

Little  
Hadham  
Parish News  
April 2006



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Team Vicar: Revd. Julie Gawthrop  
01920 823832  
e-mail: [julie.gawthrop@ntlworld.com](mailto:julie.gawthrop@ntlworld.com)

Asst. Priest: Revd. Clive Slaughter  
01279 844955  
e-mail: [marcia.slaughter@virgin.net](mailto:marcia.slaughter@virgin.net)

Churchwarden: Don Gibson 771325

Log on to [www.littlehadham.com](http://www.littlehadham.com) for issues dating back to May 2006

## A message from your Team Vicar

The Theologian, Simon Ponsonby describes belief in the resurrection of Jesus Christ, as the 'irreducible minimum' of the Christian faith. Paul, the New Testament writer would agree. In his letter to the early Corinthian church he says, 'If Christ has not been raised, then all our preaching is useless, and your faith is useless and you are still guilty of your sins! And we apostles would all be lying about God—for we have said that God raised Christ from the grave.' (1 Corinthians 15)

The evidence for the physical resurrection of Jesus is very strong indeed. When the disciples went to the tomb on the first Easter day they found an empty tomb with only the grave clothes there; Jesus' body was absent.



In the next six weeks however, Jesus was seen by over 500 people. The disciples' lives were transformed and the Christian church was born and over the next few years grew at a dynamic rate. A former Lord Chief Justice of England, Lord Darling said of the resurrection: "In its favour as living truth, there exists such overwhelming evidence, positive and negative, factual and circumstantial that no intelligent jury in the world could fail to bring in a verdict that the resurrection story is true. The only satisfactory explanation for these facts is that Jesus did indeed rise from the dead and thus confirms that he was and is the Son of God."



Whatever your thoughts, the Christian faith hangs on the truth of the resurrection.

One of the compelling reasons why I believe, is because at Jesus' crucifixion, the disciples (the men) had fled to safety; they were locked in a room in great fear for their own lives.

One of the first resurrection appearances recorded in the gospels is Jesus appearing to them in the locked room. Jesus also appeared to two of his followers as they were walking away from Jerusalem, dismayed at the crucifixion and perhaps returning to the life they had before meeting him, but meeting Jesus changed that! After his resurrection, Jesus ate and drank with the disciples, he taught and held conversations with them and this is all recorded in the bible. But what is also clear, is that the disciples' lives were transformed from meeting with him, so much so, that many were prepared to die for their belief that Jesus was the Son of God and had been raised from the dead. I don't believe people would die for something were not absolutely convinced about.

If you have never had a good look at evidence for the resurrection, maybe now is the time and you can make up your own mind - but for those of us in Church, throughout the Easter season we will continue to praise God because death has been defeated and He is risen, Alleluia!

May God bless you, Julie

## Much Hadham Open Gardens 2016

*It is with regret that this year's Open Gardens day will be cancelled due to the Queen's Birthday Celebrations. We are sorry for any inconvenience caused.*

*We will be hosting Much Hadham Open Gardens on **11 June 2017**, and we do hope to see you there.*

*Thank you for your understanding,*

St Elizabeth's

# Parish Council News

## Annual Parish Assembly

**7pm Thursday 21st April** Little Hadham Parish Council warmly invites all parishioners to this year's Parish Assembly, Thursday April 21st Village Hall 7:00pm. Find out the latest on the bypass. Hear how the police are tackling speeding and traffic light queue jumping. Get to know local groups and clubs Catch up on Little Hadham Primary School news. Meet parish councillors. Catch up with neighbours & friends. Complimentary wine and nibbles. **EVERYONE WELCOME!**

Be proud – ours is a thriving community – join in, there's lots going.

## Playgrounds:

There have been some beer bottles found broken in the playground. It has been cleared up but does show that there has been some anti-social behaviour by people who have given no thought to the safety of the young children that use the park. It has been reported to the Police who will be paying attention to the area. If you see any anti-social behaviour please ring 101 and report it.

## Millenium Wood for sale

The Millenium Wood at Bury Green is up for

sale for about £30,000. It was planted for the Millenium with 2,000 trees. Many were planted by members of the Community and children from Little Hadham Primary School along with a time capsule. The intention was for Millenium Wood to be enjoyed by the Community for all time. It also has a resident Conservation expert from the Parish, Jono Forgham, who has supplied his expertise and organised volunteers for the maintenance of the wood for many years and has been key in the development of the wildlife and fauna that is now established there. Is there an entrepreneur, lottery winner, or fund-raising community group in the Parish that may wish to try and buy the Millenium Wood for the benefit of Little Hadham?

