronavirus situation growing and people at risk of being isolated and cut off from the community, a group of residents in Berkhamsted and Northchurch realised they needed to do something; and quickly. Lisa Hartley who launched People Not Borders a few years ago and is no stranger to community action, was first off the block with an idea to bring local residents together to support each other, and no sooner had she put the word out for help, offers started to flood in! Jon Russell very quickly came alongside Lisa and what started out as a desire to help quickly turned into the 'Covid-19 Mutual Aid Group', with Facebook and Whatsapp groups, and a growing group of incredible willing volunteers across the town.

Within days thousands of leaflets - offering a phone call, or help with shopping and essential supplies - had been printed and dropped through almost every door in Berkhamsted and Northchurch. Small street groups began to form with people getting shopping and prescriptions for each other, organising deliveries to come to their streets, putting in calls of love and support to each other, having online group chats and ensuring that no one was left out. A central organis-

ing team also formed and a group of five people that had never met started to pull together a huge database of volunteers, checking to see which streets still needed help and to ensure every street was allocated a volunteer. The team also started reaching out to organisations and services across the town, bringing together Age UK Dacorum, Mind, The Rotary Club, and many other key groups to create ideas to help ensure everyone was supported.

Commenting on this incredible effort, Lisa said: "I had a real God-given conviction that we needed to act urgently! I was inspired by a vision of a united community supporting each other through this and was given a strategy to put into action. By having volunteers covering every road in Berkhamsted my hope was that no one would be left without the support they needed at this difficult time; that love would overcome fear and we would be stronger as a community as a result. It has been nothing short of amazing to see how our community has come together to support each other. I hope that this continues long into the future"

Jon explains "I started this with Lisa because I wanted to get closer to my community. I wanted to use my skills to be able to reach out to others. I am

doing that now and feel more connected to the town than ever. We have a quiz on our Facebook page every Saturday at 8pm which is into week 3 with over 90 teams, over 300 people playing all kinds of rounds, including guest rounds. We use Facebook live so it is interactive, light hearted, fun and full of banter. Leopard print suit and all!”.

Almost all streets have now received a leaflet, but if you know

anyone who still needs support, or there's a street you think is yet to be leafleted please contact the team at info@berkocommunity.org. And if you, or anyone you know needs support throughout the outbreak please do get in touch with the team and they will connect you with your local street contact who will be able to help you with a friendly call, or a trip to the shops or to link you in to your street group.

Jon Russell and Lisa Hartley



Jon Russell

Lisa Hartley

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Putting Local History in Perspective



Bracing Berkhamsted the Town Amongst the Lovely Hills

The archives of the History Society contain a number

of guides produced over the years by Loosley or the Urban District or more recently the Town Council. Very often they do not contain the date of publication thus providing not only a test of the historian's knowledge of local history but also a test of memory for those who have lived a number of years in Berkhamsted. Usually they are illustrated with a few photographs or drawings, so you can work out the date of publication by identifying the model of a car or the existence or position of traffic lights. One such guide, price one shilling, was offered to the History Society recently and posed these questions. Immediately we know it was issued pre-decimalisation. It would appear that the War Memorial was in its original position close to Water Lane. It was moved close to the west door of St Peter's in the 1950s when the Fallen of WWII were added. It could be a Morris Traveller parked close by, perhaps we are in the late 1950s?

We open the booklet and see advertisements for the Kings Arms Hotel, then part of the Trust Houses Ltd and

also, adjoining, is the sadly lost THE KING'S HALL. Yes, there is a room for functions now still, but approached only by way of a steep staircase. Vying for a position among the Estate Agents, W. Brown & Co. (Brown & Merry), Stimpson Lock & Vince, Aitchison & Burr, we see an advertisement for A HART of 256 High Street, electrical and radio installations and repairs, television sales and service and NOEL SANDALL LTD the Man's shop and School Outfitters is plying his wares at 151 High Street, Berkhamsted, phone 511. If you are planning to move to Berkhamsted why not try A. ELKIN & SON of 14 Lower Kings Road; they deal with removals, storage, packing, and their estimates are free. Moreover, they have large, modern pantechnicon vans! Perhaps you need some alterations? You can do no better than call on DONALD LOCKHART Ltd., of 295 High Street, building contractors.

