



## Have fun and keep active

We all enjoyed the Letchworth Festival this summer. The days were full of fun with interesting diverse activities and events for everyone that will stay in our memories. Remember the yummy cake stalls, the plant we bought for our garden, the splash park, the Norton colour run. Why wait another year to do the things we enjoyed at the Festival,

when we can join groups in LALG to keep us active throughout the year? Baking, gardening at the weekend, kayaking and paddle boarding and the qigong exercise are all groups you can join. So don't wait another year. Find a group you like and if nothing suits you then why not create a new group. You will get plenty of support.

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To join any of our groups you should be a member of LALG



## Letter from the Chair of LALG

A big thank you to everyone who came to the events at the Letchworth Festival.

Given the uncertainty of Covid everything had to be put together in a big rush and I'm very grateful to everyone who helped out and made it such a success.

In this edition you'll find some news about the events that took place. From raising money for Ukraine in the sun to the Ukulele Band entertaining in the rain, there was something for everyone no matter what the weather!

We met lots of old friends, signed up some new members, played crazy golf, ate cake, played bridge and sold plants!

We part sponsored the first Colour Run around Norton Common and contributed to the costs of the inflatable Assault Course by the splash park. Lots of different ways to raise the profile of LALG and celebrate in our 35th Anniversary year.

Of course, Letchworth was not the only town to celebrate and I'm sure our members in Baldock, Hitchin and Stevenage enjoyed their festivals too and the varied activities on offer. I spent a happy day in Hitchin Town Square as part of 'Hitchin Creative', telling people about LALG and specifically our writing competition (see page 6).

I hope you enjoy the rest of the summer and all that LALG has to offer.

**Elaine Fox**

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## Trips and Events



### Let's Celebrate LALG's 35th Anniversary

**Friday 14 October, 7.30pm until midnight**

Join us in celebrating LALG's 35th Anniversary this year at the **Grange Community Centre**. There will be dancing to live music by the excellent local band "Singing Cactus" ranging from the 60s to the noughties, a cold buffet and a pay bar.

This is open to members and their guests, ticket prices for members **£18** and for their guests **£22**.

**Tickets are on sale now** and can be obtained from David's Music, Eastcheap (cash or cheques only) or by card on-line on the LALG website. As numbers are limited you will need to book early to avoid disappointment. The Grange Community Centre is situated in Middlefields, Letchworth, SG6 4NG near Tesco, where there is plenty of parking.

### Bus Buddies

We are hoping that the bus services will soon improve enough for us to plan trips with more confidence.



For now, please email your details to Angela, the Group Contact. Or ring Jackie Sayers on **07970 407635**.

**Group Contact: Angela Ellis**  
[busbuddies@lalg.org.uk](mailto:busbuddies@lalg.org.uk)

[lalg.org.uk/busbuddies](http://lalg.org.uk/busbuddies)

### Sports Fixtures and Events

**Thursday 11 August**

**Cricket (The Hundred)**

Oval Invincibles v Northern Superchargers

Start: Men 3pm, Women 6.30pm.

Venue: The Kia Oval (London)

Cost: £34 (this is the entry cost, and does not include travel).

The franchised teams in the competition include some of the best white ball cricketers in the world, female and male.

**Booking has closed for this event.**

**Group Contact:**

**Steve Green 07710 542803;**

[sportsfixtures\\_events@lalg.org.uk](mailto:sportsfixtures_events@lalg.org.uk)

[lalg.org.uk/sportsfixtures\\_events](http://lalg.org.uk/sportsfixtures_events)



### Trips

**Friday 26 August**

**Hemingford Grey Private Tour**

The house was the home of the author Lucy Boston and is now occupied by her daughter. Lucy set out the extensive gardens and the house features in her books as "Green Knowe". Travel by car. £10 members and £12 non-members for the house and garden tour. Full trip details and booking information at [lalg.org.uk/trips](http://lalg.org.uk/trips).

Contact Sally if you would like to join the mailing list for advance information on future trips.

**Group Contact: Sally Cannon**  
[trips@lalg.org.uk](mailto:trips@lalg.org.uk)

[lalg.org.uk/trips](http://lalg.org.uk/trips)



## Cambridge Capers

This very popular group is set to relaunch in September with a new Group Contact, Tricia Turner.



Tricia has the original mailing list and will be in touch when the next Caper is ready for booking.

And Tricia would welcome any ideas for future capers.

Details will be added to the web page.

To join the mailing list, please contact:

**Group Contact: Tricia Turner**  
**[capers@ialg.org.uk](mailto:capers@ialg.org.uk)**  
**[ialg.org.uk/capers](http://ialg.org.uk/capers)**

**WE'RE  
BACK!**

## Guided Village Walks

This group will run guided walks around some of our nearby villages and small towns. We expect the first date to be in September and we already have a mailing list of over 30 members.



As our plans become firmer, details will be added to our web page.

To be added to the mailing list, please contact:

**Group Contact: Sue Fisher**  
**[villagewalks@ialg.org.uk](mailto:villagewalks@ialg.org.uk)**  
**[ialg.org.uk/villagewalks](http://ialg.org.uk/villagewalks)**

## London Villages

Our next outing will be in the autumn. Full details in due course.

**Group Contact:**  
**Rosemary Read 01462 450494;**  
**[londonvillages@ialg.org.uk](mailto:londonvillages@ialg.org.uk)**  
**[ialg.org.uk/londonvillages](http://ialg.org.uk/londonvillages)**

## London Places



Thanks to everyone who has sent ideas for places we may visit.

Sadly our trip to St Paul's and Tate Modern in July had to be cancelled due to illness.

We have decided to postpone our next trip until the autumn given the uptick in covid cases and threatened strikes on the rail network and underground. Watch this space!

**Group Contacts:**  
**Elaine Fox / Tony Kuczys**  
**01462 735642;**  
**[London\\_Places@ialg.org.uk](mailto:London_Places@ialg.org.uk)**  
**[ialg.org.uk/London\\_Places](http://ialg.org.uk/London_Places)**

## Monthly Quiz

**Saturday 24**  
**September, 6.45**  
**for 7pm**



Our popular online quizzes are returning: we post questions on the LALG website and you email your answers. Get your team of up to 6 people together ready to play, either meeting in person or via Zoom/Skype etc. No quiz experience or internet skills are required to enjoy the evening. And it's free!

If you, perhaps with friends, would like to set one of this winter's quizzes, then do get in touch for more information.

**Group Contact: Ann**  
**[monthlyquiz@ialg.org.uk](mailto:monthlyquiz@ialg.org.uk)**  
**[ialg.org.uk/monthlyquiz](http://ialg.org.uk/monthlyquiz)**



## Members' Open Morning Meetings

Letchworth Settlement  
Nevells Road, SG6 4UB

Limited parking on site; free parking by the outdoor pool a short walk away.

£3 for LALG members, £5 for non-members. Tea/coffee before the talks is £1 per mug. **CASH ONLY.**

### Monday 1 August, Doors open 10am for 10.30am

Our first speaker is Gareth Hawkins, the recently-appointed Chairman of Letchworth Heritage Foundation. He will tell us about himself and his hopes for the town.

The main talk is **A Walk Around Bowling Green, Old Stevenage**. Bill Wastell will take us on a "stroll" around the green in Old Stevenage and tell us about the history of its buildings, businesses and residents.

### Monday 5 September, Doors open 10am for 10.30am

The main talk is **Reviving the Ivel**. Local group Revivel will explain how the river used to support four or five mills within a few miles, and what they are doing to reduce abstraction and restore brown trout to the river.

[membersmeetings@lalg.org.uk](mailto:membersmeetings@lalg.org.uk)  
[lalg.org.uk/membersmeetings](http://lalg.org.uk/membersmeetings)

## Train Buddies

### Thursday 4 August, 11am

Broadway Hotel, Letchworth



We will discuss arrangements for our upcoming trip to Rochester on Thursday 29 September.

For updated details of destinations and dates for 2022, see our web page.

#### Group Contact:

**Geoff Morse 07714 503671;**  
[trainbuddies@lalg.org.uk](mailto:trainbuddies@lalg.org.uk)

[lalg.org.uk/trainbuddies](http://lalg.org.uk/trainbuddies)

## LALG at the Festival

### Letchworth Open Gardens

Our friends at LOG reopened their gardens this year after a pause during the pandemic. The sun shone on the 19 gardens taking part and people turned out in force to see the gardens, buy plants and sample wonderful refreshments.

Overall, about £5500 was raised for the Hospice, £3,450 for the British Red Cross and £1,660 for other charities making a grand total of £1,0610.

So, a big thank you to all who visited the gardens and, of course, all the garden owners and their helpers for opening. Also thank you to all the sponsors and supporters: David's Bookshop, Bickerdikes Garden Centre, Wentworth Kitchens, Prontaprint and to the Heritage Foundation and to St Christopher School and their volunteer drivers for providing the minibuses.

### Letchworth Festival Inflatable

The Splash Park played host to a giant inflatable assault course, which saw families flocking to the park on a beautifully sunny day! Leysbrook Estate Agents sponsored the event, with LALG providing support for the First Aid too. Children and parents alike scrambled up around the massive inflatable, emerging back onto the park...only to join the queue to go round again and again! Great fun!

### LALG in Town

Thank you to everyone who came by and played golf, sampled a cake or chatted about membership.

It was a lovely opportunity to showcase LALG and all the amazing work and groups that come together to form our Group.

## Visiting Churches

Thursday 11 August, 11am  
St. Martin's, Preston



This is a small Edwardian Arts and Crafts church with a mausoleum in the graveyard. We will have a talk about the building, its history and the community that built it, and an opportunity to look around. More information is available at the LALG website. Optional lunch afterwards at the Red Lion, England's first community-owned pub. Book at David's Bookshop, Eastcheap. Members £3, non-members £5. **Cheque (payable to LALG) or cash only, no cards.**

Our next visit will be to Cambridge Central Mosque on **Tuesday 11 October**. Details in the next newsletter.

### Help wanted!

If anyone is able to help Ann organise a visit, please get in touch:

**Group Contact: Ann**  
[visitingchurches@lalg.org.uk](mailto:visitingchurches@lalg.org.uk)  
[lalg.org.uk/visitingchurches](http://lalg.org.uk/visitingchurches)

## Writing Competition

Calling all writers!



To celebrate our 35th Anniversary, LALG launched a writing competition at Letchworth Festival.

Although we have run competitions just for members in the past, this is on a wider scale as we are inviting anyone who lives within a 20-mile radius of Letchworth to take part. There are 2 classes, it is free to enter and the closing date is 30 September 2022. Adults are invited to submit a piece of up to 10,000 words and juniors (up to 18) up to 5,000 words.

The story must be set in Letchworth, feature 3 hobbies or interests and prominently showcase '35'. The prizes are £250 in book tokens for adults and £100 for juniors.

You can get an entry form and submit your entries via David's Bookshop, or online at [lalg.org.uk/writingcompetition](http://lalg.org.uk/writingcompetition) or by email to [eventsorganiser@lalg.org.uk](mailto:eventsorganiser@lalg.org.uk).

## Advertisement

**Author event—cookery**

**Zuza Zak on Pierogi**

Zuza Zak has written three cookbooks on Eastern European cuisine – *Polsko, Amber & Rye* and *Pierogi*. For this event we celebrate the release of *Pierogi*, the essential cookbook for preparing perfect Polish dumplings at home. Delve deep into regional recipes from all over Poland with the traditional ingredients and stories that define these delicious dumplings.

We will sample recipes from the book on the evening!

Wednesday 14th September  
David's bookshop  
7:00pm (doors 6:30)  
Standard ticket £7 includes book £18  
Book online, in-store or phone 01462 684631



## New Ideas

### Qigong

Qigong is a system of coordinated body-posture and movement, breathing, and meditation that promotes health, spirituality and martial-arts training.

Following our two qigong taster sessions in July, led by a qualified instructor, we are now making plans for the future. We will notify all the members on our list.

If you would like to be added to the list please contact Anne at [newideas@jalg.org.uk](mailto:newideas@jalg.org.uk)

or visit: [jalg.org.uk/newideas](http://jalg.org.uk/newideas)

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### Social Crossword Group

**Wednesday 17 August, 10.30am**

David's Café, Eastcheap, Letchworth  
Do you enjoy doing crosswords together? We would like to revive the informal crossword group which was held at there before the pandemic.

If you can't make the first meeting and would like to go on the list please contact William stating preferred morning of the week.

