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ISSUE 32:
AUTUMN/
WINTER
2019

A GUIDE TO HONEST RELIABLE TRADERS
In Borehamwood, Bushey, Elstree, Radlett, Shenley and adjacent areas.
Supporting our local traders and residents for the survival of our Community

PILOT EDITION 2009/2010

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and other trades

local history information only

Here you see our first edition which burst onto our streets in 2009.



As we celebrate 10 years of service to our community we

can't help but be aware that we live in interesting times.

As Brexit homeward plods it's weary way some of us will meet it with the Dunkirk spirit while others will celebrate another VE Day (Victory in Europe Day). We hope that we in our communities will so bear ourselves that we respect the Queen's advice in her Christmas message "Even with the most deeply held differences, treating the other person with respect and as a fellow human being is always a good first step towards greater understanding." We hope you enjoy your anniversary copy.



Shenley Road in 1970 and today.

After 50 years still the same village street.

Photos taken by
Derek Allen



For up to date information, news and content please visit www.triedandtrusteduk.com
To submit any content to us, please email triedandtrusteduk@outlook.com

This edition is delivered to **Borehamwood South, Elstree, Arkley, Barnet General and London Colney.**

The other edition is delivered to Borehamwood North, Radlett and Shenley, as well as collection points in other adjacent areas. Also available at 96 Shenley Road.

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AUTUMN/WINTER 2019

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PUBLISHER'S MESSAGE

Good day Readers,

We, are immensely pleased to have reached this milestone of ten years service to our community.

I wish to thank all those writers, designers, composers and other back-room staff who have put together all 32 editions of this magazine. With the help of our advertisers and our readers, we have provided a useful guide to businesses who have served our communities well. In addition, we have given all our profits, totalling £37,500 to local charities and groups.

When David produced his "Guide to Honest Reliable Traders", as a 12 page A4 glossy pilot edition, available from selected outlets, he was living in Colindale. In 2010 he moved into Borehamwood. He was not only the publisher but the editor, advertising salesman and designer of the magazine; helped by his late partner Roma. By 2011 the magazine was being delivered to selected homes in Borehamwood, Elstree, Radlett, Shenley and Bushey.

Print media faces uncertain times and we are no exception. The poet Robbie Burns said "The best laid plans of mice and men gang aft agley", i.e. often go awry. While keeping to our core principles, we will do our best to adapt and change so as to continue where Roma and David left off.

May I wish all our readers and advertisers every success for the future.

Sasha Capocci
Publisher

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**Deadline for the next edition of Tried and Trusted
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Phillip Lee of **Help4pcs** was born in London and is a resident of Borehamwood.

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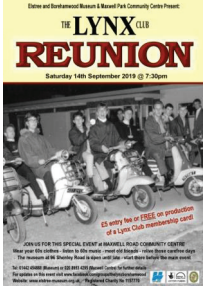
Second hand computers for sale.

help4pcs was the first business to be promoted in the pilot edition of Tried and Trusted in 2009

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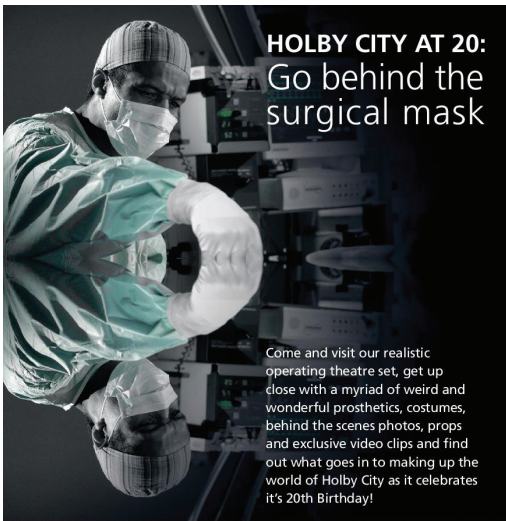
Elstree & Borehamwood Museum *Exhibitions*



Our Lynx Club Reunion at the Maxwell Park Community Centre was a great success a few weeks ago. In the very space where so many famous names had first trod the boards, original Lynx Club members, lovers of Sixties music and Friends of the Museum gathered to reminisce, eat some cheese and pineapple, and enjoy the evening. Many turned up in their original Sixties gear after raiding their wardrobes, and it felt like we were back in time in a trice. We watched a specially created video telling the story of how the youth club was built

and how the Lynx was formed, followed by a few performances from the Sixties of now-famous artists such as Fleetwood Mac, Eric Clapton and The Who. Many are now 'stars' and are still going strong, and the memories of seeing them down the Club were vivid for those who were there. We even got a surprise visit from Sgt Pepper's Lonely Hearts Club Band, whose accurate costumes, hair and miming prowess was well appreciated by all! Thanks to the hard work of the Maxwell Park staff, it was an excellent evening.

On 26th October we unveiled our latest collaboration with the BBC – Holby City At 20. This is a celebration of the drama's 20th Anniversary. Holby is filmed at the BBC Elstree Studios in Borehamwood and still going strong. Expect lots of behind-the-scenes photos and videos, prosthetics, and hospital scenes. Our New Exhibition explores the complete world of Holby City. See the costumes, the prosthetics and the props. Look through from the scrub sink to an operation in progress. Read about the history of the show, the guest stars, the regulars. find out how the show is put together by the producers, writers, backroom staff. Not to be missed.



