

From the Vicar

Revd Anne Donaldson



The church team is doing a series in the schools' Collective Worship (proper title for Assembly!) on what is worship. In one of the first we were thinking about what life would be like if God didn't exist. The children very quickly came up with 'there would be no life because there would be no world, no air to breathe, no water, no food. No Christmas (Jesus is God and if God didn't exist....) There would be no people – no friends, no parents – very lonely. There would be no toys – very boring..... Thank God that He does exist and is still active in our world and lives – as much as we allow Him to be

October is a month of thanksgiving.

It starts with Harvest. I love this season – looking around at all the wonderful colours, the fruits and crops, the beautiful world in which we live. I'm so glad God does exist – I feel so thankful – who would I thank if He wasn't here???

Then there's our annual Memorial Service – an opportunity to thank God for the lives of those we love and miss so much. At funeral time it's all so raw and painful and a turmoil of feelings, so this gives an opportunity to think about our loved ones more calmly, enjoy some memories afresh, and be thankful for the time together and the wonderful memories.

In our busy lives today there seems so little time to stop and reflect. Perhaps October could be such a time. Carve moments out of our diaries to look around at our beautiful world, to appreciate those who look after it, to enjoy our families and friendships..... And to be thankful!!

Anne

PS: I still have the post-viral Fatigue...



*Have
Faith
Treasure
Family
Enjoy
Friends*

Church News

Lunches for Charities: Thursday 1st October for World Vision and Thursday 5th November for the Royal British Legion.

Come and join us – everyone, of all ages, is welcome to these free lunches at 1pm in the Wilshere Hall, Stanstead Abbots. Please invite friends to join you. The lunch in September raised money for Isabel Hospice.

November 2015 Parishes Magazine

Items for the next edition should preferably be emailed to admin@3churches.net or left at the Vicarage by 12th October at the latest please. Copy can also be given to Lynne Heraud.

Transport to Church. If you would like a lift to church please phone one of the Churchwardens (see back cover of this magazine).

From our Registers

We celebrated the marriage of

Mark Roberts and Samantha Watt 29th August (St John the Baptist)

We offer our condolences to the families and friends of

Janet Mayes Cautherly Lane 27th August (St John the Baptist)

St Andrew's church is praying for:-

Baptism and Welcome families	– week beginning 4th October
High Street, Arthurs & Abbots Courts	– week beginning 11th October
South Street	– week beginning 18th October
Orchard Close, Riverside	– week beginning 25th October

Please note: The Administrator works on Monday, Wednesday and Thursday from 9.15am until 2.15pm and can be contacted on 01920 870115

Need a lift to hospital??

If you need a lift to take you to a hospital appointment, hospital visiting etc or short-term help with shopping, dog-walking (eg during or following an illness), or would like a visit or a prayer

call 3 Churches Careline: 01920 871678

between 9am and 6pm (except in an emergency)

We'll do our best to help

Lunches for Charities in Wilshere Hall at 1pm

1st October for World Vision

In 2014 donations from the UK in each £1

- 84p goes directly to charitable activities
- 15p is invested in fundraising
- 1p is spent on governance



Whether an emergency is caused by natural or man-made disasters, climate change, drought, famine or war, our dedicated on-the-ground teams work to prevent loss of life and reduce suffering as much as possible for affected children, as well as their families and communities.

Our life- saving humanitarian action revolves around three Rs: response, recovery and resilience. In emergency situations, we help meet the following needs among others:

- Physical needs by providing food, water and healthcare
- Psychosocial needs with child-focused programming and creating child-friendly spaces
- Economic needs by rebuilding street markets or offering training in new livelihood skills and supporting/strengthening current livelihoods
- Spiritual needs, especially if children are used to belonging to a religious community.

