



January 2022

Price 60p



Happy New Year 2022

Editorial Note

Welcome to our January 2022 edition of the Tewin Magazine.

It's been another turbulent year, forcing us all to be patient and flexible in our arrangements. It's easy to become downhearted as the media peddles doom and gloom but we have much to be optimistic about.

peddles doom and gloom but we have much to be optimistic about. Many of us have been protected from Covid by vaccination or natural immunity and mask wearing and self-testing have become second nature. The days are getting longer and after winter comes spring. I wish a happy, healthy New Year to all our readers.

The age old question for January is 'when do the decorations come down'? Popular superstition states that it's bad luck to leave your decorations up after Twelfth Night (5th January).

Screen On The Green are showing 'Knives Out' on the 17th (p9) and Tewin Stores are holding their Saturday Lunch on the 22nd (p25). The Memorial Hall will celebrate 100 years on 23rd January(p30).

Trussells Butcher's Van is outside the shop on Fridays from 2.30-3.30. Call 01438 812304 if you wish to order in advance.

Please continue to send contributions for future editions of the magazine to tewinmagazine@gmail.com. The deadline is the 15th of the month, but the earlier the better.

Jackie Murphy, Editor

Renewal of Magazine Subscriptions

Annual subscriptions for the Tewin Magazine of £6 for 12 issues are due from January 2022. PLEASE have your subscription money (cash or cheque, payable to St Peter's Church Tewin, only please) ready for collection in order to help our 23 distributors.

If you don't currently subscribe but would wish to do so, and thus have the magazine delivered to your door every month, then please contact Sue Whitbourn on 01438 798221.

Also, please continue to save Target Stamps from the Welwyn Hatfield Times to help the Danesbury/QVM Hospitals charity. Any used stamps, particularly foreign or commemorative stamps, are welcome too as these can benefit Moorfield Eye Hospital. There are boxes in Tewin Stores. A big thank you and good wishes for 2022.

Sue Whitbourn

The Queen's Green Canopy Takes Root In Hertfordshire

The Queen's Green Canopy project, which encourages people and organisations to 'Plant a Tree for the Jubilee', has started to take root in Hertfordshire with over 850 trees being planted this year so far. Over the next 18 months, we expect over 36,000 trees to be planted across the county by a combination of local landowners, district, borough, town and parish councils, amongst a host of other organisations and individuals, alongside our own planting projects.

Recently, we have planted at two 'statement' sites, County Hall, Hertford and Aldenham Country Park, featuring an avenue of 30 lime trees along the entrance to the park, with 350 more trees planned for the site next year. The County Hall planting consists of 27 trees which was capped off by a small ceremony during the Sustainable Hertfordshire Eco-Fair. If you are planting a tree over the next two years, you can pin your tree to the Queen's Green Canopy map, at https://queensgreencanopy.org/map-education-hub/, to make it count towards Hertfordshire's total.

If you have land that you think would be suitable for a larger planting, you can email our dedicated team at queensgreencanopy@hertfordshire.gov.uk for advice and support.

First Supermarket Opens In Britain

So who opened the first supermarket in Britain? Not Tesco, who only opened their first one in 1954; nor Sainsbury's, who were four years ahead of them. Not even dear old M&S, though they were close with their Wood Green Store in 1948. The first full-scale supermarket in Britain was opened by the London Cooperative Society, in Manor Park, on **January 12 1948** – a mere 32 years after Clarence Saunders began exploiting the self-service concept in his wonderfully named Piggly Wiggly store in Memphis, Tennessee. The Romford Co-op had introduced a very limited amount of self-service space in 1942 but, given that there was a war on, retail innovation was not a pressing

concern and there was not much to sell. While many of us rant about the overweening power of the supermarket giants, anyone with experience of the queues and scant choice in counter-service general stores of the 60s and 70s laments their passing very little. Housewives queued in the bitter cold outside the Manor Park store on opening day; legend has it they were transfixed by the wide selection, and flummoxed by the concept of taking things off shelves themselves. The great-grandchildren of those women now often don't even go into the store to do their shopping.