**William Armitage 01462 643537;**  
or email: [newideas@jalg.org.uk](mailto:newideas@jalg.org.uk)

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When New Ideas become new groups, they are moved to the relevant section of the newsletter with a 'NEW' icon like this:  
[newideas@jalg.org.uk](mailto:newideas@jalg.org.uk)



### Gardening at the Weekend

We already have three gardening groups but two are full and they all meet in the daytime. See page 14.

So now we are ready to try a weekend gardening group.

Members would visit each other's gardens, swap plants, information and ideas; followed by refreshments.

If you might be interested, please call one of the Group Support Team or email: [newideas@jalg.org.uk](mailto:newideas@jalg.org.uk)

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### Model Railways Group

We would like to hold a planning meeting for this new group at the Broadway Hotel in the next few weeks.

We can discuss what we want from this group, such as visits to Model Railway Exhibitions.

If you might be interested, please call Brian Tipping on 07507 016232 or email: [newideas@jalg.org.uk](mailto:newideas@jalg.org.uk)

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### Fast walking

This group is aimed at people who enjoy a brisk walk (4mph) to improve or maintain fitness.

Weekly walks will be around one hour, in or near Letchworth.

If interested, please get in touch, saying which day would suit you (Tues/Weds/Thurs) and which time of day. We will pick the most popular time.

Contact Jan Gates 07888 695215  
email: [newideas@jalg.org.uk](mailto:newideas@jalg.org.uk)

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## Arts and Books

### Art Appreciation

**Monday 1 August, 2pm**

We will continue looking at and discussing the works of American artists.



If you would like to join us, or want more information, please get in touch:

**Group Contact: Anne Clarke**  
[artappreciation@lalg.org.uk](mailto:artappreciation@lalg.org.uk)

[lalg.org.uk/artappreciation](http://lalg.org.uk/artappreciation)

### British History Reading Group



We will not be meeting in August. Our meetings will resume in September.

**Group Contact:**  
**Don Dowling 01462 678934;**  
[britishhistory@lalg.org.uk](mailto:britishhistory@lalg.org.uk)

[lalg.org.uk/britishhistory](http://lalg.org.uk/britishhistory)

## Advertisement

### Get Painting

We meet at The Settlement, Letchworth each Wednesday and Thursday morning 9.30am - 12.30pm to paint in watercolours, acrylic or oil paints.

All welcome, from beginners to masters. Paint, chat and discuss each other's work and a nice tea break to boot!

**Contact:**  
**Tony Faulkner 07414 780177;**  
[antonio@live.co.uk](mailto:antonio@live.co.uk)

To attend LALG groups you should be a member of LALG. But most groups will let you come a couple of times before you decide.

### Children's Books

**Tuesday 16 August, 7.30pm**

*The Animals of Farthing Wood* by Colin Dann.



We enjoy reading classic and current books aimed at children from picture books to teen fiction. We discuss the content, writing style and format and its relevance to the period it was written in.

For more information, please get in touch:

**Group Contact: Jane Faulkner**  
[childrensbooks@lalg.org.uk](mailto:childrensbooks@lalg.org.uk)

[lalg.org.uk/childrensbooks](http://lalg.org.uk/childrensbooks)

### Crime and Murder Mystery Book Group

**Monday 29 August, 7.30pm**

The Orchard Restaurant,  
Letchworth Sports and  
Tennis Club,  
Muddy Lane, SG6 3TB

*Good Girl, Bad Girl*  
by Michael Robotham

Sorry, we are currently full, but please contact us to go on the waiting list.

**Group Contact:**  
**Jenny Gosling 01462 895878;**  
[crimebookgroup@lalg.org.uk](mailto:crimebookgroup@lalg.org.uk)

[lalg.org.uk/crimebookgroup](http://lalg.org.uk/crimebookgroup)



Full

## Daytime Book Group



We meet on the second Monday of the month at The Orchard Restaurant, Letchworth Sports and Tennis Club, Muddy Lane SG6 3TB

### Monday 8 August, 2pm

*Small Pleasures* by Clare Chambers

### Monday 12 September, 2pm

*The Girl Behind the Wall* by Mandy Robotham

We take it in turns to choose a title (of any genre). For details of books we have read since 2013, see our web page.

If you would like to join, please contact Hazel to be added to the waiting list.

#### Group Contact:

**Hazel Irwin 01462 730498;**  
**daytimebook@lalg.org.uk**

**[lalg.org.uk/daytimebook](http://lalg.org.uk/daytimebook)**

Full

## Fairfield Book Group



We meet at Fairfield Bowls Club, Kingsley Avenue SG5 4GY

### Thursday 4 August, 7.30pm

*Shuggie Bain* by Douglas Stuart

### Thursday 1 September, 7.30pm

*Private Peaceful* by Michael Murpurgo

£2 per month covers hire costs of venue and books.

Refreshments are available from 7.15pm.

#### Group Contact:

**Elaine Fox 01462 735642;**  
**fairfieldbookgroup@lalg.org.uk**

**[lalg.org.uk/fairfieldbookgroup](http://lalg.org.uk/fairfieldbookgroup)**

## Film Appreciation (Discussion Group)



### Monday 8 August, 8pm

at Peter's house.

We will discuss *Paris, 13th District* (2021) dir: Jacques Audiard.

It is available to rent on BFI Player and Amazon Prime Video.

#### Group Contact:

**Peter Griffiths 01462 671679;**  
**filmappreciation@lalg.org.uk**

**[lalg.org.uk/filmappreciation](http://lalg.org.uk/filmappreciation)**

## Immersive Theatre



We travel down to London occasionally to see the latest immersive theatre shows.

See our webpage for more details.

#### Group Contact: Andy Smith

**immersivetheatre@lalg.org.uk**

**[lalg.org.uk/immersivetheatre](http://lalg.org.uk/immersivetheatre)**

## Irish Book Group



### Wednesday 10 August, 11am

The Gallery, Leys Avenue

*Here's the Story* by Mary McAleese who became President of Ireland.

### Wednesday 14 September, 11am

Book to be decided. We may also include a discussion on experiences and fiction of *Living with the Troubles in the North*.

Meetings include a book-swap and general discussion of Irish literature. No need to book, just turn up.

#### Acting Group Contact:

**William Armitage 01462 643537;**  
**ireland@lalg.org.uk**

**[lalg.org.uk/ireland](http://lalg.org.uk/ireland)**

## Monday Painting Group

**Mondays**  
**9am - 12 noon**

Letchworth Corner  
Sports Club,  
Whitethorn Lane SG6 2DN

The cost of the room is shared by the group.

Each term we choose a selection of subjects to paint.

If you are interested, you are welcome to try it for £5 per session.

**Group Contact:**  
**Valerie Williams 01462 624439**  
**mondaypainting@lalg.org.uk**  
**lalg.org.uk/mondaypainting**



## Opera and Ballet Group

**Tuesday 23 August, 7.15pm**

Letchworth Settlement,  
Nevells Road SG6 4UB

We shall watch the essential and significant parts of Massenet's opera *Manon*, performed by the Paris National Opera. Is the beautiful Manon capable of genuine love, but too readily attracted to pleasure and wealth?

Excellent production, beautiful costumes, superb singing, Renée Fleming's portrayal of Manon being outstanding.

Do come along, all welcome.

**Group Contact:**  
**John Cox 01438 241043;**  
**operagroup@lalg.org.uk**  
**lalg.org.uk/operagroup**



## Play Reading 1

We are not meeting in August.

The group is full again. Please contact Ann if you are interested and wish to go on our waiting list.

Next meeting:  
**Monday 19 September, 1.30pm**

**Group Contact:**  
**Ann Gibson 01462 680995;**  
**playreading1@lalg.org.uk**  
**lalg.org.uk/playreading1**



Full

## Play Reading 2

Broadway Hotel Bar

We meet at 10am on the second Wednesday of each month, except for August.

We read the same plays as Group 1.

Please get in touch if you would like to go on our waiting list:

**Acting Group Contact:**  
**Jackie Sayers 07970 407635;**  
**playreading2@lalg.org.uk**  
**lalg.org.uk/playreading2**



Full

## Poetry in the Afternoon

We meet at our homes to discuss a themed poem.

Regrettably we cannot accept new members for the time being, but please get in touch to go on our waiting list.

**Group Contact:**  
**Mike Mannion 01462 674580;**  
**poetryafternoon@lalg.org.uk**  
**lalg.org.uk/poetryafternoon**



Full

## Poetry for Pleasure

If you would like to join our waiting list, please get in touch.



**Group Contact:**  
**Diane Maybank 01462 459505;**  
**[poetry@lalg.org.uk](mailto:poetry@lalg.org.uk)**  
**[lalg.org.uk/poetry](http://lalg.org.uk/poetry)**

Full

## Science Book Group

**Wednesday 21 September,**  
**7.30pm**



**Exactly: How Precision Engineers Created the Modern World** by Simon Winchester.

Precision in engineering and manufacture is essential in our lives although we may not appreciate how much we need it or why. Winchester explains what is meant by precision and why it is important: he describes the engineers, and their developments and methods, from the Industrial Age to modern production and equipment.

The book was short-listed for the Royal Society Science Book Prize. It can be purchased (with LALG discount) from David's Bookshop.

We will discuss this book and related topics.

All LALG members are welcome and there is no charge.

We expect to meet in The Orchard Café, Letchworth Sports and Tennis Club, Muddy Lane SG6 3TB; but please check the website a few days before.

**Contact: Ann**  
**[sciencebookgroup@lalg.org.uk](mailto:sciencebookgroup@lalg.org.uk)**  
**[lalg.org.uk/sciencebookgroup](http://lalg.org.uk/sciencebookgroup)**

## Readers' Group

**No August meeting**

Mrs Howard Memorial Hall, Norton Way South SG6 1NX



Next meeting:  
**Thursday 22 September, 7.45 for 8pm**

Unfortunately our group is now full but do get in touch if you would like to be added to our waiting list.

**Group Contact:**  
**Megan Stacey 01462 683074;**  
**[readersgroup@lalg.org.uk](mailto:readersgroup@lalg.org.uk)**

**[lalg.org.uk/readersgroup](http://lalg.org.uk/readersgroup)**

Full

## Shakespeare Study Group

**Wednesday 3 August,**  
**10.30am - 12.30pm**



Broadway Hotel bar

We are a friendly informal group who are interested in learning more about the works of William Shakespeare. Each month we choose a certain play to read and discuss, and we meet on the first Wednesday of every month.

**Group Contact:**  
**Lorraine Gregory 07708 580308;**  
**[shakespeare@lalg.org.uk](mailto:shakespeare@lalg.org.uk)**

**[lalg.org.uk/shakespeare](http://lalg.org.uk/shakespeare)**

If you are interested in a group that's full, why not start another group?

The Group Support Team (page 13) can help for the first few meetings until the group is self-sufficient.

## Writers Group

**First Tuesday of each month, 7.30pm - 9.30pm**

We are a friendly and varied group. We write 2 or 3 pages in advance, inspired by a specific topic or genre.

We then share our work (optional) before the meeting and discuss it on the night. Newcomers very welcome.

**Group Contact: Diana Newson**  
**writersgroup@lalg.org.uk**  
**lalg.org.uk/writersgroup**



## Advertising

Adverts in this newsletter reach over 3,000 local people covering a variety of ages and interests.

We welcome advertising from other voluntary organisations and leisure providers, linked organisations and businesses in our discount scheme.

### Our advertising rates are:

Commercial: Full A5 page £70, Half A5 £40

Non-profit: Full A5 page £55, Half A5 £30

Adverts should be PNG or JPEG files, formatted to fit a full or half page of A5.

These should be emailed to **newsletter@lalg.org.uk** by the 10<sup>th</sup> of the previous month.

Space is limited so it is first come, first served.

To discuss any special requirements, please contact the editor at **newsletter@lalg.org.uk**.



## LALG at the Festival

### Letchworth Festival Colour Run

Norton Common was transformed into a riot of colour as Leysbrook Estate Agents delivered the first ever colour run in the town, supported by LALG.

Over 140 runners took to the Common and were colour splattered by marshals stationed around the course; some ran the full 5km and some took a lovely stroll.

They all had a good time and they all had a good shower when they got home!

### Letchworth Festival Walks

LALG was really prominent in the festival, promoting walking and offering 5 walks of different degrees of difficulty from 3 to 40 miles.

In the novel Strawberry Moon Walk we were rewarded by a clear evening and saw the moon rise through hedges and gradually get higher and higher in the sky. All the reports back were very positive and people who took part clearly enjoyed themselves.

Walking is one of the best exercises you can have as it boosts your energy, improves your overall mood, reduces stress, brings more social contact and keeps you fit.

