



# Village News

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2022



## Village Garden Party set to commemorate the Jubilee

Residents throughout Kings Langley are dusting off their bunting in preparation for street parties to commemorate the Queen's Platinum Jubilee in June.

Meanwhile plans for a village-wide celebration are underway with a Garden Party slated for Sunday 5 June. As well as a barbeque, licenced bar and afternoon tea and cake, there will be stalls, music and games, all taking place in the Village Garden beside All Saints church.

The church tower will also be open for intrepid explorers to climb and enjoy spectacular views across the area while a visit from the Kings Langley Fire Service – in their fire engine – will be a draw for young (and old) attendees!



Members from the Kings Langley Fire Service will be bringing their engine

The event is free to attend, with people encouraged to bring their own picnic and enjoy an afternoon of fun with friends and neighbours.

The programme of activities will kick off at 12pm and will conclude at 4pm with a special Choral Evensong inside the church, when the All Saints

Church Choir will perform some Jubilee music.

John Morrish, a member of the organising committee, said 'We have the Bennetts End Scouts raising funds for a new hut with burgers and soft drinks, and six Hemel Explorer Scouts organising some garden games to raise funds for their participation in the World Jamboree in Korea.'

He added 'We are not looking for stalls selling goods, but anyone wanting to raise funds with a game of chance will be more than welcome.'

## Everything's coming up roses

Village Garden volunteers have been busy planting out 25 roses that were donated by growers Harkness Roses.

A local gardener spotted an invitation for local groups to apply for free rose bushes for community gardens and immediately thought of the Village Garden.

*continued on page 2...*



The arrangements are now moving forward quickly and anyone wishing to get involved should initially contact the parish council by phone or email [klpc@kingslangley-pc.gov.uk](mailto:klpc@kingslangley-pc.gov.uk)

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continued from front page...

An application was made and 25 bush roses, plus a bonus yellow double-flowered hybrid John Ystumlynn tea rose, duly arrived. Three volunteer gardeners got together to plant the rose bushes on the east side of the garden. At the moment, because the roses are bare of root, leaf and petal, it is impossible to identify the varieties of the other roses, however, the colour of the bushes can be discerned from the label information.

The parish council encourages community gardening opportunities for local residents to plant, prune or weed throughout the year, traditionally meeting on the first Friday of every month, although more weeding and pruning is always welcome.

Kings Langley has also had a visit recently from local arborists Bartletts, who carried out an inspection of trees at the Village Garden and allotments to ensure they are safe, and to look for signs of disease or damage which may make them unstable. As local residents will know, a conifer in the Village Garden fell down in high winds earlier

this year, and a large branch from a Yew Tree also damaged the roof of a church outbuilding.

A three-year programme of work is being instituted to remove the dead or dangerous trees that have been identified, and to carry out work on a number of others to keep them in a safe and healthy condition.

*Volunteer gardeners Quentin Ross-Smith, Alexander Hunt and Harold Rylott also filled bags with excess topsoil, offering them at the Village Market in return for suggested donations towards All Saints Church.*



PHOTO: BARRY KEMP

## Don't be caught short on the high street

Two businesses in the high street have signed up to a new Community Toilet Scheme.

The Parish Council's Leisure Group has launched the scheme that will allow villagers and visitors to use the toilets in Oscars and Dalling & Co., even if they are not customers.

It is hoped that other businesses in Kings Langley will also join the scheme. Anyone interested in doing so should contact Debbi James-Saunders via Kings Langley Parish Council on [klpc@kingslangley-pc.gov.uk](mailto:klpc@kingslangley-pc.gov.uk)

**Village News contacts** All enquiries, articles, advertisements, and Prize Xword competition entries should be sent by email to [kingslangleynews@gmail.com](mailto:kingslangleynews@gmail.com) or by post to:

*The Editor, Kings Langley Village News, c/o Kings Langley Parish Council Charter Court, Vicarage Lane, Kings Langley, WD4 9HR*

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## Puffaten sign-up drive underway

After two years of cancellations, organisers of the Kings Langley Puffaten are optimistic this year's event will go ahead as planned but the sluggish flow of entries so far has left them in a quandary.

An appeal has gone out for participants to sign up for the event in advance to ensure the day runs as smoothly as possible.

Sunday 19 June, which is also Father's Day, has been set aside for the fun run, which gives runners the opportunity to navigate one of three distances – 1.5km, 3km or 10km.

But, with more and more people turning up on the day rather than signing up in advance, the planning team face a number of problems.

