

Little Hadham Parish News August 2016

Millennium Wood

Teddy Bears' Picnic Sunday 14th August. Start time 1.00pm

Nature hunts and walks



All welcome with Teddy bears.

If you would like to bake and bring a cake along that would be super.

Adults welcome to join in with wine or beer from home.

Please let me know if you plan on coming and how many children
at jforgham@hotmail.com or text 07805571551

Donations to the Millennium Wood requested.

Rector of Parish: **Vacancy from 14.1.16**
01279 842609

e-mail: muchhadhamrectory@gmail.com

Team Vicar: Revd. Julie Gawthrop
01920 823832

e-mail: julie.gawthrop@ntlworld.com

Churchwardens

Mr Don Gibson
01279 – 771325, 0782 1019196
dfg-at-priors@lineone.net

Mrs Karin Green
01279 - 771532
gouldburn.green@outlook.com

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

A Story, by Revd. Tim Weeks

I was brought up, partly, as a village boy in South Wales and have always believed that village life produces the sort of stories that town or city life cannot. I don't propose to go into the sociological reasons why this should be the case; but I want to tell you of something that happened, in a village, a few years ago, involving a Vicar, concerned about the inward looking, rather selfish, nature of her new congregation, and a friend of mine. It was one of those things which caused me to wish I had the courage to set up the happening that my friend and the Vicar concocted between them. Maybe it was a lack of imagination, as well as courage, on my part.

The scene was a country church surrounded by a graveyard. The middle aged to elderly congregation were coming up the church path to Parish Communion. I don't know how many of them noticed the ragged man slumped against a 'feature' grave stone, near the path. He was unshaven, surrounded by cans, presumably empty, of lager and fag ends and was snoring loudly. The congregation gave him a wide berth and the 'tut tutting' could, probably, be heard at Diocesan HQ, some ten miles away! The people passed into church, to be followed by a young woman, obviously late, who dashed up the path, saw the slumped man, and knelt down and spoke to him; he appeared to mumble a reply and she stood up and went into church.

The service proceeded as normal, until the sermon 'slot' came along. At that moment the west door of the church banged open and there stood the man from the grave yard (it must be said that, in addition to the other things they had noticed about him, he stank). To the consternation of the congregation, he walked up the aisle and gave the Vicar a big hug (her husband was a touch surprised at this point), walked behind the altar and crouched down. After a minute or so of pregnant silence, he reappeared in the robes of a Lay Reader, went to the pulpit and delivered his sermon. He left the pulpit and walked out of the church. What followed will live for ever in the memories of those who were in church that day. One Church Warden shouted that it was a disgrace, several people told him to 'shut up', some wanted the service stopped and some just sat there in a continued state of shock.

As I say, would that I had the courage to try and break complacency and selfishness like that. The church was never the same again; the following week the Vicar preached on 'Who is my neighbour?' The church has grown, considerably, although it did lose one Church Warden!

Oh! And the sermon; well, it consisted of just four words:

"Only one of you..."

Volunteer needed!

Can you help the Parish Council maintain their new website? We are seeking a volunteer to edit the new Parish Website. We envision a website which has information about who we are and what we do, what activities can be accessed within the Parish, and up-to-date information on any events coming up.

The editor would not need any experience with websites – just in gathering material and writing copy.

Please contact Bev Evans (Parish Clerk) at clerklittlehadham@gmail.com

Parish Council News

The Parish Council does not meet in August. The next Parish Council meeting will be at the Village Hall on Tues 6th Sept 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 being carried out.

Parish Clerk is contactable on 01279 842803 or email clerkittlehadham@gmail.com

Funding available

Local community groups and charities could get a funding boost from their local county councillor thanks to Hertfordshire County Council's locality budget scheme.

Each of Hertfordshire's 77 county councillors has been given a fund of £5,000 to spend on worthwhile projects in their area.

Teresa Heritage, Cabinet Member for Localism, said: "The locality budget scheme has given millions of pounds to thousands of community projects since we launched it in 2009, supporting local good causes and making a real difference to people across Hertfordshire. County councillors work closely with local communities to identify local priorities, so if you know of a local community group or charity that could benefit from a funding boost, get in touch with your local county councillor and let them know."

