

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/



No. 33 August 2021



RCG has enjoyed sharing our newsletter with you over the last 18 months and joining in the journey with you. We have had some lovely comments, have valued your feedback, and been delighted that so many of you have requested copies. Our volunteers have been hand delivering over 100 copies each issue, and we know that over 800 enjoy receiving an electronic copy or sharing a copy with family and friends – both near and far!

The purpose of the RCG newsletter initially was to keep the community informed about the Covid-19 pandemic in an unbiased and informative manner that related to local issues. We also recognised the need to include articles and information to support general well-being and health, and shared positive news, funny stories, The Snatchups! and local activities and events.

In order to decide on the way forward with the newsletter we recently sent out a survey. Grateful thanks to everyone who responded. Here are some of the comments that you kindly sent to us:

“It is a very useful source of information on a range of topics including RCG activities e.g. friendly walks and talks, Covid updates, local activities and services.”

“The newsletter makes me feel very much part of our village community.”

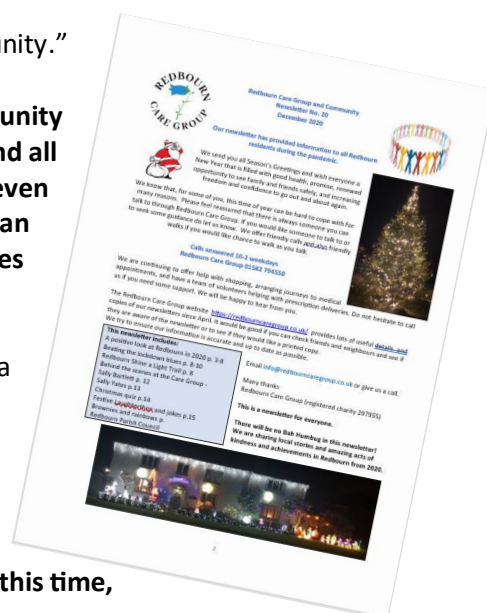
“Any information is better than none at all. So the job the community letter is doing is good. Just keep the community informed of any and all activities that are going to take place on a weekly monthly or even annual basis. The community letter is the only way some people can get to hear of what is going on even if they can't take part themselves they become aware of the community working.”

“It's good to see what is going on in the local community and also a really good reminder of the services that offer support to those who are lonely or live by themselves without support networks. It's good that the details of these are available in the newsletter every time.”

“I do feel that all communication is a wonderful thing and you and the team are to be congratulated for what you have been doing at this time, so well done and thank you all.”

“Information collated well and good for target audience. Well done to all involved.”

“Lovely chatty update of all things Redbourn creating a fab community and making people feel connected (well I did anyway!).”



Suggestions included:

- Interviews with 'ordinary' villagers & activities would be enjoyable.
- Wonder if you should talk to the producers of Common Round - another nice little local newsletter circulated once a month. Perhaps the two could be combined?
- An enjoyable easy read. Maybe add a “What’s on this month” calendar
- With reference to the “After Lockdown” brochure that Active in Redbourn and RCG produced in partnership - Very interesting for physical activities but what about sewing, drama, reading, baking, arts...all contribute to wellbeing?
- Maybe a regular feature on the historic buildings with photos.

Outcome

Based on your feedback we have decided to continue with a newsletter that provides local community information, particularly in relation to the Redbourn Community Group.

The newsletter will be quarterly – September, December, March, June. We won’t ‘clash or overlap content’ with either the Redbourn Common Round or the Parish Newsletters. Don’t forget, you can also look on our lovely new website for information.

<https://redbourncg.org/>

If you would like anything included it helps us to receive it the calendar month before we publish. Please send emails to info@redbourncg.org



Covid updates



Covid Information Champion Update 05/08/21

There is a national and local focus on encouraging pregnant women to take up the offer of the vaccine.

- The Joint Committee on Vaccination and Immunisation, who are the UK regulators and safety experts, say that pregnant women can have the COVID-19 vaccination in the same way as the rest of the population.
- It is recommended that pregnant women of any age have Pfizer or Moderna as a preferred first dose as their safe use in pregnancy is well evidenced.
- Pregnant women who have had their first vaccination with another vaccine such as AstraZeneca, without having any serious side effects, should have their second dose with the same vaccination while pregnant.
- According to new figures from the UK Obstetric Surveillance System from the last three months, one in three pregnant women in hospital with COVID-19 in England required additional respiratory support (33%), with more than a third developing pneumonia (37%), and around one in seven needing intensive care (15%). Therefore, it is really important for pregnant women to get vaccinated.

You can find a leaflet from Public Health England with really useful information [here](#): COVID-19 vaccination: a guide for all women of childbearing age, pregnant or breastfeeding (Updated 29th July 2021).