Race organiser Alan Johnson, said 'The problem for any race organiser these days is knowing how many to cater for. More runners are leaving it to the day to enter – which they are entitled to do – but they risk facing long queues to register. It also means we may underestimate how many medals, bottles of water and so on are needed and be forced to restrict numbers accordingly.'

The first race will get underway at 10am. To enter online visit the Eventbrite website [www.eventbrite.co.uk](http://www.eventbrite.co.uk) and search Kings Langley Puffaten. To volunteer to help on the day contact the organisers through the race website [www.puffaten.co.uk](http://www.puffaten.co.uk)

Alan added 'The great thing about a local race is knowing the roads, where you are and where you are going. And the downside is also knowing the roads – you know you may have to face the Coniston Climb at the end of the race!'

## Variety top of the agenda at the Evergreen Club

The Kings Langley Evergreen Club members had a real treat at a recent meeting when the Jolly Jazzers band, *pictured below*, came along to entertain members for the afternoon.

Members have also experienced a look at the making of perfumes and delighted at amazing pictures of some of the insects which inhabit our gardens, local fields and woodlands.

The group has also held its AGM and elected their Committee for this next year. For details of how to join this friendly social club, right here in the village, please ring Ann Martin on 01923 267604.



## Christian Aid appeals for vital donations

Representatives of Christian Aid are looking forward to meeting villagers during their annual door-to-door fundraising drive which is taking place between 15–21 May.

Last year £4,583 was raised through their envelope collection scheme and organisers spoke of their gratitude for the generosity of those who contributed.

Christian Aid Week takes place against the backdrop of the Ukraine crisis and Christian Aid, as part of the Disasters Emergency Committee (DEC), has been giving help to refugees fleeing the violence. So far, through their partners on the ground, they have reached 26,187 people with lifesaving aid, shelter, truckloads of food (345 metric tons), water, sanitation and health support, as well as offering vital information for refugees and internally displaced people. Donations that have been made to this appeal locally have raised over £900.

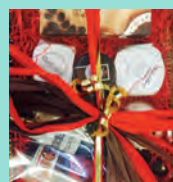
Christian Aid is also working closely with people affected by the climate crisis in Zimbabwe, where environmental issues, as well as the impact of the war in Ukraine, are driving up food prices.

Paul Tucker, Chairman of Kings Langley Christian Aid, said 'You have already given generously to the Ukraine appeal. Please give what you can to support others around the world affected by this and the ongoing climate challenge during Christian Aid Week.'

Residents are also invited to attend the United Service at All Saints on 22 May at 9.30am.



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## Choirs join forces for musical evening

Spring Sing, a concert of twenty-three songs by Kings Langley Community Choir and its guest, the Swindon Male Voice Choir, entertained an audience with a contrast of choral styles at All Saints Church in early April.

The opening set from the Swindon Choir included emotionally charged renditions of Elaine Hagenburg's *O Love* and the Elvis Presley standard *American Trilogy*, while the Community Choir delivered a change of tone with an opening that included the traditional *All Around My Hat*, made famous by Steeleye Span, and the uptempo *Here Comes The Sun* by George Harrison, both arranged by Music Director Katie Teage.

The mood changed yet again when the Swindon Choir later sang *When the Saints Go Marching In* followed by Irving Berlin's *Puttin' On The Ritz*.

Starting the second half, the Community Choir delivered a strong



harmonic rendition of Paul McCartney's *Let It Be* followed by *Biko*, Peter Gabriel's commemoration of the death in police custody of the young South African black activist Steve Biko.

The concluding three songs from the Swindon Choir began with a fun interpretation of *Song Of The Jolly Roger* and finished by swinging into Mills and Ellington's *It Don't Mean A Thing*. The evening's entertainment ended with the Community Choir delivering an evocative interpretation of David Bowie's *Space Oddity* followed by Leonard Cohen's *Hallelujah*. Monies raised from the concert were in



*The Kings Langley Community Choir and guests Swindon Male Voice Choir*

support of the mission of All Saints and local charities.

The Community Choir now looks forward to its next performance which will be on the Main Stage at the Rickmansworth Canal Festival, Sunday 22 May at 12pm.

## Return of Hemel Hillbuster raises over £22,000 for DENS

Hundreds of cyclists descended on Hemel Hempstead recently to undertake the legendary fundraiser, the Hemel Hillbuster, raising more than £22,000 for charity.

For the first time the event included a 25km ride, alongside the 100km and 60km routes, taking participants across the Chiltern Hills and covering



a number of challenging climbs across Herts, Beds and Bucks.

