

Little Hadham Parish News

February 2016



Team Vicar: Revd. Julie Gawthrop
01920 823832
e-mail: julie.gawthrop@ntlworld.com

Asst. Priest: Revd. Clive Slaughter
01279 844955
e-mail: marcia.slaughter@virgin.net

Churchwarden: Don Gibson 771325

Log on to www.littlehadham.com for issues dating back to May 2006

A message from your Team Vicar

As we gallop towards Easter at what seems like an astonishing rate, Lent is nearly here! This year Shrove Tuesday is on 9th February and Ash Wednesday on 10th February. Ash Wednesday, traditionally a day of fasting, is the first day of Lent and is 46 days before Easter. Lent has 40 days of fasting with 6 days off, all Sundays. In the past, every Sunday was seen as a commemoration of the Sunday of Christ's resurrection and so was a time to feast not fast!

Lent originated as a mirroring of the 40 days that Jesus spent in the desert fasting and in remembering that time, people commit to self-denial, giving up such things as chocolate, cake and biscuits, alcohol, TV, radio etc.



This year I want to suggest an alternative – why not commit to something for Lent. Maybe a regular prayer time, or helping others in some way, or attending a Lent course; something that marks Lent as a way of engaging more deeply with the gospel of Jesus Christ.

This Lent we are offering a Lent course using

the Lentwise resource, "Spiritual essentials for real life", a 5 session course by Paula Gooder. We readily attend to our physical, emotional, intellectual or social needs but how many of us attend to our spiritual needs? And yet **our spiritual needs are essential for life**, for our fulfilment and wellbeing. So do come along.

To begin the season of Lent, you are invited to a **Team Ash Wednesday Holy Communion service with imposition of ashes**, (*imposition of ashes involves the Priest signing the cross on your forehead in ash, with the words "Remember that you are dust and to dust you shall return. Turn away from sin and be faithful to Christ"*). This service will be held at **St Cecilia's Church, Little Hadham at 8.00 pm**. I do hope you will be able to join Rev'd Clive Slaughter and myself for what I believe will be a spiritual essential start to Lent!

May God's spirit search your heart this Lent bringing righteousness, wholeness and peace, Julie



The Lent course starts Monday, 15th February 8-9.30 pm, The Vicarage, 1 Pentlows, Braughing or Wednesday, 17th February 3.30 pm – 5.00 pm, The Stables, Hay Street. The course will also run in the south of the Team – Much Hadham, Albury and Little Hadham – watch out for the dates and details which will be available soon!

Adverts removed

Extraordinary Meeting: Chairman's Report

Bypass Scheme submitted for planning application

At an extraordinary meeting on Wednesday Jan 6th the Parish Council voted unanimously to support current A120 Bypass and Flood Alleviation Scheme submitted for planning approval. The proposed route the bypass is to take, named 'Route 5b', is a revision of the original 'Route 5' popularly supported by a majority of the community. The newer route has met with greater opposition due to the shortening of the route at both the eastern and western ends and its new proximity to houses on the Albury Rd. The meeting was well attended by over 80 members of our community, five of whom chose to speak during the public session (including the Head of the Village school). Although reservations, and in some cases strong opposition, were expressed, overall opinions voiced were in support of the scheme which offers the Parish significant advantage through its flood alleviation scheme and the benefits to road safety. People spoke about the need for traffic calming measures to discourage and slow village traffic, the continuing viability of the village school, road safety and speeding traffic through the hamlets, and specifics about the workings of the Flood alleviation scheme (specifically concentrating on the Lloyd-Taylor drain).

Although our policy is to write to the planning office only in the case of objection, Councillors felt that it was important in this instance to express not only their overall support for the scheme, but also to summarise opinions and ask for alterations and ongoing consultation. The most prominent concern raised was the lack of access onto the Albury Road from the bypass. It is felt that access to the North

of the village could significantly reduce lorry traffic here. The letter (which can be viewed on the notice board at the Village Hall or on-line at the Little Hadham Parish Council Website) expresses the view that while this scheme is not perfect, the flood prevention and road safety it will offer outweigh negatives. Many parishioners thought that while an A10 – M11 route would be preferable, this didn't seem an achievable goal within "our lifetimes".

I'd like to thank Councillors and our Clerk who read through the 110 documents submitted during the Christmas period in preparation for the meeting and for giving up their usual January evening off. The bypass is clearly a matter of great importance for our community and this was clearly demonstrated by councillors and community.

The consultation period is now closed, and plans will be considered by the East Herts Planning Committee. If the plans are approved, the bypass team aims to deliver the scheme by 2019.