Since the locality budget scheme was launched in 2009, more than £5,000,000 pounds has been given to more than 7,500 community projects, with the average grant just over £600.

The organisations that have benefitted have included very local groups such as sports clubs, village halls and arts groups as well as larger charities such as domestic violence charities and organisations supporting the elderly.

For more information on how to apply for funding under the scheme visit www.hertfordshire.gov.uk/localitybudgets.

Advert removed

ADVERTISE

in

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

Reasonable rates, contact
htfp@clocktower.co.uk
for more details

A period of increasingly hot temperatures, culminating in the thermometer passing 30°C as I write (19th July.) A week away, camping in Devon meant I missed a week of damp and colder weather, so well timed as little would have been recorded. Upon our return, the weather improved and consequently I was able to get out and about checking on breeding birds. Of special note were firstly the red kites that successfully reared 2 juveniles that left the nest on or soon before 5th July. These could be heard calling to their parents all along the Ash Valley for several days, before copying their parents and spending time following the tractors as the hay was mown opposite the Village Hall. At this time of year the adult kites will be moulting whilst the juveniles will have pristine plumage. The adults frequently lose several of their primary wing feathers, making them appear very tatty



Along the private track near Lodge Farm the little owls also reared 2 juveniles that appeared to leave the nest on 13th July. As I drove past the track to set the moth trap they were both on posts, receiving worms from an adult. Two posts away, a barn owl. Needless to say they didn't fly off as they clearly knew I had left my camera at home!

In the bird world it is now the beginning of Autumn, with several species already returning to sub Saharan Africa. Of particular note: a party of 52 adolescent swifts heading south down the

continued on page 11

Adverts removed

Air Traffic Noise

Have you noticed increased Air Traffic Noise ?

I am wondering if anyone in Little Hadham has noticed an increase in air traffic noise recently. It may be the case that aircraft departing Stansted have either changed their flight paths and/ or are flying at a lower altitude over our parish. In response to this query, Stansted Airport have commented that there is increased traffic for the holiday season, however they have not answered the particular query raised.

Stansted Airport are also reporting record passenger numbers and flight movements. With the pressure still on the government for increased runway capacity in the South East we need to be aware of our surroundings and any changes stealthily put upon us.

Have you noticed a change? Are aircraft taking the same routes overhead? Are they flying lower than before?

If anyone has experienced a disturbance they can register their complaint by going to either: www.stopstanstedexpansion.com/noise_complaint_form.asp (this form will automatically log a complaint to Stansted Airport)

Or Stansted Airport Noise Communications Team - Freephone telephone 0800 243 788

If you like you can also pass your details on to your local parish councillor so that we have a record of those affected if it is required for us to act as a collective.

antonyhoodless@gmail.com

Adverts removed

Following suggestions from a number of patients, we are taking another look at the card payment options and, hopefully, those who wish to will soon be able to pay prescription charges and other fees (e.g., medicals, passport forms) in this way.

I have been asked to remind you of our online appointment and repeat prescription service. All you have to do is register your interest with us and these options will be available to you; just ask at reception for further details.

At a recent Jack May Trust Fund meeting it was decided to attempt to organise a fund raising golf day with live music in the evening. May 2017 is the likely time so watch this space for further details.

I know it's early but some Parish Magazines don't have an edition in August, postponing my words of wisdom until September, so here's a reminder about FLU JABS. Surprisingly, our practice was below both local and national influenza vaccination targets last year; a fact picked up back in March by the Spanish Inquisition, otherwise known as the Care Quality Commission (CQC). The vaccines should be available from mid-September so keep your eyes peeled for the posters and remember that some of you will also be eligible for the pneumonia and shingles vaccines; just ask at reception or during appointments with the doctors/nurses for more information.

Adverts removed

Little Hadham & Albury Social Club

WOW!.....40 to supper, FANTASTIC turnout! Thank you to all the parishioners who supported our Social Club Supper on 12th July - delicious food, good company, lots to catch up on.... just how a social club should be, we are truly fortunate to live where we do and to enjoy one another's company. On Tuesday 9th of August at 8pm Tony Flowers from Much Hadham will be coming along to give a talk - entitled MY NEPALESE FAMILY... Tony has been constructive in the lives of "his" Nepalese family for many years and tells us all about the connection and how he has helped them and watched the family grow. Do please come along we'd love to see good numbers again.....everyone is welcome - Membership not required - £2.50 at the door includes refreshments & raffle - Carmela, Binnie & Sue

(A VERY SPECIAL THANK YOU TO SUSANNA - MY ROCK xx)

Little Hadham & Albury Garden Club

The Garden Club does not meet this month. We hope you all have your schedules now and are planning your entries to the Garden Club Show on Sunday 4th September. You don't have to be a member of the Garden Club to enter the show, so go on give it a try.