## The next Parish Council meeting

will be at the Village Hall on Tues 5th April 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](mailto:clerklittlehadham@gmail.com).

**Much Hadham Bowling Club**  
Recreation Ground, Tower Hill

**BOWLS RE-STARTS 1st MAY**

**MAKE IT YOUR YEAR**

**FOR A NEW SPORT MEET NEW PEOPLE HAVE FUN**

Diary dates for introductory offers:-

**SUN 15th MAY TRY YOUR HAND FOR FREE (10.30 am - 1.30 pm)**

**WED EVENINGS 18th & 25th MAY and 1st & 8th JUNE**

learning/coaching sessions at 6.30 pm

just £5 for all 4

**TUES 31st MAY (half term) FAMILY FUN DAY 11 am - 3 pm**

for children plus parents and grandparents

£3 per adult, children FREE

Call Ken (01279) 842637 for more information/bookings

## Little Hadham & Albury Social Club

*Gavin and Andy from the Wildlife Trust came along and gave a lovely talk (relaxed and friendly) and just at the right time of the year ... wildlife everywhere is waking up and coming alive! Andy spoke passionately about his beloved job at the Wildlife Trust and highly recommended a walk through Balls Wood, Hertford Heath; during May especially; it's a real treat. Gavin gave all the gen on Patmore Heath; very local and well worth a visit at any time. On Tuesday 12th April Ennis Rogers will be giving a talk about The Herts East Branch of the RSPCA. There will be some items for sale and if anyone is having a spring clean and would like to donate any items to the RSPCA charity shop in Hitchin Ennis would be more than happy to deliver them. Thank you for supporting the Social Club - Everyone is very welcome - £2.50 includes refreshments, biscuits and raffle.*

Carmela, Binnie & Sue

### Herts & Middlesex Wildlife Trust

*On behalf of everyone at the Herts & Middlesex Wildlife Trust, I would like to thank members of the Little Hadham and Albury Social Club for their kind donation of £36.25 to our local conservation work. I hope you enjoyed the talk given by your speaker, Andy Brown, last week and learning more about your local wildlife and wild places. I look forward to hearing from you if you would like to request any further information about the Trust's work or to book another wildlife talk in the future.*

*Thank you for supporting the Trust and helping us make a difference to local wildlife.*

With best wishes, Sarah

*Adverts removed*

## Little Hadham & Albury Garden Club

*It was lovely to see so many people at the AGM last month. There was a short catch up on the year's events then onto the main talk from Jonathan Forgham. He brought us up to date with the new species of birds, butterflies, moths, mammals and plants that he has recorded in the Parish this last year. Jonathan is a very entertaining speaker and has wonderful photos; catch up with him next year at our AGM.*

*The next club meeting is on Tuesday 19th April at Little Hadham Village Hall and is a talk on 'Saving the Hedgehog'. We are open from 7.45 and the talk starts at 8.00. Non-members welcome at a cost of £3.*

*Just a reminder of our Plant Sale and Coffee morning on Saturday May 7th – more next month. Saying of the month – Anyone can have dirt. Gardeners have soil.*

## How Are You?

*Hertfordshire County Council is encouraging residents across Hertfordshire to go online and take a quiz to find out how healthy they are, as part of a new Public Health England campaign to help people get healthier and happier.*

*The One You 'How Are You' quiz is designed to help residents find out the simple changes they need to make to improve their health. Everyone who takes the quiz will receive a personalised plan, including some useful tools and support to encourage them every step of the way.*

*continued on page 18*

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# The Hundred Parishes

Ken McDonald, Secretary

*The primary aim of the Hundred Parishes Society is to 'educate' – to increase knowledge and appreciation of our area. We do not pretend to know it all or to be the only organisation spreading the word. We are very happy to publicise what others are doing, usually through the What's On page of our website, [www.hundredparishes.org.uk](http://www.hundredparishes.org.uk). If your event doesn't already appear, please tell us about it.*