“TESTIMONIALS,”

Testimonial from Mrs. Mandy Cottrell, Elstree
I would like to thank the handyman, plumber, gardener, electrician and carpet cleaner whom I have used over the last year for their first class service all of which I got from the Tried and Trusted. My sister who lives in Watford got her own wedding dress dry cleaned from a trader in the magazine so her daughter could wear it for her own wedding. She was so satisfied and wished they had a Tried and Trusted in Watford.

See the exhibition at
Elstree and Borehamwood Museum, 96 Shenley Road (2nd floor)

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BBC STUDIOS



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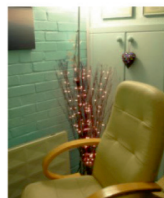


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Barnet Medieval Festival

On the 8th & 9th of June this year, the second Barnet Medieval Festival took place. Myself & my son attended on the Saturday & had a great time. It really was like going back to the 1400's!

The festival began with an official opening & cannon fire. The battles re-enacted were, the Battle of Barnet (1471) & the second Battle of St Albans (1471). All of the costumes were exactly how they would have been in 1471, together with armour, guns & bows & arrows. Activities where children could participate were a Medieval battle, a soldiers' drill & archery.

Many displays showcased furniture, tools, equipment & clothing of the medieval era. It was fascinating to watch & observe the passion of all those that attended. The costumes were so interesting, and whoever I spoke to & asked questions regarding their particular display, spoke with much knowledge & enthusiasm.

Lady Catherine Montague did a demonstration of her clothes & explained in great depth, what each layer was & what it was used for.

There were also many stalls selling medieval replicas. & goods. A new picture was displayed by the Artist Graham Turner.

Festival organizer- Susan Skedd.

Barnet Medieval Festival- Facebook page.

6th-7th JUNE 2020 next Barnet Medieval Festival
Santa Maria



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Help With a Learning Disability.

We are a small, approachable, family society, dedicated to supporting people with a learning disability, their families and carers.

Much of our work is carried out by dedicated volunteers, including minibus drivers, activity assistants and committee members. We are here to support people with their day to day challenges and help them have a good time and make friends.

We support children with a learning disability from an early age and throughout their lives. We want to improve the quality of life for people with a learning disability and are proud of what we have achieved so far:

- Daily Activity Programme for adults with a learning disability, from music and arts and crafts to drama and dance, as well as coffee mornings and an evening social club.
- Noah's Ark Playscheme (Easter and Summer) and winter outings for children with a learning disability and their siblings.
- A minibus to take people to social activities and events and return them home afterwards.

- Family Advisor service and confidential advice on wide-ranging issues from finance and housing to friendships and relationships
- Social activities and parties for our members and their families.

People with a learning disability should be valued equally, listened to and included and we have that in mind in all that we do.

We at Hertsmer Mencap work with other Mencap Societies in Hertfordshire to campaign for the interests of those with a learning disability. We host the Hertsmer Learning Disability Forum which exists to bring all stakeholders together to discuss and debate issues of common interest and lobby to make changes to local services and feed local views to the county-wide Learning Disability Partnership Board on which we are represented. If you or someone you know could benefit from our services, please get in touch.

We are always looking for volunteers to help in fundraising, driving our minibus and generally being part of our community.

If you would like to join our Hertsmer Mencap Society either as a volunteer or to benefit from our services, please contact our Head of Communications, Lucy Sitton, 07503 383785 lucy@hertsmeremencap.org.uk or visit our website: www.hertsmeremencap.org.uk



Profile of Sarah Donnelly

Hello, dear readers of Tried & Trusted,

In this article I will introduce you to a truly amazing lady called Sarah Donnelly.

Sarah has 3 adult children, 2 grandchildren & lives in Watford.

I was very excited to meet Sarah. An inspiring lady who made me feel very humbled & extremely grateful that people like her exist.

When I attended Sarah's session last month, I sat mesmerized at the way that she engaged with the members of the Dementia club. She knows ALL their names, helps the less able to be part of the seated exercises & practically all the members that take part, have not only learnt all the movements to the songs but also the words to the varied music that is played. It was touching to see the utter enjoyment on everyone's faces! Sarah has a very special way about her.

In her teens, Sarah always loved to dance & attend exercise classes.

When she was made redundant years ago, Sarah decided to take a few courses in aqua size, step, pre & postnatal exercise & dance.

Sarah now regularly does about 10 different classes a week, attends care homes & various social groups for seniors.

I asked Sarah what motivates her. She replied 'Watching people of all ages, with various mental & physical challenges, enjoying themselves, engaging with others, making friends & generally having a good time, fills me with great joy'.

It's wonderful to know, that not only are there people like her in our community, that carry out such a fundamental service but that compassion, empathy, patience is also shown, as a matter of course.

Please feel free to contact Sarah, via her email address below, for any further information that you may require. sarah@serebus.co.uk

Till the next issue, take care
Santa Maria.

EDITH OAKLEY'S 100TH BIRTHDAY!

On the Friday 25th October I was kindly invited to The Visually Impaired Club, at Maxwell Hall. There I met the remarkable Edith Oakley, who attends the club, most weeks, 2 days before her 100th birthday! The club runs every week on a Friday afternoon. On this particular Friday, a surprise party had been organized, beautifully set out tables & a delicious buffet.



As Edith walked in, a huge smile came across her face as everyone clapped and cheered. I sat with her & she soon transported me back to war times, where she recounted her life.

