



## ISSUE 12      JUNE 2022



**Painting by Year 5 pupil at Colney Heath School**

The Coal Post Editors :

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**Please let us know if you spot any errors or have comments**

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Since our last edition (No. 11 January 2022) the darkness of war descended in the Ukraine. The dismaying reports from this conflict that are very hard to hear, with the “N” word lurking in the background. The far reaching consequences of this conflict are only beginning to be revealed.

But life goes on and we should heed Caroline Keightly, our vicar at St Marks, who writes *“You might like to spend some time thinking of all the things you are grateful for and pray a prayer of thanks as we look to this new season with hope of good days still yet to come.”* This edition illustrates many things to be grateful for like the wonderful art work by pupils at the Jubilee exhibition at the School.

Derrick Crump writes about spring pleasures in the Colney Heath Community Park. Village halls provide activities for body, mind and spirit – see Iris’ Art Group at the Colney Heath Village Hall.

Peter Scott, Chair of Charles Morris Hall, has elicited contributions from some of their regular hirers : we feature Tae Kwon Do, Ki Aikido and Karate, yoga, a support group for carers, Baby Sensory, and watercolour painting.

The residents associations in Colney Heath and Smallford have been active objecting to planning applications, working in conjunction with the Colney Heath Parish Council.

Community organisations are at the heart of village life. Amanda Furlong reflects on her first year since joining the Colney Heath WI. The Colney Heath Boissy Twinning Association continue their local social events and will welcome their guests from Boissy-sous-St. Yon for the Jubilee weekend. Elizabeth Clarke has organised the Theatre Club outings to London and announces the next booking made.

Did you know the shop and post office in Colney Heath also provides some banking services?

We know our readers would like to hear news from the Football Club, the Guides, and the Billett, to name just a few. If you have a connection with them please help by giving them a nudge.

The Colney Heath&District History Society is preparing to publish the next volume of The Colney Heath Chronicles, a sequel to the sold out first volume.

The Smallford Station project is following the usual slow progress of projects of this nature where there are several stakeholders.

We like to support local business by providing them with free advertising. We do invite previous contributors and Nicky Packman always promotes her products. New to The Coal Post is Aina Stapley with her interesting Body Aesthetics.

We have heard about several street parties planned for HM The Queen’s Platinum Jubilee celebration Thursday 2<sup>nd</sup> to Sunday 5<sup>th</sup> June. We hope the weather is fine. You may notice we have used the colour theme for this unique celebration.

The Colney Parish Council has commissioned a survey of residents’ opinions on a number of subjects including views on the Parish’s assets – Horseshoe Field, Gloucester Park and the “former Scout and Guide Centre” at Roestock Park. The Scouts make their case – again.

While we would support the principle of the Council finding out what the people they represent think, we make no apology for suggesting the Council pause any decisions in view of the Community Governance Review being conducted by St Albans District Council.

We have another planning application – this time by Tarmac for 45 houses next to the Football Club. Over 600 objections indicate the feeling in the village. And the owner of Fredericks Wood continues to pursue the damage to his land. This is being vigorously resisted. We urge the District Council to get the Local Plan done. Until this is approved our green fields in the Greenbelt are at risk from piecemeal, socially damaging, developments. The LibDems took 50 of the 56 St Albans District Council seats in the May 2022 -election so no excuses. Cllr Chris Brazier was elected to represent the revised boundary for the District ward of Colney Heath (the rural areas of Tyttenhanger, Smallford, Sleaphyde and Colney Heath Village).

And finally, can you help? A well established local painting and hygienic cladding company looking for dry storage with power, lighting, 24-hour access for storage of paint and light building materials (pallets, painting, and cladding material etc) in the St Albans vicinity. Possibly farm outbuilding or similar may be suitable. Circa 400sqm required  
Tel: 01727 830 352.

## HM THE QUEEN'S PLATINUM JUBILEE

Exceeded only by Louis XIV (the Sun King of France) who reigned for 75 years, with service of 70 years Elizabeth II is the longest reigning monarch in history. (Louis became king when he was 4 years and 8 months old which doesn't really count does it?).

The Queen and The Earl of Wessex visited Paddington Elizabeth line station on 17 May to mark the completion of the new railway ahead of its opening to passengers on Tuesday 24 May. HM has had a long wait – Architects were first interviewed for the Crossrail project in 1984 (your editor worked for one of the firms at the time).

While we are on the subject of railways its good to see our model railway open again 2pm to 5pm on the 1<sup>st</sup> and 3<sup>rd</sup> Sunday until 16<sup>th</sup> October.



Painting by a Year 5 pupil



Jubilee Street parties are a great tradition - local communities get together to celebrate the milestones in our monarch's reign -or just to enjoy a knees up.

This photo was taken of a street party for HM's Silver Jubilee in 1977. Tables were stacked with food and the whole street turned out to enjoy the event.

No bottles of booze are evident and wearing a tie was still observed by some for such occasions. There was a "whiff of spliff" in the air though.

The spirit of the street party will remain but the style will be a bit different.

### Events and Street parties in Colney Heath

Thursday 2<sup>nd</sup> June 10am to midday  
**St Marks Church**  
 Jubilee Community Café  
 Tea, coffee, soft drinks

Saturday 4<sup>th</sup> June from 3pm  
**Street party Bullens Green Lane**  
 Maybe in the style of the WW1 75<sup>th</sup> event, on the verge, BYO.

Thursday 2<sup>nd</sup> June 2.30pm onwards  
**A Royal Bash at The Crooked Billet**  
 For children and adults : a Disco, Bouncy Castle, and lots of other games, lots of yummy food - hot dogs, burgers, chicken, cakes, ice cream and sweets. Start at 2.30 and ends when it ends.

Sunday 5<sup>th</sup> June from 1pm  
**At the Football Club**  
 1pm picnic on the pitch, BBQ to cook your own food, Bar available, complimentary tea and cake, live music, singalong, cash bingo

Saturday 4<sup>th</sup> June from 1pm  
**At the Football Club**  
 1pm Football match, kids activities, music, BBQ  
 6pm Family Quiz with cash prize  
 Bar available

Sunday 5<sup>th</sup> June from around 11am to 6pm  
**Street party Roestock Lane**  
 Feel free to come and set a picnic up at the top end 2 to 22 on the grass. A few tables will be set up with red white and blue bits for photos.



I enjoy this time of year as we move from spring into summer. The smell of freshly lit BBQ's, lighter evenings spent with friends and family and the unpredictable appearance of a warm Sun, lead me to a place of thankfulness. I often spend time giving thanks for all the many good things we have around us and you might like to do the same.

I also sit in my garden and wonder what the world might look like and what changes we might face. But instead of facing this future with fear I face it with faith. In an everchanging world my hope is found in an unchanging God who is with us readily available to hear our prayers offering us someone to talk to and a hope for a good future.

You might like to spend some time thinking of all the things you are grateful for and pray a prayer of thanks as we look to this new season with hope of good days still yet to come.

One reason I am thankful is that we are able to host more church and community-based activities. Below I would like to highlight three that are taking place at St Mark's church and please do visit the website or join our mailing list for more information.

### **The Big Lunch**

We are delighted to see the return of the Big Lunch which was launched in 2019 as a free lunch with activities for all ages to come and enjoy across the summer holidays. It is on Tuesday 23<sup>rd</sup>, Wed 24<sup>th</sup> and Thursday 25<sup>th</sup> of August from 12.30 to 2.30pm. Look out for posters and keep an eye on our website.