Extra copies can be obtained from the Post Office in Little Hadham or from Karin on 771532.

Saying of the month - Gardening is a way of showing that you believe in tomorrow.

Adverts removed

When I first married David, he told me wonderful stories about his tame jackdaw, how it used to travel to school with him on the handlebars of his bike and how it watched for him at the end of the day and flew to him, making the return journey the same way. So when our granddaughter, who is a nurse at a local vets, heard about this oddball jackdaw, who would suddenly swoop down onto a stranger's shoulder and whom nobody claimed, she suggested that, as we had a spare stable, we might adopt him.

So meet Marvin, the latest addition to our already mixed animal kingdom. What David failed to point out was that jackdaws, like every other bird, poo frequently - and more often than not, it is down my back! He also omitted to mention that jackdaws have a beak akin to a woodpecker - and Marvin likes nothing more than to land on my head and then proceed to woodpeck into my skull. In fact, the only time I feel a true liking to Marv is in the morning when I open up the stable and he flies onto my shoulder where he sits contently squarking in my ear and - if I'm not careful - taking a bite out of my lip. Unfortunately he seems to regard me as his number one fan although he is happy to torment our neighbours, their children and any stranger who, unknowingly, comes to the door - only to be swooped on in a fairly alarming manner! I am awaiting, with a degree of impatience, to the next visit from the Bible-punching Salt Lake City trio who invade us on a fairly regular basis. This may move them on faster than ever I can! Despite investigating Jackdaws on the internet, I still don't know much about their

continued on page 9

Adverts removed

Rural Ramblings, continued from page 8

tastes in food. I do know that fried meal worms are high on the list of 'must-haves'. I can only be thankful that I don't have to buy live ones. He loves a bit of cheese, Walkers Bugles (you must try them, they knock crisps into a cocked hat), a slice of banana, a bit of fresh meat - (top quality mince or a scrap of sirloin steak are his favourites so far!), the odd gooseberry, a slice of carrot... to be honest, it's all trial and error. But when you read a bird must eat its weight in food every day, this could become a major expense as Marv continues to grow.

Is he handsome? Not if your ideal man has beady black eyes with bright blue iris, scratches occasionally and has fingernails which can break the female skin. One good point is that he loves to take a bath, which he does two or three times a day during the current hot spell. A good few men could take learn from that!



Marv flies freely every day. Sometimes he stays close by me, sometimes I don't see him for a couple of hours. All the jackdaw information I have gleaned seems to suggest he won't stay for ever. One day they all seem to fly off to pastures new.

Will I be sad? Yes, Would I do it again? No. It's a bit like adopting an inquisitive 4-year-old. He needs constant stimulation. Recently I can be found in charity shops searching out small-fry toys which he can enjoy. My days of sitting quietly in the sun are long gone.

But any four-year-olds who are bored, might well find my wealth of slightly used child-friendly toys worth a visit!

Adverts removed

Little Hadham School

Believing and Achieving

A busy end of term but we got there!

The sun shone down on us for Summer Fete, which was a great success, raising over £3000 for school funds. Well done to all our helpers!

The KS2 show, 'The Golden Ticket' was a great hit and our Y6 stars shone brightly on stage. We wish them all lots of luck, as they move on to their new Secondary Schools in September.

I wish everyone an enjoyable and, hopefully, sunny summer break.

See you all in September!

Thank you for your continued support.

Liz Stockley, Head teacher

Elderflower Champagne

Ingredients: *Four very large heads of elderflower in full bloom, 1 large lemon, 1lb granulated sugar, 1 gallon cold water, 2 tbs wine vinegar.*

Method:

Peel lemon thinly and squeeze the juice. Put all the ingredients into a clean plastic bucket and pour on the water. Stir to dissolve the sugar. Cover with a cloth and leave to steep for 24 hours. Next day strain through a cloth and pour into bottles with screw tops or good corks.