The event, which was organised by DENS together with British Cycling, attracted 437 entrants, bringing in cyclists and clubs from across the south east and beyond. Every penny raised will help the work done by DENS in supporting people in Dacorum who are experiencing homelessness, poverty and social exclusion.

The ride started and finished with much fanfare in Hemel Hempstead's Gadebridge Park, where event sponsors,

Berkhamsted's Lovelo Cycleworks, supported cyclists with a mobile bike repair service and had special prizes up for grabs with a bike balance challenge.

There was also support from Mad Squirrel, the Hemel-based brewery, who were on hand to refresh thirsty cyclists with cold post-ride drinks, while Watford FC and their commercial partner, Alan Day Group, showed their support for the event by advertising on match-days and donating fantastic auction prizes, including a hospitality experience for two and a signed home shirt.

Wendy Lewington, DENS CEO, said 'It was truly special to see so many passionate cyclists come together to support our charity. The event's great success wouldn't have been possible without them, or the spirited efforts of our volunteers and corporate partners who helped ensure a safe and enjoyable day for all.'

For more information about DENS, and to find out how to take advantage of the early bird offer for next year's Hemel Hillbuster on Sunday 14 May 2023, visit [www.dens.org.uk](http://www.dens.org.uk)



*Finishers celebrate their medals with a cold beer*

# KLFC survive on the last day of the season

**Kings Langley Football Club kept fans on the edge of their seats as their fate was decided by a nail-biting win in the final game of the season.**

KINGS stayed up, with a fantastic 2-0 away win in Salisbury, cheered on by a large and very vocal travelling support. But the build up to that fantastic, tension-filled day was not without its own drama.

When Dorchester Town came to the Village in mid-March, both clubs were battling each other to avoid finishing in the bottom three. Despite taking the lead through Bradley Wadkins, two Dorchester goals in the first five minutes of the second half meant the match ended in a 2-1 defeat with Dorchester leapfrogging out of the relegation spot and leaving Kings Langley in the bottom three.

The Dorchester result meant that KINGS had only six matches to save their Step 3 position. After a 380-mile round trip to play Truro (0-0) came two consecutive home games against Gosport Borough (0-0) and Swindon Supermarine (1-2), which was then followed by a 3-1 away defeat at Yate.

The KINGS could now only avoid relegation if they could manage to accrue more points than the third from bottom team in the Isthmian Premier League with two games to go.

The first game was at home to Harrow Borough. A large crowd witnessed a cracking six-goal thriller as the KINGS ran out 4-2 winners with goals by Alfie Williams, Jamie Jellis (penalty) and two goals from recent signing Alie Bangura.

That win meant as the KINGS headed to Salisbury, they knew they were relying not only on winning but on either Cray Wanderers or East Thurrock failing to do so! Lots of KINGS fans made their way to Wiltshire, and were quickly rewarded when a fantastic Alfie Williams shot nestled into the Salisbury net.

Tensions grew and grew as the KINGS were denied by some fantastic goalkeeping throughout. With just eight minutes to go KINGS only had to hold on to stay up, but the match took another turn as Salisbury were awarded a penalty and the KINGS defender was sent off.



*Player Jorell Johnson and superfan Joseph Robbins celebrate KINGS win*

But the penalty was brilliantly saved by Watford youth goalkeeper Alfie Marriott, and with only a couple of minutes to go Erin Amu broke through the Salisbury defence and calmly placed the ball into the corner of the net.

'The KINGS are Staying Up' rang out from the stands, with both supporters and players singing and dancing together at the final whistle.

If you would like to join the excitement, the next season starts on the 6 August. Keep up to date with all the club's news on Twitter [@KLFCofficial](https://twitter.com/KLFCofficial)

## Spot the difference!



*Cllr Derek Collins, above with artist Graham Prentice, said 'I'm pleased that via the Leisure Group, the Parish Council, Graham and myself, we could make this important addition to our sign. Hopefully it will encourage tourists to stop and explore our lovely village with its historic connections.'*



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## Kings Langley Players invite audiences to play *Mindgame*

The first play by renowned author Anthony Horowitz is being brought to the stage by the Kings Langley Players later this month.

*Mindgame*, a psychological thriller, follows Mark Styler, a true crime novelist who hopes that an interview with a notorious serial killer called Easterman will win him a new book deal. What he doesn't anticipate is the unsettling reception he will receive from the idiosyncratic Dr Farquhar and the skittish nurse Paisley, employees of Fairfield's psychiatric prison for the criminally insane, where Easterman is held. As events unfold, the thin line between sanity and madness will be explored, questioned and blurred together as the characters question what is real.