### **Jubilee trees**

To mark the Jubilee we have decided to plant three trees in the church grounds. More information on this in the next edition of The Coal Post.

### **Special Community Café for the Platinum Jubilee**

On Thursday 2<sup>nd</sup> of June from 10am until noon. Come and join us for free refreshments.

Caroline

**Revd Caroline Keightley. Vicar, St Mark's Church**  
Church Lane, Colney Heath, St Albans AL4 0NH

### Sunday Services are :

.8.30am Holy Communion

10.30 Morning Worship - live streamed

Our Children and Young Peoples' groups meet at the same time as the 10.30am service in the church centre.

**You can view all our Digital Services through St. Mark's YouTube channel or visit our website.**

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

The Clergy are available for baptisms, wedding and funerals.

Please contact the office for more information

Office: 01727 825175. email: [office@stmarkscolneyheath.co.uk](mailto:office@stmarkscolneyheath.co.uk)



# COLNEY HEATH SCHOOL

The school has held a Jubilee Art Exhibition. Each class was given a topic to celebrate in their art work. A small selection of the children's art work is illustrated here (*fantastic work, Ed*)



Nursery - the Red Arrows flypast



Receptions - crowns and tiaras



Year 1 - Street Parties



Year 2 - the Royal Menagerie



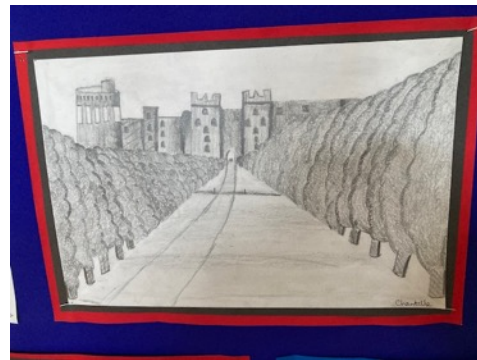
Year 3 - Commonwealth Flowers



Year 4 - carriages



Year 5 - portraits



Year 6 palaces and residences

## COLNEY HEATH COMMUNITY PARK

**By Derrick Crump**

**Spring in Colney Heath Community Park**

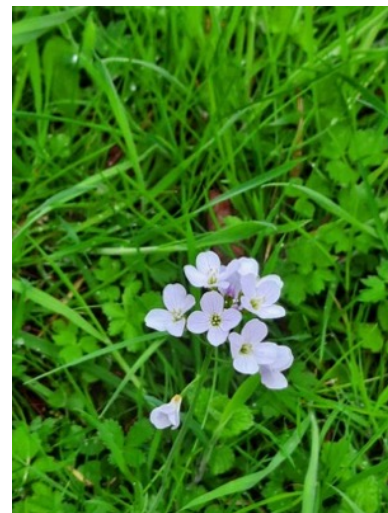
Spring flowers have bloomed despite the record-breaking lack of rain in April (the driest since records began in 1853 at Rothamstead). The Ellenbrook that traverses the park continued to flow and has been more consistent than the upper Colne with which it merges before flowing beside the Tyttenhanger lakes en-route to the Thames.

I spotted 17 flowering plants in flower during a walk through the park in early May. Notable are the cowslips, garlic mustard (or jack by the hedge) and cuckoo flower. The garlic mustard has flourished particularly well at the foot of the embankment along the A414. The cuckoo flower has appeared in the amenity grassland on the St Marks side of the park. This attractive flower can also be seen in the uncut conservation areas of the churchyard and is a beneficiary of no spring mowing.

Both the garlic mustard and cuckoo flowers are favourites of the orange tip butterfly and this probably explains regular sightings of this very active butterfly, notably along the embankment. The male has the distinguishing orange tips whereas the female is a bright white, with some black markings visible if close-up. Speckled wood butterflies are also commonly present in sunny spots along the embankment as well as the river.

The low river flow presented an opportunity to persuade a volunteer to wade the river mud and remove the accumulated cans, bottles etc. as well as a vehicle brake unit (a remnant of the lorry crash on the bridge some years ago?). Lifting a brick revealed small yellow eggs (perhaps bullhead fish) and thus the brick was carefully put back in place.

Some heavy rain in May will no doubt result in rapid growth of the meadow and soon it will be the time of summer flowers and associated butterflies and other insects for us to enjoy.



Cuckoo flower



Speckled wood butterfly in meadow



River litter pick



## SCOUTS

### COMMUNITY SURVEY – HAVE YOUR SAY

#### MAKE YOUR VOICE HEARD AND HELP THE SCOUTS



You should have recently received a letter from Colney Heath Parish Council regarding a community survey about several issues. Amongst other things, the survey asks for your views about the Scout HQ in Roestock Park and gives residents across the parish a very limited number of options to choose from.

If you are interested in the Scouts continuing in the village and being able to offer even more opportunities to our local young people please do take the time to read this short note and then complete the survey.

Sadly, none of the options the Council have given on the survey propose to renew the lease that the Scouts have enjoyed for over 40 years in the Parish. The only feasible option they have given is stated in Question 15 and proposes that the HQ is '**Restored and leased to community groups**' or you can click on '**Other**' and enter your own comments.

As such, if you would like to support the Scouts SOS Campaign and help to bring justice to a very unsatisfactory situation, please vote for either of these options in your community survey.

In a separate survey earlier this year (of over 400 people) 93.5% felt that the **Parish Council should renew the lease on the Scout HQ and allow the Scouts to make the necessary repairs at no cost to the Parish Council** – we hope you feel the same.

The Parish Council have also released information via a link within the survey that states that the Scouts 'chose not to renew the lease'. This is a disingenuous twisting of the facts and untrue. To find out the actual facts of the matter please do take a look at the following timeline of events [www.saveourscouthut.org/our-campaign](http://www.saveourscouthut.org/our-campaign)

We hope you are able to help and ensure that the mood and views of the Parish are made clear within the survey. **Please do also use the free flow text box at the end of the survey for your comments and to make your views known.**

Scouting has never been needed more and has never been as popular as it is today so please do all you can to help the Scouts continue to provide opportunities in the Scout HQ in Roestock Park. It is after all a facility that was paid for and built by the Scouts and the local community for use by our local community.

The pictures below were taken recently and even though the Scout hut has not been in use for a while it clearly shows it is fit for Scouting use.

Thank you in advance for your help and interest.  
[www.saveourscouthut.org](http://www.saveourscouthut.org)



#### WHY DO SCOUTS HAVE SCOUT HUTS?

Cubs, Beavers and Scouts meet weekly on different evenings of the week. On Saturdays football gear for the Cubs matches is collected and returned. Sleepovers are held on Fridays with pick up on Saturdays, or on Saturdays with pick up on Sundays. Two evenings are for Committee meetings to organize the programme.

One of the most important Scouting activities is camping. These days and nights out in the open air are some of the strongest and fondest memories for people who have enjoyed Scouting experience.

Equipment for camping is made available for pick up on Mondays or Tuesdays or Wednesdays and then collected on Fridays or Saturdays and returned on Sundays. Much of this equipment is placed in the hall to dry out and this can take several days (it does sometimes rain when camping).

The needs of Scouting are clearly not compatible with a "Community Hall" used by a number of different users like the Colney Heath Village Hall or Charles Morris Hall.



## PARISH COUNCIL MATTERS

### HAVE YOUR SAY

The Parish Council is conducting a survey of residents' opinions on a number of matters.

The deadline for responses is Tuesday 21<sup>st</sup> June.

Eventure Research has been commissioned to conduct the survey which is online.

You can select "other" and insert your comments if the options for answers to questions do not include your opinion.