Keep in a cool place for two or four weeks before sampling. Delicious!

Adverts removed

Nature Notes, continued from page 4

Ash Valley on the 7th July at about 9.15pm. These birds will be either 1 or 2 years old and will not have stopped flying since the day they vacated the nest! Often they will breed when 3 years old and this will be the first time they land. In the process they can fly from southern Africa and back 3 times, a total of in excess of 40,000 miles, without stopping! Incredible.

Keep an eye on the sky in the evenings as many birds will be heading south over the next month. The local cuckoos will have already departed and waders and gulls will start to return from their

breeding grounds in The Baltic, Iceland, Greenland and Siberia. Worth keeping an eye on the ponds around Hadham Hall for small waders

stopping to refuel on their long journey south. A green sandpiper or common sandpiper can often be seen around here in late July and August.

Talking of migration, in early June there was a huge invasion of the micro moth *Plutella xylostella* (Diamond back moth).

Literally millions arrived all along the east coast, presumably from Scandinavia and the Low Countries. The eggs will have been laid on brassicas (cabbages, oil seed rape etc) and these are now emerging as adult moths, having consumed

whole fields of rape leaves as caterpillars. There is anticipated to be another explosion of numbers within the forthcoming month. Be interesting to note if I can beat the record of 55 of this species in the garden trap from 6th June (photo above).

The warmer evenings have encouraged plenty of insect activity, with moth numbers increasing

continued on page 14



Adverts removed

What's on in August

in the Village Hall unless otherwise stated

The Parish Council does not meet in Aug. The next meeting will be at the Village Hall on Tues 6th Sept 2016 at 8pm.

9 Tue, Coffee Morning 10 -12 noon.
Markwell Pavilion, Bishop's Stortford, CM23 2EL, for Isabel Hospice.

9 Tue, LH & A Social Club, 8pm. "My Nepalese family", a talk by Tony Flowers. Everyone is welcome - Membership not required - £2.50 at the door includes refreshments & raffle.

14 Sun, Teddy Bears' Picnic, 1pm, Millennium Wood. Please let Jono know you are coming, see front cover for details.

17 Wed, Hadhams' History Society, 8pm Little Hadham VH. House History – One Old and One much Less So by Barbara Green & Mike Clark. See p18.

18 Thur, Way Inn Coffee Morning, 12.30 - 1.45pm, rear of Village Hall. Come and enjoy lunch with good company. See you there!!

21 Sun, Open Day, Easton Lodge, 11.30 - 4pm. There will be a special Pirate Trail for our younger visitors with quizzes and challenges; though as ever there will be plenty for everyone to enjoy. This is also the month when the Italian Garden is at its best and well worth a visit. More on p20.

25 Thur, Whist Drive. All drives commence 7:30 pm (doors open by 7:15pm) on the last thursday of the month in the Village Hall. £2 to play including scorecard, tea and biscuits at interval. Also large raffle on night. See p13.

26-28 Goatfest Live Music Festival, 50% for Isabel Hospice, Hitchin Road, Codicote, SG4 8TJ Full details on p 16.

27 Sat, Farmers' Market, 8.30 - 11.30am. All the produce you could need, breakfasts cooked to order. Come along !

WILL YOU go 'paper-free' ?

Choose the green version
of the Parish News by
choosing to receive your
copy online.

Email your address with
'Paper-free' in the
subject line to

http@clocktower.co.uk
and you will save us time
and money

Coming soon

Sept 4, **Garden Club Show** See p7.

Sept 12 **Hadhams' History Society**, Green Room, Much Hadham Village Hall. History of St Elizabeth's Centre by Sr Pat Ainsworth – note change in date from programme.

Oct 8, **St Cecilia's Harvest Supper**. Tickets £8 (family rates available) from Frank Green 771532.

NOTICEBOARD

LITTLE HADHAM VILLAGE HALL

Charity No. 302425

Why not book your lovely

Village Hall

for your children's party, bouncy castles permitted.

Wedding & Funeral parties welcome - we can cater for 120 people with our well-equipped kitchen and have a fully-fitted stage and sound system.

For meetings and seminars we have a large screen for presentations. Lovely views over open countryside, well-kept grounds and large car park.