In all of our emergency responses, we collaborate with the United Nations and other international and local aid agencies as well as with national and local government. This helps to avoid duplication,

5th November for The Royal British Legion

The Royal British Legion helps the whole Armed Forces community through welfare, comradeship and representation as well as being the Nation's custodian of Remembrance. They help serving members of the Armed Forces, ex-Service men and women (veterans), their families and dependants all year-round. For those injured and disabled they provide practical care, advice and support to the Armed Forces family all year round. Welfare is at the heart of everything they do.

Through Remembrance education and events they safeguard the memory of those who have given their lives for our freedom.

As a big part of this they organise the annual Poppy Appeal; remembering those who have made the ultimate sacrifice and raising money to help those in need today and for their future needs.



Harvest Festival 2015

Come and celebrate

This year with our collections in all three churches we will be supporting the Bishop of St Albans' Annual Harvest Appeal.

Being born with a disability in Uganda means life as a second class citizen. Children are often shunned by their families and don't get a proper education.

The Church in the Rukungiri region has a totally different message: "every child is a blessing from God" and they have initiated the building of a school to facilitate this happening. Monies raised will help to provide additional classrooms, facilities and support for more children who have disabilities to be given the opportunity of an education and therefore brighter prospects for their future!

Our food collections from all three churches will be divided: dry foods will go to the **Hertford Food Bank**, and fresh produce will go to **Willowthorpe**. Please be generous, especially in these troubled times.



Saturday 3rd October

- 10.00am There will be a table in the High Street with toys, and locally made and grown produce for sale. Please take the opportunity to pop along.
- 7.30pm Harvest Supper in the Copping Building, Hoddesdon Road. Bring your own drinks.

Sunday 4th October

- 9.00am **Eucharist**
at St John the Baptist, Great Amwell
- 10.15am **All Age Celebration**
at St Andrew's, Stanstead Abbots
- 10.30am **Holy Communion**
at St Margarets' Parish church
- 6.30pm **Harvest Songs of Praise**
at St Margaret's Parish Church
Come and choose your **favourite Harvest hymns**



Children are welcome at all our services. They are involved in the service at St Andrew's and there's a Sunday School at St Margarets Parish Church. There are PA and loop systems, and large print for the not so young too!!

HARVEST

CELEBRATION FOR ALL AGES AT
ST ANDREW'S CHURCH
ON 4TH OCTOBER AT 10.15AM



Come with the **whole family**
to celebrate Harvest!
This is part of a new initiative to hold an
informal service that is
accessible to all ages.

There will be **art and craft**
for the children to make and take away!



Memorial Service

We are holding a Memorial Service for those bereaved since September 2014. The service will be at St John the Baptist church, Great Amwell, on **Sunday 11th October at 3.30pm**. Personal invitations have been sent out to the

families of those whose funerals have been conducted by staff of the three churches during the last year.

Anyone who has lost a family member or close friend, whose funeral was **not** taken by staff of these churches, is welcome to contact the Vicarage (870115) for the name to be included in the Thanksgiving during the service. All are very welcome to come to the service. There will be refreshments available afterwards, and an opportunity to talk to someone if you wish.

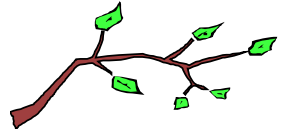
Daytime Study Group

This Study group meets on alternate Friday mornings 11.00am until 12.00pm in St Margaret's parish church. That means that children can play in the crèche corner in church while we have coffee and discuss. The next meetings will be 2nd October and 16th October (we are now looking at parables).

Revd Anne Donaldson

Missing You Trees

Are you missing a loved one and are not able to attend the Memorial service? If so, you can put their names on a 'tree' at the back of St John the Baptist, Great Amwell, from 11th October. They will then be remembered in the prayers over the following weeks. Tags for the names are provided. (Missing You Trees will be in all 3 churches from 29th November so that your loved ones will be remembered in our prayers throughout the Advent and Christmas season)



Men's Breakfast & Bible Study



The next meeting is on **Saturday 10th October**
(due to the Harvest Celebrations on the usual 1st Saturday)

from 8.00am to 9.30am in the Wilshere hall, Cappell Lane.