The play was the first to be written by the bestselling author of the Alex Ryder spy novels, as well as TV's *Foyle's War*, and has been performed in both London's West End and Off-Broadway in New York City.

Directed by KLP's Tori Jeffs, *Mindgame* is the latest in a packed 2021/2 season for the group, which began in December with its annual family show, *The Wizard of Oz*, followed by George & Weedon Grossmith's fast-paced satire *Diary of a Nobody* in March, while *5 Lesbians Eating a Quiche* by Evan Linder & Andrew Hobgood will be staged from 15-17 September.

Performances of *Mindgame* will take place from Thursday 19 May to Saturday 21 May at Kings Langley Community Centre, The Nap. For tickets, visit [www.klp.org.uk](http://www.klp.org.uk) or telephone 0333 666 3366.

[www.kingslangleyvillagenews.co.uk](http://www.kingslangleyvillagenews.co.uk)

# Local ambulances delivered

A priest who drove in a convoy of ambulances more than 1,000 miles to the Ukraine border, in a bid to 'do something' in response to the war, has spoken of her incredible adventure.

Jos Perris *pictured far right*, who is an associate priest with the Langelei team that includes All Saints, joined members of her family and their friends in a three day drive from Hemel Hempstead to the Polish town of Ustrzyki Dolne to deliver four ambulances packed full of medicines and medical supplies.

The trip involved roadside breakdowns, the emergency couriering of the vehicles' registration documents from the UK to Poland, and interrogation from border control, but Jos says she would do it all again.

The group of eight, which included Jos's sister-in-law Gini Zdesar and her husband Kurt, who came up with the idea, was led by Ukrainian Alex Saliy, who lives in the UK, and his girlfriend Olga.

Jos explained how she got involved in the trip. She said 'It was all so sudden – we found out that Kurt and Gini had raised more than £30,000 in five days via GoFundMe and after hearing through Alex that there was a desperate need for medical supplies and equipment, they bought these ambulances – which are always decommissioned after eight years or 250,000 miles – and got local hospitals to donate supplies. They were leaving days later and I knew immediately I needed to join them.'

Jos was granted leave from her job as chaplain at Aldenham School, and at 4am on Monday 21 March departed Hemel Hempstead for Calais. After driving through France, Belgium and The Netherlands, the group arrived in Dresden, Germany at 10pm the same day. Just 24 hours later they were at the Ukraine border in Poland.

And it's fair to say the trip wasn't without drama. One ambulance didn't have a working fuel gauge – which meant the drivers had to fill up at the same time in order to know when the faulty vehicle was running low – and when another overheated it was a case of praying and keeping everything crossed until it cooled down.

And when they discovered that they

would require the original V5 ownership documentation for each vehicle in order to enter Ukraine, the paperwork was biked from Newcastle to Luton where Jos's son picked it up, boarded a last minute flight to Poland and delivered it to the group – all within just 12 hours.



The four ambulance crews at the Polish-Ukrainian border

The volunteers, who were driving in pairs, all had walkie talkies and communicated via WhatsApp so they remained in constant contact, while sharing their location at all times in case they went out of range.

The original plan was that they would drive their ambulances into Ukraine and deliver the supplies to a hospital in Ternopil, where they would then stay the night – something that Jos was very excited about.

However, overnight the news broke that Vladimir Putin was planning to target hospitals, so after some deliberation it was decided they would change course and drive instead to a quiet Polish-Ukrainian border town, hand over the ambulances to local drivers who, together with Alex, took the vehicles on to their destinations.

# vital supplies to Ukraine

Jos said 'I was sad that we weren't going to go into Ternopil. I understand why the decision was made and the main thing is we did what was needed and we did it the safest way, but I did want to go all the way in.

'My family were a bit worried, but it was all so safe. Had we gone all the way to Ternopil, that would have been scary, absolutely.'



And Jos says her faith played a big part in the trip. She said 'I prayed all the time – I certainly felt God's strength and guidance and knew He was holding us and keeping us safe.'

For Jos, one of the abiding memories of the trip was when they helped a lone female refugee, carrying only a plastic bag of her possessions, travel away from the border.

She said 'That was such a profound image and is something that millions of people are experiencing – they have literally nothing. I find it very challenging to think about what we all have in terms of possessions, and what we value. It was humbling.

'Absolutely unimaginable atrocities are happening on our doorstep and we feel so helpless. Which is why I jumped at the opportunity to drive the ambulances because, for that period of time, I felt like I was doing something.'