LALG has 16 very active walking groups. However far you like to go and whatever your fitness level there should be something you would enjoy. Why not check them out? Our walk groups are listed in pages 37 to 41.

A very big thank you to William for organising and leading the walks.

## Crafts & Gardening

### Art and Craft Workshop

Thursday 18 August

If you would like to learn how to paint with watercolours, come and join our next workshop.

Please get in touch for the time and location:

**Group Contact:**

**Robin Ghisi 01462 482400**  
**artworkshop@lalg.org.uk**

**[lalg.org.uk/artworkshop](http://lalg.org.uk/artworkshop)**



### Clock Group

Wednesday evenings

Mrs Howard Memorial Hall,  
Norton Way South  
SG6 1NX

We service and repair clocks under our tutor Richard Edwards.

Sessions begin with a short presentation on theory, followed by practical work on members' clocks.

We welcome both previous members and beginners; no experience is necessary and only a few basic tools will get you started.

The group is currently closed for the summer. We recommence on **Wednesday 7 September**. Existing members and prospective members who contact Richard will be added to the mailing list and will be contacted in August.

**Group Contact:**

**Richard Edwards 01462 683030;**  
**clockgroup@lalg.org.uk**

**[lalg.org.uk/clockgroup](http://lalg.org.uk/clockgroup)**



### Embroidery Group

Third Wednesday of each month, 2pm



Orchard Café, Letchworth  
Sports and Tennis Club SG6 3TB

This group is focused on hand embroidery. Members vary from skilled to complete beginners; all levels are welcome.

We work on individual projects sharing ideas and skills as we go.

If you would like to join us please get in touch:

**Group Contact:**

**Alison Walker 07742 606150;**  
**embroidery@lalg.org.uk**

**[lalg.org.uk/embroidery](http://lalg.org.uk/embroidery)**

### Do you have an idea for a new group?

Any member of LALG is welcome to start a new group on any subject provided it is within the spirit of LALG.

The Group Support Team will help to get things started and provide advice and support until it becomes self-sufficient..

And we are always looking for more people willing to help groups to become established.

If you could spare some time to help, or if your group needs our input, please ring one of the team:

Steve Green 07710 542803

Jackie Sayers 07970 407635

William Armitage 01462 643537

Or you can email us at:  
**[groupsupport@lalg.org.uk](mailto:groupsupport@lalg.org.uk)**

## Crafts & Gardening cont.

### Flower Arranging

**Mondays every 2 weeks  
2pm - 4pm**



The Cloisters,  
Letchworth SG6 3TH

We are a very enthusiastic group who enjoy making pretty arrangements.

Our skills vary from complete novices to almost professional.

The group can now accept new members, so if you are interested, please get in touch:

**Group Contact:**  
**Angie Lockyer 01462 893441;**  
**[flowerarranging@ialg.org.uk](mailto:flowerarranging@ialg.org.uk)**  
**[ialg.org.uk/flowerarranging](http://ialg.org.uk/flowerarranging)**

### Gardens For All

No visits are planned.

**This friendly group is  
in need of a new group  
contact.**



Plenty of support available.

If you would be interested in taking over and would like further information please contact Susan Mellor.

**Group Contact:**  
**Susan Mellor 01462 456486;**  
**[gardensforall@ialg.org.uk](mailto:gardensforall@ialg.org.uk)**

### Gardening at the Weekend

We are looking to try a weekend gardening group.

If you might be interested, please call one of the Group Support Team (p13) or email: **[newideas@ialg.org.uk](mailto:newideas@ialg.org.uk)**

### Gardening Tea and Tips 1



We are enthusiastic gardeners who visit each other's gardens to share expertise and swap plants, whilst also enjoying coffee and cake.

**Group Contact:**  
**Annie Hankin 01462 685511;**  
**[gardeningTT1@ialg.org.uk](mailto:gardeningTT1@ialg.org.uk)**  
**[ialg.org.uk/GardeningTT1](http://ialg.org.uk/GardeningTT1)**

Full

### Gardening Tea and Tips 2

**Next meeting in  
September**



We take turns to host meetings, view the gardens, swap plants, information and ideas.

**Group Contact: Angela Ellis**  
**[gardeningTT2@ialg.org.uk](mailto:gardeningTT2@ialg.org.uk)**  
**[ialg.org.uk/GardeningTT2](http://ialg.org.uk/GardeningTT2)**

### Gardening Tea and Tips 3



**Mondays 8 and 22 August,  
2pm**

We are a recently formed group of enthusiastic gardeners who take turns to host meetings.

We visit each other's gardens, swap plants, information and ideas, followed by refreshments. We are a friendly group and are now starting a waiting list. Members will be sent details of upcoming venues.

**Group Contacts:**  
**Ros Dollman 01462 683769**  
**Christine Reed 07855 634075;**  
**[gardeningTT3@ialg.org.uk](mailto:gardeningTT3@ialg.org.uk)**  
**[ialg.org.uk/GardeningTT3](http://ialg.org.uk/GardeningTT3)**

Full

## Knitting Group

For information about our meetings, please contact:

**Group Contact:**

**Annie Hankin 01462 685511;**

**[knittinggroup@lalg.org.uk](mailto:knittinggroup@lalg.org.uk)**

**[lalg.org.uk/knittinggroup](http://lalg.org.uk/knittinggroup)**



Full

## Playing the Recorder for Fun



**Wednesdays, 10am - 11.30am**

We enjoy making music together and having a chat afterwards. Some experience of recorder-playing and/or reading music would be useful.

**Group Contact:**

**Rayna West 07415 169511;**  
**[recorder@lalg.org.uk](mailto:recorder@lalg.org.uk)**

**[lalg.org.uk/recorder](http://lalg.org.uk/recorder)**

## Patchwork Group

**Thursday 4 August,  
11am - 1pm**



Orchard Café, Sports and Tennis Club, Muddy Lane SG6 3TB.

We meet on the first Thursday of the month. For more information about our group please get in touch:

**Group Contact:**

**Zena Truscott 01462 627253;**  
**[patchwork@lalg.org.uk](mailto:patchwork@lalg.org.uk)**

**[lalg.org.uk/patchwork](http://lalg.org.uk/patchwork)**

Full

## Sewing Group

**First Friday of every  
month, 10am**



Our skills and interests are varied, but we all love creating useful and/or beautiful things.

We help each other with ideas and practical advice. All welcome.

**Group Contact:**

**Alison Butler 07941 631314;**  
**[sewing@lalg.org.uk](mailto:sewing@lalg.org.uk)**

**[lalg.org.uk/sewing](http://lalg.org.uk/sewing)**

## Photography Out and About

We are a small group of hobby photographers.



Our monthly photoshoots are held on the second Monday morning. We review some of our photos on the fourth Monday afternoon at a local hall to share ideas and knowledge. Members take it in turns to organise outings and the review.

The group is currently full. If you would like to be added to our waiting list please get in touch.

**Group Contact:**

**Pat Rumpus 01438 557529;**  
**[poa@lalg.org.uk](mailto:poa@lalg.org.uk)**

**[lalg.org.uk/poa](http://lalg.org.uk/poa)**

Full

## Sketching in the English Countryside

**Friday 26 August,  
10.30am**



Preston, near Hitchin SG4 7UD

We were rained off last time at Preston so let's try it again. There is usually parking available around the green by the Red Lion. Meet on the green.

All welcome, just bring drawing paper, pencils and a chair if you enjoy sketching outside.

**Group Contact: Celia Lord**

**01462 623589 or 07964 373131;**  
**[sketchingcountryside@lalg.org.uk](mailto:sketchingcountryside@lalg.org.uk)**

**[lalg.org.uk/sketchingcountryside](http://lalg.org.uk/sketchingcountryside)**

## Textile Interest Group

Thursday 25 August,  
6pm - 8pm



This group meets up every month to take part in a textile workshop.

The meetings, which include all materials and equipment as well as refreshments, are £4 per person.

New members always welcome.

Please email to book your place:

**Group Contact:**  
**Amy Wilson 07917 542405;**  
**textileinterest@ialg.org.uk**  
**ialg.org.uk/textileinterest**

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## Textiles Group

We share ideas regarding all elements of textiles and we meet at one of our members' homes.



The group is currently full but please contact Linda if you would like to be added to our waiting list.

**Group Contact:**  
**Linda Carson 07990 748583;**  
**textiles@ialg.org.uk**  
**ialg.org.uk/textiles**

Full

Are you interested in a group that's full?

Why not call and ask to go on their waiting list.

Or if you would like us to start another one, contact:

**newgroups@ialg.org.uk**

## Ukulele Group

St Thomas' Church Hall,  
Bedford Road SG6 4DU



**Main group**  
**Thursdays, 1pm - 3pm**

This group has 26 players.

**Beginners group**  
**Thursdays, 12pm - 12.45pm**

We are looking for another 5 people to start a new group. Instruments are provided, and no experience required.

## Improvers group

Our Improvers group is currently suspended due to commitments performing at various venues.

**Group Contact:**  
**David Flower 01462 683939; or**  
**07804 158463**  
**ukulele@ialg.org.uk**  
**ialg.org.uk/ukulele**

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## Wild Flowers

We enjoyed the butterflies and flowers in Radwell Meadows in late June, and we will next visit Ashwell Quarry.



Members are advised of dates and times by email.

**Group Contact:**  
**Sheila Rhodes 01462 678911;**  
**wildflowers@ialg.org.uk**  
**ialg.org.uk/wildflowers**

Full

## Food and Drink

### Baking Group – Evenings

**We are taking a break  
until September**



Meanwhile, we need your views and ideas for growing this group.

Please email Emma saying what you want/expect from the group, such as

- members' demonstrations
- hands on baking (if feasible)
- other styles/methods of cooking
- occasional talks

Also, what themes interest you such as different breads, savoury items, 'free from', cakes, biscuits, pies/tarts?

And how often should we meet?

Please send your thoughts:

**Group Contact: Emma  
baking@lalg.org.uk**

**[lalg.org.uk/baking](http://lalg.org.uk/baking)**

### Breakfast Club

**Tuesday 9 August, 9am**



Stevenage Garden Centre,  
North Road, Graveley SG1 4AH

Note: earlier start time than normal.

A varied choice for breakfast is available from Toasts and Preserves to a Full English Breakfast.

Please contact Malcolm beforehand as some venues can only take a limited number of people.

**Group Contact:  
Malcolm King 01462 677329;  
breakfast@lalg.org.uk**

**[lalg.org.uk/breakfast](http://lalg.org.uk/breakfast)**

### Firkin Club

**Thursday 11 August,  
8pm**



### Garden City Brewery

The Wynd, Letchworth,  
where we are promised a good  
selection of real ales including those  
made on the premises in the heart of  
the Garden City.

We meet monthly to sample real ales  
and to put world affairs into a personal  
perspective, viewed through a pint  
glass.

New members always welcome.

**Group Contact:  
Grant Cameron 01462 679569;  
firkinclub@lalg.org.uk**

**[lalg.org.uk/firkinclub](http://lalg.org.uk/firkinclub)**

### Food and Cookery

Please contact Keith to go on  
our waiting list.



**Group Contact:  
Keith 07917 446044;  
foodcookery@lalg.org.uk**

**[lalg.org.uk/foodcookery](http://lalg.org.uk/foodcookery)**

**Full**

### Lunch Club

We are not meeting in  
August. Our September lunch will be  
at a venue in Letchworth town centre -  
suggestions welcome!

This small, friendly group is looking to  
welcome new members so please get  
in touch:

**Acting Group Contact:  
Jackie Sayers 07970 407635;  
lunchclub@lalg.org.uk**

**[lalg.org.uk/lunchclub](http://lalg.org.uk/lunchclub)**



## Food and Drink cont.

### Making Cocktails

Cocktail-making evenings are held every two months and have to date been hosted by group members at their homes which has limited our numbers.



Now we are looking to hire a public venue for future meetings, which will allow us to open the group to more members.

If you are interested in joining us, please do get in touch:

**Group Contact:**  
**Claire Brett 07776 217496:**  
**[cocktails@lalg.org.uk](mailto:cocktails@lalg.org.uk)**

**[lalg.org.uk/cocktails](http://lalg.org.uk/cocktails)**

### Malt Whisky Appreciation

**Friday 16 September, 7pm**

Sláinte Mhath!

Over 100 whiskies tasted so far!

If you are interested in sampling, comparing and enjoying fine malt whisky come along to this meeting when fine examples will be presented for members' pleasure.

