



LALG Open Water Swimming group  
Redricks Lake near Sawbridgeworth

## Make the most of summer!

The warmer days and longer evenings provide the ideal chance for getting out of doors.

And there are plenty of ideas to tempt you in this newsletter.

There is a coach trip to Runnymede, Eton and Windsor; a self-drive trip to Fotheringhay; and walks and cycle rides of varying length throughout the county and beyond.



Or maybe you would enjoy a game of Pétanque, a lesson in kayaking, or a round of golf.

For something a bit different, how about joining a litter-picking session with the Blitz an Open Space group.

And there is a new Paddle Boarding group, while the Wilding group is off to Ashwell Quarry. So there should be something for everyone!!

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



## Letter from the Chair of LALG

It is hard to believe that 2022 is already half done! After two years of on and off covid restrictions, life is

beginning to return to normal with more activities opening up.

Do take a look at the newsletter to see what you fancy. Some old favourites, such as trips, have returned and there are new ideas for you to try.

We have gathered these ideas together in the front of the newsletter so you can find them easily.

Once a group is established, we move it to its proper place with a 'new' sticker. We have plenty of ideas, but each one can only take off if someone comes forward to be the group contact.

We are also short of people for the committee, particularly a new secretary as Marian is stepping down at the AGM.

We also need help with some administrative tasks. I'm sure we could find something for you to do to match your skills, interests and time available. Do get in touch if you can help.

We are a unique organisation. 35 years of providing huge numbers of activities for our community. Always run by volunteers.

I thank all those who have helped in the past – could you join them and start us on the path to another successful 35 years?

We could then celebrate our Platinum Jubilee!

**Elaine Fox**

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## Trips and Events

### Trips

Make the most of the summer by getting out and about.

And there can be no better way than going with a group of LALG friends. Everything is organised and just waiting for you to get in touch.



### Tuesday 26 July

#### Coach trip to Runnymede, Eton and Windsor

Pick up 8.30am outside Letchworth Railway Station and 8.50am at Woodside car park in Hitchin.

Optional treasure hunt map walking tour of Windsor. We will leave Windsor at 4pm.

£30 members and £34 non-members.

Full trip details and booking information are at [lalg.org.uk/trips](http://lalg.org.uk/trips).

### Friday 26 August

#### Private tour of The Manor House and garden in Hemingford Grey

The Manor dates from around 1130, is one of the oldest inhabited houses in Britain, and was once the home of the author Lucy Boston.

Travel by car. £10 for LALG members and £12 for non-members.

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)

### 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)



### Bus Buddies

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

Past favourites have been to Hertford, Biggleswade, St Albans, St Ives and WGC for a mixture of sight-seeing and shopping.

At the destination people can go off by themselves or meet for lunch and later ride home together.

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)



## 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

**Tuesday 12 July**

St Paul's Cathedral and  
Tate Modern, Bankside



We will take the train from Letchworth at 09.51 to City Thameslink where we walk the short distance to the cathedral. Alan and Charlotte Drake will travel with us and guide us around.

After that there is a short refreshment break before we cross the Millennium Bridge to visit Tate Modern at Bankside. Alan and Charlotte will return home from Blackfriars station at 2pm. You can join them, stay on to explore Tate Modern further or make other arrangements to travel home independently.

The cost of the trip is £28. This is the £18 entry fee for the Cathedral plus the fee we pay to Alan and Charlotte.

We cover our own travel and refreshment costs.

There is further information on the website, where you can also book.

**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

If you would like to host one of next winter's quizzes, or to know more before committing yourself, please do get in touch:



**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 4 July, Doors open 10am for 10.30am

First speaker - details were not available at the time of going to press. See [lalg.org.uk/membersmeetings](http://lalg.org.uk/membersmeetings).

Main speaker: Graham Pointon will tell us about **The Origins of Language** starting with the acquisition of the physical ability to speak.

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

Main talk: **A Walk Around Bowling Green, Old Stevenage** - local historian Bill Wastell on the history of the buildings and people in the area.

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

## Train Buddies

### Thursday 7 July, 11am

Broadway Hotel, Letchworth

We will discuss arrangements for our upcoming trip to Margate on Thursday 25 August.

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)



## Visit to Fotheringhay

### Thursday 21 July

A unique opportunity to visit the village of Fotheringhay, a few miles south-west of Peterborough. Fotheringhay Castle was where Mary Queen of Scots was last held captive, was tried and executed in 1587.

**We will make our own way there, meeting at 11am** at the church - postcode PE8 5HZ. Approximately 75-minute drive from Letchworth. Road-side parking alongside the church.

We start with a talk by local resident Colin Pendrill, former Head of History at Oundle School, about the Castle, and the events involving Mary. We then walk the short way to where the castle stood, followed by a short explanation of the site by Colin, and free time to explore.