Jos is continuing to raise money for Ukraine via the Disasters Emergency Committee. To donate visit [www.dec.org.uk/donate/ukraine](http://www.dec.org.uk/donate/ukraine)



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## Addams audience raises funds for Ukraine

Generous audiences at the Kings Langley Musical Theatre Company's recent performances of *The Addams Family* have helped raise £350 for the Disasters' Emergency Committee Ukraine Appeal.

The troop played to almost full houses between 6 and 9 April, amidst much laughter and applause. The cast had a lot of fun too in performing the show.

For further information about KLMTTC, how to join or to be involved in some way visit their Facebook page, see [www.klmttc.org](http://www.klmttc.org) or email [klmttc@outlook.com](mailto:klmttc@outlook.com)



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## Is proposed Rectory Farm development really necessary?

As you may have seen, CALA homes is submitting a planning application for 135 dwellings on Rectory Farm's Green Belt.

The argument being made is that this would meet the 'very special circumstances' which permit such development in the Green Belt and that it is also justified by the shortfall in the Borough's housing supply.

Whatever one's views about the proposal, the application does need to be seen in the context of other current developments in the village including opposite the Inspire Gym (10 detached houses), the Chiswell Pools site (26 dwellings) and Network House (the former Herts County Council building on the border with Apsley) – 69 dwellings plus a McCarthy and Stone development of a further 65 apartments. In other words, with



Rectory Farm, significantly more than 300 dwellings along a one mile stretch of the A4251, a number the previous draft Local Plan did not consider would be necessary in the village over an 18-year period.

Additionally, Kings Langley 'straddles' the Grand Union Canal, even though the parish boundary is the canal itself.

As a community and in its employment, social and services infrastructure, the area of land that lies between the canal and the railway line to the east, from Gallows Hill bridge by Kings Langley Railway Station in the south to the Nash Mills bridge in the north, is an integral part of Kings Langley.

Recent developments will see an additional 300 dwellings built, with a further 800 dwellings in Three Rivers Draft Local Plan proposed for the Green Belt of Numbers Farm, clearly visible on the hillside to the east of Station Road.

Gary Ansell, chairman of Kings Langley & District Residents Association said 'We want to ensure villagers are aware of the cumulative effect these individual developments will have and hope that residents will realise this is too great a number for our village to take.'

The planning application will shortly be available at <https://tinyurl.com/2523z6ej> – search for *Rectory Farm* to view and comment.

## Cleaning up the carnival with Imagination

A local company that designs and licenses computer chip designs for AI and graphics is set to sponsor a comprehensive clean-up at the Kings Langley Carnival in response to the mountains of rubbish that is left behind at the annual event.

Imagination Technologies, which is based on Home Park Industrial Estate, has already been working with the parish council on a number of potential environmental initiatives, and sponsoring a comprehensive clean-up at the Carnival by a commercial company seemed a perfect fit.

The Kings Langley Carnival – which is taking place on 25 June from 12noon to 5pm – is the high spot of the summer with performers, local food and craft stalls, fun and games across the Common – and mountains of rubbish.

Carol Chandler, chairman of the Carnival, said 'We have tried for many years to persuade Dacorum Borough Council to provide us with recycling bins in order to reduce the amount going into a landfill. Unfortunately Dacorum does not have the facilities to sort these bins if food and other waste is put into them with the



inevitable result that everything goes into grey bins.'

However, Imagination Technologies has stepped forward to provide 100 bins, with specific bins for food waste, glass, paper and card, and plastics, cans and tins so that everything put into them is recycled. For example, food waste will be anaerobically recycled into farming and green energy for homes while plastic, cans and tins will be separated and processed to create new products. Organisers are confident that Carnival goers will support the recycling effort.

Simon Beresford-Wylie, CEO, says 'At Imagination we have big ambitions when it comes to the environment, our



PHOTO: BARRY KEMP

emissions, and our journey towards a net-zero future. Supporting the Kings Langley Carnival to be more environmentally friendly was an obvious choice as we want to help our local community to be more sustainable too. We hope everyone has a great time at the Carnival and that, together, we ensure nothing goes to landfill that can be recycled.'

Meanwhile there is still time to register an interest if you would like to audition for this year's Open Mic slot by emailing [kingslangleycarnival@hotmail.com](mailto:kingslangleycarnival@hotmail.com) or try the Facebook page at [www.facebook.com/KingsLangleyCarnival](http://www.facebook.com/KingsLangleyCarnival) If you would like a stall at the Carnival, email [stalls-klcarnival@hotmail.com](mailto:stalls-klcarnival@hotmail.com)



# The library has something for the young...

The popularity of a story time session for toddlers and pre-schoolers at Kings Langley's Community Library has seen a second weekly session be added to the calendar.

