

Newsletter

Redbourn Community Group

Village Hall, High Street, Redbourn AL3 7LW

Telephone: 01582 794550 Email: info@redbourncg.org

www.redbourncg.org

www.facebook.com/RedbournCommunityGroup/



Connecting and
supporting the village

Registered Charity Number 297955

No. 32 June 2021

PLEASE VOLUNTEER Redbourn Classics Motor Show & Village Fete on Saturday 4th September noon-5pm

We look forward to seeing you at the fourth "Redbourn Classics". We are planning a great day for the whole family; with 300+ classic cars, bikes, trucks and tractors. In addition there will be live music by The Barn-ettes and Missing the Ferry, great street food, village stalls, children's funfair & miniature steam railway.

Redbourn Classics Motor Show

Saturday 4th
September 2021
Noon – 5pm
Redbourn Common

Village Fete
Food Stalls, Bar, Live Music

All proceeds to:
Redbourn Community Group
Friends of St Mary's Church
Redbourn Village Hall

Volunteers Needed

We need 100+ helpers
Parking Marshalls
Gate Marshalls and more!



Classic vehicle tickets are now available from Car Festival booking's online ticketing system, please see "Tickets" page for full details- a classic vehicle ticket gives entry for the vehicle and all occupants. The Show will be open to the public, no need to pre-book, but we welcome donations for our local charities at the gates on the day - suggested donation £2 per person/£5 per family. **Since 2017 "Redbourn Classics" has raised over £35,000** for 3 Redbourn charities; Redbourn Community Group, Friends of St Mary's Church and the Village Museum. In 2021 we are also raising money for the Redbourn Village Hall to fund some new equipment to help all the groups which use the hall.

Volunteers needed!

The Show is set up & run by volunteers to put on a great day for the whole community and to raise funds for village charities.

We need over **125 helpers** on the day. The Show will be run according to the Covid guidelines in place on 4 September.

- Putting up fencing & signage on Friday evening/Saturday morning
- Collecting donations for the charities on the 4 public gates - table and chair provided!
- Directing the public parking
- Clearing up and taking down fencing at the end of the day

If you are able to help, please pick your role and select an activity and time which suits you best. For further information. Please go to our website and sign up [Redbourn Classics Volunteering - Redbourn Community Group \(redbourncg.org\)](https://www.redbournclassics.org) or email info@redbourncg.org



It costs over £30,000 a year to run Redbourn Community Group. The Classics Motor Show is its the biggest funder with the last show raising over £9,000 in 2019. The Classics is also supporting the Friends of St Mary's Church, Redbourn Village Museum, and Redbourn Village Hall this year.

We would like to thank our volunteers & sponsors for their support which makes the Show such a special day for everyone. <https://www.redbournclassics.org>

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We all know how challenging it can be to move home and to get settled into a new location. RCG has produced a Welcome Pack with details of local services and organisations which is delivered free of charge to anyone moving into the village. If you have recently moved or know of a new neighbour, please contact the RCG Office or email: streetcontacts@redbourncg.org Here's the experience of one resident 'I was talking to a fairly elderly but very sprightly newcomer to the village. She was quite nervous being new to Redbourn but was keen to be able to join in with some things. She was keen

to go to church but thought it might be too far to walk. She wanted to join in with seated exercise classes. She wanted to meet others in the community. Please make sure that you welcome in others who are new into our community and share with them all the lovely things they can get involved in. And don't forget to share this newsletter with others. It gives a flavour of our village, keeps others informed and offers some interesting and sometimes challenging reading! [Street Contacts and Welcome Packs - Redbourn Community Group \(redbourncg.org\)](https://www.redbournclassics.org)



Friendly Talks and Walks

We introduced our Friendly Talks and Walks Services in 2020 as part of our response to Covid -19 which left people socially isolated or alone at home. If you would like to have a regular or occasional friendly phone call and/or walk with a RCG volunteer, please contact the office and we will match you with a volunteer.

Here's the experience of one of our Friendly Talkers....."Lockdown and shielding has been a potentially lonely time particularly for people living on their own so I've been happy to make weekly calls to a number of ladies in the village. There are almost no limits to what we chat about! I always tend to check in on how they are feeling, what's on their mind and whether they need any other help from RCG but

mostly we talk about their families, their fascinating lives and any other topic from royalty to gardening! The time needed from me is very small and I can fit the calls in easily around my other commitments during the week. It is a very easy, flexible way to volunteer and give something back to the Redbourn community. I've really enjoyed getting to know my ladies and I think the laughs and fun we share have been as good for me as I hope it has been for them!"

Important reminder! 'coffee on' and 'coffee off' the common.