Is that where they are today? We must remember that the High Street was renumbered sometime in the 1950s. Further research could give us a more precise date for the guide. CALLAGHAN'S GARAGE will give you 'quick personal service with its modern equipment' and 'old time courtesy and attention'. SCOTTS Furnishers, Specialists in Built-in-Furniture, at 313 High Street will keep you abreast

of Berkhamsted fashions, but if you enjoy the chance of a good bargain why not try the next auction arranged by CHRISTOPHER ROSE based at the Town Hall. If, however, house prices are too high, you could always turn to HOMES OF DISTINCTION, completely furnished, provided by WATFORD CARAVANS LTD, based at Hall Park Garage, a prominent landmark indicating your entry into Berkhamsted in the late 1950s and 1960s. The caravans contrasted inappropriately with the thatched roof of the garage before it was destroyed by fire. Berkhamsted, The Official Guide, published by Authority of the Urban District Council begins with a short foreword highlighting what are considered the greatest features of the town: its geographical situation, a valley set in the Hills of the Chilterns. In spite of the proximity to London it has access to beautiful countryside. As they are today, the 'scholastic facilities' are emphasised and residential development shows a flourishing town. What would not be considered today is the following, 'It is the shopping centre for a considerable district and is well linked to London, nearby towns and surrounding villages by train and bus'. This is no longer the case. We are in a different era.

The Urban district of Berkhamsted is under the government of the Council with 18 members, ably seconded by the Clerk, Medical Officer, Sanitary

Officer, Surveyor and Finance Officer, housed in the Civic Centre. This building, still sufficiently new to be mentioned with pride, opened in 1938.

From the end of World War II to the present day there have been more changes in education than in any other aspect of our lives. The names and descriptions of the schools in the town are listed in detail starting with Berkhamsted School noting the fact that it is now a Public school and represented at the Headmasters' Conference. Prior to the 1944 Education Act it had been a Grammar School and with the passing of that Act and the establishment of the Secondary Modern and Grammar Schools, existing Grammar Schools had the option of choosing to come under the State or to go Independent. Berkhamsted School chose the latter and the Girls' Grammar School did the same. This entry would indicate this is a reasonably recent event again suggesting a publication of the 1950s. The next school mentioned is Ashleyns (sic) County Secondary Modern School, which at the time was sometimes referred to as The Thomas Coram School since children still living in the Hospital attended the school. Next come the Primary Schools. We have Victoria C of E Junior Mixed School in Prince Edward Street whilst the Infants remain in Chapel Street.

Cont page 10

The Council School for Berkhamsted, Infants and Junior Mixed, was in Park View Road and stayed there until the Middle Schools were built in the 1970s. Plans to build a large Secondary Modern School had been rumbling on since before WWII and are referred to here, suggesting at this point in time the proposal to build was on Kitchener's Field. The shortage of Secondary School places, Secondary Modern and Grammar was overcome finally when Herts County Council purchased the Foundling Hospital building in 1955 and established a bi-lateral Secondary School for the town and a new building was no longer necessary.

New housing, state and private, could be another indication of the date of the booklet but there is not the space to analyse it here. Sports facilities have already received mention and the wide range of entertainment provided by the Institute and the various clubs receive further mention. Already flourishing at the time of the

booklet but greeted as a comparative newcomer is the Berkhamsted & District Local History Society which was founded in 1950. This in itself would indicate that the booklet was compiled in the early 1950s. The attraction to the town for local industry receives special mention, emphasising the good rail connections to London, the Midlands and the North and pointing out the accessibility of the wharves on the canal.

The booklet ends with 'General Information' telling us that the main post office is in Lower Kings Road and conveniently placed sub-offices are dotted around the town. Overnight accommodation also includes The Swan and The Red House and Shrublands House. If the reader has tired of trying to identify the date of publication a convenient folding map will show which roads were already developed and how many more had still to come.

