

Kimpton Parish Magazine

Summer 2024

Number 278



Photo: Andy Wright

May Festival news and photos on pages 12—15



‘I will put a new spirit in you’

These words from the Old Testament book of the prophet Ezekiel are important to us, coming, as this edition does, after the exhaustion of Easter and May Festival, with all the many activities and excitements associated with this time of the year.

And how successful they have all been – blessed by god weather (on the whole!) – the church events of Palm Sunday, Good Friday and Easter Day reflected the joy of the Easter message of renewal and a firm belief in the Resurrection from the dead of our Lord, Jesus Christ – and, thereby – of our own continues existence after we die. As for the May Festival; it was, quite simply, brilliant! And huge thanks need to go to Barbara and her team.

And now we have just celebrated Pentecost, when we remember the gift of the Holy Spirit to Jesus’ disciples and how it enabled them to have the courage to go out and tell others of the wonderful message of hope and love that is at the core of the Christian message.

It’s sometimes difficult, especially when we are, once again, facing no applicant for the task of Vicar, to maintain energy and zeal, but I am awestruck by the enthusiasm that our congregation displays, especially our two Churchwardens, Lynda and Anne.

I know that the church means a great deal within the village. People who do not usually come to services still want that building to stand and to know that worship continues. Now, perhaps, is the time to challenge them to come along and support us. It would be wonderful to see you.

And if not in person, please remember us in your prayers. We need them!

God bless, Andy Morton, Lay Reader



*Look who turned up at the May Festival!!!
Two previous Vicars, Lorraine Summers and Ken Buckler, having a chat with old friends.*



O happy band of helpers! The Church Cream Teas, at the May Festival, were a great success.

Regular Services at St Peter & St Paul Church

1st, 3rd & 5th Sunday of the month 9.30am
Sung Holy Communion

2nd & 4th Sundays of the month 9.30am
Worship Service

2nd Sunday of the month 8am Said Holy
Communion in the Millennium Room

Tuesdays & Wednesdays
Morning Prayer at 9.00am
Thursdays Compline at 5.00pm

From the registers

Baptisms

17th March Mabel Anne Brennan
19th May Lily Grace Rowling

Burials, Interments and Cremations

19th March David Brian A'lee
22nd March Eileen May Swain
10th May Sheena Mary Hamshaw
11th May Owen Swain

Medicine blister packs are again being collected in the church and, for those who know me, at my gate. *Robin Riley*



Can we help you with something?

During the Coronavirus outbreak a Kimpton telephone helpline has been set up

07745 903539

or use KimptonCares@gmail.com

Try us if you have a problem – this is a volunteer community support network

Calls will be dealt with in confidence

Standard Hours 8am – 8pm or answerphone

Kimpton History Group

Wednesday 17th July

An afternoon trip to Mill Green Water Mill and Museum

A miller and a guide will give us a conducted tour. There will be a charge of £5.60 per head.

Transport by members' cars, leaving Kimpton at 1.30 pm for a 2.30 pm start.

Wednesday 18th September

8 pm in the Green Room

“Show us an object, tell us the story”

Members are invited to bring an item of historical interest (including photographs) but with some sort of story they can tell us or challenge us with!

Wednesday 16th October

8 pm in the Green Room

**“The Bayeux Tapestry:
a play in 3 parts”**

Gary Fisher (Living History Hatfield) will start by placing the events of the tapestry in their historic and geographical contexts before taking an in-depth look at the tapestry itself.

Visitors or guests are welcome to attend any of our talks for a small charge of £3, which includes tea/coffee. For more information about the Group, please contact Juliet Morton 01438



Kimpton Garden Club

During the Summer we have visits to interesting gardens.

Wednesday 19th June

A morning group visit in members cars to see the roses at Eastmoor Lodge in Harpenden.

Saturday 6th July

A day outing to Coton Manor in Northamptonshire.

Wednesday 7th August

Evening Summer Garden Party at 5 High Street , Kimpton.

Wednesday 4th September

Anne Luder will talk about The Rose- Wilderness to Wonder in the Green Room at 7.30pm.

New members and visitors are always welcome. Visitors pay a small charge of £3 which includes tea/coffee and biscuits.

For further information please contact Allan or Sue 01438 832842

If you would like to have a few moments of prayer or contemplation, please feel free to come to our Prayer Corner in the Church. There is an opportunity to light a candle for a loved one and sit for a while to think about them and perhaps offer a prayer.

The Church is open every day and all are welcome to come and experience the peace of our Prayer Corner and beautiful Church.

Another new defibrillator in the Parish

The case for defibrillators is compelling with a long-term ambition of ensuring that the whole parish is covered reducing the time to access a unit in an emergency. These devices are now widely available and increasingly used by people, often with little or no training, to re-start the heart of a victim of Sudden Cardiac Arrest. Survival rates for cardiac arrests improve significantly when defibrillation can be administered to a patient inside five minutes of the onset of a cardiac event.

We're delighted to let you know that a defibrillator for Blackmore End has been purchased and is being fitted this month. Cllr Simon Davies organised community funding through Go Fund Me and a magnificent £1455.34 was raised, 65% of the costs. The defibrillator will be located on the road facing garage wall of 49 Beech Way, which is conveniently located to Kimpton Road. We are very grateful to the resident for hosting this life-saving piece of equipment ready for public use.

This Automated External Defibrillator (AED) joins the network of defibrillators in the parish; all the same model 'Life-Line View'.