Coffee, tea and friendship in the **cricket pavilion**. **Monday to Wednesday, 9.15am to 12.00pm** and **'coffee OFF the common' Thursdays in the Village Hall 10am to 12.00.**

EVERYONE WELCOME! card payment only



Redbourn Village Hall - Opportunity for New Members of the Management Committee

Our Village Hall is run by Redbourn people for the benefit of the village. The Management Committee is the sole entity responsible for providing the management and maintenance of the Hall to provide the amenities that the village expects. We have members on the committee who provide Safety Management, Fabric Management and Financial Management, and an excellent salaried part-time Manager. As we start to reopen our activities, we are seeking new committee members who could bring enthusiasm and a wider range of experience to complement our existing team.



Would you like to be considered for joining our committee? The principal responsibility for a committee member would be to contribute to discussions about the management of the hall and to take an active role in assisting with the various tasks that come up, in accordance with their interests, abilities and availability. Most day-to-day activities are dealt with by the Manager and by designated officers, and Committee Meetings are held every month to review whatever business needs to be discussed.

We would be pleased to meet with any Redbourn who feels they could contribute to the wellbeing and ongoing development of Redbourn Village Hall, for the benefit of all our residents. In the first instance, please email, write to or call: Ken Hart RVHMC Chairman kenhart@btinternet.com Tel: 07801 338002 10 Crown Street, AL3 7JX

Coronavirus Updates

Owing to extra supplies of vaccine being made available last minute, that there are a couple of additional Walk Ins clinics running this weekend. Use the link below to get details of all the Walk Ins now scheduled through to the following weekend.

In addition please tell those looking to attend a Walk In Clinics that they should be prepared to queue in all weathers when they arrive and to also take a drink of water and have a snack and drink before setting off to the vaccination centre.

<https://covid.healthierfuture.org.uk/events/vaccination-walk-in-clinic-times>

COVID-19 Information Champion Update 24th June 2021

Vaccination update – everyone aged 18+ is now eligible to book their vaccine

In a push to get as many adults protected as soon as possible, everyone aged 18+ is now eligible to book their vaccine.

The NHS is also urging people aged 40+ to have their 2nd vaccination 8 weeks after the 1st dose, instead of 12 weeks.

The latest vaccination walk-in sessions have been published on the COVID-19 website.

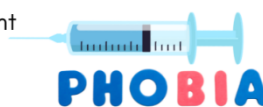
These sessions are open to those eligible for their 1st or 2nd vaccine, with more Pfizer walk-in sessions opening up for under 40s.



COVID-19 – Needle Phobia & Extra Support

Needle Phobia – short video from a young Hertfordshire resident who was supported to have her vaccine at Hertford Theatre.

https://www.youtube.com/watch?v=dgFbyhJ4_zg



There are also some free resources about the COVID-19 vaccine available on the Anxiety UK website.

<https://www.anxietyuk.org.uk/covid-19-vaccine-support/>

If you or your family need financial or practical help and advice with the cost of food or fuel, please get in touch with HertsHelp



For more information and guidance for residents and businesses during the pandemic, please visit:

www.hertfordshire.gov.uk/coronavirus

www.hertshelp.net
E: info@hertshelp.net
T: 0300 123 4044

Health information

Herts Valleys CCG launches engagement on urgent care at St Albans City Hospital

People across west Hertfordshire are being invited to **have their say on future urgent care services at St Albans City Hospital** as part of a public engagement exercise that launches today (18 June) and runs until **Sunday 1 August**.

The Minor Injuries Unit (MIU) at St Albans City Hospital has been temporarily closed since April 2020 when West Herts NHS Trust staff were redeployed to support the COVID-19 response. It remains closed to avoid having people walk into St Albans City Hospital; the whole hospital needs to stay 'COVID-19 free' for the safety of all patients and so that planned surgery can safely take place there.



Dr Richard Pile, lead GP for urgent care at Herts Valleys CCG says: **"In looking at future services at St Albans City Hospital we want to improve what we have had, and to provide a service that supports patients well into the future, sitting alongside other available services. We want to state from the outset that we're not seeking to cut urgent care services at St Albans. What we are doing is evaluating all options fully and we are putting these to the public."**

The engagement exercise will seek people's views on four different options:

1. Not reopen an urgent care service at St Albans City Hospital and ask patients to continue to use other nearby services in the same way as they have been doing in the last 12 months.
2. Reopen the minor injury unit as it was before the pandemic, as a service that is led and delivered by senior experienced and specially trained nurses. This would not cater for minor illnesses.
3. Open a new integrated urgent care service that would offer a minor illness and injury service. It would be led and delivered by senior experienced nurses with the support of GPs. It would offer some additional diagnostic services on top of x-rays. Appointments would be through the NHS111 service or GPs. There would be no walk-in patients.
4. Open a new urgent treatment centre that would provide a comprehensive urgent illness and injury service with a broader range of diagnostic services. It would be led and delivered by GPs with the support of senior and qualified nurses and health care assistants. It would offer both walk-in and booked appointments.