Jenny Sherwood





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Observations by Dennis Furnell (The Natureman)

Spring

We are on the cusp of spring. That most wonderful of seasons. All over the northern hemisphere birds that have wintered in Africa and Asia are heading towards our local countryside. Very soon now we can expect to see and hear the first chiff chaffs and willow warblers establishing territory with a ripple of song. They are among the first of the spring migrants; soon to be followed by sand martins, swallows, house martins and cuckoos and rare and beautiful songsters like reed warblers. Tring reservoirs is an excellent place to see and hear them.

As exciting as these spring visitors may be, we mustn't forget our residents...Climb the hills to Ashridge on a sunny morning and listen out for woodpeckers. You should hear both great spotted woodpecker and its larger cousin the green woodpecker; otherwise known as the 'Yaffle' because of its laughing call. Among the more exotic-looking birds on the British list, they are members of a small select family that have lived on these sea-girt isles for millennia.

With short, broad wings and an undulating style of flight they are well adapted to live in open woodland (especially ancient woodland that is not over managed). Here you will find

open glades grazed by deer and cattle which allows for anthills to flourish providing food, especially for green woodpeckers. Great spotted woodpeckers prefer grubs, beetles and moth larvae which they dig out of rotten wood.

In a heavily wooded landscape bird-song is somewhat limited and doesn't carry far. But great spotted woodpeckers and green woodpeckers are large birds, much larger than your average songbird; and their territory is larger too. In order to find a mate, the males do not actually sing, but 'drum' instead, or perhaps a better description would be 'percussion', to get their message across.... And, in April, woodlands in the Chilterns echo with a series of loud drumming sounds as the woodpeckers tap out a love song on a dead branch. They chose their instrument with great care and use it over many breeding seasons.

The sound is astonishingly loud and is created by the bird beating its sharp, wood-boring beak smartly onto the sounding board. The impact, were it related to a human head, would do irreparable damage to the brain. So, how does the amorous woodpecker prevent concussion?

Nature is outstandingly clever. The

strong, sharp beak is attached to shock absorbing pads that cushion the brain and prevent rupturing and also prevents the eyes from being forced from their sockets – developed over millions of years as woodpeckers attempted to feed on and nest in increasingly dense habitat to get at their food or drill nest holes.

The difference in size between the green woodpecker and its cousin, the great spotted and now exceedingly rare sparrow-sized lesser spotted woodpecker is reflected in the tone

and speed of taps, or drums. The green woodpecker's drumming is loud; about two or three taps a second. The great spotted makes a continuous rattle, probably as much as five taps a second. The lesser spotted woodpecker drums out a continuous fusillade of very high-speed taps. The last time I heard one in our area was 20 years ago when the bird was using a metal road sign as a sounding board. It's not easy to see the drummer in action, but if you are fortunate to do so, the bird's head and back are just a blur of movement.



Picture: Great Spotted Woodpecker– by Dennis Furnell

Exhibition Display Opportunity

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

Our Clergy



We are living in very unusual times. As I write, government scientific advisers have just admitted that we may

be isolating and socially distancing ourselves for at least six months before we see any light at the end of the coronavirus tunnel. It seems that wider society is mirroring - obviously on a much greater and longer-lasting scale - the withdrawal which many Christians are currently voluntarily experiencing as we journey through Lent. We too are looking for light at the end of a tunnel. Before that moment however, we will, on Good Friday (10th April), be remembering an even darker day when Jesus hung upon a Roman cross. As Christians, we take comfort in knowing that the darkness was eradicated in the brightness of hope and rebirth to be found in the glory of that first Easter.

Of course this year, following the suspension of public worship in many of our nation's church buildings, even that moment of Christian joy and hope will be tainted by the knowledge that we won't be able to join together and celebrate, and by the fact that we will still have months

of government-induced restrictions to endure. There's no point in pretending it's going to be easy; there is much pain and heartache to come.

A number of people have commented to me about the feeling of this present phase when everything around us - schools, shops, restaurants - is closing for the foreseeable future. There's a sense of it being the calm before the inevitable storm; a case of battening down the hatches to watch and wait for the virus to turn up on our doorstep. For the vast majority of us who may get the virus but suffer relatively mild symptoms, the anxiety of waiting to catch it will be almost as debilitating as the virus itself.