Due to popular demand, Story-time is now being offered twice a week for 2-5 year olds, on Monday and Thursday afternoons from 2.00-2.30pm. This is in addition to Baby Rhyme, which continues on Friday mornings from 10.30-11am during term time.



Library volunteers Ann Baldwin and Karen Blake

Parents and carers are encouraged to book on to the sessions, but drop-ins are also welcome – space permitting.

## ...and the less young!

Meanwhile, for older residents, the library's programme of evening talks continues on 8 June with a fascinating look behind the scenes at our currency.

Jeff Llewelyn, the speaker for the evening, will be giving a talk entitled: *When is a pound not a pound? – The Trial of the Pyx explained.* A chemist with a background in Weights and Measures, Jeff will share with us some of the lesser known traditions of the Royal Mint and the Worshipful Company of Goldsmiths that ensures our currency is authentic. You will never look at money in the same way again!

This talk will also be an opportunity to showcase the library's new high specification fitted audio visual equipment, which will enhance the quality of presentations.

Caroline Brankin, chairman of KL Community Library Volunteer Committee, said 'We would like to thank all our supporters, those who attend our events, those who donate or buy books from us, and those organisations that gave us funding – it's their generous contributions that have made these improvements possible.'

Tickets to hear Jeff Llewelyn are £5, to include light refreshments, and can be purchased from the library. Don't miss this fascinating talk!

### The library has new opening times as follows:

Monday	9.00am – 5.00pm
Tuesday	2.00pm – 5.00pm
Wednesday	closed
Thursday	2.00pm – 5.00pm
Friday	9.00am – 5.00pm
Saturday	9.00am – 1.00pm

# Join forces to Beat the Bounds

The annual tradition of Beating the Bounds is to take place on Sunday 15 May and all residents are invited to join in.

This ancient annual practice of walking around the Parish boundary on Rogation Sunday – the fifth Sunday of or after Easter – is a primeval way of identifying where one lives. The nine mile walk passes through beautiful countryside, but also involves a busy road junction, a padlocked gate and private land, so it must be organised as a group walk.

Cllr Alan Anderson, who is leading the walk, said: 'This fun event leads further to questions about one's existence, hence it being done on Rogation Sunday.'

'It does require proper footwear and provisions (including a packed lunch), as the only facilities on/near the route are Sainsburys after seven miles.'

The walkers will be leaving from outside All Saints at 11am on Sunday 15 May. Anyone wishing to join should contact the Parish Council office on **01923 261828** by Friday 13 May.

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# Villager on quest to help 'grey-area drinkers'

Many of us enjoy a drink or two in the evenings or over the weekend. Perhaps a glass of wine with lunch or a mid-afternoon pint on a sunny day. While the majority could not be described as alcohol-dependent, you may be a grey-area drinker.

This is a relatively new term which describes people who consume more than a moderate amount of alcohol and may find it difficult to contemplate stopping.

Kings Langley resident Janey Lee Grace is a broadcaster, author and founder of *TheSoberClub.com* – in January 2018 she ditched the booze after realising she needed to take back control.

Now Janey is helping others make the change. In her 2021 book *Happy Healthy Sober* she advises readers how to make the process of ditching alcohol as easy as possible, before going on to share her expert tips on how to embrace a healthy lifestyle with mental and physical wellbeing at its core.

*Village News* caught up with Janey to get the lowdown on how we know we're drinking too much and how to successfully adopt an alcohol-free lifestyle.

## Q. How do you know if you have a problem with alcohol?

A. Could your life be better physically and emotionally without booze? If the answer is no then you're good to go. If yes, then you owe it to yourself to give it a go.

Alcohol is a societal glue that sticks everything together, from celebrations to commiserations and some people find that, over time, they get caught in the alcohol trap.

For people who are clinically dependent it's dangerous to stop drinking suddenly; my work is aimed at people who are not at rock bottom, but are not perfectly fine either.

## Q. Sobriety is a growing movement – why do you think that is?

A. Millennials are much more clued into wellbeing and they've recognised the undeniable link between alcohol and mental health. They also realise what a ridiculous waste of money drinking is.

Yes, we've still got some issues around binge drinking and so on, but it's very much a growing movement. We're seeing a rise of the 'sober curious' and the 'mindful drinker' which is someone who moderates their drinking or opts for alcohol-free days.