The CCG's preferred option is Option 3 – a new integrated care hub - because it would provide the flexibility to design an enhanced minor injury and illness service that can meet local needs without overstressing resources. This option would also allow the service to be run on an 'appointment only' basis. Booked appointments ensure that patients are seen quickly by the right person and allows spacing of patients throughout the day to avoid bottlenecks of people attending at particular times, which in turn allows better infection control.



To take part in the survey go to -

<https://hertsvalleysccg.nhs.uk/get-involved/public-engagement>

Things to do and see

Local places to visit and beautiful walks to enjoy and treasure.

<http://www.riverver.co.uk/wp-content/uploads/2018/08/the-redbournbury-walk.pdf>

VER VALLEY WALK 4

The Redbournbury Walk

Explore the beautiful rolling countryside of this river valley

Teas, buns, pints and pies:
Redbourn Common: The Cricketers and The Holly Bush (Church End) Public Houses
Redbourn High Street: The Bull and The George Public Houses plus general stores, coffee shop and sandwich bars.
Redbournbury Mill: Bakery and light refreshments open on selected dates. www.redbournmill.co.uk

How to get there:
By road: Redbourn is approx. 3 miles from Harpenden, 4 miles from St Albans and 5 miles from Hemel Hempstead. Leave Junction 9 of the M1 and take the A5183 (direction Herts Showground), turn right at the St Albans roundabout. There is public car parking at The Common.
By public transport: Redbourn is served regularly by buses from St Albans and Dunstable. For details contact Intalink Travel on 0871 200 2233 or visit www.intalink.org.uk

Parts of this walk can be muddy or wet underfoot.

This is one of a series of 8 circular walks on the River Ver and part of the 17 mile long linear, River Ver Trail. You can also use the OS Explorer Map 182 to find your way around the Valley. For lots more photos, memories, information and copies of the other walks go to www.riverver.co.uk

The Countryside Management Service works with communities in Hertfordshire to help them care for and enjoy the environment. For information on further opportunities to enjoy Hertfordshire countryside, including Health Walks, visit www.hertslink.org/cms

If you would like this leaflet produced in large print, please contact the Countryside Management Service on southwest.cms@hertscc.gov.uk Tel: 01462 459395

Front cover photo: Redbournbury Mill.
 Photos: Countryside Management Service, Ver Valley Society, St Albans Camera Club.
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Start and finish: Redbourn Common
 Full circular walk: 6 miles (9.7 km) - About 3 hours
 Short circular walk: 5 miles (8 km) - About 2.5 hours

www.riverver.co.uk

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Wimbledon 2021

The Championships, Wimbledon, commonly known simply as Wimbledon or The Championships, is the oldest tennis tournament in the world and is widely regarded as the most prestigious.



<https://www.wimbledon.com/>

https://www.wimbledon.com/en_GB/video/index.html

History And Tradition At Wimbledon



Since the first Championships in 1877, Wimbledon has grown from its roots as a garden-party tournament to a Grand Slam tournament with a following of millions around the world. The only Slam contested on grass continues to honour many long-standing traditions, including a strict dress code for

competitors, the eating of strawberries and cream, and royal patronage. **In 2013, Andy Murray became the first British male singles champion since Fred Perry in 1936.**



The tournament is set to take place between 28 June and 11 July this summer after last year's event was cancelled amid the Covid-19 pandemic. ... Everyone who secured tickets through the public ballot for the cancelled 2020 tournament will be given the opportunity to purchase the same tickets for 2022.



Chairman Ian Hewitt commented: "I would like to say how excited we are that Wimbledon will be back this summer, with the best tennis players in the world competing on our grass courts, in front of our passionate spectators. While it will, necessarily, be different from Wimbledon as we know it, we are full of enthusiasm and totally committed to our return following last year's cancellation."

Setting goals for ourselves to support our mental and physical health

We have all been limited, over the last 18 months, by the restrictions of the covid pandemic and many of us have spent far more time at home and in isolation than we are used to.

In a report by The Lancet, mental health during the pandemic was compared with mental health during the Blitz. This makes really interesting reading.

[https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366\(21\)00118-8/fulltext](https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(21)00118-8/fulltext)



A quota sample of UK adults surveyed in the first week of the lockdown found a modest increase in self-reported anxiety and depression associated with loss of income, children living at home, and pre-existing health conditions. Done in April, 2020, a national cohort study of UK households found an overall increase in mental distress. A population study of 3281 adults older than 50 years identified loneliness and decreased physical activity as significant causes of increased rates of depression. University students living away from home for the first time, confined to halls of residence with few established social networks, might be at particular risk of mental illness.