Of course, a healthy level of anxiety can shield us from life's greater risks. Yet there comes a point when we have to face the fact that there is only so much we can do to protect ourselves and our loved ones because life simply comes laden with an element of uncertainty and unpredictability. In retrospect, we might never know the moment we caught the coronavirus - not least because many of those who have it may not yet know they themselves have it. In some ways, once we've taken all the precautions, all we can do is put it down to sheer chance or bad luck.

Within the context of anxiety, different people have different attitudes to chance. Some are stoic, others fatalistic, whilst some of us can't help entering a cycle of paranoia and worry. If we look at the Bible however, once we've done all we rationally can to prevent the worst, we find humanity simply being called to trust; to trust in the mercy of our loving, creator God to release us from anxiety and fear so that we can completely and mindfully experience the moment. "Even though I walk through the darkest valley, I fear no evil; for you are with me; your rod and your staff - they comfort me." (Psalm 23 verse 4). In those words and with the promise of everlasting life beyond our earthly death, Christians can surely find a level of assurance against the slings and arrows of outrageous fortune so as to take each day, each hour, each minute as it comes.

The next few months are not going to be fun; they're going to be real and long. So let's work together in the moment, in care, compassion and love, to relieve each other's anxieties as much as possible, and to see it through together.

Yours in Christ
Fr Simon



**A prayer for all those affected by the coronavirus:
Keep us, good Lord,
under the shadow of your mercy
in this time of uncertainty and distress.
Sustain and support the anxious and fearful,
and lift up all who are brought low;
that we may rejoice in your comfort
knowing that nothing can separate us from your love
in Christ Jesus our Lord.
Amen.**

OBITUARY

Matthew Minors

It is with really heavy hearts that Berkhamsted Rotary have to tell you that Matthew sadly passed away in Watford hospital on the night of Sunday 29th March. He had been on a ventilator for about ten days and had Covid 19.

Matthew, aged 44, was involved in all aspects of community life in the town. He was in Berkhamsted Round Table where he cut his teeth on the Fireworks and Santa's Sleigh and helped at a great many of the Lions events in the town as well as numerous other organisations and events.

Matthew loved the Sleigh and indeed, without him, the sleigh will simply not be the same. He loved Rotary and was a Paul Harris Fellow – the highest award a club can give to a member.

Matthew loved and was heavily involved in amateur theatre, helping at the Court Theatre and numerous other venues, and had been involved with the Pepper Show and Foundation since 1991.

Matthew was simply a super guy, well loved, always willing to help and always with a smile on his face. We shall all miss him greatly.

Our thoughts are with his parents Mandy and Richard and his two brothers, Alex and Charles.

Keith Holmes, PR Officer, Berkhamsted Rotary
07947 140108



Berkhamsted Team Worship



Whilst we are unable to commemorate Jesus' death on the cross and resurrection in our own churches, we are able to participate in our own homes and still feel part of the Berkhamsted churches family. Our team rector Fr John Russell is celebrating the Eucharist on Sunday mornings at 9.30am virtually from his vicarage.

To join in follow the link from the newly created facebook page; <https://www.facebook.com/berkhamstedteamworship/> or website <https://www.stpetersberkhamsted.org.uk/>

Also on the St Peter's website and facebook page throughout the week is the Church of England's prayer of the day. Dr Christopher Green is writing a series of articles exploring the history of notable families in Berkhamsted, Fr Anthony Lathe has a weekly 'Thought for the Day' and organist Jonathan Lee is sharing selections of music. There are handy recipes from Kate Perera and, and on Saturday children's activities.