Driving through Floods

The first two weeks of the New Year have seen three occasions of the highway flooding in various locations in the village including at Green Street, Cradle End, the A120 and between the Village Hall and Ridgeway. There have been five weather warnings, and two flood alerts issued for the River Ash. This does cause a lot of concern for residents living in flood risk areas, especially when vehicles drive through the flood water as fast as possible (sometimes straight at each other) causing bow waves to go towards peoples homes. If you drive fast you are more likely to also cause water to go over your engine and cover the air inlet causing your car to stall in the water and may then have to be rescued. So we would

continued on page 5

Brownies Report

We have returned for our Spring Term and can be found in the Small Hall at the Village Hall on Tuesday 4.30-6.00.

Our Christmas Church Window at St Cecilia`s was a success, showing off some of the edible Advent calendars we had made. The District Carol Service saw Little Hadham Brownies taking part as Joseph, Mary and The Donkey. Well done!!

The next District event is the Thinking Day party: this is at Parsonage Lane and we will be going too. The term looks full of fun with new ideas and challenges.

If you want to join call. Judi on 01279 654624.

Little Hadham & Albury Social Club

We are back to normal starting with our February meeting at Little Hadham Village Hall at 8pm on Tuesday 9th February 2016 when we shall hold our AGM – wine & nibbles a-plenty – please come along and find out the activities we have planned for 2016. Membership not required - still only £2.50 at the door, includes entrance, wine & nibbles and raffle. Everyone is welcome, do bring a friend - more info - cam2403@hotmail.co.uk. 01279 898591.

Thank you, Carmela, Binnie & Sue

Adverts removed

Report continued from page 3

ask you to please slow down.

Free Highways Salt

In between the rain storms we will be getting the frosts, ice and snow. The gritters only prioritise the main routes, but there are several salt bins located around the Parish for people to help keep their areas safer. If you see they are empty please let Hertfordshire Highways know. Also there are a few 25kg salt bags that people can collect from the Parish Council Chair Liz Lloyd-Williams on

07773 437551 if they need to salt paths, etc., near their homes.

The next meeting will be at the Village Hall on Tues 2nd Feb 2016 at 8pm. We use the main hall so there is plenty of space, and there is also a hearing loop installed for the hard of hearing. Please come and let the Councillors know what you would like to see happen in our village, and listen to the work that is being carried out. The Parish Clerk may be contacted on clerklittlehadham@gmail.com.

Little Hadham & Albury Garden Club

We had a lovely ploughman's at the Nag's Head last month. This month we have a speaker, Nick Dobson, who is going to talk about the World of Flowers, Dahlias, Pelargoniums and Fuchsias. The date is Tuesday 16th February at the Village Hall. We are doing our ploughman's, after the Nag's Head it could be tricky, so the time is 12pm for the lunch and 1pm for the talk. Please book your ploughman's with Karin on 771532. Hope to see you there.

Adverts removed

The Hundred Parishes

Ken McDonald, Secretary

I recently gave a 15 minute interview for the Bishop's Stortford & District Talking Newspaper that covers much of the Hundred Parishes' area. The interview – about the Hundred Parishes, of course – was added to readings of the week's news, taken from the Herts & Essex Observer, and was distributed on memory sticks to about 100 visually-impaired folk throughout our area. Preparing for this interview made me even more conscious of how fortunate I am to be able to see clearly the beauty and variety that is all around us, and also how fortunate I am to be mobile enough to explore it. I resolved not to take such blessings for granted and to strive to be more inclusive when pursuing the Society's objectives to educate and to encourage exploration.

Use of our footpaths has been more challenging than usual in recent weeks following the persistent rain, and a decent pair of walking boots is essential. However, a few hours in the fresh air are usually rewarding in any conditions, especially if accompanied by rest and refreshment at one of our tea rooms or pubs.

If you need inspiration to get out, please consider one of the walks on our website or simply stroll around a new village or town with a copy of our parish introduction. We show plenty of organised walks on our What's On page and our own self-guided walk descriptions can be downloaded from the Walks section.

Our website address is www.hundredparishes.org.uk.

Adverts removed



Vegetation

Controlling the growth of vegetation within and onto the public highway remains an on-going challenge for Hertfordshire County Council (HCC). You can assist us by highlighting the need for vegetation trimming / removal works within the area.

HCC, in conjunction with East Herts Council, are responsible for the maintenance of the vegetation that grows within the public highway. This work is on-going and there is still plenty of work to do. To assist this work, all households and farmers are kindly asked to check the vegetation that is growing within or along their property boundaries, and trim back / remove any that is overhanging or growing onto adjoining footways, footpaths, verges and roads etc.