Lockdown and physical distancing contrast with the communal activity encouraged during the Blitz to protect against mental illness. At that time, people gathered in pubs, theatres, and dance halls despite the dangers of being in a confined space,⁶⁵ and cinema attendance grew throughout the war.



So, how do we enable ourselves to move on from the past 18 months so that we can start to rebuild and feel more positive and in control of our lives. Many of us are low in confidence and nervous of leaving the protection of our homes and meeting others socially again.

One of the best ways is to set yourself small and realistic goals.

'Setting progressive goals that allow small wins helps you move on to larger achievements. These small goals lead to progress, which is the only thing you really need to feel fulfilled and happy. Goal setting is vital because it helps you decide and focus on what's really important to you.' (Tony Robins)

Think about what you would like to achieve today. Maybe you'd like to walk outside and enjoy being in the fresh air. Then aim to plan a 5 minute walk to start with. Maybe you could call RCG and see if there is a volunteer can accompany you. Put this on your calendar so you can see you have done it. And if you don't manage it, then replan when you can do it. Don't get cross with yourself because you didn't do it. Take each day one step at a time.

RCG 'Since the 2nd lockdown we extended [Friendly Talks to Friendly Walks](#). That is a 1:1 opportunity for a resident to spend half an hour or so, out and about – probably around the Common with a volunteer who loves talking and walking. The walk is at the resident's pace, could be slow – or it might be with a resident who is in an electric scooter, so it might be a jog for the volunteer! Please call to find out more.' 01582 794550. [Outings and Companionship - Redbourn Community Group \(redbourncg.org\)](#)



From our Newsletter compiler, Sally Yates.....Some of you may have seen my son running round Redbourn this week (and me cycling rather more slowly than James was running!).

He is completing 7 marathons in 7 days to raise money and awareness of The Brain Tumour Charity. He set himself this ridiculous but selfless goal of raising £20,000 by running about 182 miles as he has a friend with a terminal brain tumour. Brain tumours are indiscriminate; they can affect anyone at any age.

What's more, they kill more children and adults under the age of 40 than any other cancer... yet historically just 1% of the national spend on cancer research has been allocated to this devastating disease.

If you do feel able to support this worthy cause please contact me - Sally Yates – 07958675424 or email sally.yates@hotmail.co.uk or click on this direct link to donate <https://www.justgiving.com/fundraising/James-Yates17>



Help James Yates raise money to support The Brain Tumour Charity www.justgiving.com



Beware Traders Calling At Your Door

Hertfordshire Trading Standards and Police receive many reports from residents of traders at the door offering to carry out maintenance or gardening work.

Often, they first offer to do a small low cost job, with paperwork, so they look legitimate. While doing the work, they can find out if the victim has a support network and test the victim's capacity to be persuaded into having more expensive work done. This may lead to further unnecessary or over-priced work, possibly coupled with intimidation.

Our advice is to **never have work done by a cold caller at your door**, even if they claim to be working on another house nearby. Reputable traders do not approach customers in this way. If you think your home or garden needs work, please use a recommendation from a trusted friend/neighbour or **find a good trader using the Which? Trusted Trader Scheme**. You should obtain three quotes to check the price is competitive and if the work really needs doing - never rely on the word of a single trader.

Please keep an eye out for any vulnerable neighbours who may be approached in this way. If someone has agreed to work being done and there is no paperwork, or if further – more expensive - work is then needed, it is likely that there will be a problem.

Hertfordshire Trading Standards have partnered with Which? Trusted Traders to provide a scheme to help you find trustworthy traders and give hardworking businesses the recognition they deserve. Local traders on the list have been checked and assessed before being endorsed.

For further information, please see: <https://trustedtraders.which.co.uk>



Rogue Traders

<https://www.herts.police.uk/Information-and-services/Advice/Crime-prevention/Protect-your-money/Rogue-traders>

Hertfordshire Trading Standards is warning residents that Nottingham Knockers are operating in Hertfordshire. **'Nottingham Knockers'** are usually young men who turn up at the door with a bag full of household products such as tea towels. They sell these items, which they know are of poor quality, at an inflated price.

The reason for the high price is their hard luck story, which makes it difficult to say no. They tell you that they have just come out of prison and want to go straight. They claim to be on an official scheme trying to find work. Sometimes they will claim to have special needs or to have just come out of the army and be unemployed.