Hire details: 01279 771697 or jfardell@hotmail.co.uk

Little Hadham Whist Drives 2016

• August 25 • September 29 • October 27 • November 24 • December 22

Costs £2 to play including scorecard,
Tea and biscuits at interval.

Also large raffle on night.

All drives commence 7:30 pm
(doors open by 7:15pm)

on the last thursday of the month,
in the Village Hall.

We've been going in the village since
the 1950s, and all of our profits go to
support the Village Hall.

Further info can be obtained at our
website www.whistdrive.org.uk

The 'Way Inn'

Come and meet friends
and neighbours over
a cup of tea or coffee,
or enjoy soup and a roll.
Rear of Village Hall,
third thursday of the
month, 12.30 - 1.45

dramatically. On 7th July, I set a trap along a footpath off Chapel Lane and then went netting with a head torch around Westland Green. Including the garden trap, by 3am I had captured 238 moths of 97 species. Finished identifying and recording them all at midday on the 8th! Another good haul was taken at Westland Green on 14th July, with 106 moths of 49 species, including 2 new for parish records, the awkwardly named *Oidaematophorous lithidactyla* as well as a *Coleophora paripennella*, the former being only the 6th record for the county.



On the 18th a quieter night mothing but a black and orange beetle caught my attention in the bottom of the trap. This transpired to be the Red Data Book protected rare species called *Diaperis boteli*, (photo left) a first for East Herts and only 4th for the county. All records confirmed by the relevant recorder. Total moths for the year has increased to an impressive 316 species and, in all, 2792 moths. Still plenty to find this year. In all, I have recorded 606 species of moth within the parish since 2011 and

have now passed over 1000 species of insects, birds and plants. Suspect the next 1000 will take some doing!! This total includes dragonflies, damselflies, beetles, bugs, hoverflies, moths, butterflies, grasshoppers etc. as well as the 107 bird species and well over 100 named flowering plants. Time for a new book to record all these findings. Finally, a super day in Millennium Wood counting butterflies and finding other insects. Children and adults alike joined in the count which, considering the damp start to the day, concluded with a list of 6 species of butterfly including 40+ meadow browns and 30+ ringlets. All good stuff.

Adverts removed

Successive generations of humans have modified the appearance of the landscape through the creation of fields, enclosed parks, roads and settlements of varying sizes while leaving areas of woodland here and there. In his recent talk to Society members, Tony Morton told us about woodlands in and around the Hundred Parishes, many of which are Essex Wildlife Trust nature reserves. He explained the special features of such flower-rich ancient woodlands and discussed the traditional management techniques required to maintain them.

During the 18th century those with extensive estates developed a passion for large scale landscape improvement and 2016 marks the tercentenary of the birth of Lancelot "Capability" Brown. He is remembered for his involvement in over 170 parks across the country, many of which still survive. An astute project manager, he was nicknamed "Capability" because he would convince his clients that their estate had capability for improvement. He had an effective team of contractors who were able to implement his recommendations, many requiring reconfiguration of lakes and substantial plantings of trees. Brown's skill was to reshape these parks and gardens from formal geometric plots into more natural pastoral scenes, creating the vision of the English countryside we know today. His local commissions included the wonderful grounds at Audley End House. Brown was also involved at Hatfield Forest, which is well worth a visit at any time of the year. This August, to help commemorate Brown's actual birthday, there is the added attraction of 18th-century themed teas!

We are fortunate that the local area also includes some wonderful private gardens which are holding open days in the coming month. Details of these and other opportunities for days out can be found on the What's On page of our website: www.hundredparishes.org.uk.

Adverts removed



Tuesday 9 August – COFFEE MORNING 10am – 12 noon.

Markwell Pavilion, Bishops Stortford, CM23 2EL

Everyone welcome at the monthly Coffee Mornings, held on the second Tuesday of every month in the Markwell Pavilion, Bishop's Stortford.

GOATFEST LIVE MUSIC FESTIVAL – Hitchin Road, Codicote, SG4 8TJ

Friday 26 August – Sunday 28 August

Headliners include **The Rolling Clones, Roadrunner, Indi and The Vegas and Soul Funk Secret!**

Now in its 8th year, the Goatfest Live Music Festival, is moving to a bigger venue so that even more people can enjoy the fantastic live music Hertfordshire has to offer. As ever, 50% of the profit from the event will go to the Isabel Hospice.