You can also join Fr Joe at Holy Trinity Potten End in worship at 11am on Sundays and at other times throughout the week. Further details; <https://www.facebook.com/holytrinitypottenend>

or website <http://www.holytrinitypottenend.org.uk/worship/>



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Editor @yourberkhamsted.org.uk

BELLRINGING On Christmas Eve the Berkhamsted Youth Bell ringing Team made their debut performance when a group of 10 under 21's rang in the Crib service. The core group have come together to learn as part of the Duke of Edinburgh's Award scheme but most have continued to ring well beyond the required commitment. They are believed to be the youngest group to ever ring at St Peter's. Mike Below leads beginner's bell ringing on Fridays at 4:30pm, do come along if this is something you would be interested in try-



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Dawson family recipe for Bolognese Ragù

My mother-in-law gave me this recipe many years ago. The ragù can be served with spaghetti or made into a lasagne. However, having said serve with spaghetti, Italians serve the ragù with tagliatelle as it has a greater surface area to hold the sauce. Spaghetti Bolognese is only served in 'tourist' restaurants in Italy. It is instead known as tagliatelle al ragù alla bolognese.

Ingredients –

Serves 4

1 tbsp olive oil

(optional)

400g 5% fat minced
beef

1 onion chopped

1 clove of garlic
crushed

400g tinned chopped
tomatoes

1 tbsp tomato puree

1 tsp dried basil

1 tsp Bovril

100mls beef stock or red wine

1 large carrot grated or 6 closed cup mushrooms chopped

Salt and freshly ground black pepper

Parmesan cheese, freshly grated



If you're using a good non-stick pan (with a lid) the oil should not be required. Heat the pan then add the minced beef and break up any lumps. When the meat has browned add the chopped onion, garlic and grated carrot, if using, stir and cook over a moderate heat for 5 minutes until the onion has softened. Add the tomatoes, puree, basil, Bovril and the beef stock or red wine. Season with salt and pepper and stir well.

Lastly add the chopped mushrooms if using. Stir.

Bring to the boil, cover with a lid, and simmer for one hour, stirring occasionally. If the sauce is thin remove the lid for the last 15 minutes.

Serve with pasta, grate some parmesan on the top and serve with a green salad.

If making into a lasagne put half the ragù into an ovenware dish, cover with one layer of lasagne sheets followed by the rest of the ragu and another layer of lasagne sheets. Pour cheese sauce over the whole dish and sprinkle with 50g grated cheddar or parmesan cheese. Cook in oven, temp 180 degrees C for 30 minutes.

The easiest way to make cheese sauce is to put all the following ingredients in a non-stick saucepan and whisk together over a low heat until thickened; 35g butter, 35g plain flour, 400mls milk, good pinch of freshly grated nutmeg. Once thickened stir in 100g grated cheddar cheese.

Sarah Dawson

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



News from the Hospice of St Francis



April

We have several exciting announcements

this month including the opening of our community bookshop, Chapter Two, in Chesham High Street - a new hub for pre-loved books and home to booklovers!

....We need committed volunteers to work in the shop – does this sound like a role you would like to do? If you have a passion for books and want to engage within the local community, we'd love to hear from you! .

In other news, over 1000 bubblers have already signed up for this year's fabulous Bubble Rush at Gadebridge Park in Hemel Hempstead! In its fifth year, this is set to be a special one!

You can still sign up and be part of the bubbly fun by visiting our Events page. Get creative with your fundraising and remember to tag us online so we can see what you're up to! #WeLoveYourSupport

Lastly, could you join our outstanding Inpatient Unit team? We have a variety of roles including Registered Nurses, Hospice Community Carers

and Health Care Assistants: with full time and part time roles available! For more information on our current vacancies and details of how to apply, please visit: stfrancis.org.uk/jobs

News & Events

Chapter Two opening!

We are delighted that our new community bookshop on Chesham High Street is opening! We'd love to hear from anyone who would like to get involved by volunteering. Tasks include sorting donated books, gift aid sign ups and serving customers at the till. Please email volunteering@stfrancis.org.uk or visit: stfrancis.org.uk/volunteer



Bookshop Man- Mark Jackman - Chapter Two

ager
son-
cock
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pre-

launch

Golf Days Galore!