Those stories are not true. Nottingham Knockers are not part of any rehabilitation scheme and the Community Payback scheme does not involve door-to-door sales. Instead they are professional doorstep traders, travelling around the country, selling their cheap goods. The deeper issue is that sometimes they are conmen who will look for a vulnerable victim they can scam. A lady in the Dacorum area was found surrounded by the contents of one of these bags. She said that the young man told her that he wasn't leaving until she bought everything from him, as he'd had a bad day and hadn't made many sales. Anyone who gives money to these doorstep traders may find themselves the target of other scams. Police say that streets targeted by Nottingham Knockers often see an increase in distraction burglaries. This is when a person tries to gain access to your home by tricking you into believing they work for your utility company and then steals from you.



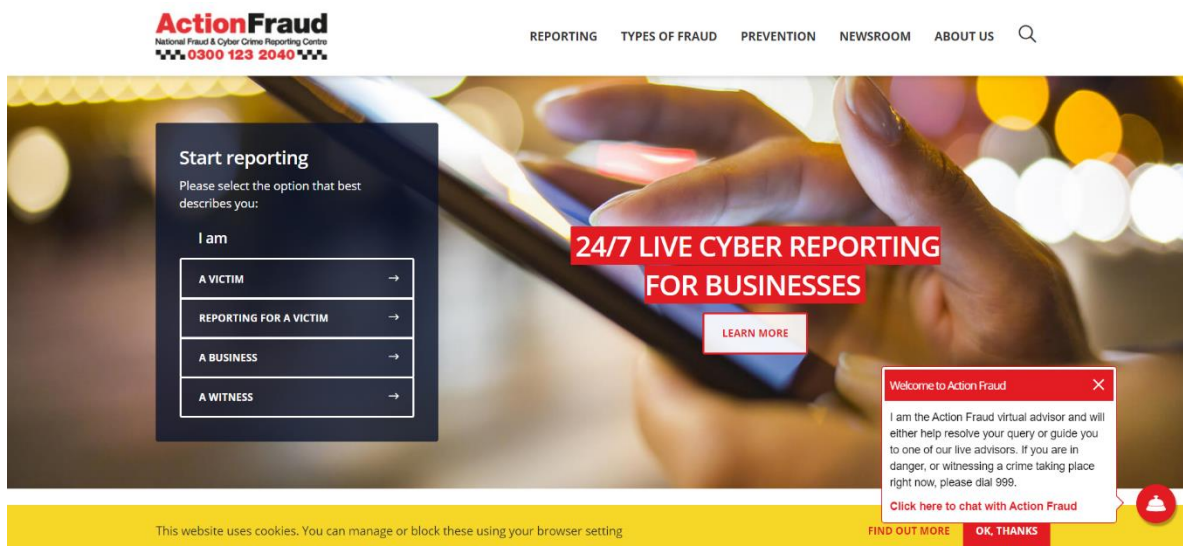
Trading Standards advice is:

- Only deal with callers by appointment.
- If you're not sure don't open the door
- Do not keep large sums of money at home.
- If a trader is aggressive or threatening call the police on 999

For advice, or to ask for help for a scam victim from Trading Standards, call the Citizens Advice helpline on 0808 223 1133.

Introduction & Spoof Numbers

A huge increase in cyber-fraud across the world means that we all need to learn how to spot and avoid different types of fraud and cybercrime. Our second message [of Scams Awareness Fortnight the national campaign running from 14-27 June 2021](#) is about "spoofing":



An emerging tactic used by fraudsters is the ‘spoofing’ (cloning) of telephone numbers. A decade ago, anyone receiving a suspicious call could look up the number that was calling them to check its legitimacy. No longer is this sufficient advice. Fraudsters can now clone numbers used by legitimate organisations, your local bank, HMRC, local police station, to make it look like that organisation’s genuine number is calling you. The fraudster claims to be from that organisation and tries to convince you to do what they say. This means you cannot rely on your Caller ID display to tell you who is calling you.

Protect yourself:

- Beware unexpected phone callers, whoever they claim to be. If in doubt, never divulge personal details over the phone to someone who has called you. The more you say to a fraudster, the more information they have. Don’t be afraid to hang up. Contact friends or family for advice.
- Don’t trust your caller ID display. To verify a call, contact the genuine organisation using a number that you have independently researched. Before doing so, ensure the call has ended and the line has cleared, wait five mins (Some scammers can simulate the sounds of lines clearing to dupe you into dialling while the line is still live), or make the call via a separate phone line where possible.

Institutions such as HMRC, police and banks will never call you to tell you that you/your money is under investigation; nor would they ever ask you to transfer or hand-over money/assets for such a purpose. Report all scams online to www.actionfraud.police.uk or call 0300 123 2040 giving as much information as possible. Armed with this advice, you should feel more confident dealing with telephone calls. If you need to reply regarding this message, tap on this email address: wlo@herts.pnn.police.uk

Warning to investors be vigilant from investment scams

Herts Trading Standards warning to investors be vigilant to the threat from investment scams. Action Fraud figures show that victims of investment fraud lost at least £657m in 2020, as scammers preyed on financial vulnerability caused by the coronavirus pandemic.