For the venue and format please contact:

**Group Contact:**  
**Grant Cameron 01462 679569;**  
**[maltwhisky@lalg.org.uk](mailto:maltwhisky@lalg.org.uk)**

To see a list of the whiskies sampled so far, visit our web page at

**[lalg.org.uk/maltwhisky](http://lalg.org.uk/maltwhisky)**



### Supper Club

No meetings are planned during August.

We will restart our meetings in September

For more information please contact:

**Group Contact:**  
**Linda King 01462 677329;**  
**[supperclub@lalg.org.uk](mailto:supperclub@lalg.org.uk)**

**[lalg.org.uk/supperclub](http://lalg.org.uk/supperclub)**



### Vegetarian and Vegan Group

**Tuesday 16 August, 7pm**



Vutie Beets,  
The Wynd, Letchworth SG6 3EN

This month it is a cheese and wine evening to sample vegan cheeses. We are charging £5 to cover costs.

This group meets on the third Tuesday every month at 7pm.

Our agenda changes monthly: examples include quizzes, cooking demonstrations, talks and meals.

If you are interested in attending please get in touch:

**Group Contact:**  
**Harry [hello@vutiebeets.co.uk](mailto:hello@vutiebeets.co.uk)**  
**Sybil Wallace 07949 909980**  
**[vegetarianandvegan@lalg.org.uk](mailto:vegetarianandvegan@lalg.org.uk)**  
**[lalg.org.uk/vegetarianandvegan](http://lalg.org.uk/vegetarianandvegan)**

### Send us more photos!

But first, please make sure you have the permission of everyone pictured.

## Wine Appreciation Group



The Wine Appreciation Group held its Annual Garden Party on the 3 July and it was a wonderful afternoon.

There will be no August meeting. We meet again on **2 September** with a Member's Choice.

If you are interested in joining please contact:

**Group Contacts:**  
**Tony Mansey 07770 541207;**  
**George Barnes 01462 673710;**  
**wineappreciation@lalg.org.uk**

**[lalg.org.uk/wineappreciation](http://lalg.org.uk/wineappreciation)**

## Wine Discovery

Please get in touch for details of our next meeting:

**Group Contacts:**  
**Moira and Nigel Rigby**  
**winediscovery@lalg.org.uk**  
**[lalg.org.uk/winediscovery](http://lalg.org.uk/winediscovery)**



Full

## Wine Group 3

We are taking a break during the summer from our monthly tastings.

We will return to our regular meetings in Mrs Howard Memorial Hall in September.

Please email if you are interested in joining us:

**Group Contacts:**  
**Jerry Bolter 07561 759798**  
**Mike Clarke 07885 164188**  
**winegroup3@lalg.org.uk**  
**[lalg.org.uk/winegroup3](http://lalg.org.uk/winegroup3)**



## General Groups

### Action for Happiness

A movement for positive social change using activities to improve wellbeing, such as mindfulness, gratitude diaries, identifying personal strengths, being near nature etc.



**Group Contact:**  
**Chris West 07932 195463;**  
**[actionforhappiness@lalg.org.uk](mailto:actionforhappiness@lalg.org.uk)**  
**[lalg.org.uk/actionforhappiness](http://lalg.org.uk/actionforhappiness)**

### All Things Military

We meet in  
The Underwood Room  
Mrs Howard Memorial Hall  
Norton Way South, SG6 1NX  
Our Group will not meet in August.  
We will resume our meetings in September.



**Group Contacts:**  
**Veronica Tomkins 01462 671402;**  
**[allthingsmilitary@lalg.org.uk](mailto:allthingsmilitary@lalg.org.uk)**  
**[lalg.org.uk/allthingsmilitary](http://lalg.org.uk/allthingsmilitary)**

### Don't do email?

If an event has no phone number, write c/o David's Bookshop, or phone LALG Secretary on **01462 683898** or LALG Chair on **01462 735642**

## General Groups cont.

### All Things Feathered Poultry Society

Calling all keepers of poultry and waterfowl! We meet every two months and you will be very welcome to join us. You will meet some delightful hens and fellow keepers.

**Group Contact:**  
**Claire Bunyan 07788 153500;**  
**chickens@lalg.org.uk**  
**lalg.org.uk/chickens**



### Ancient Egypt Study Group

We are interested in all aspects of Ancient Egypt.

We meet on the third Thursday of the month. If you are interested in Egyptology, please get in touch.

**Group Contact:**  
**Oliver Webb 07929 058696;**  
**ancientegypt@lalg.org.uk**  
**lalg.org.uk/ancientegypt**



### You get out what you put in

If you want to get more involved with LALG, why not try helping behind the scenes? Here are some ideas:

The LALG Social Team organises social events and the Members' Open Morning Meetings. This friendly team needs a couple more people and some new ideas. Please email Ann at **SocialTeam@lalg.org.uk**.

The Group Support Team is looking for people who can help new groups to get started. You would only be asked to support groups that interest you. To find out more, please contact Jackie on **07970 407635** or email **groupsupport@lalg.org.uk**.

### Architecture Group

**Wednesday 17 August,**  
**7.30pm**



Mrs Howard Memorial Hall,  
Norton Way South SG6 1NX

#### Timber-Framed Buildings

David Short, author of *Ashwell Buildings and Antiquities*, and whose house is timber framed, will be introducing the subject followed by a discussion.

LALG members £3, non-members £4.

Open to all.

**Acting Group Contact:**  
**William Armitage 01462 643537**  
**architecture2@lalg.org.uk**

**lalg.org.uk/architecture2**

### Black Squirrel Country Dancing

**Tuesday 20 September,**  
**6.30pm - 8pm**

**Tuesday 18 October,**  
**6.30pm - 8pm**



Central Methodist Church Hall,  
Pixmore Way, Letchworth SG6 3TR

Complete beginners with 2 left feet very welcome!

All dances taught/called.

LALG members £4, non-members £5.

All welcome!

**Group Contact:**  
**Mandy Baldwin 07515 823735**  
**countrydancing@lalg.org.uk**

**lalg.org.uk/countrydancing**

## Black Squirrel Investment Club



After 21 years of superb analysis and uncanny intuition we remain competitive with the FTSE 100!!



Meetings are on the fourth Tuesday of the month.

For more information, please get in touch.

**Group Contact:**  
**Graham Pointon 01462 670004;**  
**[investmentclub@lalg.org.uk](mailto:investmentclub@lalg.org.uk)**  
**[lalg.org.uk/investmentclub](http://lalg.org.uk/investmentclub)**

## Blitz an Open Space

Litter picking dates:



**Letchworth**  
**Saturdays 6 August and**  
**3 September**  
**Thursdays 18 August and**  
**15 September**

**Baldock**  
**Wednesdays 10 August and 21**  
**September**  
**Sundays 21 August and 18**  
**September**

Venues will be advised nearer the time. To date the teams have collected 738 bags of rubbish.

Volunteers are always welcome. Please contact Brian if you can help.

Brian would appreciate it if any LALG members can advise him of areas that need attention.

**Group Contact:**  
**Brian Noble 01462 490906;**  
**or 07773 671487 (text)**  
**[litter@lalg.org.uk](mailto:litter@lalg.org.uk)**

**[lalg.org.uk/litter](http://lalg.org.uk/litter)**

## Computer Users

**Fridays 5 August and**  
**2 September, 2pm**



Premier Inn café, Station Road, Letchworth SG6 3BG

This is a self-help group for non-experts who, through their own experiences, try to solve computer or smart phone issues raised by other members of the group.

Drop in for help with any computer/ phone related problems over a coffee.

All levels of expertise welcome.

**Group Contact: Graham Taylor**  
**[usingcomputers@lalg.org.uk](mailto:usingcomputers@lalg.org.uk)**

**[lalg.org.uk/usingcomputers](http://lalg.org.uk/usingcomputers)**

**This is not a computer support line**

**Full**

## Countryside, Nature, Farming and Wildlife



**Thursday 4 August, 10am**

Arlesey Moat

Meet at Sollershott Green, Letchworth (where Sollershott East and South View meet) for car sharing.

The Moat used to surround the ancient manor of Arlesey Bury and is adjacent to the River Hiz and Glebe Meadows. It is well known for large dragonflies, demoiselles, common toads, butterflies, chiffchaffs and garden warblers.

To reserve your place, stating if you have space in your car for passengers, please contact William.

**William Armitage 01462 643537;**  
**[countryside@lalg.org.uk](mailto:countryside@lalg.org.uk)**

**[lalg.org.uk/countryside](http://lalg.org.uk/countryside)**

## BUSINESSES OFFERING DISCOUNTS TO LALG MEMBERS

A M Optometrists	29 Leys Avenue	486123	10% off complete glasses
Agent Brains Escape Games	26 Leys Avenue	539763	10% off all off-peak game bookings
Alexander Lewis Estates	9 Arena Parade	510881	20% off fee for sales
Allders Opticians	15 Eastcheap	673216	10% off spectacles
Bamboo Turtle, the zero waste shop	12-14 The Arcade	07880 986635	10% off household liquids
Beautiful Bathrooms	53 Leys Avenue	484477	10% off bathroom products
Cooks Boutique	22 Leys Avenue	01708 691322	10% off purchases over £10
Countryside Ski and Climb	118-120 High Street, Stevenage	01438 353086	10% off full price items only
David Stern Optician	10 Arena Parade	683045	10% excluding eye test
David's Bookshop	12-14 Eastcheap	684631	10% over £5, some exceptions
David's Music	12 Eastcheap	475900	10% over £5, some exceptions
Fairhaven Wholefoods	Unit 27 Jubilee Trade Centre, Jubilee Rd	675300	5% off all products - in store only
Garden City Crafts	5 The Wynd	686869	10% off craft materials
Garden City Florist	6 Arena Parade	685370	10% except Interflora
Icas-Vilas Fine Art	8-10 Leys Ave	677455	10% framing only
Isabelle Estates	45 Station Road	487877	10% off sales fees
Jewellery Box	1 The Arcade	675707	10% off everything except watches
Joules etc. Gifts	3 The Wynd	07415 281930	10% off sales over £10
Just for me	30 Leys Ave	676688	15%
Letchworth Aquatics	66 Leys Avenue	337326	10% off livestock
Letchworth Centre For Healthy Living	Hitchin Road	678804	10% off café and many treatments 5% off many classes, 15% off room hire. Phone for details.
Letchworth Pharmacy	One Garden City, Broadway	685915	10% non-medical
Martins Furniture	62-64 Leys Avenue & Commerce Way	351610	5% discount off furniture, 5% off carpets and flooring
Max Spielmann	36 Broadway	672264	10%

Unless specified otherwise, the town is Letchworth and the phone code is 01462.  
For the latest details, see [www.lalg.org.uk/discounts](http://www.lalg.org.uk/discounts)

## BUSINESSES OFFERING DISCOUNTS TO LALG MEMBERS

Miss Green Fingers	2-4 Eastcheap	337970	10% off café items
Mobility World Ltd	Birds Hill	708830	£50 off Riser Recliner Chairs, 10% off smaller items
Nanny Julie's Children's Hairdresser	8 The Arcade	337805	10%
North Herts Chiropody	46 Leys Avenue	684358	10% off full treatments
On Your Travels		677111	Discounts on tours and cruises
Pampered Pets	9 The Arcade	07432 440104	25% off a full groom
Past and Present	47 Leys Avenue	485117	5%
Professional Dry Cleaners	25 Eastcheap and Brand St, Hitchin	682571 450491	10% dry cleaning on site only
Prontaprint	59 Leys Avenue	674674	10%
Redfin Models	1 Whitehorse Street, Baldock	619543	5% off all kits
Revive the Beauty Salon	4 The Wynd	674888	10%
Shades Of Gray	38 Broadway	686578	10% for over 60s
System Restore UK	2 The Wynd	339101	10% off all labour
T Brooker	Unit 7 Bilton Rd, Hitchin	434501	Trade discount where applicable
The Cakey Lady HQ	16 The Wynd	337980	20% off 2 or more cakes
The Chai Room	30A Leys Avenue	338200 or 07539 222236	10% discount
The Letchworth Clinic	17 Station Road	670900	10% podiatry Mon-Fri
The Little Ironing Shop	23 The Wynd	671760 or 07976 966284	10%
The Orchard at Letchworth Sports and Tennis Club	Muddy Lane	835525	10% discount on all food and non-alcoholic beverages
The Secret Wardrobe	1 The Wynd	07921 869771	5% off scented products, 10% off all other items
The Shoe Box	45 Leys Avenue	683190	10% off all shoe repairs
The Uniform Monkeys	6 The Arcade	07828 148179	10% off first order
Tom Badstevener Gas Safe Engineer	44 Maltings Close, Baldock	07970 958483	10% off labour
Vutie Beets vegan café	24/25 the Wynd	337930	10% off all sales
Walkwel Clinic	13 Eastcheap	682526	5% off non-sale footwear only, in shops in Letchworth and Stevenage.