All men welcome – of any church or none!

For more information please contact the Goldsmiths on 01920 422065.

Poppy Appeal 2015

Remembrance Sunday – **November 8th this year** – will soon be upon us, and once again we are making preparations for the Poppy Collection. Last year the three villages raised £8804.62, which was an increase of £2000 on the previous year and we would obviously like to increase again. Nationwide the total raised was in excess of £40 million.

The new Poppy Appeal slogan is "live on" which reflects that there are a lot of young injured soldiers who have a long and happy life ahead of them with the support of money raised by the poppy appeal.

We would also appeal to you to give generously of your time, the Scouts will once again be helping to pack and distribute poppies locally, but I also need more helpers particularly for collecting at Van Hages over the weekends of 31st October/1st November and 7th November, if just for an hour or two. If you are able to help with this or in another way, please call me on 01920 871743.

Anne Sauntson



LIVE ON

TO THE MEMORY OF THE FALLEN
AND THE FUTURE OF THE LIVING





St Margaret's Parish Church

**is open throughout the year every
Saturday morning for refreshments
10.45am – 12.15pm Please pop in.**

TICTACs

This is a group for secondary school youngsters, so we have just welcomed some new members! We meet once a week in the Wilshere Hall Upper Room for an hour on a Wednesday from 6.30pm. Please do come and give it a try, no commitment to join! Just turn up



Mums & Tots' Time

**On your own in the day with a baby?
Struggling with a toddler?**



**All Mums of pre-school children are welcome to come
along to Wilshere Hall (next to St Andrew's church)**

EVERY FRIDAY 1.00pm – 3.00pm

Children can play while the adults have an opportunity to relax, chat and support each other over a cup of tea or coffee.

FREE (no subscription or weekly fee)

EVERYONE WELCOME

**Stanstead St Margaret's Parish Council are looking
for new Parish Councillors**

Could it be you?

**LOCAL ISSUES NEED LOCAL PEOPLE TO GET INVOLVED AND MAKE A
DIFFERENCE IN THEIR COMMUNITY**

The Parish Council meets 6 times a year on a Tuesday at 7.30pm. in the Nigel Copping Hall, Hoddesdon Road. Any person interested in becoming a Parish Councillor should contact the Clerk, Jacky Fleming, by e-mail, stansteadstmargaretspcclerk@yahoo.com or phone on 01279 310233 for more information. Go on give it a try.....

Are you frightened on Halloween? Do you want to keep your children off the streets?

We usually tell children to wear bright clothes if they are going out in the dark – so why do we send them out in black on Halloween??

We usually teach them not to knock at the doors of strangers – so why do we encourage them to do so on Halloween?

We usually teach them that it is wrong to demand things from anyone, especially with threats – so why do we send them to 'trick or treat' ??

And do we ever think of adults, young and old, who fear that knock on the door on Halloween – who might it be? What might they do?

FREE Alternative to Halloween : a Film Night

Not sure what film yet – something for all ages to enjoy. With lots of nibbles to enjoy – well it wouldn't be a film night without, would it!!

**SATURDAY 31ST OCTOBER IN THE
WILSHERE HALL 5.30pm – 8.00pm**



Regular evening Bible Study and Home Groups

The **Bible Study Group** led by Revd Glyn Howdle is held at 342 Stanstead Road at 7.30pm on alternate Monday evenings. Further information on 07507 541884. Elizabeth Goldsmith (01920 422065) hosts the **Home Group** on alternate Tuesdays at 7.30pm in the Wilshere Hall. **YOU ARE WELCOME TO JOIN EITHER GROUP AT ANY TIME**



Please check the diary pages for meeting dates.