The period between October and March is an ideal time to work on vegetation as nesting birds are not disturbed. If you are not the owner of the property then please make the owners aware of any vegetation work required. If you are unable to carry out any necessary work, then please let us know by e-mail at CSCHighways@hertfordshire.gov.uk or by calling 0300 1234047.

Tackling Fly Tipping

Fly tipping is a common problem in East Herts and a blight on our beautiful area. The term refers to the illegal deposit of waste and can be anything from a single black rubbish bag to multiple loads of construction waste. Anyone giving waste to another person for disposal without checking whether that person is authorised to carry waste or where the waste is going may be prosecuted if the waste is subsequently fly tipped. It is a serious criminal offence which carries a fine of up to £50,000 and 1 or one year's imprisonment.

Fly tipping is often associated with dumping waste from vehicles. In this case the person controlling the use of the vehicle, normally the registered keeper, can also be prosecuted.

Checking whether someone who offers to take your waste away is authorised is easy. Ask for a receipt detailing where the waste is going, take the vehicle details and ask for their waste carrier's authorisation number. You can check their registration number online at Gov UK - Environment - Public Register or by telephone 08708 506506.

If you witness fly tipping or fly tipped rubbish; any information that you can provide will greatly assist in tracking down the offender. Please record all details immediately and take photos if you can. Useful information includes:

- Date and time that you saw the fly tippers in action or discovered the rubbish.
- Location of the incident - address or local landmarks.
- A description of the rubbish e.g. builders' rubble.
- Description of people observed (eg sex, hair colour, height, distinguishing features)
- What did you actually see these people do?
- Was there a vehicle involved - make / model / colour / registration number?
- Were there any distinguishing features or signs on the vehicle?
- Where were you when you saw the fly tipping: what kind of view did you have? How far away were you? Weather and light conditions.

If you witness fly tipping actually taking place, do not approach the perpetrator but call the Police on 999 and give as much detail as possible. If you discover fly tipped waste after the event call East Herts Council on (01279) 655261, ask for Environmental Services or use the on-line Fly Tipping Report form on the Council's website www.eastherts.gov.uk.

Little Hadham School

Believing and Achieving

Lots coming up in February! We are busy learning this year's Sign2Sing song – 'Reach out your hand' and we will be signing this with parents on the 2nd. We are holding our next Theme Day on the 8th, as we celebrate Chinese New Year. With Shrove Tuesday the next day, we will be holding our annual Pancake Races, as well as focus on esafety, as it is also Safer Internet Day. With Fairtrade Fortnight coming up at the end of the month, it is just as well that we have an extra day this February!

Can I also remind our Senior Citizens that we continue to run our Senior Citizens' ICT Club on Tuesdays at 4pm, so do come along and brush up on your ICT skills.

Thank you for your continued support.

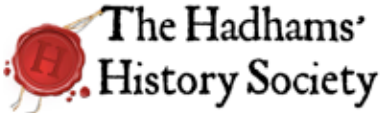
Liz Stockley, Head Teacher

Easter Sunday 27th March **Easter Egg Hunt**

Millennium Wood 11am

Please express an interest in attending via
jforgham@hotmail.com so we know
roughly how many eggs to hide. Thank you.

Adverts removed



The November topic on airfields near the Hadhams, was given by lifelong aviation enthusiast James Pettigrew. The key word was airfields and not airports from pre-war days when many people wanted the

new experience of flying. Broxbourne Airfield was the home of Herts and Essex flying Club established in 1930 by the farmer owner of Rye House Speedway Stadium and his Speedway Rider sons. There were no runways and a large circle painted in the field showed pilots where to land: pleasure flights, charter services and pilot training were provided. During the war it became a major repair and maintenance depot.

In 1933, Hillman Airways was similarly established at Stapleford Tawney (ST) from where for example you could fly return to Paris for £5-10s. Just prior to WW2 the RAF requisitioned such civil fields and ST became a pilot's training base, e.g. for the famous the fighter ace JE Johnson. Flight 49 of the Special Operations Executive at the main fighter base of North Weald moved to ST using Lysanders for secret missions to avoid the heavy bombing of North Weald. The MOD requisitioned farmland at Hunsdon in 1939/40. Hurricanes based there joined those at ST and North Weald in the Battle of Britain. Hunsdon's main claim to fame was reconnaissance and bombing operations using Mosquitos from its two concrete runways.