You will be asked for proof of your LALG membership. To suggest a new discount supplier, please contact the LALG Secretary at [secretary@lalg.org.uk](mailto:secretary@lalg.org.uk)

## Committee News



The next Committee meeting is on **Tuesday 23 August**.

Any LALG member is welcome to attend a Committee meeting but please contact the Secretary beforehand as space is limited.

Or if there is anything you would like the Committee to discuss, please contact the Secretary:

**Marian Adams: 01462 683898;**  
**secretary@lalg.org.uk.**

Approved minutes of past meetings and details of future meetings are at:

**[lalg.org.uk/committeemeetings](http://lalg.org.uk/committeemeetings)**

## Advertisement

### Poker

#### Tuesday evenings 7pm

A friendly poker club has started to play at The Highwayman pub in Graveley from Tuesday 3 May and we will welcome new members.

There is no charge for the venue but we do give our custom to the pub.

We play for small stakes. For more details please get in touch:

#### Contact:

**Neville Hudson 01462 230579**  
**hudson9173@hotmail.co.uk**

## LALG at the Festival

### Make Music for Ukraine



Every year on 21 June communities around the world come together to Make Music. It all started in France in 1982 where it was known as Fête de la Musique. By the early 90s, it was celebrated in eighty-five countries across five continents.

Make Music Day first came to the UK in 2012 and has been growing year on year. It has been a UK-wide coordinated initiative since 2017 with support and funding from a broad range of national organisations.



Letchworth had not had a Make Music event so we set out to change that. Some local musicians got together, in the sun, under a gazebo in Leys Square.

All gave their time and energy for free. Our audience sang along and we took a voluntary collection for humanitarian aid for the people of Ukraine.

In 2 hours we made £612.07, a fantastic result – thank you Letchworth! And thanks to all the musicians, volunteers, Letchworth Festival and Love Letchworth who made it happen.

## General Groups cont.

### Decluttering Group

**Tuesday 27  
September, 4pm**

Broadway Hotel bar

After a summer break, this group will be ready to focus again on how to declutter.

New members are always welcome.

See our web page for useful tips.

**Acting Group Contact:**  
**Jackie Sayers 07970 407635**  
**[decluttering@lalg.org.uk](mailto:decluttering@lalg.org.uk)**

**[lalg.org.uk/decluttering](http://lalg.org.uk/decluttering)**



### Geology Group

Letchworth Settlement  
Nevell's Road, SG6 4UB

We will take a break in August.

Our next meeting will be on  
**Wednesday 28 September, 7.30pm**  
with a talk/workshop on 'Geological Mapping'.

If you'd like to join the group or have any questions, please get in touch or check the website.

**Group Contact:**  
**Carrie Dunne**  
**[geology@lalg.org.uk](mailto:geology@lalg.org.uk)**  
**[lalg.org.uk/geology](http://lalg.org.uk/geology)**



### Europe and Beyond

**Next meeting: Late  
September/Early  
October, 7.30pm**

The Brunt Room,  
Settlement, Nevell's Road, Letchworth  
SG6 4UB

Topic: Travelling by Train across Europe or Brexit: Success or Failure?  
or The Place of Women in Europe?  
LALG members £3, non-members £4.

All are welcome.  
Speakers: Tbc

Please get in touch with the Group contact nearer the time.

**Group Contact:**  
**Mandy Baldwin 07515 823735;**  
**[europeandbeyond@lalg.org.uk](mailto:europeandbeyond@lalg.org.uk)**  
**[lalg.co.uk/europeandbeyond](http://lalg.co.uk/europeandbeyond)**



### Letchworth Local History Research Group

Our Group will not meet in August.

We will resume our meetings in September.

**Group Contact:**  
**Philippa Parker 01462 686828;**  
**[localhistory@lalg.org.uk](mailto:localhistory@lalg.org.uk)**

**[lalg.org.uk/localhistory](http://lalg.org.uk/localhistory)**



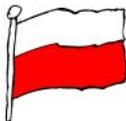
### Got an Idea for a New Group?

Any member of LALG is welcome to start a new group on any subject that interests them, provided it is within the spirit of LALG. Email:  
**[groupsupport@lalg.org.uk](mailto:groupsupport@lalg.org.uk)**

## General Groups cont.

### Polish Culture and History

Wednesday 3 August, 7pm



The Gallery (above Wetherspoons), Leys Avenue, Letchworth  
We can expand the interest of the group to nearby countries, such as Hungary, Romania, Ukraine, etc. Come along with your ideas for future meetings.

**Acting Group Contact:**  
**William Armitage 01462 643537;**  
**polish@lalg.org.uk**  
**lalg.org.uk/polish**



### Quiz Team

Please let Andrew know about any pub and charity quizzes that you would like the team to go to. For the latest details, please check our webpage.

**Group Contact: Andrew Dear**  
**quizteam@lalg.org.uk**

**lalg.org.uk/quizteam**



### Weather Report Group

Do you record local weather statistics?

If so, you will be welcome to join our small group.  
Please get in touch!

**Group Contact:**  
**Keith Taylor 01462 670749;**  
**weather@lalg.org.uk**  
**lalg.org.uk/weather**



## South Asia and Beyond

Tuesday 9 August, 7pm

An evening with Indian food writer and chef, Romy Gill, on the **Himalayan Trail** at David's Bookshop, 12-14 Eastcheap, Letchworth.

Tickets are £7. If you wish to attend, please book in advance online at **davids-bookshop.co.uk** and confirm attendance to group contact.

**Wednesday 21 September** meeting will be at the Orchard Café, Muddy Lane, Letchworth. Topic: Storytelling.

**Contact: Nayier Ahmad**  
**sasiaandbeyond@lalg.org.uk**  
**lalg.org.uk/sasiaandbeyond**

## Towards Carbon-Free Architecture

The Brunt Room,  
Letchworth Settlement,  
Nevels Road SG6 4UB



In our July meeting we focused on Settle's Plan for delivering new homes at Campfield Way, Highover Road and around Pelican Way on the Grange Estate.

Our next meeting will be in September with details in the next Newsletter.

Admission £3 for LALG members, £4 for non-members.

**Group Contact:**  
**Julia Sonander 01462 601903;**  
**carbonfree@lalg.org.uk**

**lalg.org.uk/carbonfree**

### Local Discounts

For details of local businesses offering discounts to LALG members, turn to page 22 or visit  
**www.lalg.org.uk/discounts**

## Wilding Group

**Thursday  
11 August, 3.30pm**

The Wilding group will be having a planning meeting and tea at Sue Lines' house.



All LALG members are welcome.

Share ideas towards visits and meetings for September onwards.

**Group Contact:**  
**Sue Lines 07866 110833**  
**wilding@lalg.org.uk**

**[lalg.org.uk/wilding](http://lalg.org.uk/wilding)**

## Data Protection

We only use your personal data to keep you informed of LALG activities and to send you information from other organisations that share our values and from our discount suppliers.

We store your data securely.

We do not give your data to anyone else without your permission.

If you cease to be a member, we remove your data from our records.

**Data Protection Officer:**  
**Elaine Fox 01462 735642**  
**[dpo@lalg.org.uk](mailto:dpo@lalg.org.uk)**

## Social Groups

### 50+ Singles Drop-In

**Friday evenings,  
from 7.30pm**



Orchard Restaurant and Bar,  
Letchworth Sports and Tennis Club,  
Muddy Lane SG6 3TB

We gather at tables in the bar. You are welcome to drop in but ring in advance if you would like Anne to look out for you arriving.

It is a relaxed and informal way to make new friends and maybe to suggest an event that you would like to attend so it can be added to our calendar and others can go with you.

We also organise trips and events for members to sign up to.

For more information, please do get in touch:

**Group Contact:**  
**Anne Sparrowhawk 07711 145736;**  
**[50plussingles1@lalg.org.uk](mailto:50plussingles1@lalg.org.uk)**  
**[lalg.org.uk/50plussingles1](http://lalg.org.uk/50plussingles1)**

### Informal Lip Reading Group for Hearing Aid Users



**Thursdays, 10.30am**

We are a small group and we really enjoy our time together.

It is good to be back with friends after all the upheaval.

More details on our web page.

**Group Contact:**  
**Veronica Jones 01462 451174;**  
**[lipreading@lalg.org.uk](mailto:lipreading@lalg.org.uk)**  
**[lalg.org.uk/lipreading](http://lalg.org.uk/lipreading)**

**Full**

## Meditation Group

Tuesdays, 7pm - 9pm

Gently guide the mind to cultivating a quiet awareness and stillness that arises with taking your attention within.

This is a secular practice.

Suitable for all levels; beginners welcome. Guided by Neelam Taneja.

**Group Contact:**

**Sunil Vilas 01462 677455;**

**meditation@lalg.org.uk**

**[lalg.org.uk/meditation](http://lalg.org.uk/meditation)**



## Philosophy for Non-Philosophers

Third Monday of the month, 7.30pm

Mrs Howard Memorial Hall,  
Norton Way South SG6 1NX

Please remember to bring any topics you would like us to discuss.

**Group Contact:**

**Anne Sparrowhawk 07711 145736;**

**philosophy@lalg.org.uk**

**[lalg.org.uk/philosophy](http://lalg.org.uk/philosophy)**



## Meet for Coffee 1

For meeting dates contact:

**Group Contact:**

**Jill Sells 01462 684289;**

**coffee1@lalg.org.uk**

**[lalg.org.uk/coffee1](http://lalg.org.uk/coffee1)**



Full

## Meet for Coffee 2

Hitchin Garden Centre,  
Cambridge Road SG4 0JT  
For more details, please contact:

**Group Contact:**

**Maureen Huckle 01462 638099;**

**coffee2@lalg.org.uk**

**[lalg.org.uk/coffee2](http://lalg.org.uk/coffee2)**



Full

## Meet for Coffee 3

Wednesdays, 10.30am

Broadway Hotel bar

All members are welcome to drop in. No need to book but you are welcome to call first to check that someone will be there to greet you.

**Group Contact:**

**Wendy Rowe 07745 426863;**

**coffee3@lalg.org.uk**

**[lalg.org.uk/coffee3](http://lalg.org.uk/coffee3)**



## Meet for Coffee 4 at Baldock

Wednesday  
17 August, 2pm

Tapps Garden Centre,  
Baldock SG7 6RS.

We meet on the third Wednesday of the month. Everyone very welcome.

**Group Contacts:**

**Katie Pond 01462 623027**

**Julia Genders:**

**01462 620615; 07704 762167**

**coffee4@lalg.org.uk**

**[lalg.org.uk/coffee4](http://lalg.org.uk/coffee4)**



## Meet for Coffee 5

Friday 26 August,  
10.30am

Grange Community Centre Café,  
Middlefields, Letchworth SG6 4NG

The Community Centre is within easy walking distance of many LALG members and the café is in an attractive building next door. We meet monthly but we expect to be fortnightly in the autumn. All welcome.

**Acting Group Contact:**

**William Armitage 01462**

**643537; coffee5@lalg.org.uk**

**[lalg.org.uk/coffee5](http://lalg.org.uk/coffee5)**



## Singing For Pleasure

Thursday 25 August,  
7.30pm - 9.15pm



St. Thomas' Church Hall,  
Bedford Road, Letchworth SG6 4DU

This informal group (not a choir) meets on the **last Thursday of each month**.

We sing a wide range of popular songs from our songbooks and Geoff and Sue accompany us on the keyboard.

Cost for LALG members: £2.50 per session.

Non-members are welcome to come along and try a couple of sessions before deciding whether to join LALG.

**Group Contacts:**  
**Amanda MacKnight 01438 750974;**  
**Roger Smith 01462 624824;**  
**Geoff Wright 01462 682642;**  
**[singingforpleasure@lalg.org.uk](mailto:singingforpleasure@lalg.org.uk)**  
**[lalg.org.uk/singingforpleasure](http://lalg.org.uk/singingforpleasure)**

## Language Groups

### Conversation Française

Lundis soirs 19h30 à 21h30  
par Zoom et en présentiel



Conversation française se poursuit les lundis soir par Zoom, mais avec des réunions en présentiel de temps en temps.

Si vous souhaitez participer, veuillez contacter:

**Group Contact:**  
**John Gregory 01462 674639;**  
**[french1@lalg.org.uk](mailto:french1@lalg.org.uk)**  
**[lalg.org.uk/french1](http://lalg.org.uk/french1)**

## Daytime French

No. 12 Leys Avenue,  
Letchworth SG6 3EU



We are taking a break in August, so our next meeting will be on **Thursday 1 September**.