In a post on the Colney Heath Village Facebook the Council notes "If you have questions on an aspect of the survey you can email the Parish Clerk at [clerk@colneyheathparishcouncil.gov.uk](mailto:clerk@colneyheathparishcouncil.gov.uk) who will try to answer if she can and if she cannot queries will be referred to Full Council".

### WHAT IS THE SURVEY ABOUT?

The main purpose of the survey seems to be any land belonging to a local council which is not required for the purpose for which it was acquired, and residents are being consulted on the future of the assets owned by the Parish Council. The survey also seeks your views on the Parish Council and local facilities, and your thoughts about the future of the Parish.

Starting with the assets. Three are included in the survey – Horseshoe Field in Smallford, Gloucester Park in Highfield, and the "Roestock Hut – Formerly The Scout & Guide Centre".

As noted in the Smallford Residents Association entry, the Council still has to decide on SRA's proposal in December 2020 to take over the stewardship of **Horseshoe Field** so that it is improved for everyone's benefit, at no cost to the Parish. Someone has offered £45,000 to use the field as a "market garden" (is this a euphemism for a Gypsy Traveller site?).

**Gloucester Park** was purchased by the Council to be a green space supposedly "in perpetuity". The northern side of the land was used until 2016 as allotments which were unsuccessful due to the lack of vehicle access and the type of soil at this location. Allotments don't usually need vehicular access and the soil could be improved. Someone has offered £50,000 to create 21 allotments and a private garden.



A question that could be asked is "How long does it take to fix a dog waste bin?"

And now, the Scout Hut. The building has stood empty since the Scouts were evicted in December 2019.

The options in the survey are *Restore and lease to community groups*. The Scouts offered to lease the building and upgrade it at their own cost (surely a no brainer) but the council refused. Have any other community groups expressed any interest in "leasing the building"? How would "groups" (plural) lease the building?

*Demolish and redevelop into a community facility*. Sounds nice but....where is the "business case"? This must explain how much this would cost to build, the expected income from lettings, the cost to manage and maintain, and the impact on the Council's annual budget. The Council admit this should have been done before paying an architect to do a preliminary design for a new building.

The estimated cost to replace the building may be more than £500,000. How would this be funded – a big loan? Colney Heath has venues for hire at the Village Hall, the Football Club, St Marks Church and the JMI school. How much interest and income could another facility attract? What would be the staffing cost for bookings, managing the facilities and finances? Would the new facility run at a profit, breakeven, or a loss? Would it be a "white elephant?" Without knowing the answers to these questions this option is meaningless.

Lets now look at survey questions on views on the Parish Council and the future of the Parish.

## PARISH COUNCIL MATTERS

There is no question that invites views on the Parish Council. This is a missed opportunity. Whatever the residents' responses to the survey are *"the Council hopes to review the outcomes and use in their decision but they can choose to make any decision they wish"* [minutes of Council meeting September 2021].

Not included in the survey is the "elephant in the room" - the future of the Parish Council in the context of the Community Governance Review being conducted by St Albans District Council.

### COMMUNITY GOVERNANCE REVIEW

This review is being conducted by St Albans District Council. The review will consider whether the community governance arrangements across the district are fit for purpose. It will take account of areas of new or proposed housing and determine whether changes to existing boundaries are required because of these developments. The first consultation was between Jan and March.

At the Parish Council meeting in March 2022 the Council resolved to submit the following to St Albans District Council :

*"The community identity of this Parish is that there is clearly an urban and rural split, and the urban part would be governed in a way to be determined. The assets remain all within the rural area. Details of the governance of the Highfield and Hill End (urban) areas would need to be provided and also the Council would like to know if there will be any support in funding of a split of the Parish Council. Therefore, it is the decision of this Council that the Parish should be split between the urban and rural areas."*

This position is in line with representations made by various community organisations in Colney Heath village noted elsewhere in this edition.

The Council also noted that *"During the debate, there were several concerns raised such as how this would work financially and that drastic changes would need to be made"* and *"There was an indication that councillors would wish for a possible staff reduction and wished to 'cut their cloth'".*

Clearly, a smaller rural Parish would have a reduced budget and would have to reduce its costs if the precept with Council Tax is not substantially raised.

We will return to the subject of the budget in our next edition (planned for October).

### HAVE YOUR SAY

(from the St Albans City&District Council website)

*During the initial consultation stage a number of suggestions were made about community governance in the district. A report on these suggestions will be submitted to the Policy Committee on 23rd June 2022 when a number of recommendations will be agreed and submitted to a further round of public consultation. Details of all of these recommendations will be available on this webpage from 1st July 2022*

[www.stalbans.gov.uk/community-governance-review](http://www.stalbans.gov.uk/community-governance-review)

*Between 1st July and 16th September, you can let Electoral Services know your views by emailing [elections@stalbans.gov.uk](mailto:elections@stalbans.gov.uk) or sending written submissions to: Electoral Services (CGR), St Albans City and District Council, Civic Centre, St Peter's Street, St Albans, AL1 3JE. If you want any more background information or explanation to help you formulate your comments, please do not hesitate to contact us.*

SADC's timetable is for Community Governance Orders to be made in January 2023.

### THE FUTURE OF THE PARISH

At this stage the future of the Parish is, to say the least, somewhat uncertain.

It may be that the Parish is split with the urban part becoming part of the unparished city area where residents may enjoy a lower rate of Council Tax.

It is assumed that the boundary of the rural part would be altered to match the District Ward, (covering Tyttenhanger, Smallford, Sleepshyde and Colney Heath village) electorate 2,103 - represented by Cllr Chris Brazier re-elected in May 2022, turnout 37.28%. A rural parish council would be elected in May 2023.

The Parish Council's survey states for question 12 *"Colney Heath Parish Council is looking to allocate financial resources for investment in community facilities over the next 5 to 10 years"*.

Before the Parish Council make any decisions about the "assets" perhaps it would be wise to wait for the outcome of the Community Governance Review. If a new rural parish council is formed the Councillors elected in May 2023 may have different views to the current Councillors.

## CHARLES MORRIS HALL, TYTTENHANGER GREEN

Welcome to the Charles Morris Hall. An amazing and very popular hall which is owned and managed by the residents of Tyttenhanger Green hamlet.

The main hall is 15 metres by 10 metres and can accommodate up to 110 guests.

The kitchen has a range-style cooker, microwave, kettles, fridge and double sink and drainer. A hatch serves the main hall. Next to the kitchen there is a room that is often used as a bar with a 2.5 metre hatch serving the main hall.



Updated toilets include a separate toilet for disabled guests.

A conservatory with tables and chairs has views across the community field. There is complimentary Wi-Fi for the benefit of hirers and their guests.

Between Monday and Friday, the Hall is hired to regular groups, some of whom have written about their classes in this edition of The Coal Post.

Saturday is reserved for 'one-off' hirings, and is very popular for young children's parties, anniversaries and other get-togethers.

We have ample parking in front of the hall.

For further information on the Charles Morris Hall or if you wish to hire this wonderful venue, please visit: [www.charlesmorrishall.org.uk](http://www.charlesmorrishall.org.uk)





# THOREE TAE KWON DO

## By the THOREE TKD CLUB

A family friendly Taekwondo club based in St. Albans, run by fully qualified instructor Mr Thoree VI Degree.

Mr Thoree is an experienced instructor who has been practicing martial arts for the past 36 years.

The Thoree TKD school is part of UKGT guided by the leadership of Grand Master B Sahota IX Degree. UKGT are members of the International Taekwondo Federation (ITF).