Tewin Parish Council



CHRISTMAS TREE

The Parish Council would like to thank Friends of Tewin who have arranged the decorating of the Christmas tree on Lower Green.

PRECEPT

At their meeting on 6th December the Parish Council reviewed the precept options for the Financial Year Ending 31.3.2023 and agreed to add in an annual amount for tree works in the parish of £1,000 which are likely to arise following the tree survey. In accordance with the Financial Regulations of the Council they unanimously agreed to increase the precept by 4.76% from £31,500 to £33,000.

LEAKING GULLEY ON ORCHARD ROAD

Herts County Councillor Ken Crofton has advised that the drain has been inspected again and 30 to 40 metres of underground drainage pipe has to be replaced. Highways will be applying for a road closure notice to undertake this work.

ELECTORAL REVIEW OF WARD BOUNDARIES CONSULTATION

Tewin Parish Council responded to this consultation saying that it is content with the current arrangement for District Council wards, where the parish is split into two parish wards with the north ward being included in Hertford Rural North and the south ward being included in Hertford Rural South.

WINTER GRITTING

With winter approaching you can check when roads are being gritted by googling "HCC gritting".

TEWIN COMMUNITY BUS IS BACK

The bus will run on Saturdays only from the Rose & Crown, from 13th November.

It will leave Tewin at 9.30am to take you to Welwyn Garden City (via Welwyn North if requested) and will stop at LIDL, Morrisons and Sainsbury's and then return from Welwyn Garden City at 11.45am.

It will cost each passenger: £2.50 single or £5 return.

For more information and to book your seat please contact: Ann Kevis on 01438 717473

NEXT MEETING

The next Parish Council meeting is on **Monday 7th February 2022** at 7.45pm in Tewin Memorial Hall.

PARISH COUNCIL INFORMATION

Website: www.tewinvillage.co.uk

Agenda: Please notify the Clerk at least one week before the meeting if you wish to suggest items for discussion. The agenda is published on the Notice Board outside Tewin Stores & website 3 working days before the meeting. *All Parishioners are welcome to attend and can make comments at the start of the meeting.*

Minutes: These are displayed at Tewin Stores, Tewin Memorial Hall and on the website. The minutes are not published until approved and signed at the subsequent meeting.

Meeting Dates and Newsletters: These are published on the website. **Oueries**:

Chairman, Keith St Pier Tel: 01438-717551 Clerk, Caroline McFarlane Tel: 01438-798969

E-mail - tewinparishclerk@btinternet.com

East Herts District Councillor - North Ward: Cllr Michael McMullen Tel: 01920-463430 East Herts District Councillor - South Ward: Cllr Linda Haysey Tel: 01992-582151

Herts County Councillor:

Cllr Ken Crofton Tel: 01438 869650

Police Community Team: 101 - For non-emergency purposes – This will create a general log and will be picked up by the officers on duty at the time. If personal messages are sent they may not be picked up for some time if the officer isn't on duty as they may be on rest days, annual leave or even off sick.

Our East Herts Rural Team contacts are:

PC Mark Turner or PCSO Sally Brooks.

Herts Highways Fault Line: 0300 1234047 or www.hertfordshire.gov.uk - for fault reporting.

East Herts District Council: 01279-655261 or www.eastherts.gov.uk - for reporting smoke & noise nuisance, flytipping, fly posting, dead animals on the road, stray dogs, dog fouling, abandoned vehicles, Environmental Health, Environmental Services, Pest Control, Waste Services, Tree Preservation Orders, Planning, Parking Warden for parking offences.

THACS - TEWIN HORTICULTURAL ARTS & CRAFTS SOCIETY

Happy New Year!

I hope that you managed to get along to the Arts & Crafts Sale at Tewin Memorial Hall on Saturday 4th December. Perhaps you bought some of the hand-crafted gifts as Christmas presents, or did you just go for the irresistible cakes on offer?