Mud was an early problem at Sawbridgeworth. The unusual solution was to lay coir matting on the grass. Later, hard core was laid over matting to form proper runways. After 1945 many airfields reverted to agricultural or industrial use, but ST still operates as a private air field and Hunsdon is used by microlight enthusiasts. James' thorough and enthusiastic presentation of significant events on our doorstep, was much appreciated by the capacity audience.

Adverts removed

Sugar!

5 year olds eat and drink their body weight in sugar every year

Currently 19% of four to five-year-olds and 28% of 10 to 11-year-olds are overweight or obese in Hertfordshire, so Hertfordshire County Council is encouraging parents to get "Sugar Smart" and take control of their children's sugar intake.

The Change4Life campaign follows revelations that four-to-10 year olds consume the equivalent of an estimated 5,500 sugar cubes a year (22kg), weighing the same as an average five-year-old.

If children are overweight or obese it means they are more likely to become obese adults who are more prone to a range of serious health problems, such as heart disease, some cancers and Type 2 diabetes. Nationally, there are now 2.5 million people suffering from Type 2 diabetes, 90% of which are overweight or obese. Being overweight can also affect a child's emotional wellbeing and their ability to achieve at school.

Change4Life has created an eye-opening short film, which warns parents about the health harms of eating and drinking too much sugar, including tooth decay and becoming overweight. The film brings to life the excessive amount of sugar consumed by the average child per year; currently three times more than the new maximum recommended daily amount.

The campaign reveals the sugar content of everyday food and drink; a 43g chocolate bar contains six cubes of sugar, a 200ml juice drink contains over five cubes and there are nine sugar cubes in a can of cola, instantly taking children up to or over their recommended

continued on page 23

Adverts removed

When I see photos of pristine kitchens, I wonder if the owners ever really cook! Why? Because my kitchen is awash with gadgets, so much so there isn't much room left on the surfaces. Yes I cook, helped though by a huge selection of 'time saving' gadgets.

This week I decided to count up exactly what I own. It makes an impressive list. Yet, could I manage just as well with the basics? Excluding a couple of essential items, I think I could.

An electric kettle, a toaster and my very old, much loved Magimix are must-haves in my life. The rest I am not so sure about. There's the coffee machine (I had an expensive one which was always giving trouble) ... now I have a good basic one which seems to produce nice coffee, but then so do some of the more recent additions to the instant coffee brigade. I bought myself a Nutri-Bullet, which I love, but as 'him indoors' seems anti mashed-up fruit and veg, it's a bit of a fad just for one. The slow cooker is good, but we tend not to use it often, choosing instead quickly made recipes. We have a toasted sandwich maker and a Philip Harben grill (from years ago). Both get used, however infrequently. The rice maker is simple and practical and produces good rice every time, so that comes in handy ... when we are not using the two-minute microwave version now available everywhere.

My latest addition is a soup maker, which I asked for as a Christmas present. It makes first rate soup, but does it really do a better job than I used to make? I am dubious because the second batch I made I put in the veg before the water (the instructions are very complicated and I took a short cut!), only to find that I had burnt the bottom of the machine and it took ages and much patience to rid the machine of its blackened bottom!

And my most amazing, ridiculous and fun item? A spiraliser, which takes the peel off anything – and gives the amazed audience a good laugh while it is doing it. Cooking? I don't have time any more, I'm always tending my machines!!

Adverts removed

**Advertise in Little
Hadham Parish News
and reach over 500
homes with your
product or service.**

What's on in February

in the Village Hall unless otherwise stated

3 Wed, Coffee Morning, 10.30 – 12pm, Markwell Pavilion, Bishop's Stortford CM23 2PQ. Bring some friends along to this coffee morning; enjoy a chat and help Isabel Hospice raise funds.

6 Sat, Party Night 7.30 – 8pm, North Myrms Memorial Hall, Welham Green, AL9 7PG.

Forget the winter, have fun dancing and singing at the Party Night. Raffaele Azzuro will provide the music and magic! Raffle and free parking. In aid of Isabel Hospice. Tickets £18.50 each with supper included. Bring your own drinks and glasses.