- Outside Kimpton Primary School
- Outside Budgens, Claggy Road
- Inside Kimpton Memorial Hall
- Outside Kimpton Tennis Clubhouse, Parkfield Sports Ground
- Outside The Pavilion, Recreation Ground
- In the old phone box at The Bright Star, Peters Green
- 49 Beech Road, Blackmore End



As the Community Heartbeat Trust says *"No one will criticise you for trying to save a life! The defibrillator will not function unless it determines there is a need, so do not worry about using one!"*

Details of a practical training session being arranged with Community Heartbeat Trust are on page 6. Ahead of this in person event, you may wish to find out more about using a defibrillator and the links below are useful:

Martin Fagan's awareness talk www.youtube.com/watch?v=nZ33U2GfEB0&t=1s

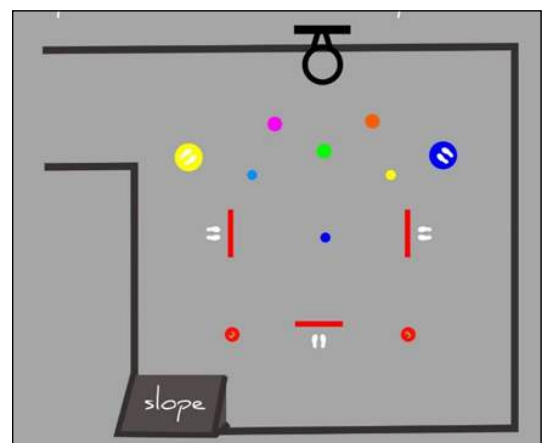
NARS Film www.youtube.com/watch?v=i4V-KYmtmFk

Lifeline View Film www.youtube.com/watch?v=oKGS CWKDS6g

Youth Provision

KPC is committed to the provision of activities and facilities to suit all age groups and welcome your suggestions. Recently we have received a request for a netball net, and this is being included in plans for re-vamping the basketball area at Parkfield Sports Ground.

As the current concrete surface is not suitable for the traditional lines of a netball court, we are looking at shooting spots and other markings. *Turn to page 6*




From page 5 In design the netball markings are placed circles and will have numbers to add a scoring part to the game. All the circles are within the 4.9m D shaped shooting area that is on a normal netball court. A netball net will be on a new post to the side of the basketball post. The basketball markings are from the 3 point line for shooting and also the key markings with the short lines, the basketball can also benefit from using the netball markings too. For the adjacent concrete runway area, we are considering putting down some play markings like a trail. Another suggestion to encourage active play is the painting of a five a side pitch on the Recreation Ground, as used in May Festival Children's Football competition. Would this be welcomed?

Groundwater Flooding

A team with representatives from Hertfordshire County Council, Environment Agency, Project Groundwater and Kimpton Parish Council will be available at the Autumn Show on Saturday 7th September to answer your questions about the level of groundwater being experienced and projections for the winter 2024/25. What measures can residents take to protect their property?

Please do contact the Parish Clerk clerk@kimptonpc.org.uk with any ideas or come to the next KPC meeting on Wednesday 19th June at 7.30pm in Kimpton Memorial Hall, Green Room.



Community Defibrillator Seminar
Wednesday 26th June 2024

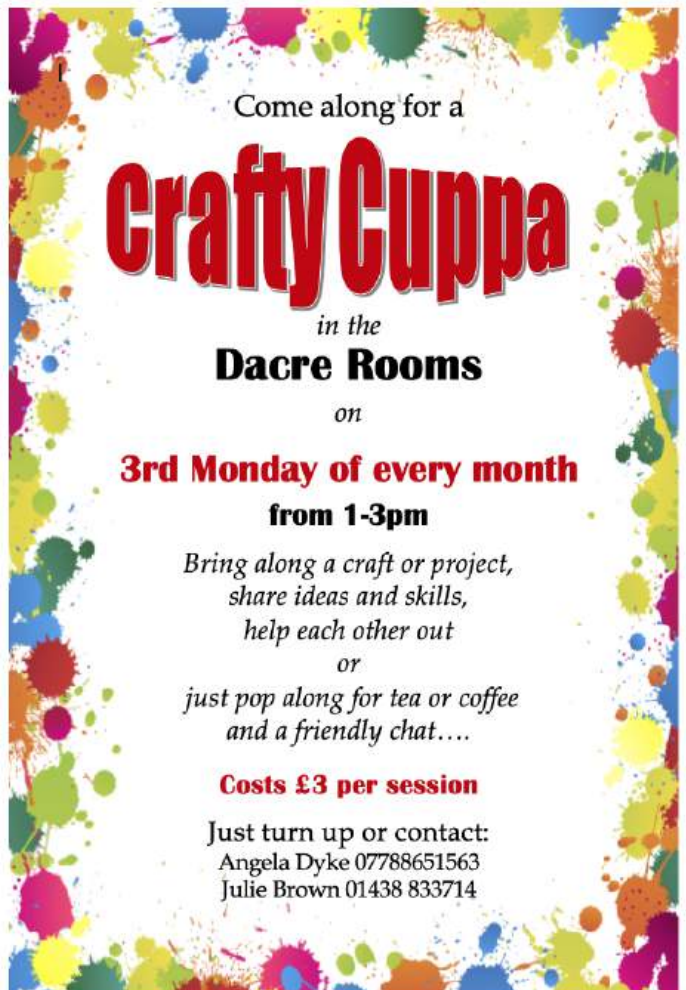
The Community Heartbeat Trust will be demonstrating the use of defibrillators and explaining how the equipment works and its benefits to the community in saving precious minutes in the treatment of sudden cardiac arrest.