*Some parishes have local history societies, women's institutes, U3As or similar bodies, and they usually welcome visitors who may come for a specific talk. There are other, perhaps less formal, groups who meet to enjoy the mix of an interesting speaker and a chance to enjoy refreshment and a chat. We were pleased to learn of the success of one such group that started up during this past winter in Standon Village Hall. Speakers on varied local subjects attracted as many as 60 listeners, although no doubt they were also tempted by the social aspects of the gathering, not least the cakes!*

*We are conscious that many places do not have such enterprising organisers, so the Society aims to fill part of the gap with its own programme of talks. They will be open to all and will appear on our What's On. We will also be offering members a few guided walks, following the popularity of our first such venture last year. But please don't wait to be organized - now that Spring has arrived, our lovely countryside and fascinating towns and villages are looking forward to your visit! Do try one that you have not explored recently, ideally with a copy of the parish introduction and perhaps a walk route, both of which are available free from our website.*

**Adverts removed**

## Message from your County Councillor, Graham McAndrew



### Improving care homes in Hertfordshire

A new scheme in Hertfordshire is making a real difference to the lives of care home residents. Strong partnership working between health and social care partners in Hertfordshire is bringing benefits for care home residents with complex and long term conditions. We have been working with East and North Herts Clinical Commissioning Group and the Hertfordshire Care Providers Association for many years, but now we are involved in a ground-breaking NHS England vanguard project to provide planned, proactive and preventative support in the community.

The Care Homes Vanguard project is working to keep residents out of hospital through regular visits from a dedicated GP practice, better trained staff, patient record sharing and expert medication reviews. The project is already attracting media attention; Chris Badger, Interim Director of Strategic Partnerships at East and North Herts CCG, has recently been interviewed by the BBC and Channel 4 News and media interest in the scheme is ongoing.

Research shows that care home residents with complex and long-term conditions are often taken to hospital and sent back the same day. This is not only unsettling for the patient, but adds to the strain on the ambulance service and A&E departments.

A group of homes in Broxbourne, Baldock, Cheshunt, Hitchin, Stevenage, Ware and Welwyn are the first to benefit from what is called a Complex Care Premium achieved by training staff across five key pathways - dementia, nutrition, falls and fragility, wound management and health (including end of life, continence, neurological and respiratory conditions). The additional training is also facilitating quick discharges from hospitals back to care homes and enabling care homes to take residents with more complex needs.

Eventually it is hoped the principles of the project can be extended to the wider community via the flagship HomeFirst model which enables frail, elderly patients to receive care in their own homes.

## Gigaclear plc

Angela Fardell

About 40 people came along to the Village Hall to learn about the advantages of ultrafast broadband which could be connected to properties via fibre optics if demand was sufficient. A very professional presentation told us they are offering speeds of up to 1Gbps (1000Mbps) which would not only benefit businesses in the village but families would be able to stream HD films without buffering, download entire albums in a click - with everyone connected there would be no more family rows about sharing bandwidth! Huge quantities of data can be downloaded without delay, and video conferencing and skype would experience no breaking up or delays. About 150 properties need to be connected, from £39.90 with call plan for unlimited use of up to 50Mbps. Interested?

For more information email [info@gigaclear.com](mailto:info@gigaclear.com) or log on to [Gigaclear.com/getfibre](http://Gigaclear.com/getfibre).

A lot of what we heard went over my head but one person signed up there and then the rest went away muttering and doing the figures. So we may be pushed kicking and screaming into the 21st century yet!



# Little Hadham School

*Believing and Achieving*

Whilst still buzzing from singing at the Hertfordshire Schools Gala in the Royal Albert Hall this weekend, today our children are taking part in our Sport Relief 'Jogathon' and keeping fit too! Coming up this month, we are hosting a Philosophy Enrichment Day for local schools and will be celebrating the Queen's 90th Birthday in a Theme Day on 21st April, when each child will be given a commemorative coin as a special souvenir of a very special day in history. The following day we will be celebrating with a Steel Pan Workshop in school, so we really will be going out with a bang!