After a sandwich lunch in the church, Colin will tell us about its history, then lead us on a short guided tour of the significant features.

There is a charge of £12 per person to cover the cost of lunch and a donation to the church; the donation being at Colin's request, as he will not charge for the talk.

To book a place, please email or phone John Cox, details below. John will then provide payment details for securing your booking.

This visit is arranged by the Opera and Ballet Group. It follows their 5 July meeting, watching the significant parts of Donizetti's opera *Maria Stuarda* (see page 10).

All LALG members are welcome.

**Group Contact:**  
**John Cox 01438 241043;**  
[operagroup@lalg.org.uk](mailto:operagroup@lalg.org.uk)  
[lalg.org.uk/operagroup](http://lalg.org.uk/operagroup)

## Visiting Churches



### August, date tba

We will visit a local church.

### 27 September

#### Lincoln by coach

We will join the Trips group for a day in Lincoln, with optional guided tours of the city and/or cathedral. Put the date in your diary for now – details will be in the next newsletter.

#### Cambridge Central Mosque

We are still trying to make arrangements with the Mosque so our visit is postponed until later in the year.

#### Help wanted!

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

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

## LALG's 35th Anniversary



### Save the Date!

**Friday 14 October**

LALG is planning to hold a dance with live music and a buffet supper to celebrate its 35th birthday.

Details will be in the next newsletter, but put the date in your diary now!

**[SocialTeam@jalg.org.uk](mailto:SocialTeam@jalg.org.uk)**

## 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 [jalg.org.uk/writingcompetition](http://jalg.org.uk/writingcompetition) or by email to [eventsorganiser@jalg.org.uk](mailto:eventsorganiser@jalg.org.uk).

Good luck!

## Advertisement

### Get Painting

We meet at The Settlement, Letchworth SG6 4UB each Wednesday 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)**

## New Ideas

When New Ideas become new groups, they are moved to the relevant section of the newsletter with a 'NEW' icon like this:  
***newideas@lalg.org.uk***



### Pickleball

Unfortunately, there wasn't enough interest to organise this group.

However, there is a Pickleball group at Letchworth Tennis Club every Monday at 10am. For £3 per person, you can just turn up and play!

### Qigong

Around 40 people have expressed an interest in some form of keep fit group.

Letchworth is well-served for most options but there seems to be a gap locally for a new Qigong group.

So we are planning to run two Qigong taster sessions in July.

These will be led by a qualified instructor at a reasonable cost to cover her fee plus room hire.

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

If you would like more details, contact Anne at ***newideas@lalg.org.uk***

or visit: ***lalg.org.uk/newideas***

## 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@lalg.org.uk***

### 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@lalg.org.uk***

### Group Support Team

If you need help with launching a new group or reviving an existing group, we are here to help. We can help with finding venues, getting publicity and even temporarily running the group.

Please ring one of the team:

Steve Green	07710 542803
Jackie Sayers	07970 407635
William Armitage	01462 643537

Or you can email the team at:  
***groupsupport@lalg.org.uk***

## Arts and Books

### Art Appreciation

Monday 4 July, 2pm

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



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

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

### British History Reading Group

Thursday 21 July,  
7.30pm

Broadway Hotel Bar

Topic: *Chaucer* by Peter Akroyd in the *Brief Lives* series.

Geoffrey Chaucer (d. 1400) served with Edward III and became a courtier thanks to the patronage of John of Gaunt, and is regarded as the Father of English Poetry.

All welcome.

**We will not be meeting in August.**

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

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



Membership of LALG entitles everyone in your household to join as many groups and activities as they want, space permitting.

It also enables you to join in the free COVE events when they resume.

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

Monday 25 July,  
7.30pm

*Winnie The Pooh*  
by A A Milne.



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@ialg.org.uk](mailto:childrensbooks@ialg.org.uk)

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

### Crime and Murder Mystery Book Group

Monday 25 July, 7.30pm

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

*The Whisper Man* by Alex North

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

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

[ialg.org.uk/crimebookgroup](http://ialg.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 11 July, 2pm

*Windswept* by Billy Connolly

### Monday 8 August, 2pm

*Small Pleasures* by Clare Chambers

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. You will get a warm welcome.

#### Group Contact:

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

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

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## Fairfield Book Group



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

### Thursday 7 July, 7.30pm

*Lies Sleeping* by Ben Aaronovitch

### Thursday 4 August, 7.30pm

*Duggie Bain* by Douglas Stuart

£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 4 July, 8pm

at Peter's house.

We will discuss *By the Grace of God* (2018) dir: François Ozon

It is available for the next few weeks on BBC iPlayer. It is also available to rent on Amazon Prime Video.