The Club is family friendly. Adults & children train together, it provides a friendly atmosphere and a safe environment.

We're always happy to welcome new members, bring the family along the first lesson is free!

The Club runs 3 lessons per week:

Monday 7-8pm, Cotlandswick leisure Centre, London Colney

Wednesday 7-8pm, Highfields Leisure Centre, St Albans

Friday 5-6pm, Charles Morris Hall, Tyttenhanger Green

## WHAT IS TAE KWON DO?

Tae kwon do is a Korean martial art, it means 'Hand and Foot method way of life'. Tae kwon do was formally recognised as martial art in Korea in 11th April 1955 by Korean General Choi Hong Hi.

Tae kwon consists of :  
24 patterns (set forms )  
Sparring ( practicing techniques in safe environment)  
Self Defence

Tae kwon do is for anyone who wishes to learn it. Its open to all, the club is fully inclusive.



## YOGA Thursdays at the Charles Morris Hall

### YOGA CLASSES WITH JULIE

Charles Morris Hall Thursdays 5.45 to 7pm

I have a passion for yoga and have benefitted from practicing for many years.

I have been running yoga classes at the Charles Morris Hall in Tyttenhanger Green, St Albans, since 1997.

If you would like to increase your flexibility, strength and balance, and achieve a sense of wellbeing and calm, why not come along and join us. Classes are mixed ages and abilities in a friendly, non-competitive environment.

Thursday evenings @ 5.45 to 7pm

Price: £80 for 10 consecutive classes or £12 drop-in rate

For more information, please visit my website:

<http://hathayogastalbans.co.uk>

Email: [juliestone2@virginmedia.com](mailto:juliestone2@virginmedia.com)



### HATHA YOGA WITH BRIGITTA HARRIS

Charles Morris Hall Thursdays 7:30 to 8:30pm

My name is Bee and I teach Hatha yoga on Thursday evenings, 7:30-8:30 at Charles Morris Hall, Tyttenhanger.

I started practising yoga after suffering two slipped discs and it helped me to get back on my feet. I qualified as a yoga teacher in 2019, so that I could offer its benefits to as many people as possible. I also qualified as a Chair Yoga teacher in the same year, for people with mobility challenges.

Hatha yoga is suitable for all ages and abilities and can help to increase strength, flexibility and mobility by consciously exploring mind, body and breath - a meditation for the body. The benefits can be numerous, both physically and mentally. Come and join us, check in with the breath and move with the flow!

Price : £7 for booking a block of 10 or more classes and £10 for a drop-in

Email [brigitta.harris@gmail.com](mailto:brigitta.harris@gmail.com)

**Hatha Yoga**

Charles Morris Hall  
Tyttenhanger  
Thursdays  
7:30-8:30pm

Zoom Classes:  
Wake-Up  
Wind Down

One-To-One  
Sessions

Beginners  
Welcome

Contact:  
Email: [brigitta.harris@gmail.com](mailto:brigitta.harris@gmail.com)

## KI AIKIDO at the Charles Morris Hall

Ki Aikido is the study of Japanese mindfulness techniques, which are aimed at allowing us to improve the coordination between our mind and body. Understanding when we are under tension, learning to centre ourselves and then deal with what life has to throw at us.

Our lessons are made up of two parts, the first is practising the Ki exercises with a partner, these are low impact exercises but allow pupils to understand when they are co-ordinated and when they are not.

In the second part of the lesson we use this feeling of co-ordination to practice Aikido techniques. These start with simple gentle static techniques, where one partner (Uki) holds the other (Nagi) and the Nagi breaks the grips and pins the Uki.

Aikido is based on an ancient set of Japanese techniques, that were taught only to Samurai, to counter them from being disarmed. As pupils progress at their own pace these techniques become more powerful and flowing, once the Uki also moves to take the hold.

Ki Aikido is open to everyone irrespective of age, sex or build. This is a key tenant of O Sensei's philosophy (the creator of Aikido). We have had pupils who have started learning at the age of 65 and children who start from the age of 5. We have also had blind and wheelchair bound students.

We do not have competitions and are a not for profit organisation. We are very thankful for the stewards of Charles Morris Hall where we have practiced now for over 15 years.

We are open to beginners at any time, so if you feel this may be something you would like to learn more about, please get in touch. Sensei George - 07770571878

The first four lessons are free and our practice times are :

Tuesday 6:15pm to 7:00pm Children's Class - Sensei Alistair

Tuesday 7:15pm to 8:45pm Juniors & Adults class - Sensei George

Sunday 4:00 to 6:00pm Juniors & Adults class - Sensei Alistair



## DAWN TO DUSK self help carer support group

The aim of the group is to give carers a regular two hour break from their caring duties and allow them to relax with other people who understand the difficulties and loneliness that come with being a carer.

Constant caring can create low self - esteem, low confidence, loss of personal identity and isolation. To achieve successful and effective care within families, carers need support so that they can have some respite and time for themselves.

There are other groups, of course, but we all value the way Dawn to Dusk does not define us just as carers, but provides the opportunity for us to engage together in a variety of activities and to learn new skills - everything from aromatherapy to weaving by way of creating mosaics.

We control our own agenda, the members decide at our AGM which courses they would like to try the following year and where they would like to go on outings.

The group meets on Thursday mornings at The Charles Morris Hall Tyttenhanger Green, St. Albans AL4 0RN. We each contribute £4 per session which pays for refreshments and towards the cost of the current course leader. You only pay for the sessions you actually attend, we are sometimes able to arrange a lift share.

We meet at 11am for refreshments and people usually catch up with each other, have a chat and there is the opportunity to talk out any troubling problems. Around 11.30 am we make a start on our current course or activity. We schedule three ten week courses a year along with trips and events like the Christmas dinner.

Our members are not always able to come to every meeting because of caring commitments, hospital appointments etc...and so dip in and out of the group sometimes: we understand that. Come and join us, there is no obligation and the first session is free.

If you are interested in joining the group for more information contact  
Jo 01727 568552  
Jenny 01727 860757 or  
Carole 01707 880113





## KARATE Wednesdays at the Charles Morris Hall

KDS Herts Karate is small group of Karate students that meet every Wednesday 7.30 to 9pm at the Charles Morris Hall to develop their skills, build confidence, have some fun and get a good workout.

KDS offers a structured practice in a safe and friendly environment. It is not about how hard you can punch or how high you can kick, you will train at your level, to your ability and learn at your pace.

We will give you the basics and teach you how to move, how to be confident and how to apply Karate in a worst case scenario to protect yourself and your family.

Karate is a journey of self discovery that will reward you for your efforts.

Our group is a mix of beginners through to life long practitioners who join us on Wednesday nights to help us on our path.

We practice at 7.30 to 9pm and would be happy to offer two free sessions to try it out for yourselves. KDS is a non profit organisation with minimal annual membership fees.

Check out our Facebook page for more details  
<https://www.facebook.com/KDSHerts>

Contact Richard on 07538275533 if you would like to give it a go or have any more questions





## WATERCOLOUR WORKSHOPS at the Charles Morris Hall

Bridget Tompkins is a local artist who runs a popular weekly watercolour and drawing class on Friday mornings, from 10am to 12.30pm, at Charles Morris Hall.

The tuition that Bridget provides makes the sessions suitable for beginners, as well as those with experience looking to improve or add a new technique.

The classes are relaxed, friendly and fun. The cost is £20 a session.