The art workshop on 11th November was an enjoyable and creative day. You can find a brief report of the event on the *THACS* pages of the Tewin Village website, along with captivating and colourful pictures of some of the art work that was created. Sight of that art work can brighten even the dullest January day and may even tempt you to join into future workshops.

Now that we are into a new year, here are some dates for your new diary: -

- THACS AGM on the evening of Monday 14th March 2022
- · Spring Show on Saturday 9th April 2022
- · Autumn Show on Saturday 24th September 2022

Several other events are being organised and they will be announced in due course.

Ray Keppler *THACS* Chairman

On This Day January 19th

1736	James Watt, inventor of the steam engine that
	largely powered the Industrial Revolution, was
	born in Renfrewshire, Scotland

Sir Henry Bessemer, inventor of a steel production process that reduced the price of the alloy to a fifth of its former cost, was born in Charlton, Hertfordshire



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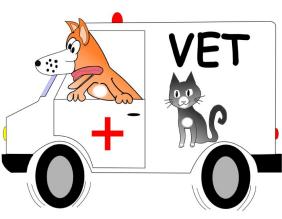
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Chris Wearne BVSc(Hons I) MRCVS



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A huge **THANK YOU** to our audience who joined us for our first concert in St Peter's Church last month!

It was a delight to sing live in front of such a friendly audience.

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References on Request



Screen On The Green

We start the New Year on the 17th January with *Knives Out (2019)*, a modern take on a 'whodunnit' by writer/director Rian Johnson. A murder, mystery, comedy thriller, the ensemble cast of big stars includes Daniel Craig as debonair Detective Benoir Blanc who investigates the murder of a renowned crime novelist in a dysfunctional family where everyone is a suspect.

Knives Out was well received by critics who described it as "ingeniously plotted, tremendously entertaining and a treat from start to finish".

The evening will be run in a similar way as before (government restrictions permitting) but, for the safety of everyone, we would prefer that you are fully vaccinated. Please do not come if you are feeling unwell.

Future dates for the diary:

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21<sup>st</sup> February Parasite (2019)
21<sup>st</sup> March Apollo 11 (2019)
25<sup>th</sup> April I, Tonya (2018)
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Wishing you a happy, healthy and prosperous New Year – here's hoping 2022 will bring better times.

MONDAY 17 JANUARY Doors open 7pm for 7.45pm start. Complimentary tea or coffee. Ice cream on sale. Tickets from Tewin Stores or on the door, priced £4. Bring your own drinks and nibbles for a jolly night out at the Tewin Memorial Hall.

Marie St Pier

On This Day January 17th

1874 Conjoined Thai-American brothers, Chang and Eng Bunker, considered the original Siamese twins, died within 2 hours of one another, aged 62, in North Carolina

1983 The BBC introduced breakfast television

Winter on the Farm

At this time of year we sell part of our Wheat Harvest and have space in the grain barn. I like to put our machines through the workshop, to check them over, so they will be ready to use in the coming season, and then be stored in the grain barn. There are lots of problems in the grain trade, due to a shortage of bulk haulage operatives. My major problem at the moment is the price of gas, which is used in the manufacture of Nitrogen Fertiliser. The price has more than doubled for the coming season.

The Sewer Pipe on the B1000.

One does not think much about a sewer main, but it's part of everyday life. It's the unseen pipe! Without it our everyday house functions would not work.

This pipe, now owned by Thames Water, was put in about 100 years ago. The sewer comes from the Welwyn area and is a pumped main from that area. Most sewers are gravity fed. The contractors have had to replace about 500 metres of pipe, which has rusted away, so I have a large area of land being dug up, and everything in its path cleared away. Trees cut down, branches cut off, saplings dug up, and anything which has grown on top of the pipe cleared. They had to dig across the B1000, shutting access to the road, which must have taken 2 weeks. It was a major problem as the pipe was very deep at this point, about 4.5 metres deep. It then was connected into the Dawson Sewer. I remember this sewer being dug in the 1950's when I was a young lad, about knee high to a grasshopper. Does anyone else remember this being dug by those drag line cranes?