Kimpton Memorial Hall at 7pm

The more people that know how to use the portable defibrillator installed in our community, the more chance there is of saving the life of a victim of Sudden Cardiac Arrest

Everybody is welcome, and no special skills are required, just your willingness to play an important role in the event of a medical emergency

GDPR Compliance Statement 1
20th April 2018
Community Heartbeat Trust Charity (CHT) and Community Heartbeat Trust Solutions Ltd (CHTS)
By contacting us or adding us to contact you, you are agreeing for us to hold your details on our systems so we are able to support you and contact you in respect to any responses to an emergency for other purposes relating to the defibrillator or for research purposes.
Details of individuals (including local residents) contact may be transferred to the local Ambulance Service for their command and dispatch computer system. These details will only be accessible to the Ambulance Service, or other Regulatory Agency where required. In case of Ambulance activation it is necessary for the Ambulance Service to report such measures, make contact with the local Ambulance, and ensure that equipment is correctly operated after use.
If delivery details have been passed to a supplier, or local courier company they will be required to deliver your data after delivery unless needed for repair deliveries.
You have a right to request deleting any information that we hold on you.
All data will be held for historical purposes for a maximum of 25 years. CHT is registered with the Information Commissioner's Office (ICO) for holding of this information.
Data held by CHT will not be passed to any 3rd party marketing organisation.
Ambulance: Sanitiser Price: 10.00 (GST)



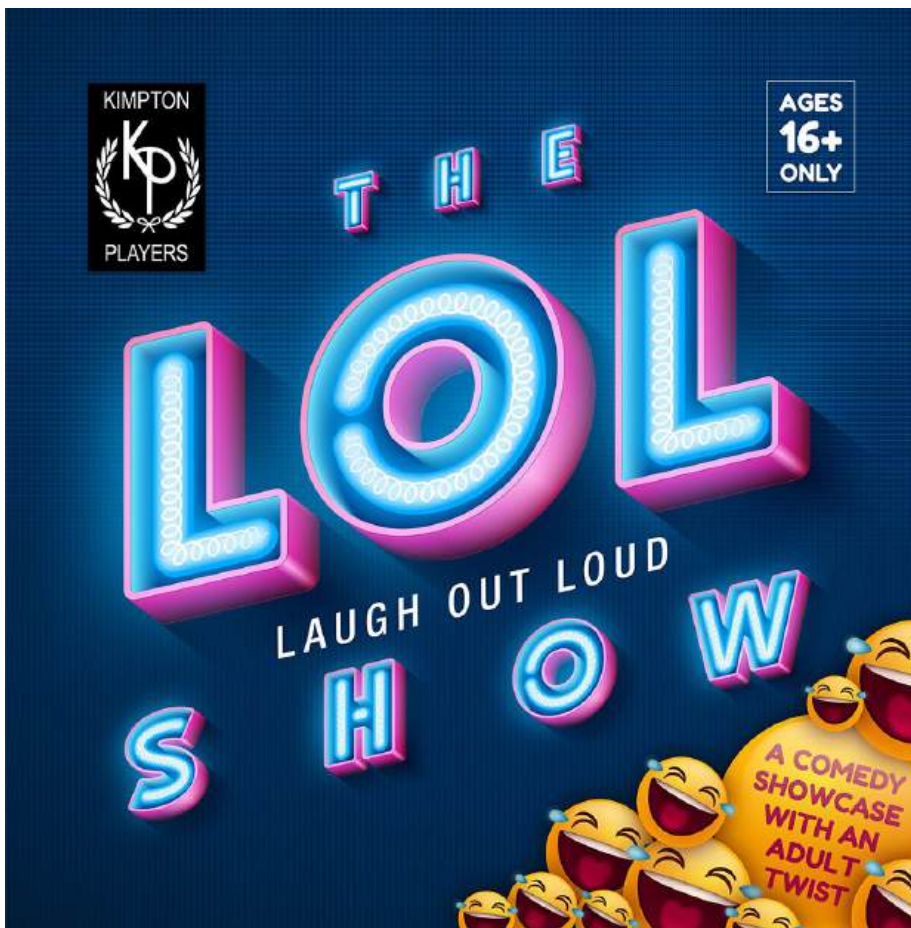
Come along for a
Crafty Cuppa
in the
Dacre Rooms
on
3rd Monday of every month
from 1-3pm

*Bring along a craft or project,
share ideas and skills,
help each other out
or
just pop along for tea or coffee
and a friendly chat....*

Costs £3 per session

Just turn up or contact:
Angela Dyke 07788651563
Julie Brown 01438 833714

To see this magazine in full **colour** visit
kimptonpc.org.uk



The Kimpton Players are excited to bring you *The LOL Show* on June 28th and 29th. Also known as *The Laugh Out Loud Show*, cast members will have you laughing in the aisles with sketches and songs inspired by the likes of *The Two Ronnies*, *Harry Enfield*, *David Walliams*, *Victoria Wood*, and many of your favourite comedians.

So, join us as we continue to raise money for the village and our new Playhouse, and book your tickets at thekimptonplayers.co.uk.

Please note: audience members must be 16 years of age or older.

Kimpton Environmentalists

It's been a very quiet year for Kimpton Environmentalists. Despite pleas for someone to organise events no one came forward, though a few kind people volunteered to help occasionally. Consequently, no apple juice was made last autumn, so there is none to sell. We distributed most of our funds to local groups:

£ 50	Kimpton Parish Magazine
£250	Heartwood Forest
£200	CPRE Herts
£100	Friends of the Earth St Albans
£100	Sustainable St Albans
£100	Greenpeace UK
£100	Herts & Middlesex Wildlife Trust
£300	LADACAN

We were about to declare Kimpton Environmentalists defunct. Luckily the annual litter clear had developed an impetus of its own under Tim Parfitt's leadership; and was successfully managed this year by Katy Turberville.