Having always lived in Radlett, in 1939 she worked at Handley Page Ltd, (a British aerospace manufacturer), as a progress chaser. She went on to work in Christ Church Hall as a cleaner to then work in a dry cleaner for more than 50 years! Her father sadly died when Edith was just 15 years old from TB (Tuberculosis).

Edith met her husband Laurie at the local cinema just before World War II. They married in December 1942. Edith left work in 1944 to give birth but heartbreakingly, the baby was stillborn. The couple were blessed with two more children, Rosemary Ann in 1947 and John Richard in March 1949. John became unwell in September 1958. He was diagnosed with Leukemia. He sadly died on 2nd June 1959. Edith and Laurie went on to adopt a boy called Adrian. All those years ago when John died, there was no treatment for leukemia, and there had been no research into the disease. Desperately wanting to do something, Edith and Laurie started up a charity, in Radlett, called Leukemia Research. They began fundraising for the charity by selling aprons that Edith made, they did jumble sales and Laurie ran a raffle every week at work.

The fundraising has never stopped. Edith still does what she can to raise money.

The charity is now called Bloodwise and she is the longest serving volunteer.

Edith has said: "We lost something very precious and I cannot stop. All this fundraising started when the Governor of Great Ormond Street Hospital said to go home and raise 'x' number of pounds and we'll start a research unit here". Laurie and Edith heard this and did as he said. In 60 years, she's raised over £247,000.

Bloodwise is UK's leading blood cancer research charity. Blood cancer is the fifth most common cancer in the UK and while huge progress has been made in improving treatment since they started in 1960, it is still the third biggest cause of UK cancer deaths – taking more lives each year than breast or prostate cancer. Even for those who survive, the long-term effects of treatment can be devastating.

In recognition of her exceptional contribution to blood cancer research, Edith Oakley has received two prestigious accolades – winner of the Times/Sternberg Active Life Award and the UCL Circle of Benefactors Award. We're in awe of Edith because she has given hope to so many children with blood cancer. In 2018 she was the recipient of the Mayor of Hertsmere's Civic Award which was presented at a dinner at Elstree Studios.



In May 2019, University College Hospital made a cast of Edith's hand, framed it and now hangs proudly in the hospital, in recognition for all the money that she has raised over the years.

It was a true pleasure & honor to meet Edith. I hope with all my heart that one day they will find a cure for leukemia.

If you have been inspired by Edith's story, go to <https://bloodwise.org.uk/fundraising> and learn about the many ways you can make a difference.

Santa Maria.

Bloodwise
The blood cancer research charity



A famous golden beach, known as Curracloe Strand, I knew as a child was gradually changed by oil spills to a dull grey. However a winter of fierce storms years later churned up the sand from the sea floor and completely replaced the grey sand with a beach of spun gold again. Our communities seem to me to be like towns on the Atlantic coast of America threatened by a hurricane. We are warned that hurricane Brexit will hit landfall and we are evacuated to safety while Brexit gets "done". What to expect when we are bussed back to our homes? Will the hurricane bring us a beautiful beach where there was a craggy coastline before or will we find our roofs blown off?

Whatever we get we will adapt as a community, knowing we are all in this together and like in WWII we will emerge leaner and fitter. In uncertain times we can make sure we are able to cope as individuals and families if we personally take back control.

We all know what we should do as regards diet and exercise to be at our best. If we actually do it we will be able to face the future with confidence. Exercise is the important first step. In this our tenth anniversary issue we reprint Dr Nonnie's article on "Exercises YOU CAN DO" on Page 23. Even 10 minutes, working up to half an hour of swift walking every day (ideally) will greatly improve our chances of adding life to our years. As with any big change in our lives we should consult a doctor to have a heart check beforehand. We reprint Dr Nonnie's "Help Your GP to help You" on Page 23.

An inspiring example of what I mean about taking back control is the account that Borehamwood native, Robbie Keen, gives of the changes he made in his life some years ago. See our reprint of his 2013 article on page 24.

Finally, I urge all to vote in the coming election, and keep faith with those who gave their lives that we might have our precious democracy.

DOUBLE BILL

Two films for free on Youtube that will amuse you over the Festive Season. Both have witty clever scripts, interesting plots and are set in the America of long ago.



JOHNNIE COME LATELY has James Cagney as a charming drifter in a small town in 1906 who knuckles down and saves a local newspaper from the baddies who want to close it down.



LIFE WITH FATHER: Father is master in his 1883 New York home until Elizabeth Taylor as the country cousin says the wrong thing and turns his

life upside down.

Henry Waters: What can I say. Thanks for the guys that advertise with you they do what they say?

RJ Hooker: I used over the last 5 years 12 of the traders in the publication all very good. I used to use yellow pages, not anymore!

“TESTIMONIALS”



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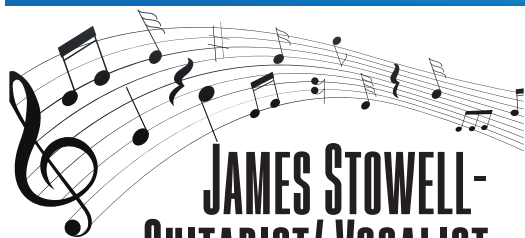
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JAMES STOWELL- GUITARIST/ VOCALIST



Having heard great things about James, I decided I needed to meet this young man and find out more about him.