This Dawson Main Sewer starts near Digswell, and flows through the Mimram Valley, through Panshanger Park, through Hertford, on to Hoddesdon then into the Rye Meads sewer treatment works.

What a wonderful achievement by those men and machines over 70 years ago.

Ivor Williams.

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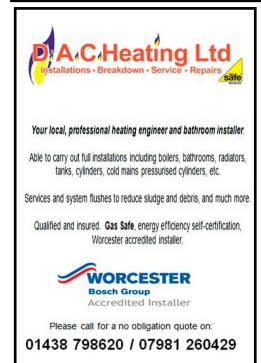
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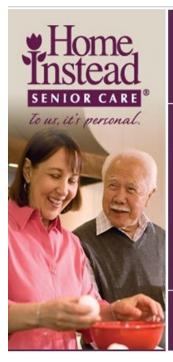












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Post Office Times

Post Office Update: Until further notice and subject to change at short notice if circumstances dictate.

Burnham Green Village Hall Post Office Open:

Tues 12.30pm until 16.00pm Fri 9.30am until 13.00pm

Tewin Stores Post Office Open:

Mon 13.30pm until 15.30pm Wed 9.30am until 11.30am Fri 9.30am until 11.30am

Datchworth Village Hall Post Office Open:

Tues 9.00am until 12 noon

Tewin Memorial Hall Draw

November 2021

Here's confirmation of the draw results for November

1 st	£53	Myra Chapman, Lower Green
2 nd	£32	Hilary Tipping, Lower Green
3 rd	£11	Zena Barton, Nether Compton
3 rd	£11	Lynne Shankster, Godfries Close

Want to see your name here?

Please join the Club and help us reach 300 members and monthly prizes totalling £150 every month.

Application forms and more information available from:

- Lisa Bove on personal@lisabove.com
- Tewin Memorial Hall
- Tewin Stores
- <u>www.tewinvillagehall.co.uk/supporters-club</u>



A BIG THANK YOU to everyone involved with the **Tewin Church Christmas Bazaar**. From those who donated the huge range of quality items, to the many volunteers who helped, and to those who came along and supported the event, making it a fun and festive afternoon, despite the very cold and stormy weather!

We raised a total of just over £3,100, which is a huge achievement. The money raised goes into the general funds which help the church in its work with our school, the village, the elderly and bereaved, and it is very gratefully received.

We hope that you all enjoyed the day as much as we did and we look forward to seeing you all again later this year!

Vicky de Naeyer & Amanda Glew

On This Day 24th January

1895 Lord Randolph Churchill, statesman and father of Sir Winston, died, aged 45

1965 Sir Winston Churchill, Prime Minister 1940-45 and 1951-55, died, aged 90

Team Vicar's Letter

On December 31st 2020 I had a party. It was a rather small party consisting of the four Underwoods in my household, a cat and dog – but it was a party nonetheless. We put on our best frocks (well three of us at least), feasted on snazzy canapes and drank champagne. I'm not usually one to celebrate the end of a year and see in the next (I'm not really a fan of a post-10pm bedtime), but it felt important this time to see out a truly dreadful year and welcome in, like never before, a new one.

Well, although there were some improvements to 2021, the ability of scientists, medics and volunteers to provide us with vaccines being one of them, the pandemic didn't quietly slip away as we may have hoped. It still dominated the news, our daily planning and for some of us sadly affected our health.

So with what hope do we enter this new year of 2022? Is there any cause for optimism, or is there just a collective sigh of weariness for the long road that lies ahead?

January sees the church celebrate the feast of the Epiphany. It is the part of the Christmas story where the Magi (wise men) finally meet the infant Jesus. For convenience sake we stuff them in the stable with the shepherds on Christmas Day, but in the bible they arrived at a later date. We're not entirely sure when but it may have been as long as two years after Jesus' birth. When they set out on their journey they did not know how long was the road, nor where it led, but they kept their sights focused on the star that shone in the dark of each night.