Vaccination clinics are still running locally and here are details of the drop-in clinics in St Albans next week

Walk-In Vaccination Clinics - Hertfordshire 29/07/21

Market Place, St Peter's Street,
St Albans. AL1 3DH

Thu 5 Aug 8:30am to 3:30pm
Vaccine(s) available: **Pfizer**

Fri 6 Aug 8:30am to 3:30pm
Vaccine(s) available: **Pfizer**

Sun 8 Aug 10:30am to 3:30pm
Vaccine(s) available: **Pfizer**

Mon 9 Aug 8:30am to 3:30pm
Vaccine(s) available: **Pfizer**

Tue 10 Aug 8:30am to 3:30pm
Vaccine(s) available: **Pfizer**

Wed 11 Aug 11:00am to 3:30pm
Vaccine(s) available: **Pfizer**

Thu 12 Aug 8:30am to 3:30pm
Vaccine(s) available: **Pfizer**

Waltham Abbey Leisure
Centre, Hillhouse, Waltham
Abbey. EN9 3EL

Sat 7 Aug 12:30pm to 4:30pm
Vaccine(s) available: **Pfizer**

Sun 8 Aug 12:30pm to 4:30pm
Vaccine(s) available: **Pfizer**

IMED Pharmacy, 1 The Parade, Ellis
House, Charrington Place, St Albans. AL1
3FY

Thu 5 Aug 8:15am to 6:45pm
Vaccine(s) available: **AstraZeneca, Moderna**

Fri 6 Aug 8:15am to 6:45pm
Vaccine(s) available: **AstraZeneca, Moderna**

Sat 7 Aug 8:15am to 2:00pm
Vaccine(s) available: **AstraZeneca, Moderna**

Mon 9 Aug 8:15am to 6:45pm
Vaccine(s) available: **AstraZeneca, Moderna**

Tue 10 Aug 8:15am to 6:45pm
Vaccine(s) available: **AstraZeneca, Moderna**

Wed 11 Aug 8:15am to 6:45pm
Vaccine(s) available: **AstraZeneca, Moderna**

Thu 12 Aug 8:15am to 6:45pm
Vaccine(s) available: **AstraZeneca, Moderna**

Bishop's Stortford Football Club,
Dunmow Road, Bishop's
Stortford. CM23 5RG.

Thu 5 Aug 8:30am to 3:30pm
Vaccine(s) available: **Pfizer**

Fri 6 Aug 8:30am to 3:30pm
Vaccine(s) available: **Pfizer**

Sun 8 Aug 8:30am to 3:30pm
Vaccine(s) available: **Pfizer**

Mon 9 Aug 8:30am to 3:30pm
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From our Newsletter compiler, Sally Yates.....Many many thanks!

You may have seen that my son, marathons in 7 and awareness of

Charity as he has a friend, Rich, with a Brain tumours are indiscriminate; they can age.

James successfully completed the under 4 hours! – and with support from others across the globe has raised a James and Rich are humbled by the are particularly moved by the number of in touch, who have either had brain cancer or have received support from The Brain Tumour Charity. Some include touching local messages.

Sally Yates – 07958675424 sally.yates@hotmail.co.uk

<https://www.justgiving.com/fundraising/James-Yates17>



in the June newsletter James, was running 7 days to raise money The Brain Tumour terminal brain tumour. affect anyone at any

marathons – all in friends, family and kind fantastic £23, 751. amazing support and people who have been

Redbourn Classics on Saturday 4th September – COMING SOON

For more information please go to www.redbournclassics.co.uk

If you, or you know of anyone, who could help in any way at this event, please go to the website and fill in the volunteer form or phone the RCG office so your name can be passed on. The day is a community effort both in ensuring it runs smoothly, and safely, and in raising valuable money. 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.

Redbourn Classics Motor Show

Saturday 4th
September 2021
Noon – 5pm
Redbourn Common

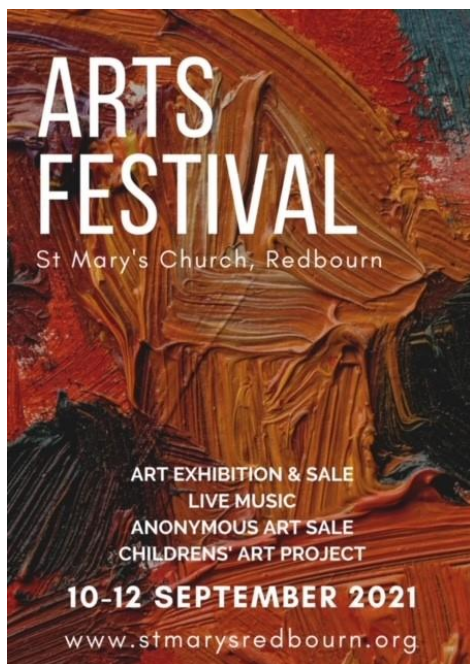
Village Fete
Food Stalls, Bar, Live Music

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!