Born in London-Westminster, James has lived in Borehamwood since he was 1 year old. At 23 years old, he has already become

a very popular guitarist & vocalist, mainly through word of mouth. He is very polite, well presented with a refreshing passion and enthusiasm for his love of music and the lasting career he is aspiring to develop. His love for music started early, as his father was in the Band of the Welsh Guards & his uncle was in the Band of the Cold Stream Guards. His father has always been a great fan of James, encouraging him every step of the way & advising him on his song choices for all the various events he attends.

At the age of 18, he began singing in nursing homes, which then led to singing in pubs and expanding into community events such as The Borehamwood Christmas Lights Switch On & many council events. When asked if he had a favorite event or gig, James quickly replied "Singing in nursing homes, I really enjoy the interaction from the residents & the good feeling that singing evokes". Christmas is an extremely busy time for James, so much so, that he starts to practice Christmas songs in October.

From all at Tried and Trusted and our faithful readers, we wish James a bright an exciting future. Contact him on 07809 217 080 and jamesstowell@mac.com

Santa Maria



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Monday: 9am - 6pm
Tuesday - Wednesday: 8.30am - 6pm
Thursday - Friday: 8.30am - 7pm
Saturday 8am - 6pm
Sunday 9am - 5pm



GENTS

Dry Cut	£10.00
Scissor Cut	£14.00
Clipper Cut	£10.00
Beard Trim	£5.00
Wash, Cut and Blowdry	£16.00
Wet Shave	£10.00

CHILDREN (UNDER 8 YEARS)

Dry Cut	£9.00
Scissor Cut	£10.00

CHILDREN (AGE 8 - 14)

Dry Cut	£10.00
Scissor Cut	£11.00

O.A.P.s (65 Years +)

Dry Cut	£12.00
Clipper Cut	£10.00
Scissor Cut	£12.00
Wash, Cut and Blowdry	£15.00

Traditional Wet Shaving
with Hot Towels

THE VILLAGE BARBER SHOP



**106 SHENLEY ROAD,
BOREHAMWOOD,
WD6 1EA
T: 020 8953 1996**

STUDIO

STUDIO UNISEX HAIR SALON & BARBERS

MONDAY – FRIDAY 9.00AM – 7.00PM

SATURDAY 8.00AM – 7.00PM

SUNDAY 9.00AM – 5.30PM

SOME OF OUR MENS SERVICES INCLUDE:

CLIPPER CUT (ALL OVER)	£9.00
DRY CUT	£11.00
SCISSOR CUT	£12.50
HAIRCUT/WASH/BLOW DRY	£14.50
BEARD TRIM	£4.50
SHAVE	£9.00

SENIORS

HAIRCUT	£9.00
SCISSOR CUT	£10.50
BEARD TRIM	£4.50
SHAVE	£8.50

CHILDREN (UP TO AGE 7)

CLIPPER CUT	£6.50
HAIRCUT DRY CUT	£7.50
SCISSOR CUT	£9.50

CHILDREN (AGE 8 – 14)

CLIPPER CUT	£8.00
HAIRCUT DRY CUT	£9.00
SCISSOR CUT	£10.50



We welcome **SUSIE**, formerly of Josephs to Studio Unisex Hair Salon & Barbers.

Susie has over 27 years experience in the industry.

Whether it's highlights, a colour, perm or just a haircut or blowdry you require, you'll be in the expert hands of Susie.

Susie offers haircuts to Men, Women & Children.

Please contact Susie for any SPECIAL OFFERS that are available.

BOOK YOUR APPOINTMENT NOW



Welcome to Shenley Sandwich Bar

We are a family run bakery and sandwich bar located on Borehamwood high street. We are celebrating 20 years of serving the public here All of our food is lovingly prepared in house and we have a large range of food to suit every craving.

Our Food

Whether it is breakfast or lunch time we have a variety of hot and cold food including bagels, sandwiches, baked potatoes and hot and cold drinks. Our bread is baked fresh every day and we pride ourselves in selecting only the finest ingredients.



13 Shenley Road, Borehamwood, WD6 1AD

Phone: 020 8953 4967

E –mail: info@shenleysandwichbar.co.uk

Website: shenleysandwichbar.co.uk

Shenley Sandwich Bar & Bakery

Services & Catering

We can provide catering for all events, whether it be a birthday, wedding, Bar Mitzvah or baby shower. We offer delivery for all our catering in the local areas.



All of our food is also available to be ordered in advance and picked up.

Please send queries to info@shenleysandwichbar.co.uk for personalised quotes.

Monday – Saturday
6:30am – 4:00pm
Sunday Closed, catering only

FOOD HYGIENE RATING**0 1 2 3 4 5****VERY GOOD**

PHOTO GALLERY PHOTO GALLERY



Receiving a cheque on behalf of the Visually Impaired Club, Michael Capocci



Receiving a cheque on behalf of Herts Air Ambulance, Phil Millar and Natasha Courtney.



Receiving a cheque on behalf of Hertsmeremencap, Vicki Wallis.



Receiving a cheque on behalf of Herts Community Transport, Patrick O'Donnell.



Receiving a cheque on behalf of the Elstree and Borehamwood Museum, Derek Allen.