May we too keep our eyes turned to the light, even in dark times, and as we continue this long road together may we be light-bearers to one another.

Susannah

	ST PETER'S CHURCH SERVICES						
DATE	DAY	SERVICE	TIME	MINISTER	1 ST READING	2 ND READING	GOSPEL
JANU- ARY 2nd	EPIPHANY	HOLY COMMUNION	9.30am	LIZ LAVELLE	ISAIAH 60: 1-6	EPHESIANS 3: 1-12	MAT- THEW 2: 1-12
9th	BAPTISM OF CHRIST	HOLY COMMUNION	9.30am	SUSANNAH UNDERWOOD	ISAIAH 43: 1-7	ACTS 8:14-17	LUKE 3: 15-17, 21- 22
16th	2nd SUNDAY OF EPIPHANY	FAMILY SERVICE	11.15am	ТВА	JOHN 2: 1-11		
		HOLY COMMUNION	6.30pm	ТВА	ISAIAH 62: 1-5	1CORIN- THIANS 12:1-11	JOHN 2: 1-11
23rd	3rd SUNDAY OF EPIPHANY	HOLY COMMUNION	9.30am	ТВА	NEHE- MIAH 8: 1-3, 5-6, 8-10	1 CORIN- THIANS 12: 12-31a	LUKE 4: 14-21
30th	4th SUNDAY OF EPIPHANY	HOLY COMMUNION	9.30am	ТВА	EZEKIEL 43: 27-44.4	1 CORIN- THIANS 13	LUKE 2: 22-40

Service of Said Evening Prayer is held every Monday at 5pm

St Peter's Church was floodlit on New Year's Eve, in memory of Kit and Bert Fernee, and absent members of the Haggar family.

ROTAS					
SERVER	READER	SIDESMEN	COFFEE	FLOWERS	CLEANER
JANUARY 2nd	ТВА	DI BRADLEY & SPIKE NICHOLSON	VOLUNTEER NEEDED	CHRISTMAS FLOWERS	LINDA CRAWFORD
9th	ТВА	LINDA MAITLAND & ANGELA WILLIAMS	DITTO	DITTO	AMANDA GLEW
16th	ТВА	MYRA WALKER	DITTO	DITTO	DI BRADLEY
	ТВА	CLARE RAWLINS			
23rd TBA ELAINE FOWLER & DITTO MAVIS HAGGAR		DITTO	DITTO	VOLUNTEER NEEDED	
30th	ТВА	ANNE LAND & PETE JOHNSON	DITTO	SUE WHITBOURN	PETE JOHNSON

BAPTISM

11th December 2021 Theodore Vinall

FUNERAL

3rd December 2021 Andrew Makin

St Peter's News

A church at the heart of the village, with space for all

This year seems to have rushed past and yet it also appears to be forever since last Christmas. Last Christmas we had ticketed services, a Tewin Nativity on screen and, unexpectedly, Susannah was unable to be with us for all the special services over Christmas as she was shielding. This year we hope Christmas has been more as planned, though with the weather so unpredictable, who can say, as I write this in the second week of December.

At the end of November, we held our Christmas Bazaar and were delighted that people came to support this happy event. The church raised over £3,000 which will help with our focus on making the church more eco-friendly. We are planning to install new LED lighting in 2022.