PLEASE VOLUNTEER!
Go to: www.redbournclassics.co.uk

Exciting Arts Festival at St Mary's Church from Friday 10th – Sunday 12th September, in aid of our charity of the year, Pumps for Mpwapwa, installing a solar-powered water pump in a small village in Tanzania.



The weekend festival will include:

An exhibition and sale of works by artists with local connections, a proportion of every sale will be donated to Pumps for Mpwapwa.

Live music throughout the weekend.

A concert by musicians from the BBC Concert Orchestra.

An 'Anonymous Art' sale: is the work you choose by a professional artist, a celebrity, one of our Forest Tots or your next-door-neighbour... who knows?! Find out how to take part.

A children's art project led by our Forest Tots.

The programme will run as follows:

Friday 10th September 6.00 – 8.30pm

Exhibition Preview Night

Please join us for a preview evening with pay bar, live music and raffle. Browse and buy from the exhibition and the 'Anonymous Art' wall, meet the artists, (and have first opportunity to buy if you wish!). All welcome.

Saturday 11th September 10.00am – 5.00pm

Exhibition and Anonymous Art Wall open for browsing and buying. Live music performances throughout the day. Refreshments will be served.

Saturday 11th September 7.30pm

The 8 Seasons – a concert by musicians from the BBC Concert Orchestra – Vivaldi's Four Seasons (soloist Peter Bussereau) and The Four Seasons of Buenos Aires by Astor Piazzolla. Admission free, retiring collection in aid of Pumps for Mpwapwa. Check for more details and booking information nearer the time.

Sunday 12th September 10.00am – 5.00pm

Exhibition and Anonymous Art Wall open for browsing and buying. Live music performances throughout the day. Refreshments will be served in the Transept.



This month the Cathedral is continuing their fantastic Medieval Summer programme, with a full list of events for families and adults. Our Lives and Legacies exhibition continues throughout August so there's still plenty of time to visit - and if you do, we'd love to hear from you. We'll be sharing some of our favorite characters from the Book of Benefactors

manuscript on social media throughout the month, so everyone can get a taste of this incredible piece of St Albans' history.

Cathedrals at Night - Friday 20 August, 7.00pm - 9.00pm

Lose yourself in the beauty of the Cathedral as it moves from daylight to dusk at this reflective evening. See our stunning architecture and medieval wall paintings brought to life and hear from characters from the Medieval Abbey's past. Join us to explore places you may never have seen before or simply take time to 'just be' in these extraordinary spaces of peace and tranquility. **FREE | Donations welcome.**



The Great Survivor Tour - Wednesdays and Saturdays, 2.30pm

Walk the outline of St Albans Cathedral in the company of one of our experienced guides on this fascinating outdoor tour of the Cathedral grounds. Hear the stories of the communities and people who have loved and saved it over the centuries. Tickets from £3, available from <https://www.stalbanscathedral.org/>

Lifting Spirits

With the pressures and strains of the pandemic lifting, Active in Redbourn are planning a series of events to lift the spirits of our community. AIR having been working closely with RCG during the pandemic.

The very successful Conkerthon which took place in October 2019 will have a bigger and better event on **Saturday 25th September, 2021**. Even though horse chestnut tree conkers are not normally falling until early October, we have a large stock of frozen conkers collected from last year's crop.

What is a Conkerthon?

A conker is the fruit of the horse chestnut tree. Traditionally, a conker match is played with a conker drilled with a hole threaded with a lace about 12 inches long. Opponents take it in turns to hit each other's conker until one of the conkers is broken and falls off the lace. The winner moves on to the next round. Although



Steve Mackie receiving his award from King Conker Oct 2019

the first recorded game of conkers is believed to have taken place in the Isle of Wight in 1848, the World Conker Championships have been running in Northamptonshire since 1965.

The Redbourn Conkerthon is very simply a knockout game of conkers. We play by the very strict rules of World Conkers with all conkers supplied on the day. This gets over the well-known problem of people bringing their own conker which may have been 'illegally' hardened. It is open to all comers with prizes for each category.

Conkerthon 2019 runner-up Steve Mackie said: "It was really great fun and we all said we look forward to having it again next year. What's more, it's very eco-friendly and draws attention to the plight of our horse chestnut trees."