Karen Clarke and Sallie Wilson offered to take on the Kimpton Trail. It was a great team effort – them identifying possible answers, me setting the clues, Bob joining us to check the route and clues, and three of us selling the sheets over the May Festival weekend. My thanks to Anita for agreeing to sell them in the shop – sadly people wrongly complained to her about the price! I hope everyone who tried it enjoyed it, and thanks to them we donated £172.38, being half our profit, to the May Festival Committee. So, we have a little money, and a willingness to continue if others want to lead activities. Contact me with offers and ideas!

Davina Malcolm 01438 832309 davina@bottcott.uk

COMING SOON! THE 7TH ANNUAL



ELIZA CARTHY
THE MELROSE QUARTET
NANCY KERR & JAMES FAGAN

Brooks Williams & Dan Walsh • Alden & Patterson
Belinda Kempster & Fran Foote • Hannah Sanders & Ben Savage
Smith & Brewer • Benammi Swift • The John Ward Trio
Elizabeth & Jameson • Steve Warner
Tyan • Buckley's Chance

CB1727AS VII



See the website for all our latest ticket offers

www.kimptonfolk.uk



@kimptonfolk



@KimptonFolkUK

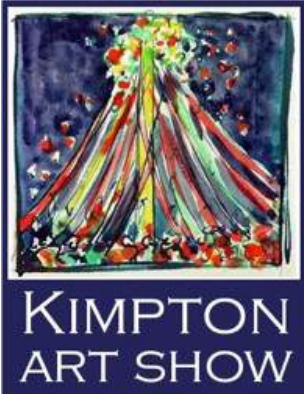


Kimpton Folk Events



We're a charity run organisation dedicated to the love of music, putting on a one day festival, where nearly half of the event is totally free. One of our goals is to foster musicians, young and old, and sow the seeds for new talent.

Kimpton Art Show 2024



Ahead of making a financial distribution to our two charities **Kimpton Parish Church Restoration Trust** and **Kimpton May Festival Good Causes**, we would like to thank everyone who supported our tribute to Tim Edwards, our former Treasurer. Together we raised £600 for Tim and Lorry's chosen charity, **Care2Share**, www.care2share.org.uk

Another successful Art Show was achieved with magnificent help from The Bench Working Party, the Cole family, Church members, our Stewards and our Sponsors. Thank you.

Our Musicians, all bar one Kimpton village residents, cannot be underestimated for the 18 hours of free, quality live performance that they provide in a venue that subsequently rocks and harmonises, but not yet raps! Thank you. For the price of £2 entry, this is the community's experience to enjoy.

Thank you also to everyone in the village who joined us on Kimpton Village Facebook to discuss the finer points, or otherwise, of Marmite! From posting a piece of artwork and receiving such a positive and interactive response from the community, we are looking forward to engaging your interest again next year – you too can be art critics and art practitioners. Kimpton Art Show is yours.

In that vein, we would like to invite anyone who might be interested in joining the team to contact us. We are entirely varied in our skill sets and the amount of time we are each able to offer. You definitely don't need to be an artist, but we do

require: Admin. and IT skills, Marketing and Communications. We meet once a month for 6 months of the year, and separately work on different aspects of the whole project bringing together a unified event.

Sue Burns, on behalf of the

**The Kimpton Art Show
Committee**

07765 097500

contact@kimptonartshow.co.uk

www.kimptonartshow.co.uk

Nigel Hyams, one of the many local musicians who played and sung in the church during the Art Show.





An Update from Cllr Ralph Muncer

Standing for election is an incredibly humbling experience, even more so is being re-elected as your District Councillor. I would like to take the opportunity to thank all those who supported me on Thursday 2nd May, and over the next few years I'm looking forward to working hard to deliver on what matters most to you and your family.

I recently joined Bim Afolami for a meeting in Parliament with Aviation Minister Anthony Browne, along with Civil Servants from the Department of Transport to discuss the impact of Luton Airport on our community.

Bim and I highlighted a number of concerns surrounding noise pollution and the oversight of Airport Operations. With the Airport being owned by Luton Borough Council, the Council has no incentive to enforce breaches of noise regulations and has consistently shown a complete disregard for local communities such as ours. We urged the Minister to review oversight and accountability for Airports that are owned by Local Authorities, and pressed the Department for Transport to directly monitor noise levels at Luton Airport.

Following the Kimpton Flood in 2001, which predominantly impacted Claggy Road and the High Street, the Local Authority installed a sump to monitor groundwater levels in the area.

With the second wettest winter on record for Hertfordshire, groundwater levels are currently high, and whilst levels should start to recede during the summer, the increased risk of flooding is something residents should be aware of. I'm receiving briefings from Officials at both Hertfordshire County Council and North Hertfordshire District Council who are continuing to monitor the situation, and whilst I will endeavour to keep you informed of any developments, I would advise local residents to use the link here to see if the Environment Agency have issued a flood alert for our area: check-for-flooding.service.gov.uk

If you need any assistance please get in touch. *Ralph* ralph.muncer@north-herts.gov.uk



May is Annual Meeting month for Kimpton WI, and last year was a particularly anxious time when we seemed to be on the brink of closure. However, we weathered that storm but faced similar problems again this year! Several of our valued and long standing committee members were standing down.