Friday 26 August, 5pm til midnight

Saturday 27 August, 12noon til midnight

Sunday 28 August, 12noon til midnight

Tickets and more information are available at: www.goatfestuk.com

Adverts removed

Let's talk stress, man

In a recent Hertfordshire County Council Twitter poll it was revealed that men are more likely to drink to combat stress than talk to someone.

The poll asked men what they would do if they were stressed. 30 per cent of those taking part said they would drink, 28 per cent said they would do nothing, 25 per cent would exercise and only 17 per cent would talk to someone.

Hertfordshire County Council's Public Health Department is encouraging men to take a step towards a healthier life and ask themselves 'how are you?'

Men are living over three years less than women and a year of that is spent less healthy. Why? Statistics show that men are less likely than women to visit their GP or pharmacy, are eating less fruit and veg, are more likely to smoke and drink and less likely to talk to someone if they are stressed.

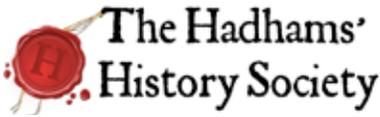
If not addressed, stress can turn into something more serious. One in four people develop a mental health problem every year.

Teresa Heritage, Cabinet Member for Public Health, Localism and Libraries, said: "We are committed to helping everyone live a healthy, happy life and are aware that men sometimes need a little extra encouragement to think about their health.

"Everyone gets stressed from time to time, but there are many ways to beat it, such as listening to music, exercising, having fun with friends or just talking to them.

continued on page 19

Adverts removed



After an anxious morning when the heavens opened, the skies brightened and Helen Gibson was able to lead our guided walk around part of Bishop's Stortford.

Our short route comprised High St, Bridge St, Water Lane and finally North St, noting that whilst many of the old inns had been converted to other uses some were still essentially unchanged.

In High St the two outer sections of the 15thC "Boar's Head", built about 50-100 years apart, have noticeably different timber constructions. Down the hill the fine 14/15thC timber framed and former outfitters Tissimans, has a carved corner post and the former George Hotel was originally a 15thC inn where manorial courts were once held. It was restyled and extended later to become the principal hotel in the town. The notorious and bawdy 17thC "Reindeer Inn" is now the Tourist Information Office, whilst its main competitor "The King's Head" was on the site where the Corn Exchange was built in 1828. The latter was saved from demolition after public objection in 1967.

In Bridge St are the well preserved tudor "Black Lion" and "Star". The latter has very low original ceilings and a rear courtyard and very old pump. Nearby, maltings (now Coopers) were once located on the bank of the River Stort before it was diverted, and the Old Town Mill was situated near the rear entrance to Jackson Square. Along Water Lane the length of former gardens of North St become obvious.

Beyond the fine 19thC United Reform Church we noted fine arched brickwork over the window of the large former brewery, each brick being skillfully "rubbed" to exact dimensions.

Turning along North St we noted the mixture of 15th to 18thC buildings including the 17thC "Half Moon", the former 15thC "White Horse" (Pizza Express) and Savill's (formerly the 17thC "Chequers Inn"). Twisted 18thC cast iron window frames are retained in the former Pearsons. Next to the George, now Oxfam, was an extension to its stables, where horses accessed the 1st floor via a ramp and were often seen looking out of the windows.

This was an excellent and entertaining walk full of Helen's anecdotes garnered from her detailed knowledge of the town obtained over many years. There are many other historic buildings and sites in the town and some excellent illustrated books in the library give further information.

Forthcoming Events

Wed, 17th Aug @ 8:00 pm Little Hadham Village Hall. **House History – One Old and One much Less So** by Barbara Green & Mike Clark

Mon, 12th Sept @ 8:00 pm Green Room, Much Hadham Village Hall. **History of St Elizabeth's Centre** by Sr Pat Ainsworth – note change in date from programme

Mike Clark 842131

Let's talk stress, man, continued from page 17

"Making better health choices today could reduce stress levels, 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."

This is why Hertfordshire County Council runs programmes like Shape Up, a programme run by Watford FC's Community Sports and Education Trust that encourages men to think about their lifestyle, including weight and stress management. It's seen some amazing results already; the 238 men who have graduated from the programme have lost 1.31 tonnes in weight!