## Q. How would you reassure people who are feeling peer pressure?

A. An anagram of sober is bores but it's actually drunk people who are boring. They tell you the same thing over and over – it's exhausting. Being sober usually results in you being far more interesting and creative, having far more energy and confidence.

The thing that holds people back from making this choice is they feel they won't be able to socialise again but the reality is when you stop drinking you shine a light on everyone else's behaviour.

## Q. What are your top tips for someone embarking on sober socialising?

A. *Take it slow:* If you have to hole up for a few days or a week or a month, so be it. Focus on your own health and wellbeing and do what works for you.

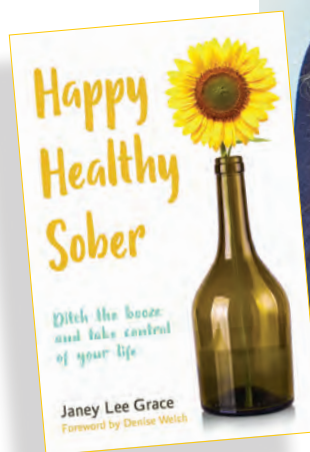
*Plan ahead:* If you're meeting friends think in advance what you'll drink when you get there. Ring the pub or restaurant and ask what interesting alcohol-free drinks they offer.

*Be prepared:* Plan what you're going to say to the people you're meeting; don't leave room for them to convince you to join them. And know the minute you arrive what you're going to order.

*Give some notice:* Tell friends ahead of time that you're not drinking. Either explain why or give an excuse, but if



*Janey Lee Grace and her book which helps readers embrace a healthy lifestyle*



you tell the truth ask for their support in that decision.

## Q. How can pubs and restaurants do their bit?

A. Venues need to be better at providing fantastic, grown-up alcohol free drinks. It's not just grey area drinkers who want this provision, there's all kinds of reasons why someone might not want to drink alcohol, but that doesn't mean that we want to sit there like a child nursing a lemonade. Personally I want a really decent alcohol free drink in a nice glass. My mantra is 'Keep the ritual, change the ingredient'.

*TheSoberClub.com* is an online community for anyone from the sober curious to people who are long-term sober. The member portal includes content from every aspect of nutrition and wellbeing through to meditation and purpose.

## Janey's favourite non-alcoholic drinks

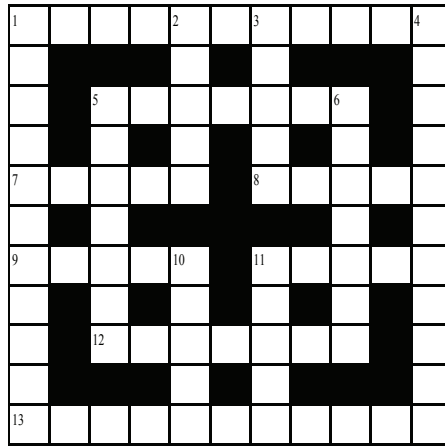
**Sea Arch:** an artisan blend of botanicals enjoyed with tonic over ice and a slice.

**Kombucha:** a fermented tea available in different flavours.

**Noughty:** an alcohol-free fizz from the chardonnay grape

# Prize Xword

The prize for the first correct entry drawn from the hat for this issue is **vouchers to the value of £20 to spend in Clare James health food store.** To enter, simply post or email your crossword entry and contact details to us (see page 2) to arrive no later than Friday 17 June 2022. Good luck!



Prize Xword No. 26 set by Andrew Selby

Lynne Head, who runs Tiny Tots stay and play group at All Saints Church, was our issue 25 Xword winner. Pictured here with Gail Coare (they realised they were old friends from their school days!) at the bar of the Kings Langley Services Club – who kindly donated the prize of two bottles of wine. ‘I do lots of crossword puzzles but rarely win a prize, so I’m really pleased,’ said Lynne.



PHOTO: BARRY KEMP

**Answers to Crossword No: 25**  
**Across:** 1 Knot, 4 WRNS, 6 Olive, 7 Ground Frost, 10 Metro, 11 Taboo, 13 Accelerator, 16 Gecko, 17 Wade, 18 Mead, **Down:** 1 Kings Meadow, 2 Tofu, 3 Diode, 4 Weir, 5 Station Road, 8 Optic, 9 Orbit, 12 Beech, 14 Edge, 15 Atom.