THANKYOU from the EDGCOMBE FAMILY

Heartfelt thanks for prayers, cards and letters of support during the last few months of Holly's life and following her death on June 20th. It has given us much comfort and strength and we are truly grateful.

£1,424.50 in donations has been sent to the Children's Liver Disease Foundation in memory of Holly. God bless you all.

With love Anne and Clive, Gemma and Nick

St Andrew's Evening Prayer Group

on the **4th Monday each month 7.30pm – 8.30pm**
in Wilshere Hall (next to St Andrew's Church) Just turn up.
Come in and pray for our ministry



Food Bank Collection

We have a collection for the Food Bank in Hertford. They would like dry foods of all sorts, long-life liquids, and tinned foods – that will help people who are sent there by Social Services, CAB etc, when they cannot afford to feed their family until the next cheque comes in. They also need toiletries, washing-up liquid etc. Please put your contributions in the box in Burtons or in the churches, and we will take the contents to Hertford.



Thank you for your thoughtfulness, people are being really generous. Please keep it coming as help is still needed in these particularly trying financial times.

Card making classes

Card-making classes are in the Wilshere Hall, on the 1st and 3rd Tuesdays of each month from 1.00-4.00pm. All materials are provided and whatever you create is yours to take home with you. Come and give it a try.

For further information please contact Janet Dance on 01920 871262.



Have you just moved in?

Or know someone who has?

We provide a pack to welcome people into the Villages. It has information about bin days, doctors, children's activities.... If you see someone has moved in near you, please ask the Vicarage for a pack for you to give to them, a good way to introduce yourself! They are kept at the Vicarage so we can endeavour to keep them up to date!



Top comedians encourage Hertfordshire smokers to give up for Stoptober



Nearly 4500 people in Hertfordshire stubbed out cigarettes for Stoptober last year, putting Hertfordshire in the top five nationally for numbers taking part. This year, Hertfordshire County Council is hoping to encourage even more residents to join forces and give up smoking for the 28-day challenge.

Quitting smoking is no mean feat, as 40-year-old Hertfordshire resident Daniel Attridge explains: "My kids were getting older and had started to notice I was smoking. Last year, my daughter asked me to give up for her birthday, which was in October. As it tied in with Stoptober it all came together quite nicely so I went along to my local stop smoking service for support.

"They were excellent. The woman helping me was an ex-smoker herself which made me feel better. They gave me patches and an inhaler which helped a great deal. Blowing into the carbon monoxide monitor was really motivating because once I got the reading to zero I was keen to keep it there – it gave me a real sense of achievement.

"While I was smoking I felt dirty; I smelt of smoke and was generally aware that I was a smoker. However after giving up I felt cleaner, fresher, happier – I felt like I'd achieved something really difficult, I felt on top of the world!"

This year, Stoptober is being supported by some of the nation's top comedians, including Bill Bailey, Al Murray, Shappi Khorsandi and Rhod Gilbert, who will be sending out personal supportive messages throughout Stoptober to anyone who signs up.

Cabinet Member for Public Health, Localism and Libraries, Teresa Heritage, said: "People's social networks have a powerful influence on their smoking behaviour - research shows that you are two thirds more likely to give up if your partner stops and a third more likely if a friend gives up too. By signing up to Stoptober, smokers can help each other to quit and stay quit.

"Tobacco is still the biggest cause of premature death in Hertfordshire, but the benefits of stopping smoking are almost immediate: quitters will soon see reduced blood pressure, easier breathing and better circulation. It is one of the best things a person can do to improve their health and reduce their chances of developing long-term conditions and dying prematurely.