#### Group Contact:

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

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

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## 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)**

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## Irish Book Group



### Wednesday 13 July, 11am

The Gallery, Leys Avenue

*Mad, Bad, Dangerous To Know* by Colm Tóibín writing about the fathers of Joyce, Yeats and Wilde.

### Wednesday 10 August, 11am

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

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@ialg.org.uk**

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

## Opera and Ballet Group



**Tuesday 5 July, 7.15pm**

Letchworth Settlement,  
Nevels Road SG6 4UB

We shall watch part of Scene 1 of Act 1, the whole of Scene 2, and Act 2 of Donizetti's wonderful and highly dramatic opera *Maria Stuarda* (Mary Queen of Scots).

Joyce DiDonato's performance as Mary is outstanding. Truly, an evening not to be missed. Come along, plenty of room in the Main Hall.

**Thursday 21 July**

See page 5 for details of our visit to Fotheringhay, where Mary Queen of Scots was tried and executed.

All welcome!

### **Group Contact:**

**John Cox 01438 241043;**  
**operagroup@ialg.org.uk**

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

## Play Reading 1

**Monday 18 July, 1.30pm**

*Time to Kill* by Diana Morgan



Meeting in a member's house in Letchworth. **No meeting in August.**

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

### **Group Contact:**

**Ann Gibson 01462 680995;**  
**playreading1@ialg.org.uk**

**[ialg.org.uk/playreading1](http://ialg.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@ialg.org.uk**

**[ialg.org.uk/playreading2](http://ialg.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@ialg.org.uk**

**[ialg.org.uk/poetryafternoon](http://ialg.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 20 July,**  
**7.30pm**



*13.8: The Quest to Find the True Age of the Universe and the Theory of Everything* by John Gribbin

An astrophysicist and popular science writer, Gribbin explains how the Universe's age (13.8 billion years) was discovered, how our understanding of the Universe has developed, and how we should be able to unify the 20th century's two great theories of physics (the general theory of relativity, describing the behaviour of large things; quantum theory describing the behaviour of small ones) into a unified "Theory of Everything".

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

**Thursday 28 July,**  
**7.45 for 8pm**



Mrs Howard Memorial Hall, Norton Way South SG6 1NX  
*The Girl With the Louding Voice* by Abi Dare.

### No August meeting

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 6 July,**  
**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 7) 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](http://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](mailto: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](mailto:newsletter@lalg.org.uk)**.

## LALG at the Festival

### A Big Thank You

Thank you to all the LALG members who spent time running our stall, golf and bridge session at Letchworth Festival on 11 June. You provided an excellent opportunity for local people to find out about LALG and what we have to offer.



Thank you also to the many members who dropped by the stall for a chat. It reminded us of what a wonderful and friendly organisation LALG is.

Being such a glorious day, we had lots of visitors to the stall. Some people suggested ideas for new groups, and many took details of the existing groups. We are hoping that our membership team will soon be very busy signing them up!

One of the high points of the day was the launching of our new Writing Competition. We are hoping it will draw attention to LALG and attract more members. See the details on page 6.



## Crafts & Gardening

### Art and Craft Workshop

Thursdays  
7 and 21 July



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

All materials supplied.

Please get in touch for the time and location:

**Group Contact:**  
**Robin Ghisi 01462 482400**  
[artworkshop@lalg.org.uk](mailto: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](mailto: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](mailto:embroidery@lalg.org.uk)  
[lalg.org.uk/embroidery](http://lalg.org.uk/embroidery)

### 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](mailto: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](mailto:groupsupport@lalg.org.uk).

Finally, the committee needs people who are interested in the general running of LALG. For more information about what is involved, please contact the Secretary, Marian, on **01462 683898** or email [secretary@lalg.org.uk](mailto:secretary@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@lalg.org.uk](mailto:flowerarranging@lalg.org.uk)**  
**[lalg.org.uk/flowerarranging](http://lalg.org.uk/flowerarranging)**

### Gardens For All

We have no visit planned for July.



**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 get in touch:

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

### 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 (p7) or email: **[newideas@lalg.org.uk](mailto:newideas@lalg.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@lalg.org.uk](mailto:gardeningTT1@lalg.org.uk)**  
**[lalg.org.uk/GardeningTT1](http://lalg.org.uk/GardeningTT1)**

Full

### Gardening Tea and Tips 2

**Friday 22 July, 2pm**  
At Julia's



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

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

Full

### Gardening Tea and Tips 3

**Mondays 11 and 25 July,**  
**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 tea and cake. We are a friendly group and have room for 1 or 2 more members. Please get in touch for details of the venues:

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

## Knitting Group

For information about our meetings, please contact:

**Group Contact:**  
**Annie Hankin 01462 685511;**  
**knittinggroup@lalg.org.uk**  
**lalg.org.uk/knittinggroup**



Full

## Patchwork Group

Thursday 7 July, 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**  
**lalg.org.uk/patchwork**



Full

## 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**  
**lalg.org.uk/poa**



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**  
**lalg.org.uk/recorder**



## 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**  
**lalg.org.uk/sewing**



## Sketching in the English Countryside

Friday 29 July, 10.30am

Radwell near Baldock

Radwell Lane is on the left off the A507 coming north from Baldock. Meet by the lake near the end of the lane (before the campsite) where there is limited parking.