*Enjoy the Spring-time sunshine! Thank you for your continued support.*

Liz Stockley, Head Teacher

The East Herts **RED CROSS** Fund Raising Committee  
invite you to their annual

## **SPRING FASHION SALE**

On Tuesday 19th April from 10.30 pm to 3.00 pm

Entrance inc. coffee & biscuits £3.50

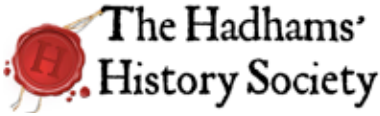
At Cottered Village Hall, Near Buntingford, SG9 9QR

Sandwiches to be served at Lunchtime

All proceeds to East Herts **BRITISH RED CROSS**

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*Ian White of the Stansted Abbots History Society, dwelt with the Magna Carta at his February talk. He summarised the events leading up to it and its main provisions.*

*In 1189 King John was absolute ruler of England and all Western France. Nicknamed "John Lackland" he was such a bad commander that he lost nearly all his French lands during his short reign. To pay for the loss John raised English taxes to breaking point, extorted huge sums from "The Church" and his "Bankers" and seized baronial lands. The barons of Eastern England were so alienated they prepared for civil war and renounced their feudal ties to the crown. To ensure peace, a charter was sealed by King John and the barons at Runnymede on 15th June 1215; in it the barons would be protected from illegal imprisonment, church rights would be protected and limitations were placed on feudal payments to the crown. There was no mention of the "rights of ordinary people". Stripped of more radical content by Henry III, the charter became "Magna Carta". On further amendment it became part of English statute law in 1297.*

*The political myth that Magna Carta protected ancient personal liberties has long persisted. It was however, the start of freedoms such as habeas corpus (in 1689 Bill of Rights) and later charters; it was also the basis of the US Declaration of Independence. Magna Carta remains an iconic symbol of liberty, though much has been repealed. Many leading lawyers consider it "...the foundation of the freedom of the individual against the arbitrary authority of the despot". Is this liberty sacrosanct Ian asked? He maintained that much legislation in times of war shows otherwise. This excellent and well illustrated review was much appreciated by the audience.*

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## Beware – Torrentlocker Computer Virus

*I would just like to warn people about a particularly nasty computer virus that's doing the rounds. I have now had four local customers who have been infected with Torrentlocker. I believe these people got the infection from clicking on an email attachment purporting to be a PDF file or compressed file(zippped) .The virus is ransom-ware called Torrentlocker or one of the other Cryptolocker copycat variants. The first that you know that you are infected is when up to three files open on your desktop. One opens in your browser. Another is a plain text document and the third is normally a jpeg image similar to these (right). Very little appears to happen after opening the infected file but in the background it is scanning your computer and encrypting all your files with almost unbreakable encryption algorithm. This means your documents and pictures etc. are effectively lost forever. The virus creators then ask you to "Buy" an unlock "key" from the internet for upwards of \$1000. Of course if you do try and buy the key there is no guarantee it will work and the scammers then have your credit card details. It is most important that you back up precious files like family photographs and legal documents, either on to a removable memory stick or hard drive or backup to on-line "cloud" storage. Make sure that Cloud Storage is not installed as a mapped drive e.g. the folder is allocated a drive letter like D: or Z: etc. This is because there have been some cases of users with Dropbox clients installed on their PC also becoming infected and encrypting all the contents of the Dropbox folder. Make sure your antivirus is up to date and is regularly scanning your PC (AVG no longer does a routine scan by default so needs to be set to run a regular scan of your PC) Also be wary of unsolicited emails particularly those with attachments such as .PDF or Zip file . If the adobe "propeller" icon is not visible on the file treat it as very suspicious. Finally make sure prompts to update Java or Flash Player are from reputable sources. Often these pop up on dodgy websites and are infections rather than messages from Adobe or Sun Micro.*

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# Little Hadham Toddlers' Group

Thank you to the parish council for their donation to our village toddler group. We have used the money to pay for our annual insurance.

We meet every Wednesday in term time in the Village Hall, 9:30-11:30. Everyone with children under 5 would be really welcome to join us.

**Torrentlocker Virus**, continued from page 10.

The sort of jpeg images to beware of.



Adverts removed

# What's on in April

in the Village Hall unless otherwise stated

**5 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.

**12 Tue, LH & A Social Club AGM**, 8pm. Ennis Rogers will be giving a talk about The Herts East Branch of the RSPCA. See p4. Everybody welcome.

**14 Thur, Moth Night**, Millennium Wood with Jonathon Forgham, See p17. Please let him know you are coming. [jforgham@hotmail.com](mailto:jforgham@hotmail.com).

**19 Tue, LH & A Garden Club**, 8pm. A talk on 'Saving the Hedgehog'. We are open from 7.45 and the talk starts at 8pm. Non-members welcome at a cost of £3.