If you are interested in attending please contact Bridget – 07484321904 or [bridgettompkins@gmail.com](mailto:bridgettompkins@gmail.com)



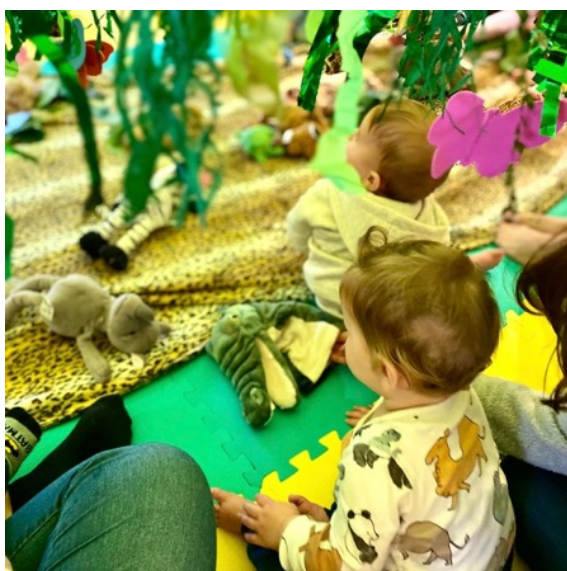


## BABY SENSORY at the Charles Morris Hall

**Welcome to Baby Sensory - an amazing development programme for babies 0-13 months, running on Wednesdays at the Charles Morris Hall**

Our sessions engage babies, inspire parents and give that truly WOW factor through music, props, puppet shows, lights, bubbles and more!

We're also the first parenting programme to be underpinned by scientific research proven to aid babies learning and development - did you know they learn more in the first few months than at any other time in their lives?



Our programme is for babies 0-13m, and you can join at any point in baby's first year. Our class themes and activities vary every week - you can attend for the whole year and never see the same session twice! The classes run for 50 minutes, which includes a short break for your baby to mirror their natural play-rest-play cycle.

Our multi-award winning classes will introduce you and your baby (or babies) to a world of sensory delights, where you can relax, spend quality time with each other and enjoy meeting other new parents. Specifically designed from birth, to aid your child's development, the classes are packed with an incredible variety of sounds, smells, sights, textures, music, dance, singing and more.

Visit [babysensory.com/stalbans](http://babysensory.com/stalbans) for more information and to book



## COLNEY HEATH VILLAGE HALL

### 2022 CONTINUES TO BE BUSY

The main hall is busy with some availability which we are looking to fill. The Studio has some bookings but there are available sessions on most days.

### IMPROVEMENTS CONTINUE

During the half term break in February we did several upgrading projects.

The lighting in the Main hall and the Studio with LED dimmable main lighting and LED “party” uplighting was designed and delivered on budget - and ahead of programme - by CES St Albans, with a third of the cost funded by the Low Carbon Workplaces.

In the Studio Sound Reduction Systems designed and installed acoustic panels – the space is now comfortable on the ear.

H.Shipp Carpentry replaced the timber external side and rear doors enduring near gale force winds and heavy rain. Somehow Harry also found time to do several other smaller jobs including improvements to the Ladies WCs with Paul Armstrong.

And Graeme Hall did an excellent painting job refreshing the office and touching up the Studio ceiling.

### SUCCESSION

Eddie Walsh retired as a trustee in February after many years dedicated service.

Our gratitude was expressed at our AGM in May.

We are looking for people who wish to see the Village Hall continue successfully to join our management committee.

We have 4 formal meetings each year with a quick catch up between, so the time commitment is limited. Please contact John for more information.

### COMMUNITY GOVERNANCE REVIEW

Our submission to St Albans District Council included the following :

We consider that the Colney Heath Parish boundary should be altered to be coterminous with the boundary of the Colney Heath District ward as this would :

- reflect the commonality of community identity and interests of the community living in the rural area, and consequently provide for better equality of representation

The booking calendar can be viewed on [www.colneyheathvillagehall.com/enquire](http://www.colneyheathvillagehall.com/enquire) This is updated regularly but contact John e: [jackclemow@gmail.com](mailto:jackclemow@gmail.com) or m: 07803 313 525 to check that the slot you would like is available.



- serve the community more effectively and conveniently – a rural Parish Council concerning itself with rural area matters rather than having to consider the different needs and interests of residents in both the urban and the rural areas
- provide clarity of representation by the District Councillor to the District Council.



## IRIS' ART GROUP at Colney Heath Village Hall

We are all amateur artists of varying ability. Beginners are welcome, and will quickly improve with the help and support of the members of the group. We have a list of what you really need to get started so check with us before you buy anything.

We meet in the Studio at the Village Hall the first and third Wednesday morning in every month from 10am to midday. It is only £3 per session and you only pay for the sessions you attend. There is no commitment to join a minimum number etc.

Contact [irisbond8@gmail.com](mailto:irisbond8@gmail.com)



The last two pics were taken of unfinished work – we don't always complete a painting in one session.



## SMALLFORD RESIDENTS ASSOCIATION (SRA)

Steve Ross: Secretary SRA

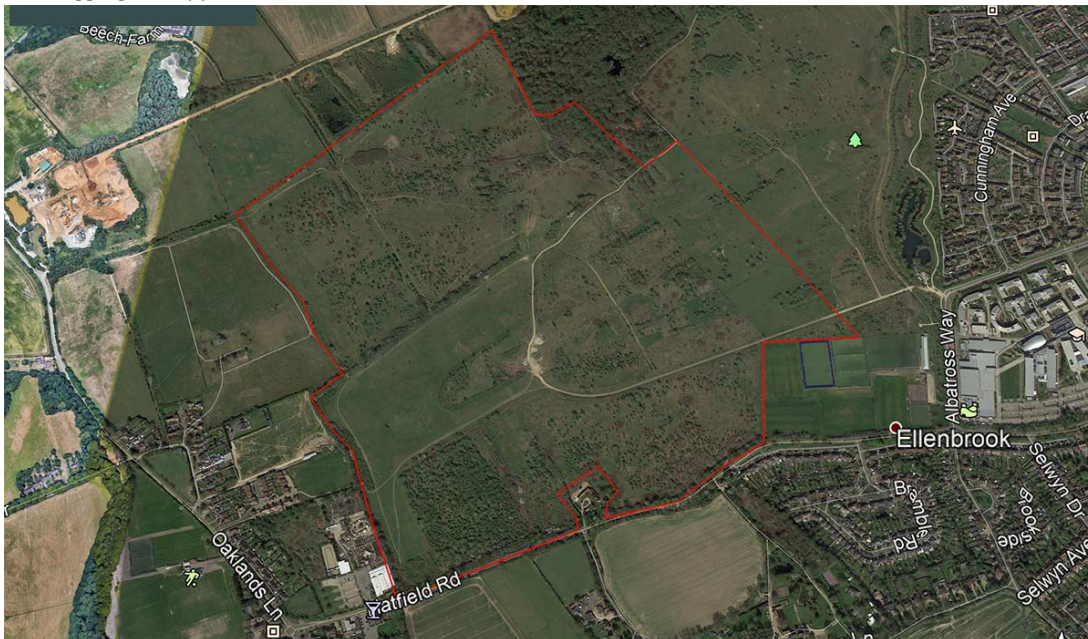


At the time of writing, we are looking forward to our AGM which will be on 19<sup>th</sup> May. However, by the time this is published it will no doubt be in the recent past and we will be remembering the discussions on the quarry, other planning applications and what our guests John Hale (County Councillor) and Caroline Keighley (vicar of St Marks) had to say about our community.