The Redbourn Conkerthon takes place on the Common on Sat 25th September. For more information and entry forms visit our web site or call Chris Emmel on 07770 863864

Other Events

In November, we are planning a re-run of the very successful Quiz Night in the Village Hall. Look out for the Boxing Day stroll on the Redbourn Mile - Sunday December 26th. This is a repeat of our 2019 stroll with a seasonal chance to make new acquaintances, for families and friends to get some air and for us all to enjoy the common in a special time of the year.

The Air Fayre and Fun Day events 'covid cancelled' this year will now take place in February and July 2022. Also in July, the Fete du Velo is planned to have a very welcome return. With our 2022 theme of 'Lifting Spirits' we plan to make Redbourn the healthiest, happiest village in Hertfordshire.

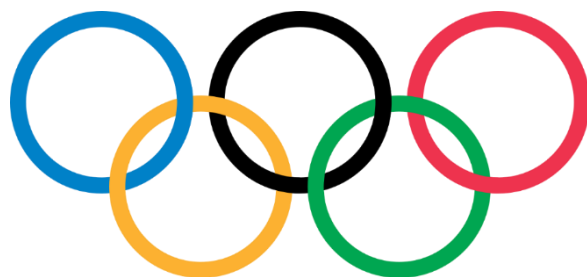
Summer trivia quiz answers (from our newsletter at the end of June)

1. The summer lasts from June to September in the northern hemisphere. When is the summertime in the southern hemisphere? **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**
3. Sumardagurinn fyrsti, which literally means the first day of summer, is an annual public holiday in which European country? **B. Iceland**
4. The phrase "the dog days of summer" is named after the "Dog Star". What is the official name of this star? **A. Sirius**
5. Which term is used for a period of unseasonable dry, warm weather in autumn from September to November? **C. Indian Summer**
6. Which British rock band had debut single called "In the Summertime"? **B. Mungo Jerry**
7. The 2024 Summer Olympics will be held in which city? **C. Paris**
8. When is the Christian festival of Midsummer Day celebrated? **A. 24th June**
9. Which ingredient can be used as the filling for a summer pudding? **A. Fruits**
10. Which are the 3 summer signs of the Zodiac? **B. Virgo, Leo, and Cancer**



And now for a topical Olympic Quiz!

1. What are the colours of the five rings on the Olympic flag?
2. What sports are new to the Olympics this year?
3. How many gold medals are up for grabs in Tokyo 2020?
4. How many medals did Great Britain win in Rio 2016?
5. What do the five rings on the Olympics flag represent?
6. Which country has won the most Olympic medals?
7. In which of the Olympic Games did the torch relay start for the first time?
8. Which gold medal-winning swimmer was also famous for portraying Tarzan in a series of films?
9. Which American athlete holds the record of winning the most Olympics medals?
10. Which athlete wore a parachute while flying to the 1960 Olympic Games hosted in Rome?
11. Which sport is making a comeback this year after being pulled from the 2012 and 2016 Olympic Games?
12. Who is Britain's youngest Olympian at this year's Games?
13. Jessica, a member of the US equestrian show jumping team, is the daughter of which famous musician?
14. Which was the first Olympic game where all the participating countries sent female athletes?
15. When was the summer Olympics last held in Japan?
16. Where will the 2024 Olympics be held?



Volunteers Needed at St Luke's School Family Fun Day!

We are looking for **about 20 brilliant volunteers** to help at our charity fun day taking place at St Luke's School in Redbourn, near Harpenden/St Albans.

Date: Monday 30th August 2021 (Bank Holiday). Time: 10-4.

Jobs will include managing stalls such as hook a duck, tombola, tan-can alley, coconut shy, soft drinks and snack stand, pets corner, general stewarding duties and car park marshalling. We can provide a 'Volunteers Only' space for your belongings and break area, water, snacks and sun-screen.

Contact:

sarah.grimes@transitionsuk.org

Tel: Sarah Grimes 07704 729209

Transitions UK and Blue Tangerine Federation present a

CHARITY FUN DAY

Lots of fun for the whole family!

Bouncy castle, dog show, rounders, live music, stalls, tombola, food & drink, old fashioned games, pets corner, magic, pocket money toys, licensed bar and more!

30TH AUGUST 2021
BANK HOLIDAY
MONDAY
11AM-4PM

ST LUKE'S SCHOOL, CROUCH HALL LANE, REDBOURN, ST ALBANS, AL3 7ET
FREE ENTRY

ALL COVID 19 RULES IN PLACE AT THE TIME WILL BE ADHERED TO
THIS EVENT IS WHEELCHAIR FRIENDLY
DOGS WELCOME WITH WELL BEHAVED OWNERS

All proceeds will be split between Transitions UK (charity no 1160105) and The Blue Tangerine Federation (charity no 1106427)

A HUGE THANKS TO OUR WONDERFUL LOCAL SPONSORS