To sign up to Stoptober visit www.smokefree.nhs.uk/stoptober

Hertfordshire County Council's Stop Smoking service provides free, local stop smoking support to anyone who lives or works in Hertfordshire. Text SMOKEFREE to 80818, call 0800 389 3 998 for help to quit. There's also lots of useful information at www.hertsdirect.org/stopsmoking

Regular events in the three churches:

TICTACs (Year 7+ students): weekly in term time at 6.30pm on Wednesdays in the Wilshere Hall Upper Room. Phone 01920 870115

Prayer Meeting: Tuesday mornings 9.30am – phone 01920 870580

Monday study group alternate weeks 7.30pm. phone 07507 541884

Tuesday Homegroup: Alternate weeks 7.30pm. phone 01920 422065

Friday study group alternate weeks 11.00am phone 01920 870115

Alpha Courses Enquires - 01920 870115

Crèche: toys and books are at the back of St John's and St Margarets' churches and in the tower area at St Andrew's

Sunday School: (see Diary pages)

at **St Margarets'** every Sunday, 10.30am on 1st and 3rd Sundays, 11.00am on 2nd Sunday (Family Service 10.30am on 4th Sunday)

at **St Johns** on 2nd Sundays during the 9.30am service

St. John the Baptist Bellringers: Thursdays 7.30pm-9pm

St. Andrew's Music Group: one Wednesday each month, 7.30pm in Church

St. John the Baptist Choir Practice: Saturdays 10.00am in Church

St. Margarets' Church coffee: every Saturday 10.45am – 12.15pm

Church Tots' Time: Fridays 1.00pm – 3.00pm in Wilshere Hall

Evergreen Club of the Three Villages

Every August we look forward to vacating the Parish Hall and instead, enjoying tea parties in various locations in and around Stanstead Abbots. Each venue is different and all are a delight.

This year, our first visit was to Ann Hardy - a superb tea with best china and a trio of singers from a London based Hospice. Ann had rounded up her valiant helpers and we were very spoilt! Many thanks, Ann.

Our second jaunt was to Abbots House where our hostess, Vicky Burt, provided sandwiches and cakes, and a beautiful garden with the straightest hedges I have ever seen! Thank you so much.

Our visit to Ruth Swallow was different again - a lovely tea, for which many thanks, but then we were let loose in Ruth's garden and we raided the blackberries, the pears, and most impressive were the magnificent dahlia bushes. We all went home with three or four superb blooms! Our grateful appreciation of your generosity, Ruth.

Finally, Jonathan Pilkington and at least two of his beautiful daughters made us so welcome despite the drizzly weather. We sat in two rooms, each with a log fire, and partook of flap-jacks made by the girls. Delicious! (In addition to sandwiches and cake, of course). We had a wonderful time, and wish to express our gratitude.

Rosemary Imroth

News from the Wider Church

Church encouraged to support pilgrimage to Paris for UN climate talks - #Pilgrimage2Paris Schools, churches and individuals are being encouraged to show their support for a 250-mile pilgrimage from London to Paris aimed at encouraging world leaders to agree a fair, ambitious and binding deal at the United Nations Climate Change Conference.

The Church of England is launching the Pilgrimage2Paris with an invitation to participate by walking some or all of the route, cheer on pilgrims as they pass by schools or other local centres, or by holding 'mini-pilgrimages' in local communities and prayer vigils for the success of the talks.

The pilgrimage will begin at St Martin-in-the-Fields in central London on November 13 and finish in the French capital on November 27, as negotiators from more than 190 nations gather for the start of the talks. They will hand in a petition on November 28 before joining an interfaith gathering and a mass mobilisation in Paris.

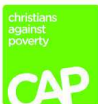
"Through our prayers and our pilgrimage we are strengthening and encouraging those taking part in the Paris talks to reach fair, accountable and firm commitments which will change the way we act and move us towards a low carbon economy."

The group will be joining Christians around the world taking part in pilgrimages to raise awareness of the talks.

"Embarking on a pilgrimage is an important event both in Christian and other faith traditions, with both the journey and the destination having a spiritual significance. The Pilgrimage2Paris follows in this tradition, as the Church seeks to have a strong voice in the climate change talks in Paris this December

It comes after the General Synod, the Church of England's national assembly, last month overwhelmingly backed calls for urgent action to tackle climate change, acknowledging that global warming is already hitting the poorest of the world hardest.