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**  
**lalg.org.uk/sketchingcountryside**



## Textile Interest Group

Thursday 21 July,  
11am - 1pm and  
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](http://ialg.org.uk/textileinterest)**

## 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](http://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](mailto: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](http://ialg.org.uk/ukulele)**

## Wild Flowers

Sadly, the proposed wildflower meadow at Docwra Manor failed.



But at Hexton Chalk Pits we will see butterflies as well as flowers, and possibly also visit Radwell Meadows.

Members will be advised of dates and times by email.

### **Group Contact:**

**Sheila Rhodes 01462 678911;**  
**wildflowers@ialg.org.uk**

**[ialg.org.uk/wildflowers](http://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](mailto:baking@lalg.org.uk)**

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

### Breakfast Club

Tuesday 12 July, 9am

**NOTE – Earlier start**



Travelodge, Avenue One,  
Letchworth SG6 2HB

An unlimited breakfast buffet with a good selection of both hot and cold food and beverages included.

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

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

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

### Firkin Club

Tuesday 12 July, 8pm

Crafty's Beer Shop,  
15 Leys Avenue,  
Letchworth SG6 3EA



... where there's always a good selection of interesting real ales.

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](mailto: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](mailto:foodcookery@lalg.org.uk)**

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



Full

### Lunch Club

Monday 11 July,  
12.30pm



Three Horseshoes, Norton

We are a small friendly group open to everyone.

Please let Sheila know by Sunday 10 July if you would like to join us.

**Group Contact:**  
**Sheila George 07807 827490;**  
**[lunchclub@lalg.org.uk](mailto: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.



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 29 July, 7pm**  
**Note new date**



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

**Wednesday 13 July,**  
**7pm for 7.30pm**

The Raven, Village Street,  
Hexton SG5 3JB



A new venue for us, The Raven is a traditional country pub-restaurant with wooden beams interior.

We will have a 3-course meal with coffee. For the menu and to book your place, 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 19 July, 7pm**



Vutie Beets,  
The Wynd, Letchworth  
SG6 3EN

**Cake and Bake - healthy and non-healthy cakes to taste**

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

Sunday 3 July,  
1.30pm - 4.30pm

Hosted by Tony and Anne

A Garden Party for current members of the group.

This will include a glorious selection of summer Whites, Rosé and Red.

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

### All Things Military

Thursday 14 July,  
7.30pm

The Underwood Room  
Mrs Howard Memorial Hall  
Norton Way South, SG6 1NX

Discussion on the way forward for the group, speakers etc.

We also have about 40 books on military subjects for anyone to choose for a small donation to the group's funds; plus a large pile of Osprey books.

For this month only the charge is £1 towards room hire.

### Group Contacts:

**Veronica Tomkins 01462 671402;**  
**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**



### All Things Scottish

#### Last call

Please contact Joyce if you would like to get involved in establishing this group.

Otherwise no more.

**Group Contact:**  
**Joyce Henderson**  
**01462 420342; scottish@lalg.org.uk**  
**lalg.org.uk/scottish**



### 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**



### Architecture Group

Monday 11 July, 7.30pm



Mrs Howard Memorial Hall,  
Norton Way South SG6 1NX

#### How you look at a house from an architect's viewpoint

Talk and discussion led by Adam Grant, Letchworth architect who specialises in historic and listed buildings.

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

Tuesdays 20 September  
and 18 October,  
6.30pm - 8pm



The main hall at the Central Methodist Church, Pixmore Way, Letchworth SG6 3TR

Complete beginners with 2 left feet very welcome!

All dances taught/called.

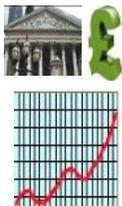
LALG members £4, non-members £5

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@jalg.org.uk](mailto:investmentclub@jalg.org.uk)**  
**[jalg.org.uk/investmentclub](http://jalg.org.uk/investmentclub)**

## Blitz an Open Space

Litter picking dates:

**Letchworth**  
**Saturdays 9 July**  
**and 6 August**  
**Thursdays 21 July and 18 August**

**Baldock**  
**Wednesday 13 July and 10 August**  
**Sundays 31 July and 21 August**

Venues will be advised nearer the time. To date the teams have collected 701 bags of rubbish.

Volunteers are always welcome. The Baldock teams are particularly struggling and need more members.

Please contact Brian to volunteer.