Tee off for the Hospice and play some of the most prestigious local courses. With individual places from £65, including a full day's golf, lunch or dinner, on-course competitions & prizes - which will you play? ... Up first is Moor Park Golf Club on Tuesday 28th April. Book your team today! Other locations include: Berkhamsted on Wednesday 20th May and Stocks on Friday 10th July. Plus other dates. For more information visit: stfrancis.org.uk/golf



Golf Team

Bubble Rush – Gadebridge Park, Hemel Hempstead – Sunday 27th September

Our super-fun and foamy family fundraiser is back with a bubbly bang! Walk, run, dance, jog, or toddle through the bubbles at Gadebridge Park, Hemel Hempstead. Sign up now at stfrancis.org.uk/bubblerrush



For more information

www.stfrancis.org.uk/events

Follow us on Facebook

@TheHospiceofStFrancis, Instagram

@HospiceStFrancis, Twitter

@hospicstfrancis or call us on 01442 869555

Please check on the website nearer the dates. At the moment events may be cancelled with regard the coronavirus situation.

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

**for further information see:
www.berkhamstedquakers.org**

Life to Death, Death to Life

Life to Death, Death to Life -
by Lola-Peach Martins in re-
sponse to Rectory Lane
Cemetery

*Life to death, death to life
Think about the environment
and atmosphere
People, graves, lives fold and
unfold*

*Tombs, stones, trees
Sometimes, warm breeze*

*See the names, families
Isolation, or unity
The lost, the found
Many things all around
Skulls, bones beneath the
ground*

*The elite, the desolate, the
Fallen
The strong, the brave
The rich, humble and meek
The poor, and the weak
Or so to speak*

*The known, the unknown
Questions about things they
owned*

It's all done now

Do not bemoan

*There is no more pain, no
groan*

*But, there are sweet smelling
flowers*

Shades of colours

*Green, yellow, and brown
grass*

All have passed

*Buried here, after breathing
their last*

*Powers, all the works, and
hours*

Summer or winter time

The Sun, the bright stars

The moon at night

Glowing, the full light

*Autumn leaves
Bundles, sheaves
Spring hues
Morning dews
Did any have the opportunity
to choose?*

*But, there are characters,
dramas
Intriguing stories
The more you look, the more
there is
Strength, joy, care
Sadness, kindness everywhere*

*Meaningful words, images
Descriptions could fill a thou-
sand pages
Difference, movements
More trees, amazing trees
Whispers, at times sounds of
bees

Secrets, treasures, pleasures
See the fallen over here*

*Hidden beauty over there
This thing called Social
history
They all share*

*The Masonry's works
See all the traces
Bring living people into the
spaces
A garden of remembrance
That's where this subliminal
place is*

*The Cemetery, from life to
death, death to life.*

*Friends of
St Peter's*
GREAT BERKHAMSTED



LOTTERY FUNDED

Supporting the work of
maintaining and enhancing
St Peter's Church and the
churchyards that belong to it

Reusable bottles for council crews

Frontline council crews given reusable drinks bottles to help cut down on single-use plastic.

Dacorum Borough Council is on a mission to help cut down single-use plastic throughout the borough – this means firstly leading by example.

The manual jobs that our operatives do is thirsty work. Not only this, but as they are also based in their vehicles for the majority of their shifts, this increases the likelihood of them purchasing single-use items throughout the day.

This month, all frontline operatives from the Waste Services and Clean, Safe and Green departments have been given their own reusable drinks bottles to help them cut down on the amount of single-use bottles they produce.

These reusable drinks bottles have been provided free of charge to approximately 1000 crew members in Hertfordshire by WasteAware, the Hertfordshire Waste Partnership.

Last summer, Dacorum worked alongside WasteAware to launch Refill Hertfordshire, a scheme to encourage people to carry reusable water bottles and fill them up on-the-go. Public places such as cafés, restaurants and pubs can register as 'Refill Stations' and display a round, blue Refill sticker – this invites all to fill up their water bottles with free tap water, whether they are a customer or not. Following a council initiative encouraging local businesses to sign up, there are now over 150 Refill Stations throughout Dacorum.

Crew members have been encouraged to use these Refill Stations throughout the day.