Dr John Preston, the Church of England's national stewardship adviser, said: "With the latest financial statistics, we've seen **average weekly giving rise in 2013** to our highest ever level. We rely on the generosity of our committed church members to support the mission and ministry of the Church." (Contrary to popular belief we are not funded by the Government!)



For help with debt –
CAP (Christians Against Poverty)
0800 328 0006 (free call)

Herts Welcomes Syrian Families

The mechanism for bringing refugees to the UK that our government has offered is the **Vulnerable Person Relocation (VPR)** scheme. It is to be expanded to accommodate 20,000 people following the public and media pressure and this expansion may precipitate changes to the mechanism in the coming weeks and months.

How does it work?

UNHCR will identify vulnerable families who are in refugee camps near the Syrian border. These will be families where at least one member has suffered torture or sexual abuse, has health problems or is elderly.

The Government will provide funds for one year in addition to the normal rights of refugees to cover the extra costs involved in resettlement.

Local Authorities are responsible for implementing this and have a say in who they accept.

What happens after the five years?

The families will be granted humanitarian protection for five years, after which they can choose to apply for indefinite leave to remain here or, if the situation has improved in Syria, to return to help rebuild their country. The Refugee Council tells us that adult family members tend to be highly motivated and become economically independent in a surprisingly short space of time after arrival.

How successful has it been?

To date, 214 people have been resettled. The scheme has been running since January 2014. The lack of uptake is certainly influenced by concerns in local authorities about their ability to provide services and to house newcomers.

These obstacles may well be addressed as part of the scheme's expansion and HWSF is meanwhile actively seeking solutions locally. At time of writing MP for Watford Richard Harrington has just been appointed to oversee the scheme and the HWSF steering group is writing to him.

What is happening in Hertfordshire?

- In St Albans, a motion has been passed and referred to scrutiny committee.
- Motion of support to be put to Welwyn Hatfield Borough Council on 28th September
- Motion to be put in North Herts District Council in November
- Meeting with Leader and Deputy Leader of East Herts District Council took place 9th September.
- Public Meeting to launch network in Bishops Stortford on 9th October
- Individuals from all over Herts have joined the network.

- We have met with County Councillors for all the main parties
 - We have met with Grant Shapps MP and he will be talking to other MPs and writing to the Council to ask about their plans.
 - Other members across the county have meetings scheduled with their MPs.
 - Meeting with representative from the Anglican Diocese has taken place and the Diocese is supporting HWSF through publicity.
- The situation is changing constantly and this summary will be out of date by the time of printing the magazine.

What you can do

- Join our Facebook group!
www.facebook.com/groups/HertsWelcomesSyrianFamilies
You will find petitions to sign and other information. If you are not on Facebook, email me. I can send you these resources and add you to the mailing list.
- Lobby your District, County Councillors and your MP (we can send template letters for you to adapt or you can find them on our Facebook page).
- Sign the petition at <http://you.38degrees.org.uk/petitions/refugees-welcome-in-hertfordshire-4>
- Talk to people you know and groups you belong to about the project – the more people we reach the more chance we have to succeed.
- Let us know what you can offer e.g. willingness to be part of the housing steering group, knowledge about private landlord accommodation, interest in fostering, or skills that you have to offer.
- Help HWSF to identify local celebrities or key people to raise the scheme's profile.
- Write to your local paper or contact local radio to raise awareness and attract support.

Katie Seaton

Need Help with a Problem???