**20 YEARS
SAVING
LIVES**

THANK YOU

for supporting your local life-saving Charity

This certificate has been awarded to:

Tried and Trusted Magazine

In recognition of:

Raising £500.00!

for Essex & Herts Air Ambulance

Signed *K. Cherrill*

Date **17/01/2019**

We can't fly without you

**Essex & Herts
Air Ambulance**
Your local life-saving charity

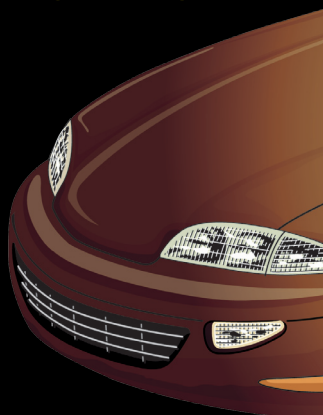
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LOCAL PICKUP & DROP OFF

**129 BARNET ROAD
ARKLEY, EN5 3LJ
TEL: 020 8275 0444
MOBILE: 07973 800 660
EMAIL: murphymotors@hotmail.co.uk**





WHAT IS THE VISUALLY IMPAIRED CLUB?

The club is primarily, but not exclusively, for blind and partially sighted people of Radlett, Elstree, Borehamwood and Shenley and it is the sister organisation of the Talking Newspaper that sends out a weekly recording of the news.

Our regular members usually range from 25 years old upwards and we have a good variety of ages.

However, under 25 year olds are certainly not excluded and we encourage people of all ages to come along to the VIC and have some fun.

WHEN DOES IT RUN?

The Club is run weekly on Friday afternoons 1.30pm to 4.00pm at Maxwell Park Community Centre, Maxwell Road, Borehamwood, WD6 1JJ

Reprinted from the first issue

THE REASON FOR THIS GUIDE BY THE EDITOR DAVID JOHNS-BUR- COMBE

Too often these days it can be very difficult to find and use a reliable trustworthy and honest tradesman or shopkeeper. One who can be trusted to provide a good service or supply satisfactory products. The aim of this guide is to point you in the direction of a business that you can trust to provide a good service and products with value for money. My honest endeavour has been to locate a few of these businesses which people have recommended to me, or I know personally. I have included them in this guide as an extension of word of mouth. If you know of any honest reliable and trustworthy business that you can recommend for this guide please send us their details to triedandtrusted@aol.com Please include your name and address including the reason that their business should be in the next edition of this guide. I will not publish their details unless I am satisfied that the service they provide is genuine, honest and reliable with value for money. If you have any comments to make about any of the businesses in this guide good or bad send me an email to triedandtrusteduk@outlook.com. Always remember to include your name and address, if we have to undertake any investigation for unreliability. Our policy is NOT to recommend any service that falls short of what is normally expected from a reliable business.

HOW TO JOIN

If you would like more information about joining us at our Friday meet up or volunteering please use the contact details that follow.

TELEPHONE Sasha: 07771 862 820

EMAIL Sasha: sashacapocci@hotmail.com

WEBSITE www.visuallyimpairedclub.co.uk

WHAT ACTIVITIES CAN YOU DO AT THE VIC?

We have lots of different activities going on each week including some of the following - Cards - Scrabble - Dominoes - Music/Karaoke - Skittles - Chess - Book Reading - Discussion - Age Curling - Flower Arranging - Boccia - Pampering - Chair Exercise - Feel and Recognise and many more.

If you have any Ideas on activities you would like to do, we are open to suggestions...



We do not accept any responsibility for any errors, omissions or business failures of any kind as details and references were checked to be correct at the time of going to print.

A FEW EXAMPLES OF ROGUE TRADERS

1. The plumber who decided that the water tank in the loft was leaking so replaced it leaving the old tank in the resident's garden, to collect it later. The rains came and the tank filled up with water and did not leak.
2. The heating engineer who took £800 as a deposit for a new boiler and promptly vanished.
3. The Hairdresser who caused a clients hair to split and break by over using the bleach
4. The garage that charged £300 to a lady for a full service that was not carried out entirely. Many parts not replaced.
5. The gardener who pulled up all the flowers and left the weeds.
6. The restaurant that served re-heated food
7. The cafe that served up a very greasy breakfast.
8. The renting company that let out a house full of dry rot.
9. The Estate agent who advertised a shed as a house.
10. The beauty clinic that used a cheap cream, advertised on the net. It caused severe blistering to the clients face and body.



WARNING SIGNS YOUR HEART SENDS YOU

by Sarah Crow of www.eatthis.com/

Heart disease is the number one killer around the world, accounting for 1 in 4 deaths in the United States alone. What's worse is that many people ignore the symptoms of heart trouble, mistaking them for other, more minor medical issues.

YOU'RE OUT OF BREATH

If you're struggling to breathe as you go about your daily business, it could be a sign that your heart isn't working properly. Many individuals with heart disease develop pulmonary edema, a condition in which the lungs fill with fluid. When the heart doesn't effectively carry blood to and from your vital organs, your blood pressure increases, causing the transfer of fluid from your blood vessels to the alveoli, tiny air sacs inside the lungs. This makes it difficult to breathe and can often create a feeling of heaviness in the chest, similar to what some people experience during a panic attack.

YOU'RE DIZZY

When your brain isn't receiving adequate blood flow, it can make you feel woozy, limiting the amount of oxygenated blood being delivered to your organs.

YOUR SHOULDER ACHES OR IS NUMB

Numbness and pain in the left shoulder are among the most widely reported heart attack symptoms. If the pain is moving down your chest and into your fingertips, it's important you call 999 right away. Often the pain isn't just limited to your arm, however — many people experience it in their jaw and neck, too.

YOUR ANKLES ARE SWOLLEN

Your lungs aren't the only part of your body that can be affected by edema; for many heart disease patients, edema of the lower extremities is a sign that their ticker needs a tune-up.