**19 Tue, Spring Fashion Sale**, 10.30-3pm Cottered VH Near Buntingford, SG9 9QR Entrance inc. coffee & biscuits £3.50, Sandwiches to be served at Lunchtime. All proceeds to **East Herts BRITISH RED CROSS**.

**20 Wed, Hadhams' History Soc.**, LHVH, 8pm, "River Stort History" by Richard Thomas, a Hoddesdon historian with considerable knowledge of our local waterways.

**21 Thur, Way Inn Coffee Morning**, 12.30 - 1.45pm, rear of Village Hall. Come along and meet old friends and make new ones.

**21 Thur, Annual Parish Assembly**, 7pm. See p3.

**24 Sun, Open Day** at the Gardens of Easton Lodge, CM6 2BB. Entrance £4 for adults, with 50p per person going directly to our Tree House Appeal; entry for children under 16 is still FREE. See page 23.

**26 Tue, Charity Gala Concert**, 7.30-10.30pm. Join us for a chilled and informal evening of jazz standards and solos performed by the fantastic and talented students at Haileybury School. Tickets £25 pp which includes light nibbles. There will be a pay bar and a raffle in

aid of Isabel Hospice.

**28 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 her know.) New players welcome.

**30 Sat, Farmers' Market**, 8.30 - 11.30am. Don't miss it, come and buy your local produce, and have a cooked breakfast while you're at it.

## Coming up

**May 7th Plant Sale and Coffee Morning.**

**May 8th Dawn Chorus wander and Bio Blitz Day**, contact Jonathon for details: [jforgham@hotmail.com](mailto:jforgham@hotmail.com).

**May 8th LH Antiques Fair.**

**May 12-14th Much Hadham Drama Group**, directed by Sue Clarke, will stage an amateur production of 'Entertaining Angels' by Richard Everett 8.00pm in the Village Hall. Tickets at £9 will be available from Londis, Much Hadham, or [nclarke167@aol.com](mailto:nclarke167@aol.com). This sharper-edged comedy with probing wit was first presented in 2009 at the Theatre Royal, Bath, starring Penelope Keith.

**May 16th Hadhams' History Soc.**, 8pm, Green Room, Much Hadham Village Hall. Canal Boats in Ware, by David Perman co-founder and 1st curator of Ware Museum and author of several books on Ware history.

**June 11th Much Hadham Ball.**

Early bird tickets £80, after Easter £85. [www.muchhadhamball.com](http://www.muchhadhamball.com). See poster p13.

# NOTICEBOARD

## FOR SALE

American style fridge/freezer  
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Little Hadham

Call Emma  
07812 692584

## PAPERFREE

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

ROLL UP ROLL UP

MUCH HADHAM BALL  
CURIOUS VICTORIAN  
SIDESHOW  
11TH JUNE 2016

MARVEL & WONDER AT  
THE MOST AMAZING SHOW IN THE HADHAMS

TICKETS ON SALE NOW

£30 EASTER EARLY BIRD TICKET  
£35 STANDARD TICKET

Tickets include: Champagne, Canapes, 3 Course Dinner, Sideshow Entertainment & DJ

WWW.MUCHHADHAMBALL.COM

Treasurer supported Much Hadham Tea-Request

## 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

## Nature Notes February - March:

Jonathan Forgham

*It appears to be pay back time, weather wise. Having enjoyed warm times in December and January, the temperatures appear to be struggling to make it anywhere near double figures at present. Consequently, Spring seems to have been put on hold.*

*Birdwise, very little new to the parish and so far, no signs of any spring migrants arriving. Most UK records are showing the migrants to be late this year, with the first wheatears and sand martins being noted along the south coast in mid-March. Usually, chiffchaffs are calling within the parish by now, but not this year. A few sunny, but still cold days around the 16th and 17th gave hope that the first butterflies would be on the wing, but none registered yet by the 19th March.*



*A walk back from town on the 14th gave up some good birds, with a grey wagtail recorded east of Hadham Hall and this splendid goldcrest in conifers near Nut Walk. Yellowhammers were in fine voice and a marsh tit calling from East Wood was also a pleasing parish record.*

*Away trips have been limited to 2 visits to the wonderful Suffolk Wildlife Trust Reserve*