Would we be able to replace them in order to carry on? Thankfully, two of our newer members came to the rescue and agreed to join the committee. Our heartfelt thanks to Jill and Patricia! This now enables us to plan a full programme of speakers, activities, social and fund raising events and, possibly, outings for the coming year. Hooray!

The first meeting of our new programme will be "Tropic Skin Feast", a talk by Etta Stobart on June 12th. We welcome visitors to all our meetings (at a small charge of £4, including tea/coffee and biscuits) and feel sure that this talk will appeal to all age groups. Come and join us for a fun and informative afternoon.

July's meeting will be floral themed. A local florist is coming to demonstrate flower arrangements, which will then be raffled - an opportunity for a few lucky ladies to decorate their homes with professional floral displays.

We are still looking to recruit new members; we meet on the second Wednesday of the month at 2pm - 4pm in the lounge of the Memorial Hall. So, if you would like to find out more about Kimpton WI, either come along as a visitor, contact me on the number below or follow us on the Kimpton Village Facebook page.

Chris Bichener 01438 832745



What a great weekend we had over the first Bank Holiday in May when the community that makes this village so special came together and did us all

proud despite the mixed fortunes of weather. After all the rain we'd had in the preceding days, on Saturday the sun came out and it was glorious on the Recreation Ground and bar sold out of beer! It was so lovely to see people meeting up with friends and to see many ex-villagers returning to join in the festivities.

Sunday was cloudy but dry while Monday was warm but wet! However, in true British tradition and despite the rain, all the planned events for Monday went ahead. Thanks to all those who brought gazebos to The Green on Monday and supported the Cream Teas, Auction & other events. The auction took more money than last year despite there being less people to bid for the excellent lots on offer.

Special mention must go to the children from Kimpton School who chose to carry on in the rain with the Maypole Dancing and exhibition of Street Dance supported by their adult leaders and musicians; they were a credit to the school and their parents.

It was a great pleasure to present Community Awards to Andy Wright, Gill Vine, Steve Spalding, James Clayton and John Oliver for their varied contributions to our community.

Thanks too to our May Queen, Felicity and her attendants Poppy & Zachary who attended most of the weekend's events and kept smiling, even in the rain.

We are still getting money in and have bills to pay but early estimates are that there will be a profit in the region of £12k to be distributed in the Autumn. More details will be published in the next edition of the Parish Magazine.

It would be wrong of us to assume that we know which groups or organisations would benefit from a donation from the Kimpton May Festival Trust and therefore, if your village group or organisation would like to be considered for a grant, please let us know, before 1st September, by either emailing me at barbara.kazwini@btinternet.com or via the Contact Us section on our website.

We would like to thank everyone who contributed in any way to the success of the festival. It is a huge team effort from the very hard-working core committee and all the volunteers who helped with the events from hanging bunting and marshalling the procession to washing up at the Cream Teas & helping on the bar, every little bit helps and is appreciated; whatever your contribution – thank you.

If you would like to find out more about what we do and where the money goes and perhaps get involved with helping next year, then come along to our annual "Kick-off" meeting in the Autumn. The meeting date will be advertised on posters and via social media. It would be lovely to see some new faces and have some fresh ideas.

Well done Kimpton.

Barbara Kazwini www.kimptonmayfestival.co.uk

Dates for your diary
Kimpton May Festival 2025
Friday 2nd - Monday 5th May

May Festival 2024



2024 May Queen Felicity is crowned by last year's Queen Mia. Everyone having fun in the sun, although the Tennis Club were expecting rain!



Some awesome 'Lego' Beavers and Primary School head John Ferguson is 'The Greatest Showman' Emma Rice-Oxley tells us that 'Some Like it Hot!'

*Slightly damp
on Monday!!*



Photos: Andy Wright



The hard working 2024 May Festival committee. If you would like to be involved with next year's May Festival please contact Barbara Kazwini barbara.kazwini@btinternet.com



We are the champions!! The Boot team, Vince Parkes, Barbara Kazwini and Adrian Brown were this year's Brains of Kimpton. The other teams in the final were The Bowls Club, The Cricket Club and The Kimpton Players.

Community Awards were presented to James Clayton, Gill Vine, Steve Spalding and Andy Wright, pictured from the top. John Oliver also received an award. All for their varied contributions to the community.





What is a school?

The Oxford Learner's Dictionary describes school as "a place where children go to be educated". "To be educated" means having learned a lot at school or university and having a good level of knowledge. But, in schools, we know that education is so much more than knowledge. The DfE currently has a big drive towards improving attendance in schools and recognises that being in school is important not only to a child's academic achievement, but also their wellbeing and wider development. Schools are places where children learn, socialise and somewhere they can be safe.

At Kimpton Primary School, we look at our pupils holistically and ensure that Every Day Counts. We want each to achieve their full potential and, to do that, we provide the broad and balanced curriculum that the DfE requires and then add enrichment opportunities and offer enhanced experiences outside of the classroom – these include offsite visits and visitors coming in to school.



As I write this at the end of May, we have just waved Year 5 off on their school journey to Barton Turf - a sailing school and adventure activity centre in the Norfolk Broads. It won't be long before Year 6 get their turn and spend a week in a residential and outdoor activity beside a Norfolk Beach. Of course, we wouldn't be able to offer these without our wonderful staff who sacrifice spending time with their own families to look after the pupils. Although we are conscious of the rising costs of such trips, we feel the benefits are enormous. For some children, it will be the first time they have spent time away from their parents and the school journey is a first step towards independence. The trips promote resilience and other personal and social skills: we see children developing confidence and self-esteem as they take on new challenges and often achieve things they hadn't dreamt they were capable of, and pupils who perhaps struggle in the classroom setting come into their own. It is a time for making memories and building relationships – with peers and also with



between children and teachers; seeing people in a different environment breaks down barriers.