**Group Contacts:**  
**Val Quieros and**  
**Sheila Rhodes 07787 512580;**  
**[daytimefrench@lalg.org.uk](mailto:daytimefrench@lalg.org.uk)**  
**[lalg.org.uk/DaytimeFrench](http://lalg.org.uk/DaytimeFrench)**

## Dutch Conversation

Once a month on  
Wednesday mornings



Come and share your thoughts on the arts, politics, weather, travel, sports, gardening or anything else of interest.

Join our small group of (more or less) Dutch speakers.

**Group Contact:**  
**Corrie Swain 01462 742542;**  
**[dutch@lalg.org.uk](mailto:dutch@lalg.org.uk)**  
**[lalg.org.uk/dutch](http://lalg.org.uk/dutch)**

## German Group 1

Tuesday evenings  
via Zoom



Everyday conversation with an opportunity for items of special interest.

You are welcome to join us - just contact us for Zoom details.

**Group Contact:**  
**Martin Sproat 01438 226044;**  
**[german1@lalg.org.uk](mailto:german1@lalg.org.uk)**  
**[lalg.org.uk/german1](http://lalg.org.uk/german1)**

## German Daytime

Wednesdays, 2pm



This group meets via Zoom, or when possible, in each other's homes or a local café.

**Hosting is not essential** for anyone wishing to join this group. People on our email list receive a weekly update.

This group is thriving, but more members would still be welcomed, particularly native speakers.

**Group Contact:**  
**Sheila Hogan 01462 743578;**  
**germandaytime@lalg.org.uk**  
**[lalg.org.uk/germandaytime](http://lalg.org.uk/germandaytime)**

## Italian Conversation 1

Usually Fridays,  
7.30pm - 9.30pm

We meet via Zoom or at members' homes.

**Group Contact:**  
**Alan Fraser 01462 685448;**  
**italian1@lalg.org.uk**  
**[lalg.org.uk/italian1](http://lalg.org.uk/italian1)**



Full

## Italian Conversation 2

Alternate Wednesday evenings at members' homes.

To find out more or to join the waiting list please contact Gloria.

**Group Contact:**  
**Gloria Tirelli 07503 495952;**  
**italian2@lalg.org.uk**  
**[lalg.org.uk/italian2](http://lalg.org.uk/italian2)**



Full

## Italian Conversation 3



No. 12 Leys Avenue,  
Letchworth SG6 3EU

We are taking a break in August, so our next meeting will be on **Monday 5 September.**

**Group Contact:**  
**Val Quieros 07787 512580;**  
**italian3@lalg.org.uk**  
**[lalg.org.uk/italian3](http://lalg.org.uk/italian3)**

Full

## Casual Italian Conversation



A casual, evening conversation group ideal for beginners or intermediate speakers, though patient fluent speakers are most welcome too.

We meet one evening a month to chat over a coffee or glass of wine. A great opportunity to practise your Italian conversation skills and build confidence.

**Group Contact: Emma**  
**casualitalian@lalg.org.uk**  
**[lalg.org.uk/casualitalian](http://lalg.org.uk/casualitalian)**

## Latin

Alternate Monday evenings via Zoom

For those with some knowledge of Latin.

**Group Contact:**  
**Carl Raybold 01767 223167;**  
**latin@lalg.org.uk**  
**[lalg.org.uk/latin](http://lalg.org.uk/latin)**



## Russian Language

### РУССКИЙ ЯЗЫК

Thursdays, 2.30pm - 4pm  
via Zoom

We try to resurrect oral and aural skills for part of the session. We also translate items, sometimes news downloaded from Правда, Известия, Би-Би-Си etc, but more often short stories.

Some knowledge of Russian needed.

**We do need new members.**

**Group Contact: Sheila Hogan**  
[russian@lalg.org.uk](mailto:russian@lalg.org.uk)

[lalg.org.uk/russian](http://lalg.org.uk/russian)



## Spanish Conversation

Thursdays, 7.30pm

Three Horseshoes,  
102 Norton Road SG6 1AG

The meetings are for general conversation and to practise Spanish together. Some ability in Spanish is needed if you want to really gain a benefit from taking part.

New members are very welcome.

**Group Contact:**  
**Ginny Morris 07944 777862;**  
[spanish@lalg.org.uk](mailto:spanish@lalg.org.uk)

[lalg.org.uk/spanish](http://lalg.org.uk/spanish)



## Welsh Language and Culture

Last Wednesday of the  
month, 2pm

Chalton Manor Farmhouse,  
Moggerhanger MK44 3RA

New members welcome to come and share our love of 'the land of our ancestors'.

**Group Contact:**  
**Rosalie Lamburn 01767 640930;**

[lalg.org.uk/welsh](http://lalg.org.uk/welsh)



## Sports and Games

### 50/9 Golf Society

We play nine holes every Wednesday morning at some of the finest Golf Clubs in the area, at discounted Green Fees of £10 to £17.50 depending on the venue.

Our games are social rather than competitive, and our members are of all abilities, male and female. We are all over 50 years old and enjoy playing 9 holes - hence the group's name. The 50/9ers take over where the regular Golfer leaves off.

**Group Contact:**  
**Stanley Bonin 01462 672178;**  
[50\\_9golf@lalg.org.uk](mailto:50_9golf@lalg.org.uk)

[lalg.org.uk/50\\_9golf](http://lalg.org.uk/50_9golf)



### Badminton 1

Mondays, 8pm - 10pm

Letchworth Sports & Tennis Club, Muddy Lane SG6 3TB

New members welcome.

**Group Contact: Paul McCann**  
[badminton1@lalg.org.uk](mailto:badminton1@lalg.org.uk)

[lalg.org.uk/badminton1](http://lalg.org.uk/badminton1)



### Badminton 2

Mondays, 7pm - 8pm

Fearnhill School SG6 4BA

We play mixed doubles and would welcome new players. Our games are sociable, with the emphasis on fun and we have mixed abilities. Do get in touch!

**Group Contact:**  
**Sue Bresnahan 07801 345595;**  
[badminton2@lalg.org.uk](mailto:badminton2@lalg.org.uk)

[lalg.org.uk/badminton2](http://lalg.org.uk/badminton2)



## Sports and Games cont.

### Bridge Club

**Tuesdays and Fridays,  
1pm**

Howgills,  
South View SG6 3JJ

Come early and you will be slotted into a table as you arrive. Beginners and improvers are always welcome. We play very friendly Rubber Bridge at £3 a session to cover room hire. Refreshments provided.

**Group Contact:**  
**Gill Cheaney 01462 686806;**  
**bridgeclub@lalg.org.uk**  
**lalg.org.uk/bridgeclub**



### Calling Group Contacts

Do you want to offer online booking for an event you are planning?

For advice and practical help,  
send an email to  
**bookings@lalg.org.uk**

### Cribbage

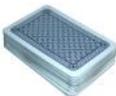
**Tuesday 2 August,  
2pm - 4pm**

**Tuesday 16 August, 7pm - 9pm**

Letchworth Sports and Tennis Club,  
Muddy Lane SG6 3TB

Please contact Edna (afternoon session) or Tony (evening session) if you would like to play, or you are welcome to just turn up.

**Group Contact:**  
**Edna Constable 01462 485086;**  
**cribbage@lalg.org.uk**  
**lalg.org.uk/cribbage**



### Chess for Fun

Orchard Restaurant,  
Letchworth Sports  
and Tennis Club,  
Muddy Lane SG6 3TB.

There will be no meet up in August as it is the bank holiday.

We will resume on  
**Monday 26 September.**

We welcome new  
members.

**Group Contact:**  
**Nayier Ahmad**  
**chess@lalg.org.uk**  
**lalg.org.uk/chess**



### Games Club

**Mondays 1 and 15  
August, 7.15pm - 9.30pm**

Methodist Church Hall,  
North Avenue SG6 1DH

Parking at front, entry on right-hand side of building.

Our club is very welcoming, we help each other out, so don't worry if you haven't played a certain game.

We play a wide variety of board and card games.

We meet at 7.15pm for a 7.30pm start. £3, card only, no cash.

Please get in touch beforehand, so we can look out for you and find out what games you have played.

**Group Contact:**  
**Cathy Watts 07523 763358;**  
**gamesclub@lalg.org.uk**  
**lalg.org.uk/gamesclub**



## Easy Riders

Sunday 14 August,  
10am



### Ride to Radwell Meadows

Meet at Letchworth Par 3 Family Golf Centre, Willian Way SG6 2HJ. Ride along the Greenway and quiet roads to Radwell Meadows, return to Par 3 and enjoy a drink at Dimples Café. Approximately 10 miles. All welcome. Please bring a helmet, a drink and a spare inner tube. E-bikes are also welcome.

If you would like to join us, please get in touch for details:

#### Group Contact:

**Jackie Harber 07578 466982;**  
**[easyriders@ialg.org.uk](mailto:easyriders@ialg.org.uk)**

**[ialg.org.uk/easyriders](http://ialg.org.uk/easyriders)**

## Garden City Wheelers

Thursday 18 August,  
10.30am start



Meet at the Fountain in Broadway Gardens.

Weather permitting, we will ride to Lower Gravenhurst and the Discolicious farm shop for lunch. This ride is suitable for beginners. We will cycle at the pace of the slowest rider doing a return mileage of approximately 20 miles. This ride has some hills.

For further information, or if you intend to join us for the first time please contact:

#### Group Contact:

**Stuart Collins 07710 507069;**  
**[GCWheelers@ialg.org.uk](mailto:GCWheelers@ialg.org.uk)**

**[ialg.org.uk/GCWheelers](http://ialg.org.uk/GCWheelers)**

## Kayaking

Thursday 25 August,  
7pm



Stanborough Lakes

Kayaking tuition session for a maximum of 10 members.

Cost is £17.50 per person.

To book please email:

#### Group Contact:

**Laura Lorenzetto**  
**[kayaking@ialg.org.uk](mailto:kayaking@ialg.org.uk)**

**[ialg.org.uk/kayaking](http://ialg.org.uk/kayaking)**



## Mah Jong

We meet at members' homes where we play the game for pleasure.



The game and the way we play it lends itself to both the beginner and the more advanced.

#### Group Contact:

**Valerie Williams 01462 624439;**  
**[mahjong@ialg.org.uk](mailto:mahjong@ialg.org.uk)**

**[ialg.org.uk/mahjong](http://ialg.org.uk/mahjong)**

Full

## Open Water Swimming



We took part in two swims in July - Stanborough Lakes and Wyboston Lakes. In August we are revisiting Redricks Lakes and Box End Park. The group is full for 2022 - but if you are interested in joining us for the 2023 season contact Steve.

#### Acting Group Contact:

**Steve Green 07710 542803;**  
**[openwater@ialg.org.uk](mailto:openwater@ialg.org.uk)**

**[ialg.org.uk/openwater](http://ialg.org.uk/openwater)**

Full

## Paddle Boarding

This is a sister group to the kayaking group.

Members are welcome to join either or both!

Laura is arranging 1-hour sessions at Stanborough Lakes over the summer during the week at 4.30pm.

All abilities welcome.

To register your interest and availability, please email Laura:

**Group Contact: Laura Lorenzetto**  
[paddleboarding@lalg.org.uk](mailto:paddleboarding@lalg.org.uk)

[lalg.org.uk/paddleboarding](http://lalg.org.uk/paddleboarding)



## Par 3 Golf

**Fridays, 10am**

Letchworth Par 3 Family Golf Centre,  
Willian Way SG6 2HJ

Nine holes, ranging in length from 53 yards to 104 yards. There is a small charge.

There is a comfortable clubhouse, serving light refreshments at reasonable prices.

To join this group LALG membership is essential.

**Group Contact:**  
**Paul Wilkinson**  
[par3@lalg.org.uk](mailto:par3@lalg.org.uk)  
[lalg.org.uk/par3](http://lalg.org.uk/par3)



Full

While we take care to reduce the risks associated with LALG activities, it is up to each individual to stay safe and to arrange their own personal insurance where applicable.

## Pétanque

**Wednesdays**, two sessions, **2pm - 3pm** and **3pm - 4pm**

Letchworth Par 3 Family Golf Centre,  
Willian Way SG6 2HJ

We have 18 people playing at each session. If you are interested in playing, please email:

**Group Contact:**  
**Maureen Flower** 01462 683939;  
[petanque@lalg.org.uk](mailto:petanque@lalg.org.uk)

[lalg.org.uk/petanque](http://lalg.org.uk/petanque)



## Rummikub

**Wednesdays**,  
**10am - 12 noon**  
**Thursdays, 1pm - 3pm**

Orchard Café, Letchworth Sports and Tennis Club, Muddy Lane SG6 3TB

If you have not been before, please get in touch.