*continued on page 16*

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## Down at the doctor's

Dr Paul Haimes

*I am delighted to announce that we have found a replacement Practice Manager, namely Mr Andrew Wilkinson who will be starting on 1st June. We have poached him from Holt Medical Practice in Norfolk but he is a local lad; living near Hertford with his wife and two boys.*

*Dr Conway is taking 5 weeks off from Easter and through all of April. There will, therefore, be no Little Hadham surgeries during this time and his Much Hadham sessions will be covered by a Locum. As previously mentioned, we already have a number of locums covering some of our weekly surgeries but these "regulars" won't all be available during Dr Conway's absence due to the Easter holidays and the fact that one of them is getting married. Please bear with us during this time as there will be a few unfamiliar faces around. I, of course, will be the common denominator; plodding on in adversity with help from Dr Oates!!*

*From 1st May, Dr Conway is reducing his hours to 3 days a week. We haven't worked out how the surgeries, especially Little Hadham, will change as yet but I will let you know. Dr Oates is, also from 1st May, increasing her hours to 3 days a week. I, of course, will be the common denominator; plodding on in adversity (oops; have I already said that??!!)*

*Adverts removed*



## Nature Notes, continued from page 14

of Lackford Lakes, just a few miles outside Bury St. Edmunds. Here, 2 chiffchaffs were calling and in one small wood I noted blue, great, long tailed, coal and marsh tits as well as a few siskins and this very friendly nuthatch. A wonderful reserve with hides and good footpaths, free entry, too, so worth a visit.



I began the month by purchasing a portable, battery powered moth trap. This uses a fluorescent bulb and I plan to leave it around the parish, on footpaths and in local woods most evenings from dusk until about 10pm. I have already used it around Westland Green, Acremore Street and Millennium Wood, but the cold night time temperatures mean just a few regular moths have been trapped. The only unusual specimen being this Dotted chestnut, taken in Pigs Green on 10th March. This constitutes only my 2nd parish record of this well marked moth.



Plants are now coming into flower, with the spring specialists

*continued on page 17*

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## Nature Notes, continued from page 16

trying to get underway. Dog mercury, primula, ground ivy and a few bluebells are in flower and along the A120, a few greater stitchwort have opened a few weeks early.

Over the next 4 weeks I expect to be recording plenty of new for year species in all aspects of natural history, with the 1st damselflies emerging, usually the large red damselfly, bumble bees, brimstone and peacock butterflies as well as the bird migrants. There should also be a large increase in the number of moth species so I'm planning a moth night in Millennium Wood on Thursday 14th April. All welcome to join us as from about half an hour before dusk. Do let me know if you are planning on coming along at [jforgham@hotmail.com](mailto:jforgham@hotmail.com) just in case there is a change of plan. If it is a warm evening may well be a busy session.

As always, thanks to everyone who has forwarded mammal sightings to me. The only new one I have contributed personally to the Herts Mammal Atlas has been a field vole, brought into the house alive by our cat, Colin. The vole promptly escaped and hid behind the radiator where it merrily munched through the internet router cable! I eventually captured it and released it without the attention of Colin. Please keep the mammal sightings coming, just a date, species and description of where or map reference. All records are most welcome. Thank you.

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## How Are You? continued from page 5

Hertfordshire County Council's Cabinet Member for Public Health, Localism and Libraries, Teresa Heritage, said: "By the time we reach our 40s and 50s many of us will have dramatically increased our chances of becoming ill later in life. We neglect ourselves and gradually sleepwalk into poor health. Whether we are eating the wrong things, drinking more than we should, continuing to smoke despite everything we know, or just not being active enough, all of these small things can have an impact on how we feel every day.

"This quiz is a great way to give us that kick-start we need to start making small changes and enjoy the benefits – more energy, a healthy weight and generally feeling happier in ourselves. There's only one you – it's never too late to start taking care of that person! I took the quiz and scored 7, which is about what I expected. My role as a Councillor does not enable me to take as much exercise as I would like, so I'll be checking out the Couch to 5k app to get some ideas. The quiz was quite good fun as it made me think about my lifestyle."

Hertfordshire County Council's Director of Public Health, Jim McManus, added: "I scored 9, which I was chuffed with, but only because I've been working hard at improving my health. The survey really made me think and I got some great stuff out of it."

Hertfordshire resident Mandy Bryan knew how important it was to start taking care of herself. She lost over ten stone through a Hertfordshire County Council funded weight management scheme and has changed her life as a result.