Public Health England's 'One You' campaign encourages people to make changes to their lifestyle and get healthier and happier. Residents can go online and take the 'How Are You' quiz to find out what their health score is and get tips and ideas on easy ways to improve their habits and their stress levels. To get your score visit www.hertsdirect.org/oneyou.

The Men's Health Forum has developed a new Beat Stress service – free text chat with experts trained in beating stress, no names, no hassle: <https://www.menshealthforum.org.uk/beat-stress-our-new-service>.

For more information about the Shape Up programme visit www.hertsdirect.org/healthinherts and follow the links to healthy weight or other areas of interest.

Adverts removed

News from the Gardens of Easton Lodge Preservation Trust

August's open day on Sunday 21st sees a special Pirate Trail for our younger visitors with quizzes and challenges; though as ever there will be plenty for everyone to enjoy. This is also the month when the Italian Garden is at its best and well worth a visit.

On open days there are guided tours at 12.30pm & 2.30pm which cover all aspects of the garden's history and there will be a selection of craft stalls on site in August. For children there will be our usual range of craft & nature activities available and there is plenty of space to run around; not to mention croquet on the lawn.

Bacon rolls and cheese rolls will be on sale at "Daisy's" until 2.15pm with hot and cold drinks and delicious homemade cakes available until 4.30pm.

We welcome people to bring their own picnics and now have picnic benches in the walled garden especially for visitors to use.

Gates open at 11.30am and the gardens close at 5pm with last entry at 4pm. Entrance is only £4.00 for adults and children come in free of charge making it a very affordable day out, especially for families. Dog lovers are reminded that their pets are more than welcome as long as they are kept on a lead.

If you need further information then please get in touch on 01371 876979 (unattended but if you leave a message we will get back to you), enquiries@eastonlodge.co.uk or visit www.eastonlodge.co.uk.

Adverts removed

The first Sunday in June saw Little Hadham make the short trip to Stocking Pelham for a 30 over match. Batting first Little Hadham struggled with only 3 players reaching double figures (Syfal Islam 33, Joel Ellis, 14 and Arif 11), eventually being all out for just 107. In reply Stocking Pelham cruised to victory in just 23 overs for the loss of just 3 wickets.

The following week Reed were the visitors to Bury Green and batting first scored 220 for the loss of 3 wickets. In reply Hadham were all out for just 162, with Andy Singh (33) and James Law (27) the top scorers, thereby losing by 58 runs.

Manuden were the next visitors to Bury Green and they scored 242 for 8 wickets with Sandeep Singh the leading wicket taker with 3. In reply the total always looked too formidable for the Hadham batting and they eventually ended on 176 for 8 with David Wheatley (35) and Neil Oxborrow (31) being the top scorers.

The following Sunday the short trip to Sawbridgeworth was made and with the home side including some first teamers (including their overseas player), they quickly amassed a huge total of 316 for just 3 wickets. In reply the total was always beyond reach but Hadham did get to 184 for 7 with Neil Oxborrow top scoring with 63 to hang on for a draw.

A home game with Saracens (a wandering team from Baldock) was next, the visitors scoring 272 for 4, with Arif taking four wickets. In reply Little Hadham reached 204 for 4 (David Wheatley 92), to hang on for a draw.

The following match saw a quick return game with Manuden, who batted first and scored 214 for the loss of just two wickets. In reply Hadham lost an early wicket on 24 but then a partnership of 81 between Neil Oxborrow (38) and David Wheatley kept the rate required at about 6 an over. With three overs to go 33 were required to win, however in the end the match came down to the last ball which Paul Mason-Smith (22 not out) hit for four to win the game. David Wheatley ended the game on 104 not out of the Hadham total of 215.

August fixtures

Sunday 7th August	Away	Great Canfield	2.00pm
Sunday 14th August	Home	Hertford II	2.00pm
Sunday 21st August	Away	Little Hallingbury	2.00pm
Sunday 28th August	Home	Woodcutters	2.00pm
Monday 29th August	Away	North Weald	2.00pm

We are a friendly club and welcome players of all abilities and ages – from 8 to 80. If you are interested in playing cricket or even just watching then please contact Alan South on 01279 651603.