**Across**

- 1 Village cul-de-sac located where they once made a famous malted beverage (6,5)
- 5 Removing superfluous parts (7)
- 7 Pungent smelling gas that in the upper atmosphere protects us from the sun’s harmful rays (5)
- 8 Within these rifts, it gives a font little extra strokes! (5)
- 9 Great fear (5)
- 11 Due to be paid (5)
- 12 Village lane leading north-east out of our valley (7)
- 13 Fractionally speaking, this is beneath the line (11)

**Down**

- 1 Confused for Word data, I take this frequently busy Village route! (7,4)
- 2 Skilfully escape from a danger (5)
- 3 Level retaining devices often seen along the Canal (5)
- 4 You might see one of these brave crew leaving rapidly from Common Lane (11)
- 5 Short pithy saying (7)
- 6 These are mouse-like rodents, often kept as pets (7)
- 10 Hard-wearing fabric amidst garden implements! (5)
- 11 Large expanse of sea (5)






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### Women's Institute

Kings Langley Community Centre, The Nap.  
All welcome.  
Every second Tuesday monthly at 7.30pm  
For further information please contact Joyce on 01923 263213 or Wendy on 01923 263348

### Singing

Kings Langley Community Choir  
Christ Church Baptist, The Nap.  
Every Tuesday evening (term time) 7.30pm – 9.00pm.  
No audition or prior experience needed.  
Contact Pat Waterton on 07714 701316 or email patwaterton@gmail.com

### Computing

Using computers.  
Frogmore Paper Mill & Visitors' Centre, Fourdriner Way, Apsley.  
Drop in to our ukonline Centre, suitable for beginners and those wanting more practice. No need to book.  
Fridays 10.30am – 1pm. Free admission  
Contact Charlton or Sue Woolnough on 01442 234600 or by email education@thepapertrail.org.uk

### Public Information

Kings Langley Parish Office, Charter Court, Vicarage Lane  
Parish Council Meetings are normally held on the first Tuesday of each month. Planning and Licensing on the first and third Tuesday of each month.  
Office hours 9.30am – 12.30pm  
Telephone 01923 261828 or email klpc@dacorum.gov.uk

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### Local Produce Market

Village Garden, Church Lane.  
Food, crafts, books, cards, homemade cakes and refreshments and lots more.  
Held on the 3rd Saturday of every month from 9.00am – 1.00pm

### Library

Please note our new opening times:  
Monday 9.00am – 5.00pm  
Tuesday 2.00pm – 5.00pm  
Wednesday closed  
Thursday 2.00pm – 5.00pm  
Friday 9.00am – 5.00pm  
Saturday 9.00am – 1.00pm

### Short Mat Bowls

Kings Langley Community Centre, The Nap.  
A friendly group who play all year round. New members welcome.  
Every Wednesday morning 11.15am. – 1.15pm.  
£3.70 for members of Everyone Active, £4.70 for non-members (first time is free). All equipment supplied.

### Jazz

Kings Langley Jazz Club  
Kings Langley Services Club Theatre Bar  
5 High Street, Kings Langley WD4 8BJ  
Live Bands!  
Every Tuesday night 8.15pm.  
Visitors welcome.  
See posters for details or telephone 01923 262982

### Fire Station Open Day

Common Lane, Kings Langley WD4 8BP  
Wednesday 1 June from 2.00pm.  
Visitors can sit in the engine, use the water hose, try on some fire-fighting kit! Fun games and refreshments.



Now back to face to face meetings, PROBUS is a club for retired men meeting at Kings Langley Cricket Club every third Tuesday in the month at 10am, with a speaker and coffee.

Occasional excursions, dinners and other social events (including partners) are also arranged.

#### Future speakers and subjects

17 May: 'David Devant: England's Greatest Magician,' Ian Keeble-Elliott  
21 June: 'Adventures in the Iron Age,' Sally Newton  
19 July: 'History of Cassiobury Park,' Paul Rabbits  
16 Aug: 'The Job of a Laughtime,' Brad Ashton

Contact the secretary, John Addy, on 07477 900290 or 19jca41+v@gmail.com for further information.

### Tiny Tots

All Saints Church Hall  
A stay and play group for 0 – 4 year olds.  
Every Wednesday in term time 10.00am – 11.30am. Every Tuesday evening (term time) 7.30pm – 9.00pm, £1.50 suggested donation.  
For more information email allsaintstinytots@outlook.com

### Social

Kings Langley Evergreen Club  
Kings Langley Community Centre, The Nap.  
A social club for residents aged over 60. Varied programme of events.  
Alternate Thursday afternoons from 2.30pm – 4.00pm.  
Contact Ann Martin on 01923 267604 or email anniedirectchoreo@hotmail.com

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