She said: "I was experiencing a lot of health issues so I knew I had to change. I expected to

*continued on next page.*

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## How Are You? continued from page 18

*give up after a couple of weeks, but actually found myself enjoying it! I lost 15lbs in the first three weeks and just fell in love with the idea of putting myself first for once.*

*“As I started losing weight my confidence increased and I had more energy to do the things I enjoy. I started walking more and soon found myself waking up without back pain or sore knees. I started to feel like myself again!”*

*Making better choices today can have a huge influence on our health, and could prevent conditions like type 2 diabetes, cancer and heart disease, and reduce our risk of suffering a stroke or living with dementia, disability and frailty in later life.*

*To take the quiz and find out more about the range of support available in Hertfordshire, visit [www.hertsdirect.org/oneyou](http://www.hertsdirect.org/oneyou)*

## Churchyard Clear-up

*Two dozen volunteers gave up their Saturday morning on 19th March to help with the Annual Churchyard clean-up. By 12 noon an untidy and seemingly unloved area had been transformed; the grass had been cut, fallen twigs and branches fed on the fire and the 24 workers rewarded with tea and home-made cakes. What a great team effort it was by all those who helped us keep a fine and well-respected Churchyard in top condition - thank you to all of them.*

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## Little Hadham - Security alert

*Crime is generally on the increase and an area to be aware of is the increase in internet and bank fraud; this can be a particular security risk to many rural properties who use external/roadside post boxes for their mail delivery.*

*Items of post can be taken from a household's post box and the information used to gain access to bank accounts. Criminals order replacement cards and PIN numbers and when bank cards are sent out, these are intercepted in the post again. A local postman has confirmed that there have been incidents of this type of fraud in our area. He also confirmed that following recent fraud, several residents in Widford have removed their external post boxes. Another local postman has reported that he was followed on his rounds by someone in a Volvo car who he suspects was looking for the opportunity to steal from post boxes.*

*We are aware that a local Little Hadham parishioner has recently been the victim of this crime, whereby the culprits managed to transfer significant funds and make purchases totalling several thousand pounds.*

*These criminals are active in this area and will try and strike again given the chance. It is very important that we all look at postal security and also what information we put in our recycling bins. If you do spot anyone tampering with a neighbour's post boxes or recycling bins please inform them and if possible report the incident to the police.*

Councillor Tony Hoodless

*Adverts removed*

*Easter was late that year, Good Friday fell on 16th April with three church services, at St. Cecilia's, the Congregational Chapel and St. Andrew's, Much Hadham. On Easter Day there were four services at St. Cecilia's, Holy Communion, Parish Communion, Matins and Evensong [very different from today], with one at the Chapel and one Mass at Much Hadham.*

*There was a vacancy for the Rector at that time and "the Easter Collections were taken with the intention that, after the Institution of the Rev. R. V. Hodgson, the fund collected shall be handed to him, under Section 20 of the Finance Act 1961 for the Maintenance of the Rectory, thereby avoiding liability for Income Tax". [So tax dodging was rife in the church too!]*

*The Rev. R. V. Hodgson duly arrived and his "Institution and Induction" took place on Tuesday, 27th April in St. Cecilia's. 30 seats were reserved from visitors from his last church, St. Peter's, Eaton Square. [What a change he must have found us rural folk after the grand London congregation.] No cars were allowed to park in Church End and Mrs. Starling, then occupier of Hall Farm (now Church End Farm), allowed parking in the farm yard. A peal of bells was rung, led by Bill Parker. Refreshments were served at the Primary School overseen by Mrs. Elder, [wife of our then doctor, Peter Elder.]*

*Other news: Details of the Best Kept Garden Competition would be announced in the May Parish News. [Should we start this up again?]*

*£14 17s 4d. was raised at Coffee Morning for the Friends & Neighbours' Club. The Women's Institute enjoyed a talk on Rock and Alpine Plants by Barbara Martin, a member of the Alpine Society [who lived in the Thatched House on Bury Green, now home of Carmela and Tony Piccolo].*

**Adverts removed**

## Top tips for your medicine cabinet

In the last year alone, the NHS in east and north Hertfordshire spent £580,000 on prescriptions for paracetamol. That's £1 for every man, woman and child in our area. While some patients need specially prescribed medicines for their condition, for many common illnesses you can save yourself and the NHS time and money by buying remedies over the counter at your local pharmacy. If you pay for your own prescriptions, at £8.20 per item the cost can soon add up. "You don't have to spend a lot to make sure that your home medicine cabinet is fully stocked so that you and your family are prepared for winter. Cheaper, own brand versions of common remedies for colds and allergies work just as effectively.