YOU'RE CONFUSED

Feeling seriously confused — like can't find your house on your road confused — can be a serious sign your heart isn't fulfilling its obligations. When your heart isn't working effectively, it limits the amount of oxygenated blood getting to your brain, making you more likely to get confused easily.

YOUR HEART IS POUNDING

If your heart is pounding while you're sitting at your desk, it's time to talk to your doctor. As plaque in your arteries builds, it limits the ability for blood to flow through them, making your heart work harder.

YOU CAN'T SHAKE A COUGH

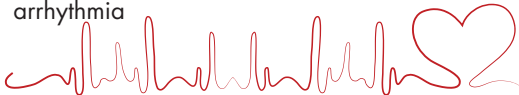
For those with heart disease — particularly those suffering from pulmonary edema — a persistent cough is often one of the first signifiers of their health issues. If you have a nagging cough that no cold medicine can touch, your doctor should know about it.

YOU'RE GAINING WEIGHT FAST

Rapid weight gain when you haven't changed your diet is particularly concerning. The edema that often signifies heart disease can cause rapid weight gain, often most noticeable in the extremities and face.

YOUR HEARTBEAT IS IRREGULAR

An irregular heartbeat can be a sign of heart disease, but more commonly, it's a sign of arrhythmia





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SPECIAL OFFERS AVAILABLE

OPEN MONDAY TO SATURDAY - 8.30AM TO 6.30PM

**SAM'S DRY CLEANERS, 16 Leeming Road,
Borehamwood, Hertfordshire, WD6 4DU**
Telephone: 020 82072265 Mobile: 07818283644



Andrew Grady

Andrew, originally from East Yorkshire, moved to Borehamwood in the early

1990's. For over 35 years he has worked with the Audio-Visual industry, and today works for The Torpedo Factory Group, a company based in North West London, that incorporates a production, audio visual rental facilities, web design, and installation services. He is well recognized in this field, acknowledged by his peers.

Andrew has been involved in the brass band movement for over 40 years. He started playing a trumpet at the age of eight and then took up playing a cornet.

In 1972 he became a member of a youth brass band in his hometown, then in 1977 joined his first adult contesting band, performing on many concert & contest stages throughout the UK, including numerous local radio broadcasts.

In 1991 he moved from the Yorkshire area to live in the South East of England. Naturally he became a member of Borehamwood Brass, and regularly plays with many different bands throughout the area.



He has, in the course of his career toured Sweden, Denmark, France, Germany, Yugoslavia and Switzerland. Andrew is also on the management committee of the organization that runs the National Brass Band.

Locally Andrew regularly plays at many different Church functions, Civic Events and Remembrance Sunday parades within the town.

Andrew met his wife Erika, whilst she was visiting the town on a partnership visit in 2000. They married in 2005, a year after Erika moved to live in the town.

Andrew is involved with Hertsmere Acoustic Club, and regularly plays at their monthly sessions at 'The Crypt Bar, in Rossington Avenue, Borehamwood.

Andrew has served on the management committees of the town twinning association, (BETTA), holding the office of Vice Chairman between 2011 until 2016., and was treasurer of the association from 2016 until 2019. He was at the centre of the arrangements, within the association, when Musikverein Rammersweier visited Borehamwood a few years ago.



He is currently the secretary of Borehamwood Brass, and has been involved with setting up of the Elstree Mozart Players, a new orchestra, developing this in conjunction with Derek Holland, and Cllr Pat Strack.

Andrew delivered a presentation, in 2017 to Elstree and Borehamwood Town Council, bringing forward an idea to build an open-air entertainment venue for the benefit of the whole community, being an idea, he had whilst performing at a bandstand in Bedfordshire.

Following this, and after deliberations the council agreed with the idea and formed a working group with the brief to look at the feasibility for having this facility.

Andrew was instrumental in organising a series of summer brass band concerts in Meadow Park, which was identified as the most suitable location, given that Hertsmere Borough Council revamping the park facilities, presenting a series of four concerts in 2018, which was repeated in 2019.

It is hoped that this will become a regular feature in Meadow Park, once the permanent structure has been agreed.

Andrew was awarded with a Civic Award in 2018 for his services and contribution to enhance the well-being of the community.





HELP YOUR GP TO HELP YOU!

I can imagine a few raised eye-brows at the title: help those lazy yet over paid GP's?

The truth is general practice is creaking, as demand has outstripped supply and those who opt to continue practice are reducing their hours to avoid burn out.

After yet another busy session I thought, I must level with patients and give them tips to get the best out of their appointment.

1. Plan to be upfront and realistic on what you want/can achieve from the consultation.
2. Be patient. Appointments are 10 minutes and any emergency causes a backlog.
3. Remember courtesy and pleasantness. A smile doesn't cost & people will go the extra mile for you.
4. Don't moan about waiting times to see the specialist, this is the NHS.
5. I don't mind you seeking advice from Dr Google, but respect my opinion, expertise and my right to disagree.
6. A telephone appointment may suffice for brief advice not for rashes or an unwell child.
7. Finally, have some perspective on your symptom: not every lump is cancer and some things do get better with time and rest.