Scams Awareness

July was Scams Awareness Month when Hertfordshire Trading Standards raised awareness and provided proactive advice to protect against scams, by asking people to take a moment, trust their gut instinct so that they get advice, report scams and tell others about their experiences.

Key messages were;

- Don't be rushed – resist pressure to make a decision straight away.
- You shouldn't have to pay anything to claim a prize.
- Reject cold calls offering investment or pensions advice.
- If it sounds too good to be true it probably is.
- If you haven't bought a ticket you can't win it.
- Contacted out of the blue – be suspicious and ask for written confirmation.
- Walk away from job ads that ask for money in advance including payment for checks
- Your bank will never ask you to transfer money to a new account for fraud reasons.
- Your bank will never phone you to ask for details of your PIN or online banking passwords.
- Your bank will never come to your home to collect bank cards, cheque books, cash or pin numbers if you are a victim of fraud.
- Suspect a phone scam? Hang up and wait 5 minutes for the phone line to clear or use another phone to phone your bank.
- Genuine computer companies do not make unsolicited phone calls to help you fix your computer.
- Never send money to someone you have never met or don't trust.

Key facts;

- £5 billion is the estimated amount lost each year by UK consumers to mass marketed scams via post and phone
- £4,000 is the average loss from job scams with 18-25 being the most defrauded age group in this category
- £5.2 million is the loss to consumers as a result of ticket fraud in 2015, a rise of 55%
- Women aged 50-64 are the most at risk of subscription traps (free trial scams) offering beauty and slimming products via the internet or social media.

To help protect yourself (use the underlined text to insert into internet searches for more information) :

Get advice – the Citizen's Advice Consumer Service 03454 040506, can provide advice and pass details on to trading standards. If credit/debit cards, online banking or cheques are involved in the scam, contact your bank or card provider immediately. Report scams or suspected scams to Action Fraud 0300 123 2040. Tell a friend, neighbour or relative about any scams you become aware of.

Register your telephone number with the Telephone Preference Service or 0345 070 0707
Cut down on unwanted post by registering with the Mail Preference Service 0207 291 3310
Use a product to block telephone calls – contact your phone provider and ask about the products and services they offer or buy a callblocker from a reputable retailer not a cold caller!
Truecall or Call blocker.

Graham McAndrew

E: graham.mcandrew@hertfordshire.gov.uk

**ASH AND QUIN
VALLEYS
SUMMER TEAM
SAFARI**



**Team Holy Communion Services will all start
at 10.30am**

Sunday, 31st July at St Mary's Church, **Stocking Pelham**

Sunday, 7th August at St Mary's Church, **Furneux Pelham**

(Also on 7th August at 8.00am – BCP Holy Communion at St Thomas')

Sunday 14th August at St Cecilia's Church, **Little Hadham**

Sunday, 21st August at St Mary's Church, **Braughing** (with adult baptism)

Sunday, 28th August at St Mary's Church, **Albury**

Joining together during the school holidays, we'll travel around the team!

- *Experiencing worship in beautiful churches in the area.*
- *Enjoying fellowship with friends and meeting others in our team.*
- *Expecting to be refreshed and filled with God's love and presence, as we worship the Lord together, bringing Him glory and honouring His name.*

**Additionally, as an extra summer service, we'll join together for
SONGS OF PRAISE on Sunday, 28th August at 6.00 pm at
St Andrew's Church, Much Hadham**

Hymns will be chosen from members of our church family across the Team.

Adverts removed

August diary for Little Hadham and Albury

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

Services for August 2016 'Safari Month' – travelling around the Team

7 Sunday, Trinity 11
10.30am Team Holy Communion, **FURNEUX PELHAM**

14 Sunday, Trinity 12
10.30am Team Holy Communion, **St Cecilia's, LITTLE HADHAM**

21 Sunday, Trinity 13
10.30am Team Communion & Baptism, **BRAUGHING**

28 Sunday, Trinity 14
10.30am Team Holy Communion, **ALBURY**
6.00pm Team - Songs of Praise, **MUCH HADHAM**

PLEASE NOTE: NEW TIMES FOR THIS MONTH ONLY

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

The Register:

17 July, Orson Faraday was baptised by Revd Tim Weeks at St Cecilia's.

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