Contact the **East Herts Citizens Advice Service**

4 Yeoman's Ct., Ware Rd. Hertford, SG13 7HJ (opposite Tesco)

Open: Monday, Wednesday and Thursday 10am – 2pm

or 20 Tudor Square, West Street, Ware SG12 9XF on Tuesdays

10am – 1pm

Adviceline telephone service is also available

Monday – Friday 10am-5pm 03444 111 444



There are also drop-in sessions in Bishops Stortford, Buntingford and Sawbridgeworth, for details of these and more, please look at their website

www.ehcas.org.uk

DATES FOR YOUR DIARY

Future events to Rosemary Imroth (01920 424140) by 9th October

OCTOBER 2015

Monday 5th

Evergreen Club: An outing to Southend for the day leaving at 10am. **Book with Valerie Wood – 01920 870954.**

Wednesday 14th

Amwell Society: in the Parish Hall in Great Amwell, 7 - 9 pm. John Bosworth from East Herts will be talking about "Great Amwell Conservation Area Appraisal." **NO MEETING ON FRIDAY 30TH.**

St John the Baptist churchyard - help needed



Could you spare some time, to help keep the churchyard in good order, mowing, strimming, weeding, pruning etc. The current small band of volunteers meet on a Tuesday morning, if you would prefer company, but for all further information if you might consider helping

Contact Dave 01920 464125

November is Will Aid month

The Will Aid scheme runs for the whole month of November and since 1988, has enabled the legal profession to raise over £17 million for the partner charities and an estimated £115 million more in legacy pledges. The nine Will Aid charities all work with the most vulnerable people in the UK and around the world, so that money will have improved countless lives. Find out more about the great work the charities do and to find your nearest participating solicitor by going to www.willaid.org.uk, from 14th September.

How Will Aid works

Participating solicitors draw up a basic Will for clients without charging their usual fee. Instead, they invite them to make a voluntary donation to Will Aid. The suggested donation level is £95 for a basic single Will or £150 for basic mirror Wills. Will Aid is your chance to protect your loved ones and to help charity at the same time.

So, if you are one of the 6 out of 10 people who have not yet made a Will, or if you have not updated your Will in more than 5 years, please consider taking part in this worthwhile event.



1st Stanstead Abbotts & St Margaret's Scout Group



After a really busy Summer Term for everyone, 28 of our Scouts enjoyed a fantastic week of sea, sun, surf, sandcastles and scenery in sunny Cornwall at the beginning of August.



The 28 boys and girls and 14 adults and leaders had an action packed week, body boarding at the world famous Fistral beach, Coasteering off the North coast of Newquay, hiking from beautiful Trevone beach to Padstow and climbing 420m above sea level to the highest point on Bodmin Moor.

The camp was based in Washaway near

Bodmin, where on-site activities included Crate Stacking, Assault Course and Zip Wire and was rounded off by a visit to Flambards to relax!

Early feedback put Body Boarding and Coasteering as firm favourites, with many of the Scouts already asking what are we doing next year!



With the Autumn Term just starting as we write this, our adult volunteers are finalising their plans for another busy term for all the girls and boys in all the Sections

As well as enjoying various activities at HQ, many will be taking part in a variety of District and County run events for each age group, including the District Beaver Tug-of-War Competition, the Cubs Oxley Shield Camp Competition and the Hertfordshire Scouts

'Born to Be Challenged' Camping Competition, as well as the huge County Beaver Fun Day at Paradise Wildlife Park.

It's going to be another action packed and fun term for everyone, so please visit www.stansteadabbottsscouts.org.uk for **ALL** our news and how to join the adventure – girls, boys and adults too. Follow us @1stSAScoutGroup or on Facebook



Fiona McKenzie-Smith



OCTOBER

Thursday 8th - Fashion Show & Afternoon Tea at Hanbury Manor:

A great opportunity to see the latest fashions by Retail Therapy of Hertford whilst enjoying afternoon tea at Poles Hall, Hanbury Manor. Contact Barbara Doherty 01279 842 140 / barbara@thedohertys.info for more details, including the time. In aid of Isabel Hospice

Sunday 11th - Annual Service of Remembrance & Thanksgiving Christ Church, New Road, Ware: 3.00pm

Everyone is welcome to attend our Annual Service of Thanksgiving and Remembrance to remember loved ones. We hope to offer a Service that is inclusive and meaningful for everyone, whether you have a faith or not. Our theme for this year will be "the Circle of Life". There will be a separate activity based around our theme, for children to join in during the service, facilitated by our children's workers.