Info:: 01707 265333 or 01707 658531

8 Tue, Parish Council, 8pm. Hearing loop installed for the hard of hearing. Please come and let the Councillors know what you would like to see happen in our village,

9 Tue, LH & A Social Club AGM, 8pm. Come along and find out the activities we have planned for 2016. Membership not required - still only £2.50 at the door, includes entrance, wine & nibbles and raffle. Everyone is welcome, do bring a friend - more info - cam2403@hotmail.co.uk. 01279 898591

14 Sun, Little Hadham Antiques Fair, 9.30-4pm. Free entry on production of advert on p5, otherwise £1. Refreshments.

16 Tue, LH & A Garden Club, 8pm. Nick Dobson will talk about the World of Flowers. We are doing our ploughman's, so the time is 12.00 for the lunch and 1.00 for the talk. Please book your ploughman's with Karin on 771532. Hope to see you there.

17 Wed, Hadhams' History Society, 8:00pm Little Hadham Village Hall. Magna Carta, a talk by Ian White, who gave an excellent talk to us in 2014 on the Black Death.

18 Thur, Way Inn Coffee Morning, 12.30 - 1.45pm, rear of Village Hall. Did you make it

to the Way Inn last month? If not you missed Spaghetti Bolognese and Leek & Potato Soup. Who knows what delights will happen in February? Please come along. You will be sure of a warm welcome.

21 Sun, A final work party session, 10 - 12 in Millennium Wood. General tidy and put bird and bee boxes up. All welcome. Contact Jono for any further details.

25 Thurs, Whist Drive, 7.30, £2 includes tea and biscuits. Contact Ross Barron 01279 771694 for more details. (If you would like to learn to play whist please let me know.) New players welcome.

27 Sat, Farmers' Market, 8.30 - 11.30am. Cooked farmhouse breakfasts made with produce from the stallholders. See list p13.

Coming up

12 March, **Firewalk and IceWalk**, 7 – 10pm, Presdales School, Ware. Take on the challenge of a firewalk barefoot over red hot coals or over broken glass. You can sign up at www.isabelhospice.org.uk – places are limited.

14 March, **Hadhams' History Society**, 8pm, Green Room, Much Hadham, Village Hall "Cromer" The Last Windmill in Hertfordshire, by Robin Webb, who is heavily involved in the preservation of this very old mill.

27 March, **Easter Egg Hunt**, Millennium Wood, 11am. See page 8.

NOTICEBOARD

Whist Drives

Dates for 2016

Feb 25 • March 31 • April 28
• May 26 • June 30 • July 28
• August 25 • September 29 •
October 27 • November 24 •
December 22

website www.whistdrive.org.uk

PAPER FREE

Email your address with
'Paper-free' in the subject
line to [hftp@clocktower.
co.uk](mailto:hftp@clocktower.co.uk) to receive a perfect
copy of the Parish News.
Give it a try and save
us much time and money!

Little Hadham Farmers' Market

Fresh seasonal vegetables
Soft fruits (in season)
Perennial and annual plants
Apples, apple juice and cider
Pickles and condiments
Home made ready meals
Hand made chocolates
Chicken and game
Saffron brewery
The Forge, Much Hadham
Hand made soaps, lotions and potions
Cakes, pies and deli
Lamb and associated products
Honey
Breads, pies and buns
Pork and associated products,
eggs, cheese
Coffee beans, both whole and ground
Curry sauces and associated products
Beef and associated products
Cards
Home made jams and marmalades
Dog Biscuits
Hand made pork pies

The 'Way Inn'
Come and meet friends and
neighbours over a cuppa or soup
and a roll. Rear of Village Hall,
3rd thursday of the month,
12.30 - 1.45

This recording period (Dec 18th – Jan 18th) began in the most balmy December weather and ends with freezing temperatures and a light touch of snow a few days ago. Far cry from the 16°C temperatures experienced around Christmas!

Having put the moth trap away on the 3rd December, I then got it back out again and a sign of the weather was that I trapped a moth called a spring usher on the 21st Dec. A very early record for Hertfordshire. (Shown here.) Visits with head torch and net to woods and along local lanes gave records of just one moth, but in huge numbers, the appropriately named winter moth. A visit to Millennium Wood on the 13th Jan gave up two species, winter moth again and a satellite. With temps that night hovering around freezing it was two species more than I had anticipated!



Bird wise, it was a busy time before Christmas as I had a British Trust for Ornithology survey to carry out along the coast from Cromer to Overstrand in Norfolk. Not too much to report on a warm day with the highlight being a flypast of over 300 great crested grebes heading for The Wash. They were followed by similar numbers of red throated divers. Having an early start for the survey meant I stayed in Norfolk for the weekend and, in total, recorded 94 species for the

continued on page 16

Adverts removed

We had a Patient Participation Group meeting on 13th January when I was delighted to hear that Widford Parish Council are progressing with their village defibrillator project. As I have previously mentioned, Hunsdon have had one for some years and Little Hadham in 2015.