Portfolio Holder for Environment Sustainability and Regulatory Services, Councilor Alan Anderson, said *"In the UK, we use 13 billion plastic bottles every year, that's including all fizzy drinks, milk and toiletry bottles. A staggering 60% of these are just disposable water bottles! That's 7.7 billion bottles a year which could be avoided if we simply used our reusable bottles instead."*

He went on to add *"Refilling a reusable bottle with tap water is around 500 – 1000 times cheaper than buying bottled water - so drinking tap water instead of buying a bottle of drink is a great way to save money! I am so pleased that by providing these bottles we are not only helping our crews, but helping the planet too."*

For more information on Refill or cutting down single-use plastic in your daily life, read our top tips: www.dacorum.gov.uk/reusables



 Chamomile Therapies
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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).

Plastic: friend or foe?

Although we use them every day, plastics are very unnatural. Their dense materiality is so different from most substances that have evolved on Earth. Think about it, when you pull a piece of paper apart it will tear quite quickly. If you then put that paper in a bin with waste-food it will slowly disintegrate into the surrounding organic substances.

While plastic is incredibly useful for human beings, it does not obey the organic process of decomposition. Plastic becomes brittle, and most alarmingly then breaks down into powders of infinitesimal bits of plastic that pollute our soil, rivers, lakes and sea all of which provide our water supply. These bits of plastic are very hard or even impossible to collect and destroy. Most animals including us human beings now have these bits in our bodies.

We use plastic every day, to wrap our food, to use various clothing items made from it, and to drink large amounts of water from bottles made from it. However, as a species I think we have now become aware that we have created a monster of immense proportions. The villain of the piece is of course the single-use plastic bag.

Even Michael Gove despaired of the sight of exported plastic bags (from well-known supermarkets in the UK) languishing on huge rubbish sites in the Far East. What right do we have to export our inhuman materials to more natural areas of the globe where people do not yet have an economy that can neither refuse rubbish from richer countries, nor deal with that rubbish themselves?

In Berkhamsted there has been a considerable focus on plastic within a campaigning group called Plastic-free Berko (see on facebook). There you will find all sorts of replacements for conventional use of plastic i.e. the ubiquitous plastic bottle can be made redundant by purchasing other types of metal reusable bottles. Many personal hygiene products are now available without plastic. One campaigning tactic we used was to talk to supermarkets about unnecessary plastic packaging. Both Waitrose and Tesco were amenable to our ideas, but the tide of plastic remains there for all to see.

Please do look on our Facebook page <https://www.facebook.com/groups/272940403240852/> for the heroic and imaginative replacements for plastic, especially in the area of make-up, skin creams and bags of course.

Campaigning groups and tips on plastic:

Plastic-free Berko on facebook

Metal water bottles on sale in Berkhamsted

Non-plastic re-usable coffee cups on sale in Berkhamsted

Refill (see the blue stickers on café and shop windows)

Phillipa Jones



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Education in Lockdown - Daily lessons coming soon

Beginning Monday 20 April, BBC Bitesize will publish daily online lessons for all ages. We'll also have a new dedicated TV channel full of learning content, podcasts on BBC Sounds and loads of educational video on iPlayer.

<https://www.bbc.co.uk/bitesize>



One of this years' projects at Sunnyside Rural Trust in Hemel Hempstead is to re-purpose a store shed into a community bakery, offering employment to vulnerable young people, and fresh bread for our local area. With the help of Aviva, who are crowdfunding for us, we aim to raise £5000 towards this project by April - just weeks away. We are over 60% of the way there and if you can help by donating to this cause we will get there.

To support please go to:

https://www.avivacommunityfund.co.uk/community-bakery-1/backers?fbclid=IwAR3gqpQkPjdq3P8-AFQTDpCjp_q7Uz8NHZGo2hdsziKcC940Cj8E3v22tyM

A big Sunnyside thank you



#StrongerCommunities

MAKING A DIFFERENCE *every day*



Here at Right at Home Hemel Hempstead, we make a real difference in 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 Shelton 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:

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- We have a 'No Stranger Policy'
- All CareGivers are introduced in advance.

Our services include:

- Companionship
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- 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 it takes you with Right at Home Hemel Hempstead could have you.

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



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**Rectory Lane
Cemetery**
BERKHAMSTED

**From Dead Space to Living Place -
a work in progress**