Earlier in the autumn I told you about various things the Welwyn team was doing as a Church in Action project. We have supported the Food Bank in Stevenage for several years now. This autumn we decided to support refugee and asylum seekers more actively by knitting hats, scarves, and gloves to give to cold, needy people arriving from abroad, and also, to give unwanted bikes to The Bike Project, (www.thebikeproject.co.uk). I am pleased to say we have provided about fifty hand crafted goods to Herts Welcomes Refugees. These have gone to asylum seekers who have been housed in West Hertfordshire hotels, and to Afghan refugees in St Albans. The Welwyn Bike Project has gathered over 30 bikes at a lock-up in Codicote ready for collection by our closest repair centre in Bushey. Did you know that thousands of bikes every year end up in canals and rivers and landfill or languishing in sheds and garages? This is a marvellous UK project through which volunteers have, to date, refurbished over 20,000 unwanted bikes which are then moved on to refugees and others seeking work to enable them to look for work and to get to work. Any proceeds are used to obtain parts for other bikes.

Thank you to everyone who has contributed to the Bike Project or has provided lovely, knitted goods, or has made donations to the Food Bank this year.

We continue to hold in our prayers all those affected by Covid-19, those who have been ill, those who have died or are bereaved, those whose livelihoods have been devastated during the epidemic, and those who have family members at school or university or have returned to work. And we remember refugees and asylum seekers, and the homeless at this very cold time of the year.

We know that Covid is still rife in the area, so we continue to be vigilant and careful in church, wearing masks when moving around, not taking wine at communion. I hope that in my Churchwardens' note next month I shall be able to report that we have had some wonderful Christmas events. Our clergy are still in contact with those self-isolating or unable to get out of the house, or with any bereaved families.

Susannah can be contacted by email or phone, The Rev'd Susannah Underwood team.vicar@welwyn.org.uk 01438 817183
Stay safe, stay well Linda Gilley alannio@btinternet.com

January Anniversaries

3rd January 1521 Martin Luther, founder of Protestantism, was excommunicated by the Pope

16th January 1604 The Hampton Court Conference ended, in which King James I authorised a new translation of the Bible







Tewin Tennis Club



Good New Year wishes to everyone in Tewin, both tennis club members and the wider neighbourhood. We live in a lovely village, with such a strong community spirit, and I

think everyone appreciates this strongly, even if it can be easy to take it for granted at times.

If you've been past the tennis courts on Upper Green since Christmas, perhaps walking off that extra mince pie you didn't really need but enjoyed just the same, I am sure you will have seen the players whacking balls back and forth. As I have harped on about more than once, tennis is a year round sport for many in Tewin, as long as it's not foggy, icy, or raining. Oh, and a covering of snow is also a deterrent, but it's still surprising how few playing days are compromised by the weather.

2022 sees our coaching team building up, so we warmly welcome Martin Taylor and Josh Cozens who join Ross Alexander on the team. Josh will be mainly dealing with younger players, while we welcome Martin, who moved to the village in 2021, as a highly experienced old timer (though that wasn't the actual description he gave us!). Ross continues with his private coaching, and full contact details can be found for all on the Tewin Tennis Club website.

That's it for now, except to encourage all members to get back onto the courts as soon as they can.

Happy New Year

Peter Burgess

On This Day 28th January

1547 King Henry VIII, who had reigned since 1509, died, aged 55

1596 Sir Francis Drake died, aged 55, at Portobelo, Panama

TEWIN VILLAGE WEBSITE GROUP

The Tewin Website Group manages the content on the website and we do our best to keep the information up-to-date, but for us to do that, we rely on you letting us know what's going on.

Before Covid-19 came into our lives, Tewin was a very busy village, lots of clubs and societies met up regularly and many events took place. It's great to see some of these activities have started up again.

The Tewin Village Website is a great asset for the village and we invite clubs and group organisers to tell us about their events so we can include them in the Events Calendar on the Home Page. It is an excellent way to promote your club.

Anne Hall – Tewin Website Group

Royal British Legion

2021 Poppy Day Collections Report

Tewin did itself proud. We raised £3010 for the RBL Poppy Appeal.

The house to house collectors were back after missing 2020, and did a grand job.

Tewin Stores, the Rose & Crown, the Plume of Feathers, the Country Bumpkin, the White Horse, Tewinbury Farm Hotel, Tewin Cowper School and St Peter's Church also did their usual invaluable contributions in hosting collections.