The largest topic remains the Quarry, which may be a surprise since the Inspector rejected an appeal by Brett Aggregates to overturn Hertfordshire County Council's (HCC) decision to refuse planning permission. Brett submitted a second application some time ago, subtly different from the first and which is now being considered. HCC wrote to Brett on 30<sup>th</sup> March with a long list of requests for additional information in a six page letter.

We are 'watching this space' and starting to plan for the next fight with Brett so that we can all enjoy the open space which forms the north eastern boundary of our village, without the eyesore of a quarry, noise and heavy traffic for over 30 years.

Brett Aggregates Application Area outlined in red



Readers of the Coal Post may have seen the recent postcard from the Parish Council, which was a request to 'Have your say' to shape the future of the Parish. No doubt the district boundary changes and the real prospect that following these changes Colney Heath will soon be a smaller Parish, has prompted this initiative.

For Smallford, the future of the Horseshoes field (to the north east corner of Smallford Roundabout) is of importance and with this in mind there is an option at the end of the survey to sell off the land.

To Smallford Residents, this will seem odd as the very reason the Parish Council bought it in the first place was to ensure a traveller was evicted and the land was enjoyed by residents. The Council still has to decide on a December 2020 SRA proposal to take over the stewardship of the land so that it is improved for everyone's benefit, at no cost to the Parish.

Whatever you think on the subject, we would urge you to 'Have your say' on [www.eventsure.co.uk/CHPC](http://www.eventsure.co.uk/CHPC) by 21st June 2022 and if you agree that land should not be flogged off, vote for the 'lease to a 3<sup>rd</sup> party' option'. There are also plenty of other questions on all aspects of Parish life.

## 4COLNEYHEATH residents association

### Keeping everyone informed

We plan to issue 3 Newsletters each year. These are delivered in hard copy by volunteers to every household in the village.

We also update our members by email in between newsletters. The updates are available in hard copy format on request to anyone who cannot get access to email.

### Membership

Our Membership target is 400 (about half of the registered electors in the village).

There is no fee to join but donations are welcome.

We think £5 per household is reasonable.

In addition, it's important to know that being a member does not require attendance at meetings. However, you are very welcome to contribute to our efforts in any way you think appropriate for you.

**If you are already a member PLEASE HELP US TO GROW - INTRODUCE ONE NEW MEMBER AND OUR NUMBERS WILL DOUBLE. Additional members of your families are particularly welcome.**

For membership forms please email

[4colneyheath@gmail.com](mailto:4colneyheath@gmail.com)

### Current and recent issues

Speeding and the volume of traffic on the High Street has been a major concern to our members and to the wider residents of the village. We are pleased to be able to see that speed indicators have been installed but we will now campaign for chicanes to physically reduce speeding which continues.

**Bowmans Cross** - we are delighted that the proposal by Hertsmere District Council and Urban and Civic have been shelved, at least for the time being. This is due in no small measure to the efforts made by 4ColneyHeath Residents Association and many of our individual members in objecting strongly to the proposals. A great result!

### Frederick's Wood

The owner has made a number of applications to avoid having to make a full planning application. These have been refused.

The owner has now appealed the Planning Authority's refusal to accept the bunds (the mounds of rubble and earth) which the Authority considers engineering works which would require a full planning application. The owner has appealed.



### 4ColneyHeath Website

Please visit our website where you will find information and updates on a number of subjects  
<https://4colneyheath.weebly.com>

### 4ColneyHeath contacts

Communications [michaelredfern2006@gmail.com](mailto:michaelredfern2006@gmail.com)

Secretary [jackclemow@gmail.com](mailto:jackclemow@gmail.com)

Treasurer [graemeshaw25@gmail.com](mailto:graemeshaw25@gmail.com)

### Tarmac planning application -

An application has been made by Tarmac for planning permission for 45 houses to be built on arable greenfield farmland in the Green Belt on the edge of the village next to the Football Club.

**MORE THAN 600 OBJECTIONS HAVE BEEN SUBMITTED**, reflecting the strength of feeling in the village - with 100 houses to be built on Bullens Green Lane residents feel that is more than ENOUGH. Special thanks to 4CH member Corrine Doust who knocked on doors and posted many times on Facebook urging residents to object, and Nick Pettit and Helen Vaus for producing and circulating their "ENOUGH" leaflet.

Our objection is on our website, see <https://4colneyheath.weebly.com> Planning tab

**Gypsy Travellers' planning appeal** - We support the St Albans District Council's objections to the planning application made by Gypsy Travellers to occupy the land off Coursers Road next to the Warren.

These are, in summary,

- inappropriate development in the Green Belt in an unsuitable and unsustainable location, the site is underserved by utilities,
  - significant harm to and a material loss of openness and significant encroachment into the countryside
  - not demonstrated there is no adverse impact on the setting of the nearby Grade II Listed Building (The Mill House) or the ecological value of the local area.
- The original application was rejected by St Albans City and District Council but the Gypsy Travellers have appealed. 4CH have requested to attend.



Amanda Furlong's "Reflections on my first year as a member of Colney Heath WI"

I joined the WI in April 2021 and it has proved to be an interesting and enjoyable experience.

You may remember at that time we were under COVID restrictions but that didn't stop the WI.

No, meetings were on Zoom!

The WI has always been a place for women to meet each other so undeterred by COVID our group organised garden socials where I was able to meet a few fellow members over cream tea.

The monthly meetings also involve cake and if there is an excuse a glass of something as well as a cup of tea.

The meetings start with business but our able chairman manages to make this fun. Then we have a speaker or entertainment or try our hand at craft.

So far in 2022 I've done seated exercise with Sarah Donnelly, recited a Joyce Grenfell monologue, watched other members dance and sing, and had a go at Macrame (I now have a couple of wonky key fobs!).

The Colney Heath Group joined with other local groups for an entertaining evening with a talk on the history of cinema.

To celebrate the Queen's Platinum Jubilee our meeting on June 9<sup>th</sup> will have a royal flavour. We may even try to replicate the Platinum Pudding!

Visitors are welcome to join us, there is no charge for the first meeting and we meet in the village hall from 7.30pm.

Yes I've signed up for another year!





## COLNEY HEATH THEATRE CLUB

Colney Heath Theatre Club has been running trips from the village and local area to see a range of hit shows in the West End for the past fifteen years.

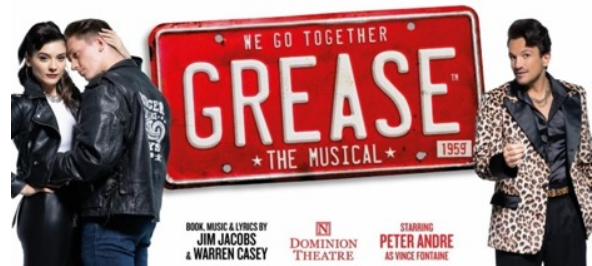
We provide a comfortable and convenient way to enjoy an evening in the West End. There are various boarding points in Colney Heath, Smallford and Colney Heath Lane for many a door-to-door service!

We had the time of our lives at Dirty Dancing in January at The Dominion Theatre and were wowed by Pretty Woman at the Savoy Theatre in March.

On 27<sup>th</sup> April we went to the Dominion Theatre to see Grease, the Musical, starring Peter Andre.

Colney Heath Theatre Club is a not-for-profit organisation.

If you would like to receive information on the theatre trips please either email [colneyheaththeatreclub@yahoo.co.uk](mailto:colneyheaththeatreclub@yahoo.co.uk) or telephone/text Elizabeth Clarke on 07870701118



### THE CHOIR OF MAN

We have just booked tickets for The Choir of Man on 25<sup>th</sup> October when it returns to the West End.