I have been asked to remind you all that our nurse practitioner, Oonagh Morris, is able to deal with a lot of relatively minor conditions such as coughs, colds, sore throats, earaches, tummy upsets etc. Please use her services, if appropriate, as this will free up much needed GP appointments for more complex problems.

As you may have noticed our car park is becoming more congested and, as a result, people are parking outside the front doors which restricts access for others. We are looking into an appropriate place to put a disabled parking area.

The powers that be insist that all patients are allocated their own "named GP" This needs to be one of the partners, is recorded on our computer system, and is a purely administrative task. You are still able to see the GP of your choice if he/she is available and if you have any queries please ask at reception.

Adverts removed

Nature Notes, continued from page 14

two days, including red necked grebe, fulmar, Slavonian grebe, twite and brambling. All typical winter birds of the North Norfolk coast.

On the 3rd Jan I had my first local wander, recording 28 species on and around the golf course. Highlight being a stonechat near New Lane as well as the regular linnets, yellowhammers and goldfinches. Several red kites are now seen daily. On another walk on 14th a woodcock was noted near Muggin's Wood. A good winter bird and one that is in serious decline as a breeding bird, so I have been asked to record all that I see between now and June. I got several photos of this healthy fox on New Year's Eve near Hadham Hall. A chance encounter.



On 4th Jan another day trip to Norfolk gave great views of several rarer birds in the shape of a pair of purple sandpipers on the rocks outside the splendidly named Funky Mackerel café in Sheringham as well as a glaucous gull at Salthouse.

Early morning walks over the last few weeks have added only expected Little Hadham birds,

continued on page 17

Adverts removed

Nature Notes, continued from page 16

with great spotted woodpeckers now drumming and tawny owls in full voice after dusk. A count of calling males on the 14th Jan ended with a list of at least seven in and around The Ford. The Chapel Lane barn owl, which had not been seen for a while was noted at its nest hole on the 14th whilst a sparrow hawk disturbed the birds feeding in our garden on the 18th.



Plenty about, just a case of wrapping up warm to go and find them. Can I remind all readers that I am after all mammal records. If you see anything from a deer to a rabbit, or if your cat brings in a small rodent and you can identify it, I would be most pleased to hear about it as I am contributing to the Herts mammal atlas and have four areas within the parish to cover. Please email any sightings, with date, time and preferably a grid reference (otherwise a written description of roughly where) to me at jforgham@hotmail.com. Any photos would be gratefully received, especially of smaller mammals such as mice, voles and shrews.

Many thanks for any records, however, common they may be.

Adverts removed

New Herts Cookery Club

Hertfordshire is helping children to eat a healthy, balanced diet through a new family cookery scheme that is being delivered in local schools.

The Good Food Club cookery school sees parents and children, aged 4-11, learning to cook together, with the aim of inspiring them to cook from fresh ingredients and try new foods. The course takes place over six weeks and gives parents and children the chance to get hands-on cooking experience, being taught by trained professionals.

This partnership project between Herts County Council and Herts Catering Limited puts the family at the heart of healthy eating. The classes focus on parents and children spending time cooking together and making healthy eating part of daily life. The classes are supported by a registered nutritionist and backed by leading industry professionals.

Alongside the cookery classes, schools are also encouraged to work with pupils to promote healthy eating within schools and in the local community, so it is a whole school approach.

One of the parents taking part said: "I liked the variety of food and how to hide certain foods to get children to eat more vegetables. There were new foods to try and my daughter Maisie is definitely eating more of a variety of food and wanting to get in the kitchen." Maisie added: "I liked the part where we made the pizzas. I didn't want the cookery club to stop!"

Cabinet Member for Public Health, Localism and Libraries, Teresa Heritage, said: "Many families eat convenience food because they think it is easier and cheaper than cooking from fresh, but these foods can contain a lot of ingredients that are very bad for our health.

continued on page 19

Adverts removed

New Herts Cookery Club, continued

"The Good Food Club cookery school helps families to develop a positive attitude to food. It takes the fear out of cooking by making it fun and easier for families to understand how to eat a balanced and nutritious diet on a budget.

"Involving children in important decisions about their health in this way helps them to adopt healthy attitudes and develop long-term good habits for healthier, happier lives, reducing the likelihood of them developing serious illnesses in later life."

As the Government prepares to launch its childhood obesity strategy, the importance of healthy lifestyles for children and young people has never been more prominent. In Hertfordshire one in five 4-5 year olds are overweight or obese and almost one third of 10-11 year olds.