There are different types of investment fraud, the most common involve shares, bonds, cryptocurrency and commodities such as wine, fine art and diamonds. Fraudsters contact you unexpectedly, promise generous returns and may say that the opportunity is time limited. They downplay the risks to your money. They call you repeatedly and keep you on the phone a long time in order to build your trust, stop you speaking to other people or having time to think about the offer.



The second stage of these frauds is known as a Recovery Fraud where victim details are passed onto other fraudsters who try to take yet more money. They say that they have been appointed to help and ask for a refundable upfront fee. They often use the details of cloned companies ie genuine companies whose details have been hijacked, in order to reassure investors. Reports of 'clone firm' investment scams increased by 29% in April 2020 compared to March, when the UK went into its first lockdown.

How to avoid investment scams

- Reject cold calls. If you're called about an investment opportunity, the safest thing to do is just hang up.
- Check an investment opportunity using the Financial Conduct Authority (FCA) Warning List online tool.
- Check that the investment company is on the FCA Financial Services Register.
- Don't feel pressurised or rushed into making a decision. Always seek advice before investing, ideally from an Independent Financial Adviser who is authorised by the FCA.



If you're not sure whether a scheme or investment offer is a scam, contact the [Citizens Advice](#) consumer helpline on 0808 250 5050 for advice. Report a fraud to [Action Fraud](#) on 0300 123 2040.

Warning of energy efficiency scams

[Trading Standards](#) is warning that scams relating to energy saving products are on the increase. Solar panels, loft insulation and double glazing are a good way to reduce your impact on the environment and save money. Rogue traders are taking advantage of consumers trying to do the right thing.

They tell residents over the phone about false changes in the law e.g. fire switches needed for solar panels and fibreglass loft insulation being illegal. They then go on to make an appointment to visit, conduct a high pressure sale and sell an extortionately priced product that may not be needed and damage your home.

These simple questions could help you identify a scam:

- Were you contacted out of the blue?
- Is the trader from out of the local area?
- Is the trader reluctant to give a rough price for the work?
- Are you under pressure to respond quickly?
- If any of these answers are yes, you are likely to be responding to a scam. Hang up the phone and do not allow them to visit.

If you do make a contract at home, remember your rights. You are entitled to a 14 day cooling off period and a notice and the





right to cancel. Most of these traders will ask you to sign to allow work to start within the 14 days. This gives no chance to think about matters or to speak to someone about the work. Please read carefully what you are being asked to sign and if you don't agree, don't sign. Be aware that bespoke items eg double glazing do not have to offer a cooling off period, ask if there is one. If you are interested in these products, ask your family and friends if they have any recommendations or use a genuine trusted trader scheme. [Herts Trading Standards](#) works with Which? Trusted Traders, go to <https://trustedtraders.which.co.uk/> or call 01707 292429 for details of local traders. For further advice call [the Citizens Advice](#) helpline on 0808 223 1133.

To report a fraud contact [Action Fraud](#) on 0300 123 2040. If a trader is aggressive or threatening, call the Police on 999.

Keep your home secure this summer

As many residents are likely to be taking a summer holiday in the coming weeks, [Hertfordshire Constabulary](#) is reminding people to make sure their homes are secure when they are away.

Holiday preparations rarely include thinking about if your home is going to be safe while you are away. If you are planning to leave your home empty, even for a short break, it could be the opportunity a burglar is looking for. **Giving your home a lived in look by using timers on lights is a great way to put criminals off.**

Remember that sharing your holiday plans on social media posts can also tip off burglars that your home is going to be empty, so make sure your security settings only let people you know see your posts.

If you are at home through the summer, make sure that you don't leave doors or windows open when you leave the house or go to another part of the house or into the garden, even when it is hot. Burglars can take advantage of insecurities in the home or outbuilding and garages.



- Close and lock all windows, doors and outbuildings.
- Don't publish your absence on the Internet. Status updates, comments and photos can all give away the fact that your home is empty.
- Use timer switches for lamps so that they turn on as it gets dark in the evenings. You could also use a timer switch for a radio (always follow manufacturer's instructions).
- Ask your neighbour to put your rubbish or recycling bins back if they're being collected whilst you're away – if they're left out after collection day it could indicate to a passing thief that your house is unoccupied. Be a good neighbour and do the same for them.
- Consider moving enticing items, such as laptops and mobile devices, so that they are out of sight.
- You could store valuables in your loft when you go away.