**Group Contact:**  
**Les Hunt** 07748 481288  
[rummikub@lalg.org.uk](mailto:rummikub@lalg.org.uk)

[lalg.org.uk/rummikub](http://lalg.org.uk/rummikub)



## Saturday Night Board Games

Letchworth SG6 1FY

A group to learn and play some of the top-rated modern board games.

See website for meeting details.

**Group Contact: Andy Smith**  
[saturdayboardgames@lalg.org.uk](mailto:saturdayboardgames@lalg.org.uk)  
[lalg.org.uk/saturdayboardgames](http://lalg.org.uk/saturdayboardgames)



## Scrabble

For dates and times of meetings please see the website.

Usually on alternate Wednesdays at Orchard Café, Letchworth Sports and Tennis Club, Muddy Lane SG6 3TB

**Group Contact:**  
**Eileen Creak 01462 632692;**  
**scrabbleclub@lalg.org.uk**

**[lalg.org.uk/scrabbleclub](http://lalg.org.uk/scrabbleclub)**

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## Short Tennis

**Thursdays, 10.30am**

Indoor courts,  
Letchworth Sports and Tennis Club  
SG6 3TB

Short tennis is played in doubles on a smaller court with a soft ball.

It is easier than lawn tennis, but still good fun and a new skill to master.

If you want to find out more about joining our group, please contact:

**Group Contact:**  
**Andy Gordon 01462 685366;**  
**shorttennis@lalg.org.uk**

**[lalg.org.uk/shorttennis](http://lalg.org.uk/shorttennis)**

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## Social Cycling

**Sunday mornings**

These are leisurely rides around 12 - 20 miles, on quiet roads or off-road tracks, always ending in a coffee stop. E-bikes are welcome.

New members welcome.  
Contact Robin for more information.

**Group Contact:**  
**Robin Ghisi 01462 482400;**  
**socialcycling@lalg.org.uk**

**[lalg.org.uk/socialcycling](http://lalg.org.uk/socialcycling)**

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## Snooker

**Thursdays, 2pm - 4pm**

We meet every 2 weeks at the ABC Club, 24 Leys Avenue, Letchworth SG6 3EW.

The cost is £10 per hour for table (shared) plus £3 entry for non-members.

Snooker cues are available to borrow.

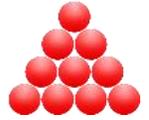
Let Angela know by the Monday of the week we are playing if you would like to participate.

There is also a pool table costing £1 per game plus £3 for non-members.

**Group Contact:**  
**Angela Gray 07879 776726**  
**snooker@lalg.org.uk**

**[lalg.org.uk/snooker](http://lalg.org.uk/snooker)**

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## Table Tennis For Fun

**Thursdays,**  
**7.30pm - 9.30pm**

Central Methodist Church Hall,  
Pixmore Way SG6 3TR

Please get in touch for confirmation.

New members welcome.

**Group Contact:**  
**Uschi Groves 01462 684742;**  
**TableTennisFun@lalg.org.uk**

**[lalg.org.uk/TableTennisFun](http://lalg.org.uk/TableTennisFun)**

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When you have finished with this newsletter, please pass it to a friend who might like to join LALG.



**EXHIBITION**

**Saturday 28<sup>th</sup> May - 10<sup>th</sup> September 2022**

Celebrating the life and work of one of Britain's most influential designers in Letchworth Garden City and beyond...

Bond Bug, Reliant Scimitar, Raleigh Chopper, Star Wars, Sculpture, Toys, Art and much more.

**TOM  
KAREN**

Open Monday to Saturday 10am-5pm  
Admission FREE. Donations welcome  
and Exclusive souvenirs for sale.

The Museum at One Garden City:  
Broadway, Letchworth Garden City  
Hertfordshire SG6 3BF

Letchworth  
Garden City  
Heritage Foundation

Garden City  
Collection

**MUSEUM**  
at ONE Garden City

## Walking Groups

### Alternative Ramblers

**Sunday 14 August,  
10am for a 10.15am start**



A five-mile walk from Buntingford through a mixture of landscapes. Mainly flat terrain with a few inclines and a footbridge with 84 steps!

Sensible footwear is recommended.

Food is available at a number of eateries in the town if required.

Meet at the Town Centre Car Park off Bowling Green Lane (nearest postcode SG9 9DF).

To book the walk, contact Mick on **01462 894011** or email **elaroche54@icloud.com**.

**Mobile on the day: 07904 412512**

#### **Group Contacts:**

**Anthony and Mary Wakeman  
01462 337588;  
alternativeramblers@ialg.org.uk  
ialg.org.uk/alternativeramblers**

### Make a difference

Could you help with launching new groups? Even one hour a month would help! Please email:

**groupsupport@ialg.org.uk**

### Baldock Walks

**Thursday 18 August, 1.30pm**

A walk of about 4.5 miles.

Meet at Tesco Extra outside the health centre.



Please bring water. Walking shoes are recommended as the terrain is quite hilly and rough underfoot.

Walk along Icknield Way to Welbury Farm, then a fairly steep hill followed by wide open paths with lovely views.

We will then walk to Weston Hills nature reserve towards Hatch Lane car park. Up Hatch Lane which is steep leading to a lovely path behind the George IV pub where there is quite a high stile. The stile can be avoided by walking down Hatch Lane and up the road via footpath to the pub where we shall stop for a drink. Then back to Tesco via the nature reserve and Limekiln Lane.

**Mobile on the day: 07704 762167**

To book for the walk please email or phone :

#### **Group Contacts:**

**Julia Genders 01462 620615 or  
07704 762167  
Eileen Creak 01462 632692  
baldockwalks@ialg.org.uk  
ialg.org.uk/baldockwalks**

### Dog-Friendly Walking Group



Our Group will not meet in August.

We will resume our walks again in September.

#### **Group Contact:**

**Marian Cowdrey 07854 678952;  
K9walks@ialg.org.uk  
ialg.org.uk/K9walks**

## Early Morning Walks

**Wednesday 3 August,  
7am - 9am**

**Wednesday 17 August,  
7am - 9am**



We meet at Letchworth's first roundabout on Broadway.

Open to all LALG members, walkers and non-walkers. Well-behaved dogs welcome.

We go whatever the weather. No need to book; just turn up.

### **Group Contact:**

**William Armitage 01462 643537;  
earlymorningwalks@lalg.org.uk**

**[lalg.org.uk/earlymorningwalks](http://lalg.org.uk/earlymorningwalks)**

For a calendar of LALG events, see  
**[lalg.org.uk/calendar](http://lalg.org.uk/calendar)**

## Evening Strollers

**Tuesday 16 August, 7pm**

Join us for a 3-mile circular stroll from Broadway Gardens around part of the Greenway.



Afterwards, those who want to will call at one of the town centre watering holes.

This group meets during the summer months only.

### **Acting Group Contact:**

**Jackie Sayers 07970 407635**

**[eveningstrollers@lalg.org.uk](mailto:eveningstrollers@lalg.org.uk)**

**[lalg.org.uk/eveningstrollers](http://lalg.org.uk/eveningstrollers)**

**WE'RE  
BACK!**

## Long Distance Walkers

**Saturday 13 August**

South of London Walk:  
Havant to Chichester



A 15-mile walk from Havant Railway Station to Chichester via Langstone Quay, Emsworth, Chidham, Bosham and Fishbourne. There is an option to have an early dinner and/or a drink in Chichester before travelling home.

Purchase an off-peak return ticket to Havant via Chichester (£36.55 with Senior Rail Card) and travel from Letchworth to Havant on the 07.21 train (change at East Croydon). Return from Chichester to Letchworth at 17.39 or later depending on whether you stay for dinner and/or a drink after the walk.

Please advise the walk leader by e-mail of your interest in joining the walk, and in having dinner and/or a drink before departing Chichester by no later than Friday 29 July, all without obligation.

Please note: if there is a rail strike or engineering works taking place on Saturday 13 August, the walk will be postponed to a later date.

Walk Leader - John Barrett:

**[john.barrett@jbmail.org.uk](mailto:john.barrett@jbmail.org.uk)**

Phone: **07790 877148**.

### **Group Contact:**

**Mia Matheson 01462 490070;**

**[longdistancewalkers@lalg.org.uk](mailto:longdistancewalkers@lalg.org.uk)**

**[lalg.org.uk/longdistancewalkers](http://lalg.org.uk/longdistancewalkers)**

## Slow Ways

There are over 8,000 Slow Ways walking routes, including 970 with options for a circular walk.

Email **[hello@slowways.uk](mailto:hello@slowways.uk)**

For more information please visit:  
**[slowways.uk](http://slowways.uk)**

## Friday Afternoon Walks

Our Group will not meet in August.

We will resume our walks again in September.

### Group Contact:

**Marian Cowdrey 07854 678952;**  
**fridaypmwalks@lalg.org.uk**

**[lalg.org.uk/fridaypmwalks](http://lalg.org.uk/fridaypmwalks)**



## Midweek Walkers

### Wednesday 10 August

A circular 11-mile walk from Pirton, via Deacon Hill to Lilley, and back via Little Offley. The total ascent is about 340 metres.

**Meet at 10am** at the Motte and Bailey pub in Pirton.

Bring a packed lunch and drink, though there should be an opportunity for a pub stop at lunch time. To book contact Katie and Tony Maynard-Smith: **07800 632879**.

Next walk: Wednesday 7 September

### Group Contact:

**Jess Peyton Jones 01462 458397;**  
**midweekwalkers@lalg.org.uk**

**[lalg.org.uk/midweekwalkers](http://lalg.org.uk/midweekwalkers)**



## Midweek Amblers/ Ramblers

### Thursday 18 August, 10.15am for 10.30am start

Meet at The Bull, Whitwell SG4 8AG. The walk is 4 miles, mostly on good paths with a few gentle climbs, and will be led by Margaret and Martin Watkinson.

To book for the walk, and lunch if required, please email **mmletchworth@hotmail.com** or phone **01462 682927**, with your contact number. Sorry no answer phone messages please.

Mobile on the day: **07891 145024**

**Next walk: Friday 16 September**

### Group Contact:

**Carol Stokes 01438 353666;**  
**midweekambleramble@lalg.org.uk**  
**[lalg.org.uk/midweekambleramble](http://lalg.org.uk/midweekambleramble)**



## Sunday Ramblers

### Sunday 7 August

Stapleford, Tonwell and Sacombe Park.  
8.5 miles.

A lovely circular walk starting from Stapleford (parking alongside the main road, A119). On turning left into Church Lane turn immediately right and park. From here it's on to Tonwell, and Sacombe Park and the Hertfordshire Way before following the River Bean back to Stapleford.

Meet at the Arena car park to leave at 09.30am for car sharing.

Bring a packed lunch.

Walk Leaders: Debbie and Robin

Tel: **07948 554359**

### Group Contact:

**Robin Edmett 01462 636085;**  
**07948 554359;**  
**sundayramblers@lalg.org.uk**

**[lalg.org.uk/sundayramblers](http://lalg.org.uk/sundayramblers)**



While we take care to reduce the risks associated with LALG activities, it is up to each individual to stay safe and to arrange their own personal insurance where applicable.

## Nordic Walking

We are full at the moment but we are happy to add you to our waiting list and to provide a taster session for you.



Please get in touch:

**Group Contact:**  
**Christina Butterworth**  
**01462 634437;**  
**[nordicwalking@lalg.org.uk](mailto:nordicwalking@lalg.org.uk)**  
**[lalg.org.uk/nordicwalking](http://lalg.org.uk/nordicwalking)**

Full

## Slower Walkers

**Wednesday 10 August**

**Note: day and date change**



An easy walk of 4 miles on good footpaths.

We will follow part of the Navigator Way crossing Henlow meadows to the river Ivel and then walk along the river bank.

The walk led by Sally and Dennis will be from The Green Man, Stanford SG18 9JD.

Meet at 10am for a 10.30am start. To book your place on the walk and lunch (if required) email **[sally.cannon@icloud.com](mailto:sally.cannon@icloud.com)** or telephone **01462 629483** by Thursday 4 August.