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@jalg.org.uk](mailto:litter@jalg.org.uk)**  
**[jalg.uk.org/litter](http://jalg.uk.org/litter)**



## Computer Users

**Fridays 1 July and 5 August, 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@jalg.org.uk](mailto:usingcomputers@jalg.org.uk)**

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

**This is not a computer support line**

Full

## Countryside, Nature, Farming and Wildlife



The June meeting was held after the deadline for this newsletter. More news next month.

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

## Calling Group Contacts

Has your group done something special lately?  
Do you have a photo to share?

With the permission of those pictured, send it to  
**[newsletter@jalg.org.uk](mailto:newsletter@jalg.org.uk)**

## 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	10% 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	682571	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 **Monday 25 July.**

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](mailto:hudson9173@hotmail.co.uk)**

## Feature

### Decluttering buddies

The decluttering group started earlier this year with over a dozen members. Some of us wanted to chuck out a few useless items, others had a more serious need for a radical clear out.

At our first proper meeting we had an excellent talk by LALG member Jenny Jones, who shared her wealth of professional experience in house clearance.

At another meeting, some members of the LALG computer users group gave us a fantastic session on selling our treasure online. Now lots of us are on eBay and Facebook Marketplace etc.

One of the best things to happen has been a buddying idea. Elizabeth and Nicole started it first and proved that having a decluttering buddy can provide the impetus we need to get started, and then keep on going.

Elizabeth said: "Nicole has given me the confidence to make a small start on sorting through some very precious belongings. Having her support really helps."

Nicole said: "The key is to never be judgmental of each other. We just ask ourselves 'does this item bring me joy?' - and if it doesn't, we look for an environmentally responsible way to get rid of it."

The group is next meeting in September but if you want any support before then, visit our webpage.

There is a long list of useful organisations for disposing of your unwanted items. And some tips for successful buddying. Visit:

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

## 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)**



### Europe and Beyond

**Thursday 30 June,  
7.30pm**

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

The topic will be:  
**Approaches to Mental Health &  
Wellbeing**

First speaker:  
Sandra Blacker, Clinical Trustee,  
Stand-by-me Bereavement Service

2nd speaker: to be confirmed

LALG members £3, non-members £4  
all are welcome.

**Group Contact:**  
**Mandy Baldwin 07515 823735;**  
**[europaebeyond@lalg.org.uk](mailto:europaebeyond@lalg.org.uk)**

**[lalg.co.uk/europaebeyond](http://lalg.co.uk/europaebeyond)**



### Geology Group

The date of our July meeting has yet to be arranged.

We are planning to spend an afternoon visiting the Sedgwick Museum of Earth Sciences in Cambridge.

For more details about the visit, please check the website for updates.

If you would like to join the group, please get in touch:

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



### Letchworth Local History Research Group

**Tuesday 26 July, 7.30pm**

International Garden Cities Exhibition, 296 Norton Way South SG6 1SU

Please join us if you are interested in practical research as we discuss ideas for future projects.

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

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

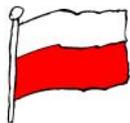


### Got an Idea for a New Group?

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



We have three people interested in getting this group started; but we need more.

Please continue to let William know if you would like to join this group.

Deadline to record interest: Friday 8 July.

**Acting Group Contact**  
**William Armitage 01462 643537;**

[polish@lalg.org.uk](mailto:polish@lalg.org.uk)

[lalg.org.uk/polish](http://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](mailto:quizteam@lalg.org.uk)**

[lalg.org.uk/quizteam](http://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](mailto:weather@lalg.org.uk)**

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



### South Asia and Beyond

**Wednesday 20 July, 7.30pm - 9pm**

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

We meet on the third Wednesday of every month for an informal discussion over coffee.

So far we have discussed migration stories of people from South Asia.

Speakers/activities will be planned 2-3 times a year at different venues.

If you are interested in joining, please contact:

**Group Contact: Nayier Ahmad**  
**[sasiaandbeyond@lalg.org.uk](mailto:sasiaandbeyond@lalg.org.uk)**

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

### Towards Carbon-Free Architecture



**Thursday 28 July,**  
**7.30pm - 9pm**

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

At this meeting we will focus on Settle's Plan for delivering new build-homes at Campfield Way, Highover Road and around Pelican Way on the Grange Estate.

Settle's Head of Regeneration will talk about his work with architects, planners and other partners to ensure homes achieve targets around energy efficiency.

All Welcome.

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

**Group Contact:**  
**Julia Sonander 01462 601903;**  
**[carbonfree@lalg.org.uk](mailto:carbonfree@lalg.org.uk)**

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

## Wilding Group

Thursday 14 July,  
2.30pm - 4pm

Ashwell Quarry



Led by Chris James, a member of LALG and Honorary Warden of the quarry. If sunny, we will hopefully see butterflies etc as well as plants.