Obesity can lead to serious health problems, such as type 2 diabetes, heart disease, stroke and cancer. Obese children are also more likely to experience bullying, low self-esteem, anxiety and depression. Treating obesity and its consequences alone costs the NHS £5.1 bn every year. Geoff Allen at Maple Grove primary school in Hemel Hempstead said: "This is a really worthwhile project. There are evidenced links between good nutrition, good health and academic achievement and through this partnership working, Hertfordshire is leading the way in making a real difference in promoting the health and wellbeing of its young people." For information and advice about the support available in Hertfordshire to help you give your child the healthiest start possible, please visit www.hertsdirect.org/healthinherts.

Adverts removed

News from the Gardens of Easton Lodge Preservation Trust

We are all really excited as 2016 is the year in which we aim to get our project to build a replica of Peto's Tree House in the garden under way. This historic structure was built for the Countess of Warwick by Edwardian architect and landscape designer Harold Peto in 1902. We have already been awarded two grants towards the total cost of around £30,000 and will be having extra events and fundraising initiatives to help reach the total.

We kick off our year by welcoming visitors to our hugely popular Snowdrop Sundays which this year are on February 21 and March 6; opening times 11.30am until 4pm, with last entry 3pm. The annual 'Snowdrops' event has become a must-see feature of the garden lovers' calendar as the many thousands of blooms form a stunning white carpet beneath the trees.

Delicious and warming homemade soup and bacon rolls will be on sale until 2.15pm; hot drinks and homemade cakes will be available until 3.30pm. There will be one guided tour at 1pm and, as always, dogs are welcome on leads.

Once again we will be selling snowdrops in the green and the details and order form for these will be on our website from February 10. We will also have snowdrop mugs and vases on sale. Entrance fees are £4 for adults, with 50p per person going directly to our Tree House Appeal; entry for children under 16 is still FREE.

We have lots planned for our Main Season open days, which we hold once a month from April to October, including return visits from the Dunmow Rock Choir, Dunmow Wind Band and Bishop's Stortford Ukulele Society. There is also our hugely popular World War II Day in

continued on page 21

Adverts removed

from a Visitor ...

A Parish is quite a Small unit and yet, I would argue that it is not without influence upon the whole. Happily in Britain, we have built up a structure, through Councils and Counties, which provides the conduit for the needs of our Island's inhabitants. And so, don't despair, if perhaps you feel that (say) foot paths should be separated from bridle ways – as in Germany and Switzerland – and are wondering what to do about it: we have the power to set an example, which could spread. I love horses but do not like to compete with their hooves through the Winter Mud, as, I suspect, even those who can afford Nichola Sturgeon's boots might also agree. Imagine the BBC's post script to its 10 o'clock news: "Hertfordshire has become the first County...etc...etc...to face up to the conflict between walker and rider".

Do not doubt, the biggest contribution to a reduction in our "Blood Sugar Levels", much in the news at present, IS exercise not a sugar tax; walking our foot paths costs nothing and could so easily be made more enjoyable, with or without those boots!

Gardens of Easton Lodge, continued

July and much more, so keep an eye on the website, www.eastonlodge.co.uk. We have two sessions working in the gardens each week and opportunities to volunteer on open days and with other projects, so why not join us – we are a friendly bunch and the cake is excellent! More information from the website, 01371 876979, or email enquiries@eastonlodge.co.uk if you would like to help with the conservation and restoration of this wonderful place.

Adverts removed

Aircraft noise is bad for your health

SSE welcomes the new report into Aircraft Noise and Public Health produced by the Aviation Environment Federation (AEF) and launched last week in the House of Commons. The launch event was chaired by Dr Tania Mathias MP, accompanied by Professor Stephen Stansfeld of Queen Mary College, London and Tim Johnson, Director of the AEF.

As long ago as 1999 the World Health Organisation (WHO) Charter on Transport, the Environment and Health, recommended that community wellbeing be put first in transport and infrastructure policies. The WHO Charter was ratified by the UK Government but scant attention has been paid to its recommendations despite an estimated 600,000 people in the UK being affected by night-time aircraft noise. The report provides clear evidence that detrimental effects on health already exist in the vicinity of all major airports and under their flight paths.

An increase in the number of flights at Stansted would add to this additional burden for local residents, particularly the vulnerable including the elderly and school children. There is now considerable evidence that adults disturbed by aircraft noise suffer sleep loss, fatigue and accidents from concentration failure, particularly whilst doing complex tasks. Furthermore, interruptions in teaching every 60-90 seconds from low-flying aircraft (jet pause), has a major detrimental effect on classroom activity in schools. In this context Professor Stansfeld drew attention to the multi-national RANCH study which showed that primary school children living in the vicinity of airports suffered from impaired cognitive development.