You can find further advice on securing your home at www.herts.police.uk/protectyourhome.

Hertfordshire Personal Safety Survey

This is a gentle reminder to recipients that the **Hertfordshire Personal Safety Survey will remain open until Friday 9th July.**

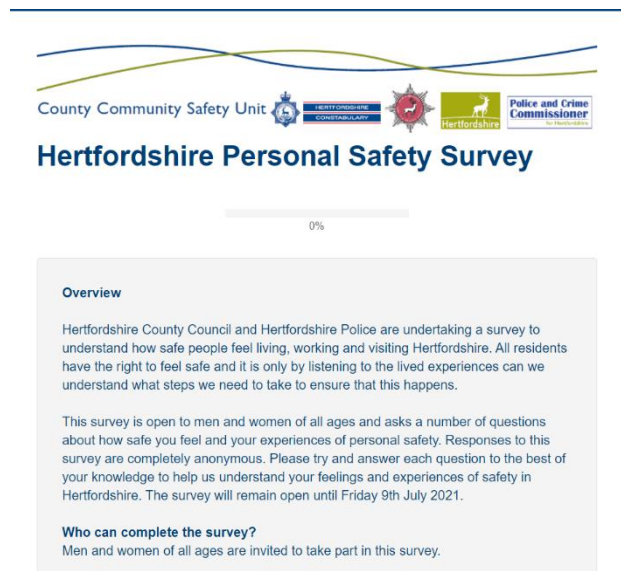
Following the death of Sarah Everard earlier this year, Hertfordshire County Council and Hertfordshire Police are undertaking a public survey of Hertfordshire residents to understand their experiences and feelings of personal safety, which will inform a wider piece of work around Violence Against Women and Girls.

The survey is open to **males and females of all ages** and can be accessed using the web link below or by scanning the QR code.

<https://surveys.hertfordshire.gov.uk/s/XFEVX8/>



We would appreciate your help in promoting this survey through any avenues you have access to (e.g. social media, service user groups) to ensure that we get a diverse range of responses from residents. If you have any questions or have any thoughts on promoting the survey, please let us know.



The screenshot shows the top of the survey page. At the top, there are logos for the County Community Safety Unit, Hertfordshire County Council, Hertfordshire Police, and the Police and Crime Commissioner. Below the logos is the title 'Hertfordshire Personal Safety Survey'. A progress bar shows '0%'. The 'Overview' section contains the following text: 'Hertfordshire County Council and Hertfordshire Police are undertaking a survey to understand how safe people feel living, working and visiting Hertfordshire. All residents have the right to feel safe and it is only by listening to the lived experiences can we understand what steps we need to take to ensure that this happens. This survey is open to men and women of all ages and asks a number of questions about how safe you feel and your experiences of personal safety. Responses to this survey are completely anonymous. Please try and answer each question to the best of your knowledge to help us understand your feelings and experiences of safety in Hertfordshire. The survey will remain open until Friday 9th July 2021. Who can complete the survey? Men and women of all ages are invited to take part in this survey.'



Redbourn's unmissable serial the 'Snatchups' has been broadcast as part of Active in Redbourn's excellent **Community Newsbites**.

Listeners are wondering how the series will end after it was left on a nail-biting, nerve-jangling cliff-hanger. With the final episode not due to be broadcast until 30th June, fans of the show will have to remain on tenterhooks for a couple of weeks before they find out how the series concludes and what becomes of Brenda, Stan, Tim, Jane and Grandad. What happens next? **Find out on Wednesday 30th June.**

If you have missed any of the action, all previous episodes are available to listen to on the **Redbourn Players** Facebook page. <https://www.facebook.com/redbournplayers/>

Fun Day Postponed

Sadly due to the recent government announcements regarding covid restrictions, the Fun Day has had to be postponed to 2022.

In deciding to have a village Fun Day the AIR team were very clear about our reasons for doing so.

When the idea was conceived it was to be: **Free to participate, for families and a fun, a community celebration of the ending of Lockdown. An opportunity for families and friends to come together and have a collective hug once lockdown restrictions had come to an end.**

Sadly the recent announcement from the Government confirmed that we cannot achieve these objectives on July 3rd 2021.

Having reviewed the options, their relative strengths and weaknesses, we have concluded that the most prudent route is to delay until 2nd July 2022 because it needs to be a summer event, avoiding school holidays and not competing with other village activities.

The 30 activity stalls, 9 centre stage performances and 10 local food providers who had committed to being part of the Fun Day in 2021 will still be around in 2022....plus hopefully more!

We have been amazed by the level of enthusiasm shown by local organisations and are intending to see whether we can play a significant part in assisting other Redbourn Community events later this summer.