Meet in the reserve car park in Loves Lane, off Hinxworth Road SG7 5HZ, a small field just beyond a barn conversion with unmarked steel gate.

To offer or request car sharing, please contact Sue well beforehand:

### **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**

**[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**

**[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)**



## 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)**



## 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 4 at Baldock

Wednesday 20 July, 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 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 5

Friday 22 July, 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 28 July,  
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.

There is a short interval, for socialising and refreshments.

Cost for LALG members: £2.50 per session, including refreshments.

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

Thursdays 7 and 21 July,  
2.30pm



No. 12 Leys Avenue

Thursdays 14 and 28 July, 2.30pm

Dimples Café, Letchworth Par 3

Family Golf Centre, Willian Way

Contact Sheila Rhodes for details.

**No meeting in August.**

### 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**

## 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**

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**

Full

## Italian Conversation 3

Mondays 4 and 18 July,  
2.30pm



No. 12 Leys Avenue  
Letchworth SG6 3EU

**Group Contact:**  
**Val Quieros 07787 512580;**  
**italian3@lalg.org.uk**  
**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**

## 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**

If the group you want to join is full, maybe we could start another group?

Contact **newgroups@lalg.org.uk**

## 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@ialg.org.uk](mailto:russian@ialg.org.uk)

[ialg.org.uk/russian](http://ialg.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@ialg.org.uk](mailto:spanish@ialg.org.uk)

[ialg.org.uk/spanish](http://ialg.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;**

[ialg.org.uk/welsh](http://ialg.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@ialg.org.uk](mailto:50_9golf@ialg.org.uk)

[ialg.org.uk/50\\_9golf](http://ialg.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@ialg.org.uk](mailto:badminton1@ialg.org.uk)

[ialg.org.uk/badminton1](http://ialg.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@ialg.org.uk](mailto:badminton2@ialg.org.uk)

[ialg.org.uk/badminton2](http://ialg.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](mailto:bridgeclub@lalg.org.uk)**  
**[lalg.org.uk/bridgeclub](http://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](mailto:bookings@lalg.org.uk)**

### Cribbage

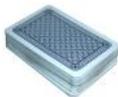
**Tuesday 5 July, 2pm - 4pm**

**Tuesday 19 July, 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](mailto:cribbage@lalg.org.uk)**  
**[lalg.org.uk/cribbage](http://lalg.org.uk/cribbage)**



### Chess for Fun

**Monday 25 July,  
7.30pm - 9pm**

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

We start with a short demonstration/lesson on playing the game then pair up and play in a relaxed setting with no pressure.

Children are welcome if accompanied by an adult who is responsible for them. If you are interested, please get in touch:

**Group Contact:**  
**Nayier Ahmad**  
**[chess@lalg.org.uk](mailto:chess@lalg.org.uk)**  
**[lalg.org.uk/chess](http://lalg.org.uk/chess)**



### Games Club

**Mondays 4 and 18  
July, 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](mailto:gamesclub@lalg.org.uk)**  
**[lalg.org.uk/gamesclub](http://lalg.org.uk/gamesclub)**



## Easy Riders

Sunday 17 July, 10am



### Ride to Purwell Meadows

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

We ask riders to 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**

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

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## Garden City Wheelers

Thursday 21 July,  
10.30am start



Meet at the fountain in Broadway Gardens.

Weather permitting, we will ride to Great Offley and The Red Lion for our lunch.

This ride is hilly.

We will cycle at the pace of the slowest rider, doing a return distance of approximately 26 miles.

This ride is suitable for beginners.

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

#### Group Contact:

**Stuart Collins 07710 507069;**  
**GCWwheelers@ialg.org.uk**

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

## Kayaking

Thursday 28 July,  
6.30pm to 8pm



Stanborough Lakes

Kayaking tuition session for a maximum of 10 members.

Cost is £17.50 per person.

If you would like a place, please get in touch:

#### Group Contact:

**Laura Lorenzetto**  
**kayaking@ialg.org.uk**

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



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## 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**

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

Full

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## Open Water Swimming



In June we swam at Box End Lakes (Bedford) and Westmill Farm Lakes (Ware). In July we are visiting Stanborough Lakes (Welwyn) and Wyboston Lakes (St Neots).

The group is full for 2022 - but if you are interested in joining us for the 2023 season, please contact Steve:

#### Acting Group Contact:

**Steve Green 07710 542803;**  
**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, 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**

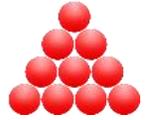
**[lalg.org.uk/socialcycling](http://lalg.org.uk/socialcycling)**

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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

We ask that every player has had 2 Covid vaccinations.

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 10 July,  
10am for a 10.15am start**



A five-mile loop from Northwood End Road, Chicksands SG17 5QQ

We will start along Northwood End Road towards Appley Corner before crossing farm fields and a military exercise ground to a nature reserve, returning through Rowney Warren Wood.