Donations for wreaths to be laid on Remembrance Sunday were received from Tewin Rainbows, the Friends of Tewin, THACS, the Parish Council, and the Memorial Hall.

Thank you to everybody who made a donation and thank you to everybody who helped to gather the donations in.
Well done.

Keith St Pier, Poppy Appeal Organiser EEC20



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Tewin Stores and Cafe

Happy New Year!

We hope you had a happy Christmas and were able to spend some time with family and friends.

At the time of writing the Government is about to impose the new 'working from home' rule and if this affects you then please remember Tewin Stores is here for you.

Our now famous Veg Boxes, which proved to be very popular at Christmas will be available to order again in January.

The extended Post Office opening hours, 1.30pm to 3.30pm on Mondays will continue until further notice. This means the shop will now stay open until 4pm each Monday. We hope the extended opening hours will be popular with customers and if so it will enable us to open longer hours on more days.

You may have noticed the home made soups in the freezer which can be defrosted for the cafe or taken home to enjoy.

Two dates for your diary... the next lunch in the shop is January 22nd from 12 noon till 1.30pm and we have a date for the shop AGM of February 28th at the Pavilion on Upper Green, more news next month.

The December result of the 100 Club Draw is as follows:

1st Prize: Deborah Newton - £44.50 2nd Prize: Ollie Morrisroe - £22.25 3rd Prize: Hilary Armstrong- £13.35

More information can always be found at <u>tewinstores.co.uk</u> Linda Crawford

Opening Hours:

Monday 8.30am - 4.00pm Tuesday - Friday 8.30am - 2.30pm Saturday 8.30am - 12.00 noon Sunday 9.00am - 12.00 noon



Poster Common winter illnesses and symptoms

This is a list of common ailments you're more likely to pick up in winter, along with some ideas on how to prevent them.

A common cold is a mild viral infection, it can cause anything from a runny nose, cough or sore throat to full blown sinus infection. Medication wise, your best option is Paracetamol and lots of fluid (the watery sort rather than the alcoholic), and the illness will usually end within a week or so.

The flu will have similar symptoms to the common cold, but they will be more intense. While a bout of flu will usually affect the fit and healthy for no more than a week, flu can be very dangerous to the elderly and infirm, so make sure elderly relatives have had their flu vaccine.

Chilblains are small, itchy swellings which affect the body's extremities, namely toes, fingers, ears etc and are caused by damp, cold temperatures. Typically they cause a burning sensation and the affected skin can turn red or even blue. The best prevention is not letting your hands and feet get cold in the first place. If you think you're susceptible to chilblains, warm up your gloves and shoes. Equally importantly, don't rush to the radiator when you're cold, as heating skin up too quickly is one of the main causes of chilblains.

Seasonal Affective Disorder has only recently been recognized as a genuine condition, characterized by ongoing feelings of depression during the winter months, irritability, lethargy and a craving for carbs, which in turn helps you put on weight. Levels of serotonin, which affect our moods, appetite and sleep, are thought to be lowered by the shorter sunlight hours, and this stops the hypothalamus, the part of our brain which affects our moods, from working properly. While a trip to the Caribbean might sound like the obvious remedy, cheaper treatments are on hand. Make a point of getting as much natural sunlight as you can.

Of all the winter ailments, **norovirus** is the one you really want to avoid passing around. Also known as the winter vomiting bug, norovirus is highly contagious, causing severe vomiting and diarrhoea. While this shouldn't last more than 2-3 days, it can leave you feeling lethargic and exhausted so keep up your fluid intake and take paracetamol to sooth the aches and pains. Prevention is most definitely better than cure in this instance so wash your hands frequently.

Information taken from Isabelhealthcare.com.

If you would like further information about the Bridge Cottage Surgery Patient Participation Group please email ppgbridgecottage@gmail.com.

Friends of Tewin



As I write this article, our committee is busy planning the Father Christmas Drive-Through which will be followed by Carol Singing. However, by the time you

read this, Christmas events will have come and gone and you will be starting to think about taking down your decorations. Where does the time go!