Tuesday 13th – Isabel Hospice Big Quizathon (please note the date change from 15th October) at various pubs across eastern Herts

Isabel's Big Quizathon will have lots of participating pubs across eastern Hertfordshire who will be hosting a fantastic quiz night to support the Hospice and to become Isabel's best quizathon team. Please contact your local pub to book a team (entry fee varies depending on pub). The current champions and winners of the Quizathon Tankard are the team at The Angel in Ware so those are the guys you need to beat! For more info about entering a team or hosting a quizathon at your local pub, please contact Beth Hardy on 01707 382500 or email beth.hardy@isabelhospice.org.uk

Sunday 18th - Autumn Fair for Isabel Hospice at Haileybury, Hertford Heath: 10.30am – 4.00pm

We have returned our annual craft and gift fair to the poplar Haileybury College venue for 2015. Join us for a great day of shopping where you can get those special Christmas gifts as well as some delicious food and refreshments. Lovely seasonal merchandise with a wonderful atmosphere. Enquiries: Renee Friend, 01279 755320. £3 entry for adults. Accompanied children go free.

Saturday 31st - Electric Guitar Evening, Hardings Community Centre, Hardings, Panshanger, Welwyn Garden City, AL7 2HA

Evening fund raiser for charity. Electric guitar demo, questions and answer session with Gibson guitars. Contact Raymond Money 01707 321422. Admission £3 doors open 7.30pm.

Amwell Society

Matt Green, who looks after walking projects in Hertfordshire, came in July to tell us about these health walks. This started as a partnership with the British Heart Foundation, with the aim of using our green spaces to good effect, to improve people's wellbeing and thereby reduce pressure on the NHS.

The walks are free, all led, local and health focused. There are 230 volunteer leaders and 60 walks a week are arranged. Yearly there are roughly 42,500 attendances. Macmillan and The Ramblers Association are involved and participation in Hertfordshire has doubled in the last year.

The walks allow people to connect together, be active, keep learning; they build localism and caring in the community and help tackle isolation and anti-social behaviour. Research has shown that people generally enjoyed themselves, made friends and were more likely to attend a sporting activity or take part in sport after attending the walks.

Walks have 5 levels of difficulty, ranging from a 20 - 30minute gentle flat one, which is even possible for a Zimmer frame – to the hardest, which at 90 minutes is more physical, quicker and possibly involving stiles and streams. All aim to start near houses or public transport and to finish at a pub or café.

He said that people are aging well on the whole but there are many problems with obesity, high blood pressure, diabetes, depression and arthritis. All these cost the NHS billions a year and all these conditions can be reduced by walking. Current medical advice suggests adults should be encouraged to attempt 150 minutes of moderate activity a week; even 30 minutes makes a difference. The activity should make you feel warmer, breathe harder, but still be able to talk to a companion. Walking improves the performance of the heart and lungs and circulation and helps manage weight.

Matt gave us four inspiring stories of people who had had severe health problems alleviated by the walks. He said he was hoping for expansion in Hertfordshire; more leaders are needed. The leaders are all trained, experienced and insured, but he emphasised that it is a fairly safe activity.

A second scheme is in hand; called "Walks and More", which include unusual experiences - visiting farms for instance.

This year is Hertfordshire Year of Walking, and any walking group can promote their walks through the scheme. Many walks are available nearby and one in **Stanstead Abbots** lasts 1hr, on alternate Fridays from the High St carpark 10am. **October 9th and 23rd**. If anyone would like to know more, the website is: www.hertfordshirehealthwalks.org

Diana Matthews