Paths are generally good but one section includes a steep set of steps.

Parking is available on Northwood End Road verge opposite the car park for Chicksand Bike Park which is reserved for bikers at the weekend.

For those who want to have lunch, The Greyhound (01234 381239) in Haynes village is about 1 mile from the start of the walk. Please make your own arrangements.

**Mobile on the day: 07710 432380**

To book please contact:

**Group Contacts:**

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

### Make a difference

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

**groupsupport@lalg.org.uk**

### Baldock Walks

**Friday 22 July, 10am**

Circular walk from Baldock to Clothall and Wallington. About 7.5 miles.



Meet at Tesco outside the health centre in Park Drive (note different from previous walks).

Walk to Clothall along Icknield Way then Hertfordshire Way to Wallington where we shall have a lunch stop.

Please bring packed lunch and drink.

Walk through the pretty village of Wallington then on to the Icknield Way with beautiful views.

If the weather is very hot or very wet there is a plan B for a shorter walk with a pub or café for drinks.

**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@lalg.org.uk  
lalg.org.uk/baldockwalks**

### Dog-Friendly Walking Group



**Wednesday  
13 July, 10am**

There will only be one walk this month as the weather becomes hotter. We will meet at the car park at the junction of Chiltern Road and London Road, Baldock SG7 6LU. All welcome; no need to book.

**Group Contact:**

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

## Early Morning Walks

**Wednesday 6 July,  
7am - 9am**



We meet at Letchworth's first roundabout on Broadway.

**Wednesday 20 July, 7am - 9am**

Meet at the Bowling Green car park on Norton Common, Icknield Way.

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**

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

## Evening Strollers

**Tuesday 19 July, 7pm**



Join us for a 3-mile circular stroll from The Three Horseshoes at Willian.

The route includes some unmade paths and uphill sections.

Afterwards, those who want to will stop for a drink at the pub.

This group meets during the summer months only.

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

**WE'RE  
BACK!**

## Long Distance Walkers

**Sunday 24 July, 9.30am**



Rushmere and the Three Locks

A 14½-mile walk from the Rushmere Country Park Visitor Centre LU7 0EB  
Grid reference SP916279 and *What 3 words: ///question.incurring.emptied.*

Meet outside the visitor centre (and toilets) not by the cars. Parking £6 for the day. Google says around 50 minutes drive from Letchworth.

The walk will be through varied countryside, around the Country Park and visiting the Grand Union Canal, Great Brickhill and parts of the Greensand Ridge Walk. Some steep slopes, about 300m climb in all. Bring a packed lunch and drinks for the day, though there should be an opportunity to visit a pub at lunchtime.

It would help to let us know if you are coming, but is not essential. Tony can pass on names of people who offer or request lifts, for you to arrange.

Walk leader: Tony Maynard-Smith:  
**07800 632879**  
**tony.maynard-smith@ntlworld.com**

**Sunday 31 July, 12 noon**

### Summer BBQ

The BBQ this year is being hosted by Sandra and David Wilkins at their Letchworth home.

All present and former Long Distance Walkers members and their partners are invited to join us.

Please contact Sandra on **01462 674862** by 28 July to discuss whether to bring a salad or dessert.

**Group Contact:**  
**Mia Matheson 01462 490070;**  
**longdistancewalkers@lalg.org.uk**  
**lalg.org.uk/longdistancewalkers**

## Friday Afternoon Walks

Friday 8 July, 2pm

We will meet at the car park at the junction of Chiltern Road and London Road, Baldock SG7 6LU.

Please contact Marian if you wish to join us. All welcome.

### **Group Contact:**

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

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



## Midweek Walkers

Thursday 7 July

This is an 8-mile circular walk from Charlton through Great Offley and Preston, back to Charlton.

**Meet at 9.30am** at Sollershott Green for car sharing.

Please bring a packed lunch. To book, please contact Debbie Allan: **[deborahsheila.g@gmail.com](mailto:deborahsheila.g@gmail.com)** or **01462 612354**.

**Mobile on the day: 07908 195600.**

Next walk: Wednesday 10 August.

### **Group Contact:**

**Jess Peyton Jones 01462 458397;**  
**[midweekwalkers@lalg.org.uk](mailto:midweekwalkers@lalg.org.uk)**

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



## Midweek Amblers/ Ramblers

Thursday 14 July,  
10.15am for 10.30am start

Meet at the Greyhound, 68 Northwood End Road, Haynes MK45 3QD.

A 4.2-mile walk led by John Walden. Starting on Greensand Ridge Walk, the route follows a road to Chicksands Wood. This has a long steady incline, a memorial to the Earl of Halifax and birdsong. The return includes two short stretches of road and a steady incline, using the Bunyan Trail.