### **Top tips for your medicine cabinet are:**

- Ibuprofen – for adults, to relieve pain and reduce temperature
- Paracetamol – for adults, to relieve pain and reduce temperature
- Infant paracetamol – for children, to relieve pain and reduce fever
- Infant ibuprofen – to relieve pain and reduce fever
- Cough linctus & throat lozenges– to relieve the discomfort of a sore throat
- Digital thermometer – to accurately measure fever in a baby or child
- Antihistamines for insect bites, allergies and to calm skin itchiness in chicken pox
- Antacid – to treat the symptoms of heartburn and indigestion
- Anti-diarrhoea tablets(not for children under 12) for diarrhoea
- Oral rehydration salts – to replace essential body salts after sickness or diarrhoea

**Always remember to follow the directions on medicine packets and information leaflets, and never take more than the stated dose. If you have questions about any of these medicines or you want to buy them, ask your pharmacist.**

## Rural Ramblings

Cherry Mardell

*All my life I have hankered after something made from cashmere. I am allergic to lamb's wool so the thought of something warm and woolly that didn't make me itch was a bright, if distant, dream for me. But the cost of cashmere meant that I always balked at buying it.*

*At Christmas I decided to spoil myself and waltzed into the Edinburgh Wool shop to find their cashmere jumpers were half price. In a sudden rush of enthusiasm I bought myself a pink jumper. I wore it – and found it totally soft and luxurious. I have washed it ... and still the jumper remained gorgeous ... until recently.*

*It was then I saw the story about cashmere with added rat fur being sold in the high street – with particular emphasis on the Edinburgh Wool shop. It appears there is currently a case between them and the trading standards people about the purity of their cashmere. Low price fibres, including rat fur, are being woven into garments and then labelled as genuine cashmere, it is claimed.*

*I still love my jumper but it has somehow tainted my enjoyment of wearing it. Rat fur doesn't have the same appeal, you have to admit!*

*PS And yes, my alpacas' wool is also lanolin free and I can also wear that – but there is a long and complicated road between an alpaca fleece and knitting wool. And as a totally incompetent non-knitter, that's one road too far for me to travel.*



## News from the Gardens of Easton Lodge

### Spring has Sprung and Our New Season Begins

*We are looking forward to welcoming visitors to our first main season open day of 2016 which will be on Sunday 24th April.*

*The entertainment for this open day will be provided by Braintree Music School who will be performing two sessions over the course of the afternoon – timings will be available on our website [www.eastonlodge.co.uk](http://www.eastonlodge.co.uk) nearer the time. We are all looking forward to welcoming them back and hearing them play in this glorious setting.*

*Delicious homemade soup, bacon baps and cheese rolls will be on sale until 2.15pm; hot and cold drinks, crisps and homemade cakes will be available all day. There will be children's craft and nature activities on offer and guided tours at 12.30pm and 2.30pm; as always dogs are welcome on leads.*

*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 also offer annual season tickets at only £12 for 12 months entry to the gardens on open days; again details are on the website or you can buy them at the gate.*

*Gates are open from 11.30am until 5pm with last entry at 4pm.*

*You can get more information about open days and volunteer opportunities from the website or you can call 01371 876979 (leave a message and we will get back to you) or mail us on [enquiries@eastonlodge.co.uk](mailto:enquiries@eastonlodge.co.uk).*

*Adverts removed*

# April diary for Little Hadham and Albury

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

## **3 Sunday**

### **Easter 1**

9.15am

Family Communion at Much Hadham

11.15am

Holy Communion at St. Mary's, Albury

**No service at Little Hadham.**

## **10 Sunday**

### **Easter 2**

9.15am

Holy Communion at Much Hadham

11.15am

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

## **17 Sunday**

### **Easter 3**

9.15am

Holy Communion at Much Hadham

11.15

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

## **24 Sunday**

### **Easter 4**

9.15am

Holy Communion at Much Hadham

11.15am

Communion at St Mary's, Albury

**No Service at Little Hadham**

## **27 Wednesday**

10.00am

Midweek Holy Communion at St Cecilia's, Little Hadham.

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

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**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**

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