Date of next walk:  
**Thursday 8 September**

Mobile on the day 0788 7750884

**Group Contact:**  
**Charlie Sams 01438 359026;**  
**[slowerwalkers@lalg.org.uk](mailto:slowerwalkers@lalg.org.uk)**  
**[lalg.org.uk/slownerwalkers](http://lalg.org.uk/slownerwalkers)**

## Trail Walkers

**Tuesday 9 August**

**Tuesday 13 September**

## Hertfordshire Way



We are a recently re-established group, aiming to cover some of the longer distance trails that pass near Letchworth.

New members are warmly welcome.

We are currently enjoying working our way round the Hertfordshire Way, which circumnavigates the county of Hertfordshire. This is being tackled in stretches of 10-15 miles. We are sharing cars for these linear walks.

In August we will be walking from Chipperfield to Ashridge and in September from Ashridge to Markyate.

If you might be interested or have any questions, please get in touch with:

**Group Contact: Nigel Bellis**  
**[trailwalkers@lalg.org.uk](mailto:trailwalkers@lalg.org.uk)**  
**[lalg.org.uk/trailwalkers](http://lalg.org.uk/trailwalkers)**

## Walking Buddies

**Monday 15 August,**  
**10.20am**



Meet at the Three Moorhens (SG4 9AJ) pub car park to book lunch, then for a three-mile walk to Charlton village and back to the Three Moorhens pub for lunch.

**Group Contacts:**  
**Anne Larkins 01462 621028;**  
**Jane Clark 01462 450599;**  
**[walkingbuddies@lalg.org.uk](mailto:walkingbuddies@lalg.org.uk)**  
**[lalg.org.uk/walkingbuddies](http://lalg.org.uk/walkingbuddies)**

## Weekend Strollers

Saturday 13 August,  
10.30am



Meet at the newly refurbished Three Horseshoes, Norton.

We do not walk fast or far, no more than 3 miles.

Walks are followed by coffee. If wet, more coffee, less walk!

No booking required, everyone is welcome to just come along.

If you are not sure where to meet, please get in touch:

**Group Contact:**  
**William Armitage 01462 643537;**  
**weekendstrollers@lalg.org.uk**

[lalg.org.uk/weekendstrollers](http://lalg.org.uk/weekendstrollers)

## Wild Walks Mostly Mountainous



**Social:**  
**Thursday 11 August**

The Garden City Brewery, The Wynd.

The last leg of the walk in Wales, from the Brecon Beacons to Cardiff Bay is being planned for September.

If you would like to join the walk, please contact Philip Sayers as soon as possible on [p.sayers@gmail.com](mailto:p.sayers@gmail.com).

**Group Contact:**  
**Sheila George 07807 827490;**  
**wildwalks@lalg.org.uk**

[lalg.org.uk/wildwalks](http://lalg.org.uk/wildwalks)

## LALG at the Festival - Our Crossword solution

Congratulations to Sue Matejtschuk - our Crossword winner!

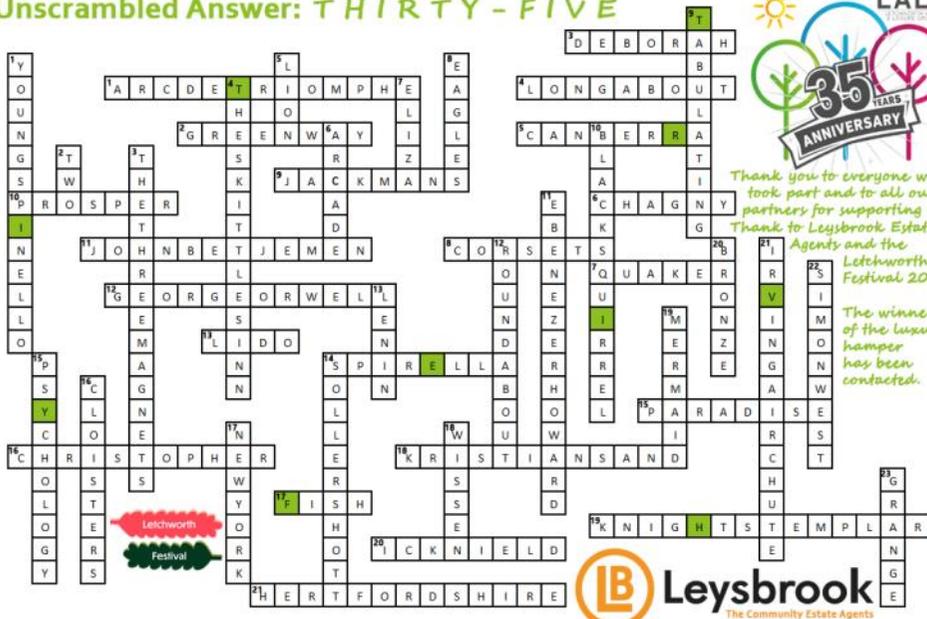
We collected over £60 from this competition and it will all be donated to charity.

Unscrambled Answer: **THIRTY-FIVE**



Thank you to everyone who took part and to all our partners for supporting us. Thank to Leysbrook Estate Agents and the Letchworth Festival 2022.

The winner of the luxury hamper has been contacted.



## Linked Organisations

Baldock Floral Society baldockfloralsociety.co.uk	1st Thursday evening each month in Baldock Community Centre. Part of NAFAS providing workshops and expert demonstrations.	Jean Metzger 07767 884728 or 01462 490930 metzjean@aol.com
Baldock Folk Club	Free admission, donations to performers welcome.	Brian Burke 07768 274037 brianbofbaldock@gmail.com Orange Tree Pub, Baldock
Broadway Gallery www.broadway-lethworth.com/ studio-gallery	Free exhibitions, drop-in family arts studio, courses and events.	The Arcade, Letchworth paul.davey@lethworth.com 01462 476110
David's Bookshop www.davids- bookshops.co.uk	Bookshop offering authors' events and book signings. 10% over £5, some exceptions.	Eastcheap 01462 684631 info@ davids-bookshops.co.uk
Forty Plus Cycling Club www.fortypluscc.co.uk	Rides of 25-40 miles to pub lunch, mainly on quiet lanes. Thursdays 10.30am. New members welcome.	Geoff Perry 07770 600370 Stuart Collins 07710 507069 stuartcollins2016@gmail.com
Friends Of Norton Common www.facebook.com/ friendsofnortoncommon	Volunteers working to preserve Norton Common. Weekly working parties Thursdays from 9.30am.	Norton Common friendsofnortoncommon@ virginmedia.com
Get Painting	Wednesdays 9.30am to 12.30pm at the Settlement. Beginners welcome. Bring your own materials; a social way to enjoy your hobby.	Tony Faulkner 07414780177 antonio@live.co.uk
Hitchin Floral Art Club	Qualified NAFAS floral demonstrators show how to create pleasing designs. Also in-house workshops	Jen 07833 948288 hartinthecorner@gmail.com
Letchworth District Gardeners Association www.ldga.org.uk	Talks, outings, coffee mornings, trading store and seasonal shows. Discounted entry to monthly talks.	enquiries@ldga.org.uk
Letchworth Educational Settlement www.lethworth settlement.org.uk	Independent adult education centre providing academic and recreational classes.	229 Nevells Road info@lethworthsettlement .org.uk
Letchworth Film Club www.lethworthfilmclub .com	We view quality films at Broadway Cinema that might not otherwise come here. Discounted tickets.	Peter Griffiths peter@ lethworthfilmclub.com 01462 671679
Letchworth Garden City Society www.lgcs.org.uk	History & architecture of LGC and other garden cities; Arts & Crafts Movement; local planning matters. Visits. Talks.	Philippa Parker 01462 686828 philippaclare@me.com
Letchworth Jazz Appreciation Society www.lethworthjazz.org.uk	Monthly meetings at Garden City Brewery: informed presentations of jazz recordings, with CD/DVD/Book Library and Raffle!	Bernard Pritchard 07563 875127 info@lethworthjazz.org.uk
Letchworth Men In Sheds www.lethworthshed.org	A non-profit workshop. Share skills, learn new skills, drop in to socialise. Reduced membership fee for LALG members	Peter Hill 07941 889066 Letchworthmeninsheds @gmail.com
Letchworth Model Railway Society www.lethworthmrs.org.uk	The Society meets weekly: Mondays and Wednesdays at Stalalone Farm.	secretary@ lethworthmrs.org.uk

## Linked Organisations

Letchworth Natural History Society	Monthly Sunday and weekday walks. Discounted entry for LALG members. U16s free.	Pat Robinson 01438 515026 patrobinson759@btinternet.com
Letchworth Scale Model Club letchworthsmc.yolasite.com	Static modelling - figure modelling, vehicles, aircraft ships, etc. Talks and demos at The Club Room, Icknield Centre, Icknield Way, SG6 1EF	Rod Johnson 01438 814225 rodjohnson.mail@talktalk.net
Letchworth Sustainability Forum	Community Group charged with creating a sustainability plan for LGC. Developing ways to help low-income families cut costs and carbon footprint	info@sustainableletchworth.org.uk
Lordship Theatregoers www.facebook.com/groups/lordshiptheatregoers	We buy tickets at group rates for West End shows, and matinees at Milton Keynes Theatre. No travel arrangements included.	Clive Roylance cliveroylance@icloud.com
North Herts 50+ www.nh50plus.com	Courses, events and social meetings for anyone aged 50+. Discounted entry for LALG members.	Sheila Hogan 01462 743578 nh50plus@gmail.com
N. Herts Guild of Spinners, Weavers And Dyers craftingtogether.wordpress.com	Spinning, weaving, dyeing and other textile crafts. Meets 1st and 3rd Thursdays at Letchworth Settlement 7.30-9.30pm, during term time.	craftingtogether@gmail.com
North Herts Ramblers Group nhrg.org.uk	Weekend walks and occasional midweek in N. Herts, Beds, Essex, and beyond. Walking holidays in UK and abroad. Courses in leadership.	Leon Fotiadis 07525 796814 leon.fotiadis@ntlworld.com
North Herts Speakers Club www.northhertsspeakers.org	Develops competence in leadership and communication. 1 <sup>st</sup> and 3 <sup>rd</sup> Wednesdays, 7.30pm at Sun Hotel, Hitchin. Free for visitors. Call first.	John Kendall 01462 684036
Pembroke 50+ Club	Letchworth Leisure Centre. Prime activities: badminton and keep fit. Has also provided table tennis, card and board games and social events	Geoff Dallimer 01462 678745 pembroke50plusclub@btinternet.com
Rainmakers International Folk Dance Group www.rainmakers.org.uk	Dances of all styles from around the world.	Mark 01462 454210
Transition Town Letchworth www.transitionletchworth.org	Local projects to help repair the climate. LALG Members can borrow our thermal camera to check out the energy efficiency of their home.	ttletchworth@gmail.com
Weston Music Society westonmusicsociety.org.uk	Six concerts pa by acclaimed classical musicians, inc. two for classical guitar. Usually Holy Trinity Church, Weston. Newcomers very welcome.	Simon Armitage 01462 790214 westonconcerts@gmail.com
Willian Bowls Club bowlsclub.org/club/3950	Bowls club on Lower Green Norton Common, Icknield Way. Reduced membership fee (33% discount).	Norton Common. David 01462 642790 davidpollard@hotmail.co.uk

## Join LALG or renew your membership

### 5 reasons to belong to LALG

Membership gives your whole household access to:

- ✓ Around 130 groups and events
- ✓ Generous discounts at around 50 local businesses
- ✓ A chance to meet new people
- ✓ Online activities to enjoy from your own home
- ✓ Regular newsletter, online or posted to you.

...and you don't need to live or work in Letchworth to belong!

The easiest way to join LALG or renew your membership is online.

[JOIN | RENEW](#)

At [lalg.org.uk](http://lalg.org.uk) click on Join | Renew and follow the instructions there.

Or you can pay by phone or bank transfer. Or, pick up a form from David's Bookshop in Eastcheap.

Annual membership is £10 per household, or £14 if you want the newsletter to be posted to you as well as reading it online.

Membership Secretary:  
Contact Jackie on **07361 040348**; or email [membership@lalg.org.uk](mailto:membership@lalg.org.uk)

## From the Editors

The editor of this edition was Leon Fotiadis. The editor for the September edition will be Andy Stroomer.

Please send repeat entries by Wednesday 10 August and anything unusual or long by Friday 5 August. This will ensure timely printing and distribution of our Newsletter.

Please send your entries to [newsletter@lalg.org.uk](mailto:newsletter@lalg.org.uk)  
All emails are acknowledged. If you do not hear anything after a few days, please chase us.

A suggestion for contributors: don't wait until the deadline. Set yourself a reminder for the 1st of each month. Thank you!