To book the walk and lunch (if required) please email by Friday 8 July: **[johnwalden1946@gmail.com](mailto:johnwalden1946@gmail.com)** (preferred) or phone **01462 647660**.

Please provide a mobile number. All voicemail messages will be acknowledged by 8 July.

**Mobile on the day: 07899 908731**

**Next walk: Thursday 18 August**

### **Group Contact:**

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

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



## Sunday Ramblers

Sunday 3 July,  
10.30am

Meet at Robin and Jan's for a short walk around the Lavender fields followed by a BBQ.

Please let us know if you are coming and your contribution towards the food.

Walk leader: Robin

### **Group Contact:**

**Robin Edmett 01462 636085;**  
**07948 554359;**

**[sundayramblers@lalg.org.uk](mailto: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@jalg.org.uk**  
**jalg.org.uk/nordicwalking**

Full

## Slower Walkers

Tuesday 19 July

**Note: day and date change**



A walk of 3½ miles led by Charlie and Shirley from the Feathers Inn in Wadesmill SG12 OTN

**Meet at 10am for a 10.30am start.**

We will walk on good firm tracks through the Youngsbury Estate with its arboretum and out to scenic open countryside of the Rib valley using sections of the Hertfordshire Way and Harcamlow Way returning close to the river Rib, past the ruins of Thundridge church, then back through the pretty village of Thundridge.

To book your place on the walk and lunch (if required) email (preferred) **c.sams026@btinternet.com** or call **01438 359026** by Sunday 17 July.

**Mobile on the day: 07887 750884**

Next Walk : Tuesday 9 August (Stanford, Dennis and Sally)

**Group Contact:**  
**Charlie Sams 01438 359026;**  
**slowerwalkers@jalg.org.uk**  
**jalg.org.uk/slowslowers**

## Trail Walkers

Tuesday 12 July

Tuesday 9 August

Hertfordshire Way



In July we will be walking from Shenley to Chipperfield and in August from Chipperfield to Ashridge.

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

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

We normally walk on the second Tuesday of every month. We share cars for these linear walks.

New members are warmly welcome. If you may be interested or have any questions, please get in touch:

**Group Contact: Nigel Bellis**  
**trailwalkers@jalg.org.uk**  
**jalg.org.uk/trailwalkers**

## Walking Buddies



We are not meeting in July due to holidays.

**Group Contacts:**  
**Anne Larkins 01462 621028;**  
**Jane Clark 01462 450599;**  
**walkingbuddies@jalg.org.uk**  
**jalg.org.uk/walkingbuddies**

## Slow Ways

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

Email **hello@slowways.uk**

For more information please visit:  
**slowways.uk**



## Weekend Strollers

Saturday 16 July,  
10.30am



Meet on the Green next to The Fox at Willian.

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@jalg.org.uk**  
**jalg.org.uk/weekendstrollers**

## Wild Walks Mostly Mountainous



**Social: Thursday 14 July,**  
**8pm**

The Garden City Brewery, The Wynd.

A 5-day walk in September to complete the last leg of the north to south walk through Central Wales is now in the final stages of planning.

We will walk from Abergavenny to Rhoose Point.

If you would like to join the walk, please contact Philip Sayers as soon as possible on **p.sayers@gmail.com**.

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

## Advertisement

*David's Bookshop presents...*

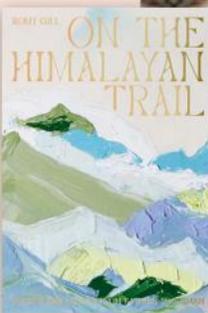
### *An evening with* **ROMY GILL** *for On the Himalayan Trail*

*Tuesday 9th August - 7:00pm (doors 6:30pm)*

Join us for an evening with Romy Gill, Indian food writer and chef, as she tells the story of Kashmir and Ladakh's unique and tantalising cuisine.

Kashmiri cuisine is one of the most delectable cuisines in India. Heavily influenced by Mughal, Persian, Afghan and Central Asian styles of cooking, it offers up a diverse range of dishes, displaying and revelling in a fusion of flavours and influences.

To book tickets come in store,  
phone us on 01462 684631  
or online at [www.davids-bookshops.co.uk](http://www.davids-bookshops.co.uk)



## 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 etc.	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

### Watch this space!

Next month we are planning to trial a new method of delivery - it is called naked printing!

Naked, because the newsletter will have no envelope. So this space will be used for each member's address.

This decision has no financial impact for LALG but it is one small way to cut down on unnecessary paper.

## 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 Jackie Sayers who is now stepping down from the newsletter team. The editor for the August edition will be Leon Fotiadis.

Please send repeat entries by Sunday 10 July and anything unusual or long by Tuesday 5 July.



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 1<sup>st</sup> of each month. Thank you!