There is also now increasing evidence that noise from aviation may adversely affect the cardiovascular system. Poor sleep is likely to cause endocrine and metabolic disturbances which may affect cardiovascular health. The AEF report highlights the 'HYENA' Studies (hypertension and exposure to noise near airports) which showed increases in blood pressure as well as an increased risk of cardiovascular disease, including coronary heart disease and stroke. These studies were able to take account of such compounding factors as age and lifestyle (including smoking). More recently it has been shown that night-time aircraft noise impairs the function of some of the cells lining the blood vessels and may cause complications among those already vulnerable from established cardiovascular disease. The WHO intends to produce new community noise guidelines later this year.

The AEF report recommends a number of steps to achieve long-term targets including the need for health impact assessments to be carried out before any major airport development is given the go-ahead. Such assessments need to be completely independent to ensure that commercial interests do not override environmental and health considerations.

SSE's advisor on aviation health issues, Professor Jangu Banatvala CBE, commented: "This new report highlights the importance of health impacts in aviation planning but it is essential that the Departments of Transport, Environment and Education all have an input. The Department of Health should also be playing a key role but as yet its voice has scarcely been heard."

Issued by STOP STANSTED EXPANSION – 19 January 2016

Sugar! continued from page 10

maximum for the day.

Teresa Heritage, Cabinet Member for Public Health, Localism and Libraries, said: "The latest child obesity figures for Hertfordshire highlight the importance for families to cut back on sugar in their diet. Sugar is lurking in everyday food and drink, taking children well over the maximum recommended amount. We're encouraging parents across Hertfordshire to download the new Sugar Smart app and take control of the amount of sugar their family consumes, to protect them from the health risks of having too much sugar."

Five million Sugar Smart packs will be given away to primary school children and their families via schools, local authorities and retailers. There will be 25 Change4Life Sugar Smart roadshows, taking place across the country from January to March. Five major supermarkets have also pledged to support the campaign through educating and helping customers to make healthier food choices when shopping.

Download the Change4Life Sugar Smart app to find out how much sugar is in the food and drink your family consumes every day and search 'Change4Life' for lots of free support, tips, ideas and recipes.

Want information about maintaining a healthy weight and encouraging an active lifestyle? Visit the Health in Herts portal at www.hertsdirect.org/healthinherts.

If a parent is worried about their child's weight they can speak to their GP, school nurse or contact Beezee Bodies who offer programmes to help the whole family make changes – <http://beezeebodies.com/>.

Adverts removed

February diary for Little Hadham and Albury

(part of the Ash and Quin Valleys' team incorporating Much Hadham, Braughing, Furneux and Stocking Pelham.)

7 Sunday,

9.15am

11.15am

Sunday next before Lent

Family Communion at Much Hadham

Holy Communion at St. Mary's, Albury

No service at Little Hadham.

10 Wednesday,

8.00pm

Ash Wednesday

Holy Communion and Imposition of Ashes, St Cecilia's, Little Hadham

14 Sunday,

9.15am

11.15am

Lent 1

Holy Communion at Much Hadham.

Holy Communion and Sunday School, St Cecilia's, Little Hadham

21 Sunday,

9.15am

11.15am

Lent 2

Holy Communion at Much Hadham.

Family Communion Service at St. Cecilia's, Little Hadham

24 Wednesday,

10.00am

Midweek Holy Communion at St Cecilia's, Little Hadham

28 Sunday,

9.15am

11.15am

Lent 3

Holy Communion at Much Hadham

Holy Communion at St Mary's, Albury

No service at Little Hadham.

There is a service of Holy Communion every Wednesday at 10.30am at St Andrew's

The Register: There have been no entries in the Register this month.

Prayer Chain

Within our congregations we have a network of people who will receive prayer requests. Whatever the problem, worry, anxiety or personal need, when received, will be forwarded to the people on the chain who will pray immediately for each request for a period of time. All requests will be confidential.

Please ring anytime: Janet: 842671, Karin: 771532

Editor: Jan Finn, Jute House, 85a Bradford Street, Bocking Essex, CM7 9AU e-mails: htfp@clocktower.co.uk

All articles for inclusion; sponsorship; and payment for advertising in the next issue **must** be received by the **18th** of the month. (cheques payable to **Little Hadham PCC**)

Little Hadham Parish News is distributed free by St Cecilia's church