THE NEW YOU- EXERCISES YOU CAN DO

When everyone is thinking or talking about new goals, aspirations and desires for the future, exercise and well being prey on my mind, being that part of my job as a GP is health promotion, I get to encourage people to exercise and as a consequence, hear all sorts of reasons as to why they can't! Some excuses are valid in themselves, e.g. no time, no money for the gym and poor health. Like the patient with osteoarthritis who will get better from weight loss but can't exercise, because the painful knees are

a hindrance to physical activity; or the working parent who has no more hours to spare for the gym, after exhaustion from work and childcare. This got me thinking about pragmatic ways to exercise, that are not rocket science, don't cost the earth and can be done without much preparation or fanfare e.g. house work, dog walking or letting the dog walk you, as I tell my older patients. Remember you are trying to build small habits that will result in a healthy lifestyle, so the idea is more about getting into a routine that can stay with you for life or at least a long time > than resorting to drastic unsustainable weight losses.

Incorporate exercise into your daily routine so that you don't need to make time for it. I suggest you walk part of your journey to work or school (enough to make you slightly breathless) at least thrice/week.

2. For the lady who said she could ONLY drive to work, we agreed she could use the stairs at work and not the escalator or lift.

3. Bonding time with the kids/grandkids in good (non- rainy) weather should include playing at the park/garden.

Kids always love to beat adults. It boosts their self-esteem, creates lovely memories R is good fun.

4. Why send an email to your colleague across the office when you can stretch your legs & walk up to them instead. We spend so much time at work that taking a few minutes to chat, helps build good, strong team relationships. It also benefits those working on computers to rest their eyes from the monitor now and again.

5. The lonely retired person, can take walks locally, this way they get some contact with others and strengthen their bones and muscles reducing the risks of falls and osteoporosis.

6. My absolute favourite is vigorous dancing to African beats, but I think Zumba, a fast waltz or even a heated Samba will do the trick. I'm sure this has got you thinking of your own suggestions, tweet or Face book me and we'll publish the most useful and pragmatic ones online.

Dr Nonnie (medical writer and author of surviving the 11+)

@nonye10 twitter and nonnie.rose.5 on facebook

Doctor Nonnie



ROBBY KEEN

I am 48 years old and originally born and bred from Borehamwood.

In 2001 when I hit 30 years old I decided to have a long hard look at myself and try to deal with a lot of internal stuff that wasn't healthy and helpful to me living what I now know to be a life of freedom and peace.

My background was sales jobs during the day, (and at that time I had the best job I had ever had as a Sales Director of a very successful relocation company, with a house in Radlett and driving a brand new Merc which was a delight!) and running the door of clubs in London. Neither were fulfilling and healthy. I saw a dysfunctional world full of hurting people with various addictions, bad habits and lifestyles. (Me absolutely included)

I decided that the most logical and sensible thing to do was to investigate for myself what this God business or nonsense was all about. I always liked the idea of Jesus as a man, (so doing love in action as well as talking it) but also as the concept of God. I took a whole year to listen, ask questions and make investigations for myself as an adult rather than just making a decision based upon nonsense I heard when I wasn't qualified enough to know how to even look after myself as a mature adult. (As many sadly do)

In 2003, I really felt I needed a radical change to give this new idea of faith a fair go as in my current social setting and lifestyle with drink, drugs, money, women, (standard rock and roll stuff) it was doomed to fail and I would go back to same old same old. (And I did not want to stay the same old same old which would be a sad cop out)

So after some thought and prayer I decided that some overseas charity work would be a good start to doing something different and giving this faith gig a go also try to make a difference in life and the world rather than it always being about me. I have been in Uganda ever since and its been by far the best thing I have ever done in my life. I now run a successful Christian charity doing various development projects to provide about 20,000 people with the basic essentials of life such as water, health, education, and sanitation. I work in the biggest slum in East Uganda as well as supporting the largest prison and hospital whilst getting to volunteer with some of the most inspirational people I have ever met. It is a privilege to share their lives and hearts as we fight corruption, injustice and poverty to help the unloved, the lonely, the abused and the poorest of the poor who quite literally have nothing. I have come to learn that even a complete moron like me with a messed up background can still make a massive difference in the world even though I have no experience or money but a great and loving God. If you would like to support the work of Jenga please visit their web site <http://jengauganda.org/about-us>

ROBBY KEEN'S Profile on the Jenga Community Development Outreach website: Jenga Uganda Co-Founder and Executive Director. Ardent movie-quoter. Always comes back from overseas visits carrying an extra 20lb. Affectionately referred to as 'Dad' or 'Fat Ghandi'. Specialises in shattering iPhones but otherwise impresses juggling thousands of jobs without dropping them. A great sufferer of Arsenal Football Club. Genuinely the world's best boss.

TESTIMONIALS

Brian Thorn: Used three businesses, Handyman, Electrician and Plumber. All good, highly recommended.

Mr. Ken Cowinage : Their website only promotes good businesses and having used a few of them both in their magazine and on their website I am happy to report they do only use the cream of businesses.