Apparently, this is the best night in your local you've ever had. Choir of Man has something for everyone with a multi-talented cast of nine guys who combine beautiful harmonies and foot-stomping singalongs with dance and even some poetry.

It's a gig, it's a concert, it's a party like no other. Featuring breath-taking chart topping hits from artists including Guns'N'Roses, Fun!, Adele, Avicii, Paul Simon, Sia and many more.

**The Tickets are available at £40.00. This includes travel to and from the venue by coach.**





## COLNEY HEATH BOISSY TWINNING ASSOCIATION

### QUIZ NIGHT IN MARCH

Following our mercifully short AGM in January held on Zoom our first meeting of the year was our Quiz Night. Held in the Village Hall on Saturday 19<sup>th</sup> March, 35 members and friends enjoyed an excellent quiz: special thanks to the quiz setters, Sue and John Rowland.



As it was BYO food, the ticket price was £2.50 which covered the hall hire. With the raffle there was a modest surplus for CBTA funds. The winners were Tony Burns with his daughter Alison, Nick Pettit and Helen Vaux, Gillian Graham, Pat and Alan Kahl, and Susan Blunt and John Clemow who received the trophy from the CBTA Chair, Graeme Shaw.



### FRENCH FRIENDS VISITING

Postponed for 2 years in a row, our French Friends are visiting us in Colney Heath. While it was our turn to go to Boissy, but the only date they could do was our Jubilee weekend. Our members wanted to celebrate HM The Queen's Platinum Jubilee. So we invited them to join us for street parties, and hope the weather is fine.

An important part of the visit is the Meet and Greet their arrival next to the School on Friday 3<sup>rd</sup> June.

On Saturday we will celebrate the 40<sup>th</sup> Anniversary of the Twinning at our evening Soiree dinner dance. After welcome drinks with entertainment, and (it is hoped) short speeches, we have planned a fine dinner followed by a DJ until late.



### COMMUNITY GOVERNANCE REVIEW

Thank you to all members who responded to our opinion survey. Our representation was sent to St Albans City & District Council with the unanimous view expressed – that the Parish boundary should be altered to cover the rural area only : Tyttenhanger, Smallford, Sleafshyde and Colney Heath village.

### SOCIAL EVENTS LATER THIS YEAR

Saturday 22<sup>nd</sup> October autumn evening event  
Saturday 3<sup>rd</sup> December Christmas event



### BOAT TRIP PLANNED IN AUGUST

We have booked day trip on the Grand Union canal. Starting at Nash Mills at 10am the trip will finish at around 5pm.

Fish & Chips, Pie's, sausages etc can be ordered on the Boat on the day or if folk prefer they can BYO food and drinks.

### JOIN THE FUN

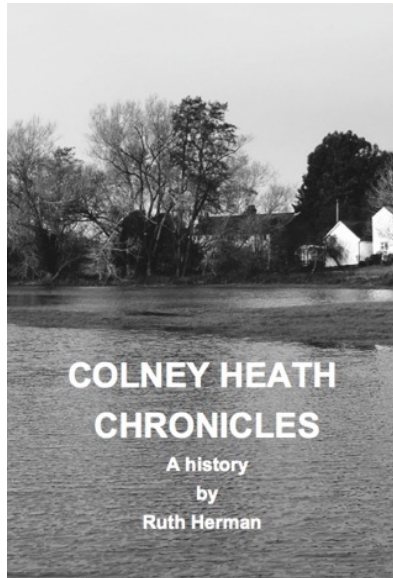
Apart from our active social programme, there are several families with children in France who wish to "twin" with a family in Colney Heath. This is a great opportunity for families to make friends in France. Since 1982 Colney Heath has enjoyed a special relationship with the people in Boissy which is about the same size as Colney Heath.

For more details contact Judy  
alunjudyputdefoot@gmail.com

## COLNEY HEATH CHRONICLES

Re-formed in 2020, the Colney Heath & District History Society's aims include the recording and publishing of

- material of local interest
- memories of elders in the parish - before these are lost to posterity!



Committee members

Ruth Herman, Pam Crofts, John Rowland, John Clemow, and Jeff Lewis

Our big project last year was been the production of the Colney Heath Chronicles written by local historian Ruth Herman and published by the Society. This book includes illustrations by some artists from Iris' Art Group.

The first print run sold out very quickly and a second printing was required to satisfy the continuing demand. This was also sold out so a limited 3<sup>rd</sup> printing has been placed for sale at the St Albans Museum and Gallery in St Peter's Street. We hear these are going fast.

Requests for this volume continue to be received so we will probably print a 4<sup>th</sup> edition to accompany our next publication.

Proceeds from the sale of this book have been donated to charity.

### VOLUME 2 COMING SOON !

Ruth Herman writes

What did you do In the War?

If you were around when Britain was fighting the Nazis, I bet you didn't take an unexploded bomb for a show and tell at School. One of the villagers did – read all about it in the second volume of the Colney Heath Chronicles.

Other tasty stories involve lost German spies, fashion for horses and body snatchers.

The original Champagne Charlie lived here, and you can read about the glamorous flying club that hosted parties for the great and the glitzy.

Who would believe that our small village had such a fascinating back story?

The text for Colney Heath Chronicle Volume 2 is finished. We are now working on the pictures and maps before uploading to the publishing software.

We hope to launch in the Autumn.





## SMALLFORD STATION and ALBAN WAY HERITAGE SOCIETY



### Rewilding the Embankment at Smallford Station

We have been working Heidi Carruthers, who has been assigned to SADC as their 'Rewilding Officer' – she's also been leading a group working on Colney Heath

In February, Level 2 Horticulture Students began clearing much of the undergrowth on the embankment – and this clearance work was continued by a group of 14 local residents.

Towards the end of March, a group of Level 2 Horticulture Students (with 'special needs') planted a range of seeds and seedlings that Heidi provided from her budget.

The new plants are already growing and we hope to see the wild flowers appearing in June. There is still some clearance work to complete on the embankment.



If you would like to be involved, please email Jeff Lewis at [info@smallford.org](mailto:info@smallford.org) and I will keep you up-to-date on our plans.

### Our Exhibition at Hatfield Station

you still have the opportunity to see our exhibition at Hatfield Station, in one of the empty shops in the entrance foyer





## SMALLFORD STATION and ALBAN WAY HERITAGE SOCIETY

### Improving the Environment around Smallford Station

We continue to be involved in detailed discussions with the Estates Department of St Albans District Council (SADC).