Lower down the school, the children have day trips to look forward to. This year, Nursery, Reception and Year 1 will be going to see the animals at Whipsnade Zoo. Meanwhile, Years 2 and 3 are off to Knebworth House, with a Science focus – to understand what plants need to grow and to be able to name different types of plants and plant parts; they will also be practising counting in multiples of four!

We have had visitors in school for Science Week; we have a mobile planetarium in the hall; Nursery hatched some ducklings, there have been African drumming workshops and we welcomed the Tally Ho Project in to talk to the children about the Battle of Britain and the extraordinary lives of some of the individuals involved.

It's all in a year at Kimpton Primary School.





ROYAL BRITISH LEGION

This was my first time as RBL local organiser following on from Sue Burns. Sue has volunteered for many years and after volunteering so much of her time she had decided to move on leaving me, Michelle Baylie, to take over the role of local organiser on behalf of RBL.

I would like to personally thank Sue for the help and support she has given me while I take over from her. I would also like to express my huge thanks to all of our volunteers and to our new joiners Tina Angell, Simon Davis and Michael Cooper. All have been out in the wind and the rain covering many miles to knock on so many doors. My thanks also to Emma Payne for her support and allowing me to store all of the poppy boxes.

I would also like to express my thanks to both Elaine Evans and Barbara Sachak who after many years of volunteering have now hung up their red tins.

If you would like to volunteer then please feel free to contact me, we are always looking for motivated friendly people to join our team. I am looking for volunteers in the areas of Commons Lane, Wren Close, Lawn Ave, Claggy Lane and High St South number 1 to Pams Lane .

The total amount raised for 2023 from our branch was £3167.20p

If you feel you would like to volunteer or even want to know more about volunteering please drop me a line on 07879 417295 or pop in to Fringeline Salon on the High St to have a cup of tea and a chat.

Again many thanks to all who give their time for such a wonderful cause.

Michelle Baylie

The Ayot St Lawrence Art Show is fast approaching. The Show takes place over the weekend of Saturday and Sunday 15 and 16 June, from 10.00 – 17.00. As well as framed art, we have a very extensive selection of unframed art and artists' own greeting cards, so there really is something for every pocket.

Our tea tent is also justly proud of its selection of home-made cakes, so why not drop in to visit?

Entry to the Show is £2.00



To open the Show, we have a Preview Evening on Friday 14th (19.00) where you can enjoy a glass of wine, canapés and live music as you browse. Tickets can be purchased here: <https://www.eventbrite.co.uk/e/ayot-art-show-2024-preview-night-tickets-897021053117>

On Saturday 27 July 16.00, the church is very pleased to be the venue for a special Reception prior to the performance of "Mrs Warren's Profession" at Shaw's Corner. This is being hosted by the Shaw Society, an organisation set up in 1941 (without much enthusiasm from the man himself!) who is sponsoring the performances this year. The special guest is Dame Siân Phillips, a veteran of the stage and a keen Shavian (a VP of the Society, along with Judi Dench, Michael Rosen and a host of others) who will speak briefly about her experiences of acting in Shaw's plays. Tickets to this event are limited so please contact Christine on 01438 820371 or christine@ayotstlawrence.com.

Kimpton Autumn Show 2024



This friendly village show with something for everyone will be taking place on Saturday 7 September. Classes will include the usual favourites along with some new categories. Whether you enjoy gardening, arts and crafts, photography, baking, making preserves or flower arranging, there is a class or more for you. Children's classes have the additional bonus of prizes! We're hoping to make a Kimpton calendar for 2025 using photos from the photography classes. These will need to be recognizably of Kimpton, without people.



Full details of this plus all the other exciting classes will be in the Kimpton Autumn Show programme, which will soon be available, free of charge, from Budgens of Kimpton, The Boot, the Church porch and the Dacre Rooms. The programme also includes an entry form.



Exhibits will be received on the morning of the Show. After judging, the Show will be open for everyone to come and enjoy. As well as looking at all the exhibits, there will be tea and homemade cakes, a raffle, tombola and other stalls, plus children's activities. It's a really fun afternoon for all the village.

We really hope you will enter the Show and look forward to seeing you there.

The Kimpton Autumn Show Committee

Scouts



**1st Kimpton
Harpenden & Wheathampstead**

We are very proud of 1st Kimpton Scouts and their leaders for all their hard work over the May Festival weekend. In particular, Zachary who was a May Queen attendant. The Beavers and Cubs

really enjoyed dressing up as Lego characters and winning first prize in the parade.

We would like to thank everyone that supported 1st Kimpton Scouts bookstall and the Dacre Room's. All the money raised is going towards the Scout trip to the Essex International Jamboree in July. The Scouts are continuing with their fundraising efforts by hosting a Parish Breakfast on 16th June so please come and support their efforts.



During the summer term at 1st Kimpton we try to get outside as much as possible. The Beavers will be having lots of fun and learning some new skills such as gardening and dam building. They are really looking forward to a wildlife explorer day, a hike, and water games. The Cub's have recently spent an adventurous weekend at Paccar Scout Camp and are looking forward to den building and fire making.

(Not on the same night!) As well as water rockets and water games. The Scouts are going to be preparing for the jamboree as well as the Canon Race at the Highland Gathering. They will be building catapults as well as the annual bike ride and water games.