In any event, AiR fully intends to hold the **'AiR Fayre' on September 18th at St Luke's School**, a chance for the many groups and societies who offer sport, leisure and well-being activities to promote and showcase what they do, to be followed by what we hope will be an annual event in **the first week of October on the Common, namely the Active in Redbourn "Conkerthon"**.

Yes it's a shame, but all the hard work and preparation will stand us in good stead for next year.

Thank you for all the support you have given, it is very much appreciated.



Enquiries: info@activeinredbourn.co.uk

The 2020 European Championship - Euro quiz answers! Phew....that was tough!!!



1. Which player scored the only goal in the Euro 2004 final between Portugal and Greece?
Angelos Charisteas
2. Who is the only player to score in the finals of two consecutive Euros?
Fernando Torres
3. Spain is the only team to defend its Euro title successfully (2008 and 2012). When did it win its first title? 1964
4. The Panenka penalty originated at the 1976 European Championships, but what team did Antonin Panenka score the first against? West Germany
5. What team has appeared at the most European Championships without winning the trophy?
England
6. Who are the only two players to have scored for Northern Ireland at the Euros?
Gareth McAuley and Niall McGinn
7. Who scored the equaliser in England's 2-1 victory over Wales at Euro 2016? Jamie Vardy
8. Who scored the first goal for England at Euro 2012? Joleon Lescott
9. Name all 24 teams competing at this year's competition?
Turkey, Italy, Wales, Switzerland, Denmark, Finland, Belgium, Russia, Netherlands, Ukraine, Austria, North Macedonia, England, Croatia, Scotland, Czech Republic, Spain, Sweden, Poland, Slovakia, Hungary, Portugal, France, Germany
10. Which former Liverpool striker was the top scorer at Euro 2004? Milan Baros
11. Which two European countries co-hosted the Euro 2000 tournament?
Belgium and the Netherlands
12. How many goals did Marco van Basten score in the Euro 88 tournament? 5
13. How was the semi-final between the USSR and Italy of the 1968 championship decided?
Toss of a coin
14. Which team did England defeat in a two-legged playoff match to qualify for Euro 2000?
Scotland
15. In Euro 2020 qualification, which team took part for the first time? Kosovo
16. Which England player scored a hat-trick in the 5-0 win over Czech Republic in their opening qualifier in March 2019? Raheem Sterling
17. Who scored the most goals in Euro 2020 qualifiers? Teemu Pukki
18. How many times have Spain qualified for the European Championship? 11
19. Who was the only team to defeat England in Euro 2020 qualifiers? Czech Republic
20. Which three sides have won the European Championship on home soil? Spain (1964), Italy (1968) and France (1984)
21. How many goals has Alan Shearer scored in European Championship tournaments in total? 7
22. Which company supplied the Euro 2012 matchball? Adidas
23. Which Spanish footballer was voted player of the tournament at Euro 2008? Xavi Hernandez
24. When was the first European Championship held? 1960
25. Which team won the first European Championship? USSR

Summer Quiz

There are many things to make us love the summertime: holiday, sunshine, nice beaches, ice cream, and pool parties. Everyone seems to spend more time outside to make use of the long and sunny days.

1. The summer lasts from June to September in the northern hemisphere. When is the summertime in the southern hemisphere?
 - A. From June to September
 - B. From October to December
 - C. From December to March
2. Which of the following facts is NOT true about the summer solstice?
 - A. It occurs in July each year
 - B. The sun reaches the highest point in the sky in the year
 - C. The day has the most hours of daylight in the year
3. Sumardagurinn fyrsti, which literally means the first day of summer, is an annual public holiday in which European country?
 - A. Denmark
 - B. Iceland
 - C. Finland
4. The phrase "the dog days of summer" is named after the "Dog Star". What is the official name of this star?
 - A. Sirius
 - B. Canopus
 - C. Vega
5. Which term is used for a period of unseasonable dry, warm weather in autumn from September to November?
 - A. Arabian Summer
 - B. Persian Summer
 - C. Indian Summer
6. Which British rock band had a debut single called "In the Summertime"?
 - A. The Small Faces
 - B. Mungo Jerry
 - C. Iron Maiden
7. The 2024 Summer Olympics will be held in which city?
 - A. Los Angeles
 - B. Cape Town
 - C. Paris
8. When is the Christian festival of Midsummer Day celebrated?
 - A. 24th June
 - B. 24th July
 - C. 24th August
9. Which ingredient can be used as the filling for a summer pudding?
 - A. Fruits
 - B. Honey
 - C. Cream
10. Which are the 3 summer signs of the Zodiac?
 - A. Capricorn, Sagittarius, and Scorpio
 - B. Virgo, Leo, and Cancer
 - C. Pisces, Aquarius, and Capricorn