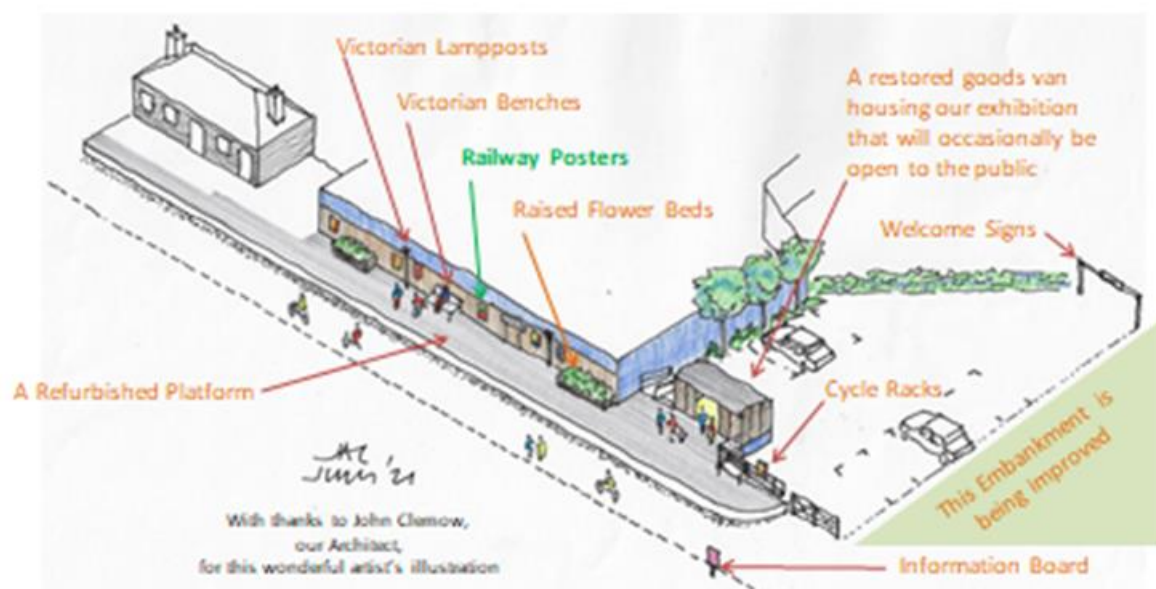
Once we have the full agreement of the Planning Department (eg on discharge conditions), the Estates Department will be undertaking substantial work on the platform.

We will be able to install the 'furniture' on the platform and then, sometime next year, we hope to install our Goods Van Body that will hold our Exhibition that we will then be able to open to the public.

Works on the platform by SADC Estates :

- The end of the platform (by the car park entrance) will be rebuilt – forming a square end (rather than the current round one) and replacing the current concrete blocks with engineering brickwork
- All uneven edging blocks will be levelled and the platform will be resurfaced.
- A small extension to the platform will be built providing space for the public to access the goods van body
- The foundation on which the goods van will sit

### Our Exciting Plans for Smallford Station



Please contact us via [info@smallford.org](mailto:info@smallford.org) if you:

- would like to be kept informed of our work and be added to our emailing list
- would like a presentation to a group that you're involved with
- would like to be actively involved yourself (design, implementation, maintenance...) *and it would obviously assist us if you would let us know how you would like to be involved together with any particular skills and interest that you could offer.*
- have ideas/suggestions to contribute....



### Nicky Packman

Independent Distributor, Forever Living  
Products

07973 102313

[nicky@nickypackman.com](mailto:nicky@nickypackman.com)

[www.shop.nickypackman.com](http://www.shop.nickypackman.com)

### Time to reset – DX4

It can be hard to create new habits for ourselves, to reset when we are busy with our day-to-day lives – especially after what we've all been through during the last couple of years. However, this time of year presents a natural opportunity for us to plan and make some changes.

If you are looking for a little support, you might be interested in our brand new **DX4** body balancing system. The four-day programme helps you reassess your physical, mental and spiritual health through nutritional support, mindset practices, and guided food intake. The effectiveness of each ingredient and the research behind every aspect of **DX4** really sets it apart. Science was crucial in the formulation of the programme. Each ingredient is rigorously researched and formulated to work in tandem. Please get in touch if you'd like to find out more.

### Forever Marine Collagen

Collagen is one of the most important structural proteins found in the body, but unfortunately synthesis decreases over time and starts its decline from as young as 25. After the age of 40, we lose up to 1% of collagen every year. And what is the result? Our skin relaxes, our hair becomes thinner, nails are more brittle and cartilage deteriorates.

**Forever Marine Collagen** is a highly concentrated liquid formula that uses a scientifically advanced marine collagen base which is more bioavailable and easily broken down by the body when compared to other forms. Our berry flavoured 15ml sachets also contain **black pepper extract**, **goji berries**, **acerola cherry** and **green tea extract**, along with **vitamins C and A** which contribute to the normal formation of collagen in the body. The added **zinc** and **biotin** also play a role in the maintenance of skin, bones, hair and nails. My customers are loving it!



**\*SPECIAL OFFER\*** 15% off orders of DX4 or Forever Marine Collagen placed over the Platinum Jubilee Weekend (2-5 June inclusive)



## BODY AESTHETICS by Aina Stapley

### Body Aesthetics by Ainagul (Aina) Stapley at 99 High Street, Colney Heath

Originally from Kazakhstan, I have a very interesting offer which I run from a purpose-built studio at my home in Colney Heath.

I provide many forms of body shaping and toning, using the most modern equipment and techniques. I also provide treatments which reduce wrinkles!

**The Body Roll Shaper**, which is good to use before and after exercise, helps to relax muscles, reduces cellulite and eases aches and pains.



I offer **LPG Enermology**, a series of treatments which

- releases fat
- smoothes cellulite
- firms the skin
- lightens legs

Made in France, this technology gently stimulates the skin to reactivate dormant cellular activity. 100% natural and painless, it produces visible results with no side effects. 200,000 people choose this technology every day.

I also offer **Vitamin B12 injections** which are great for boosting energy levels, speeding up your metabolism and boost s sleeping patterns.

Injections cost £30 each and a course of 4 weekly injections costs £100.



I am well qualified, having been administering treatments for the last 6 years.

My Clients visit me for treatments from a wide area across Herfordshire.

For more information, or to make an appointment, contact me e-mail [aina7507@mail.ru](mailto:aina7507@mail.ru)



## THE SHOP & POST OFFICE / BANKING SERVICES

The corner stones of a village are a Church, a village hall, a pub, a junior school - and of course a village shop. In Colney Heath we have all these plus the Football and Social Club, the Rice Indian Takeaway, and Anita's Colney Cuts hairdresser.

Then we have a number of businesses offering a wide range of goods and services from the Day Brothers coal and J.Day Stoneworks to home-based enterprises like MeJulies Thai and MamaCynth's Caribbean treats.

Sad to see that CUP was not a success and has now closed.

Our village shop is run by Manish and Jayshree Shah in the High Street with helpful efficiency. They provide a good selection of foods, drinks, and treats, covering most "top up" shopping needs, and Lottery tickets.

This is also the Post Office where a number of banking services are now provided for the everyday needs for customers of most of the UK's banks :

- cash withdrawals,
- depositing cash and cheques
- bill payments
- postal orders
- check the balance on your accounts.

Many people use on-line banking and using Apps on the smartphones, so the banks are closing their branches in many towns.

Banking at our Post Office provides a vital service for the "digitally excluded".....or when you have lost your phone or internet connection!

Please support our local shop.

Thank You for your great support throughout the year

### *Colney Heath News*

#### **Colney Heath Post Office and Store**

(Off licence and Convenience Store)

**POST OFFICE HOURS**

Monday to Friday : 9.00am to 5.30pm  
Saturday: 9.00am to 2.00pm  
Sunday : Closed

Postal Services, Access your high street bank accounts\*,  
Free cash withdrawals\*,  
One 4 all gift cards, Phone top up  
Pay your Council Tax, bills, electric and gas recharge\*,

**SHOP HOURS**

Monday to Saturday : 8.30 am to 7.30 pm  
Sunday : 8.30 am to 3.00 pm

#### **National Lottery**

News Papers/Magazines, Tobacco, Grocery, Confectionary,  
Cold/Hot Drinks, Sandwiches, Milk/Bread, Snacks,  
Ice Cream, Frozen Food and MORE.

Card payment accepted

13 High Street, Colney Heath, AL4 0NS Phone : 01727828144  
Email: colneyheathstore@yahoo.com

\*Restrictions Apply