If you have a child aged between 6 and 14 that would like to join 1st Kimpton Scouts further information can be found at kimptonscouts.org.uk. If you are interested in becoming an adult volunteer, please email Kate James at gsl@kimptonscouts.org.uk. We have a fantastic team of volunteers and are in urgent need for a group secretary. The role requires someone to take and distribute minutes at trustee meetings and reply to enquiries. We are looking for someone that is organised and with good communication skills. We are also looking for adult volunteers to become leaders or occasional helpers.

Kate James GSL 1ST Kimpton Scout Group

imPRovfit Coaching Health and Fitness

Circuit Training returns to the Recreation Ground for Summer. It's a glorious setting to train in. Sessions are strength-based with elements of cardio and core training. You come away from every session having had a full-body workout. The training is suitable for all fitness levels and abilities.

imPRovfit Challenge

Small group PT sessions launched in the fitness studio at the end of April. The feedback has been fantastic, with all 8 ladies thoroughly enjoying the sessions. Each week the goal is to progress specific exercises using free weights and cable machines, to build strength and muscle tone. Everyone is embracing the challenge to get maximum benefit from every session.



'I had such a good time this morning, and was completely energised for the rest of the day! I always find machines in the gym intimidating, but now I know there is nothing to be scared of!'

imPRovfit Active

Small group sessions (5 ladies and gents) for older adults started in the fitness studio in May. It's been great to support them as they embrace learning new exercises that build strength and maintain lean muscle mass. Here's what they had to say about the sessions:

' Having tried other classes at gyms I always end up stopping as the trainers do not take age or ability into

consideration. Whilst Pippa's classes are challenging, each individual is encouraged to work hard at their own level and within their own capabilities. She works all areas of the body with great warm ups and warm downs.

'I was made to feel very welcomed and relaxed by Pippa. Sessions are taken at the pace of each individual and tailored according to ability. Pippa is motivational, positive, and able to explain movements very clearly. She is also very good at following up to check how we are all feeling. Really enjoyable sessions!'

In response to demand, a second imPRovfit Active is being added to the weekly timetable.

The Importance of Protein in Our Diet

Protein is a macro nutrient, and is essential for growth, repair and maintenance of our organs, muscles and antibodies in our immune system. Protein is crucial for anyone aiming to stay fit and healthy no matter what their age.

Benefits of Protein

1. **Muscle Repair & Growth:** Essential for recovery, repair and development after exercise.
2. **Reduce Age-Related Sarcopenia (Muscle Loss):** maintaining muscle mass as we age.
3. **Enhanced Performance:** Supports muscle strength and endurance.
4. **Weight Management:** Helps control appetite by promoting feelings of fullness.

How Much Protein Do You Need?

The current Recommended Dietary Allowance (RDA) for protein is 0.8 grams per kilogram of body weight. Individual daily intake depends on weight, height, goal and level of physical activity. Research suggests 1.2 - 2.2 grams per kilogram of bodyweight is optimal. Consume protein from diverse sources and distribute intake evenly through the day, in each meal and snack. Consuming protein post-workout, within 30 minutes to an hour, can enhance muscle repair

- **Lean Meats, Fish and Seafood** Chicken, turkey, lean beef, Salmon, tuna, shrimp.
- **Eggs and Dairy:** Eggs are versatile and nutrient-dense; milk, yogurt, cheese.
- **Plant-Based, Nuts and Seeds:** Beans, lentils, tofu, quinoa, almonds, peanuts, chia seeds.

A 'Thin' Space

In a recent TV programme about 'Pilgrimage', someone described certain places as 'thin' spaces – places where the gap between earth and heaven seems very thin and you could almost feel that you could reach out and grasp whatever lies on the other side. Sometimes those are structures, like churches, mosques and temples. Sometimes they are places of natural beauty. Recently, we were in the Lake District and the view from the National Trust property at Brantwood, looking across Coniston Water to the mountains leading up to Coniston Old Man and the Langdale Pikes was just the sort of place I might describe as 'thin'.



For many people, our church is another 'thin' place. It is a place of refuge, where we can go to think, perhaps to pray, when times are complicated. It's a place of reassurance and tranquillity in our turbulent world, and you don't need to be a believer in any sort of religion to find strength and calm from a visit there. Plenty of times I have gone into the church to find someone just sitting quietly for a few minutes. They aren't there for a service. They come for their own reasons, which they may wish to share, or they may wish to keep to themselves. Sometimes they are from faiths other than Christianity, and that's fine too. That building is for the whole community. It is a resource. It is like a torch battery, where one can tap into a sense of peace and go out recharged.

Maybe you have your own 'thin' place, where you feel at peace and can recharge your batteries. Make sure that you visit it regularly!

Andy Morton

Ukraine Appeal June 2024

For 18 months now Kimpton has been supporting Ukraine through ALFS, a small charity who have set up as safe a route as possible, to get donations to locations in Ukraine including a premature baby unit, schools (often underground), small communities and the front line. Tina Banks who leads this charity has visited many of the destinations and photographs of them and reports can be found on www.alfsherts.com.

Each month or so a new list of requests is issued. We collect donations in the parish Church in a large plastic box on the left of the main door, behind the font. They are collected and taken to the main collection point. The full list is on the box but I am concentrating here on the SOS message:

"DOCTORS on the front line have sent us a list for the special needs of men and women working there.

Cooking/heating Generators, Jetboil stoves, gas camping stoves, gas cylinders. Power banks.

Food Instant food (e.g. dried pasta), energy drinks & bars, chocolate, coffee, tea, sweets, canned meat & fish, food for long term storage.

Medicines: dates don't matter. Especially for fever eg Ibuprofen, for colds, painkillers, blood pressure, tourniquets, bandages.