If you came outside your house to wave to Father Christmas or came along to join in with the Carol singing, I hope you enjoyed the evening. Our thanks go to Sean, Martine and their team for hosting the event for us. I also want to thank our very popular Brass Band who come every year to keep this lovely village tradition going.

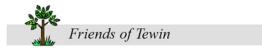
SENIOR CITIZENS' LUNCH – 16th FEBRUARY 2022

Our first event of the year is usually the Senior Citizens' Lunch and we really hope the event can take place this year. However, because of the new Omicron variant of Covid, we have delayed making a decision about the lunch until sometime in January. There will be more information in the February edition.

ANNUAL GENERAL MEETING – 8TH FEBRUARY 2022

Our AGM is at 6.30pm in the Kimberley Room at Tewin Memorial Hall. The Friends of Tewin Committee thanks everyone who helped us during 2021 and we wish you all a Happy New Year.

Anne Hall, Chairman on behalf of Friends of Tewin





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Friends of Danesbury & Queen Victoria Memorial Hospital

Wishing you all a happy and healthy 2022. May the year ahead be filled with much laughter, good health and the warmth of your family and friends. We would like to thank everyone who supported us throughout 2021, it was a difficult time for us. However, through it all we have grown and continued to trade with very good results.

Over the Christmas period it was great to see so many people out and about enjoying the festive spirit. The Christmas late night open event and the Xmas raffle were both extremely well supported and consequently very successful.

Towards the end of last year, we partnered up with Richard Hill and Sean Carey to offer the services of Clock Cricket to our patients in both the QVM Hospital and Danesbury Neurological Centre. Clock Cricket is a simple game designed initially by the England & Wales Cricket Board to be played indoors. All participants sit in a circle (like the numbers on a clock face). Using a soft sponge ball and a foam bat, each participant gets an opportunity to throw or hit the ball. The game provides participants with a ground-breaking and light form of activity, stimulation, interaction and competitiveness and is currently being played at Hertswise Dementia Support Groups and with Age UK Groups.

If you would like to know more about Clock Cricket, please contact Sean Carey at sean@clockcricketwales.com, Tel 07849 973451 or Richard Hill: Tel 07818 431144. We are also looking for volunteers to come and assist with this activity at both Danesbury & QVM. If you are interested, please contact lead nurse, Rachael Ellis, at rachael.ellis2@nhs.net / 07825 930640.

Please do have a look at our website, Danesburyqvm.co.uk, which we regularly update. It is a hub of information on our charity and how we support not just Danesbury & QVM hospital but also the other units within the Herts & Essex area.

All the best, The Friends of Danesbury & QVM

The Tewin Memorial Hall Centenary

The Memorial Hall will celebrate 100 years on 23 January 2022, and over the years, past and present Tewin Villagers will have enjoyed many happy occasions spent there.

The impressive building is attractive and dominates our village and we are extremely fortunate to have it for our use. It was erected by two local benefactors, Sir Otto John Beit, a German born British financier, on land presented by Lord Desborough (William Henry Grenfell), a politician.

The Hall was built to commemorate the memory of villagers who gave their lives during the First World War, and also to villagers who gave their services during the War.

In appreciation to the loyal and supportive Groups who hired the Hall during 2019, the Hall Management Committee are giving a discount on their rental charge in 2022.

In addition there will be a free draw on 23 January 2022 for Members of the Supporters Club.

On behalf of the Tewin Memorial Hall Management Committee.

Keith St Pier Vice-Chairman

Views expressed in the 'Tewin Magazine' are not always those held by the Parish Council or by the Parochial Church Council

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Tewin Stores & Post Office Tewin Memorial Hall Tewin Pavilion Rose & Crown Public House Plume of Feathers Public House	01438 717929 01438 717581 01438 718069 01438 715757 01438 717265

Tewin Village website www.tewinvillage.co.uk

Winter Scenes