Toiletries: wet wipes, dry body wash, dry shampoo, detergents, sanitary wear for women, mosquito repellent, liquid soap.

Clothing: work overalls, tactical gloves and elbow pads and knee pads and glasses, green or black T shirts, underpants, socks, army boots

Tool kits, axes, saws, picks and shovels. (these do not need to be new but in working order)

Other: stretchers (frameless), sleeping bags. "

I would like to express my deep gratitude for the way Kimpton has responded to the Appeal over the last 18 months. There is desperate need and Kimpton has responded to it. Thank you.

It doesn't matter how small the donation is but if you can help with any of the above please take it /them to the Church. If you would like to donate money please use the Alfs Website.

Juliet Morton



KIMPTON NEIGHBOURHOOD WATCH NEEDS YOU!

Since the last magazine Kimpton and surrounding areas is now live with Herts Connected (which is part of the Neighbourhood Alerts system). You can choose to receive free messages from the police, Neighbourhood Watch, Police and Crime Commissioner and Action Fraud.

At 31 March we had 400+ members but as the system has changed to Herts Connected from 01 April that number has plummeted to less than 150. To continue to receive the messages it is essential to register. If you have not already done so, we urge you to "Sign Up" with Herts Connected by visiting : hertsconnected.co.uk

As anticipated, there have been issues with system admin access and minimal training provided to the ward coordinators. We have now successfully completed GDPR training and therefore recently received authorisation as ward coordinators to set up and manage our own households within streets. This will likely take a few weeks to set up properly as we become familiar with the system. Be assured we are finally making progress and are in communication with other wards in North Herts to ensure we adopt best practice.

Reported issues in this quarter are

28th May All four wheels removed from vehicle parked in High Street Kimpton

6th April Theft of number plates from vehicle parked in High Street Kimpton

Do not forget that you can report anonymously if you witness any incidents of fly-tipping, dog fouling, unruly behaviour, excessive noise and nuisance neighbours on Crime Stoppers 0800 555 111. Please use 101 for non-emergencies or go online to: www.herts.police.uk/ro/report
If you have any questions relating to NHW please get in touch and we will be pleased to help.

*John Bowers, 07833 301 268 bowers984@btinternet.com
Angus Davidson, 07789 502 057 angussdavidson@btinternet.com*



The Church in Kimpton

Parish Church

Lay Reader

Andy Morton
07884 064268
mortonandrew798@gmail.com

Church Wardens

Anne Hems
07811 168980
anniehems@gmail.com

Lynda Harvey
07487 413901
lynda.a.harvey@hotmail.com

Pastoral Care Co-ordinator

Liz Jamieson
01438 832858
liz@jamieson21.plus.com

For any information regarding the use of the Parish Church, (including Baptisms, Weddings and Funerals), please contact either the Lay Reader - Andy Morton (07884 064268), or one of the Churchwardens; Lynda Harvey (07487413901) or Annie Hems (07811168980)

Baptist Church

Perry Green at Peters Green

Branch Leader

Miss Pam Greener
01582 604771

Police Telephone Numbers

Urgent 999 Non urgent 101

Hitchin Safer Neighbourhood Team

Gill Taranvir
taranvir.gill@herts.police.uk

Ward Constable Natasha Redman
natasha.redman@herts.police.uk
PCSO Heather Burrows
heather.burrows@herts.police.uk

Hitchin rural general email
SNTHitchinRural@herts.police.uk

Police and Crime Commissioner

Jonathan Ash-Edwards
commissioner@herts.police.uk

Parish Magazine

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Kimpton SG4 8SD 01438 832249

Deadline

Copy for the Autumn 2024 edition must be in by
Sunday September 22nd

Parish Council

Cllr Alex Firth (Chairman)
Cllr Sarah Amexheta
Cllr Ziuta Bray-Stacey
Cllr Simon Davies
Cllr Grahame Durrant
Cllr Nicky Jackman
Cllr Sue O'Brien
Cllr Ian Pegrum

Parish Clerk
Carina Helmn

clerk@kimptonpc.org.uk
01438 832573

North Herts District Councillors

Cllr Ralph Muncer ralph.muncer@north-herts.gov.uk
Cllr Steve Patmore steve.patmore@north-herts.gov.uk

County Councillor

Cllr Richard Thake richard.thake@hertfordshire.gov.uk

Member of Parliament

Bim Afolami www.bimafolami.co.uk

Helping Hand

North Herts Community Volunteer Services

Can provide transport to hospitals. For details ring 01462 689400

The Samaritans

If you would like to talk to the Samaritans or find out more about becoming a volunteer, please ring 01582 720666 or freephone 116 123 anytime day or night or email jo@samaritans.org

North Herts & District Citizens Advice Bureau

To contact the CAB phone 0344 411 1444 www.northhertscab.org.uk

The Dacre Rooms

To book The Dacre Rooms please email our bookings secretary Wendy Dollin bookings@dacrerooms.info

Kimpton Memorial Hall


For bookings contact Mrs Barbara Kazwini. 6 The Wick, Kimpton. 01438 832620 barbara.kazwini@btinternet.com

Kimpton Primary School

We are an OFSTED Good Provider and offer nursery and primary education for children aged 3-11.

Places available for September 2023.

For information:

 01438 832 394

 admin@kimpton.herts.sch.uk

 www.kimpton.herts.sch.uk

 @Kimpton_Primary

Useful Links

kimptonvillage.com

herts.police.uk

stalbans.anglican.org

kimpton.herts.sch.uk

kimptonchurch.co.uk

 [Kimpton Church Hertfordshire](#)