POETRY CORNER

Dental Anguish



I first met Sadie on an identity parade
A pretty unsavoury lass
A black-market dealer in the ivory trade
With an addiction to laughing gas
She said she was always out at night
I didn't like the sound of that
I said you must have a big appetite
She said not when you're a vampire bat
She said you must really be scared of me
I was never one to lie
I asked her confidentially
If she thought I was about to die
Her face betrayed an evil grin
I was never in any doubt
But when she asked for my next of kin
I knew time was running out
She asked me if I had a dog at home
I said however can you tell
Well if you say you're living alone
It must be your breath I can smell
It could be you have pyorrhoea
Which maybe I can cure
But if it's verbal diarrhoea
I need to wire up your jaw
Your teeth look perfect I must admit
But I have to make a few bob
It will not only save you a wasted trip
But it keeps me in a job
So open your mouth and then say aah!
And let me look inside
I said isn't that going a bit too far
She said no, because my cat's just died
She pointed the needle at my gaping hole
And leant across my chair
But as her elbow hit my remote control
We accelerated through the air
Natasha was standing close behind
Suction hose in hand
With Sadie and Peter closely entwined
She waited for the chair to land
Once I was back on solid ground
The picture became all too clear
The needle when eventually found
Had penetrated my southern hemisphere

So is it any wonder
I don't mean to be indecent
But being traumatised down under
I'm compelled to have "private" treatment
Sadie, if you really have nothing to hide
Why change your name and move away?
Or have you just deliberately lied
To lead us all astray
Be warned my friends I am not a cynic
But if ever your teeth let you down
Just avoid the dental clinic, I mean the one
in Hoddesdon Town.

by Peter Hewitt 2015 ©

OTHERS

They - slow in English tongue
Coming, arriving, rich in variety,
Mostly yearly.
Men and their drums, flutes
And hard stares; unrestrained by
Education and critique.
They stamp because they remember
Stories heard amongst the hills
The mysterious deeds of yester year.
Welcome then, the people
Whose yearnings show hot metal.
Boiling, churning, even though
Literate, fancy people in houses
Play hide and seek; surreptitiously see
The mockery on the streets
Of figures and customs despised.
They are the others: hardened,
Labour with cutlass and hoe.
Feet bare, warm bodies show
The grim daily struggles, even though
Lips stretch in smiles.

by Gloria Theophile





If you wish to
advertise events
in our next issue,
email
editor@triedand-
dtrusted.co

Deadline for all content is 1st February 2020.
For further details and updates go to
www.triedandtrusteduk.com and click on the
what's on page.

REGULAR EVENTS

MONDAYS

Mencap: Art with Shoshana from 10am –
11.30am Aberford Hall.

We Move She Move Clubbercise 6pm - 7pm,
96 Shenley Road. WD6 1EB. All Welcome.

Community Choir 7.30pm - 9.30pm, St Teresa's
Parish Hall. WD6 1TG. All Welcome.

The Monday Club 10am to 12pm. Hall behind
Holy Cross, Balmoral Drive, WD6 2QU.
Alternate Mondays from 10.14am - 12.30pm.
2nd, 16th December, 13th, 27th January 2020,
10th, 24th February & 9th March. All welcome.

Hertsmere Academy of Performing Arts after-
noon and evening ballet: (term time only) times
vary. Contact Chahna Morgan 020 8207 3980
cj.danze@hotmail.co.uk Fairway Hall, WD6 5BT

Live Well Friendly 50+ Every Monday from
1pm - 3pm, Farriers Way Community Hall,
WD6 2TB.

TUESDAYS

Health Walk 10.30am. Meet outside Halfords/
Doctor's surgery (WD6 4PR), walking shoes or
boots. Free.

Hertsmere Academy of Performing Arts after-
noon and evening ballet: (term time only) times
vary. Contact Chahna Morgan 020 8207 3980
cj.danze@hotmail.co.uk Fairway Hall WD6 5BT.

IT Champion Steve Newton answers questions
about iPads, Tablets and Smartphones.
2pm- 4pm. Borehamwood library. 2nd floor.
0300 123 4049.

Mencap: Music & Move From 10.30am – 12 pm
Maxwell Park Community Hall, WD6 1JJ.

Elstree and Borehamwood Dementia Club 2pm -
4pm Fairway Hall WD6 5BT.

U3A, Third Tuesday of every month 9.30am -
noon, St Teresa's Parish Hall, WD6 1TG.

Drop In Centre (over 60s), 9.30am - 12 noon.
Contact Ann, Ros, Carol c/o 020 8107 1382.
Fairway Hal, WD6 5BT.

W.I. Every 2nd Tuesday of the month from
2pm - 4 pm. The Manor House Room 2, Allum
Lane. WD6 3PJ.

WEDNESDAYS

Shorter Health Walk 10.30am. Meet outside
Mirzan Restaurant, 134 Aycliffe Road,
WD6 4DY. walking shoes or boots. Free.

Mencap: Coffee morning from 10am - 1pm.
Price FREE admission. All Saints Church,
WD6 1EB. A chance to ask for informal advice
and receive support.

Borehamwood & Elstree Twin Town Association
Once a Month evening. Contact [bettagroup@](mailto:bettagroup@hotmail.com)
hotmail.com for dates. Fairway Hall, WD6 5BT.

DR96 Over 60s Club at 96 Shenley Road,
WD6 1EB. 10am - 12pm. New members
welcome. Contact Sandra Parnell 8953 0832 or
or Pat Strack 8386 3151.

Mencap: Jubilee Club from 7pm – 9pm.
Aberford Hall, Aberford Road, WD6 1PN.
Snooker, Table Tennis, Music, Keep Fit and Arts
and Crafts. Price £2.

THURSDAYS

Mencap: Drama From 10am – 11.30am.
Maxwell Park Community Hall, WD6 1JJ.

Starmaker School 4pm - 6pm. Fairway Hall
WD6 5BT Contact 07774 447 932.

FRIDAYS

Mencap: Dance Aerobics from 10.30am –
11.30am Fairway Hall, WD6 5BT.

Visually Impaired Club: From 1.30pm – 4pm.
Maxwell Park Community Hall, Maxwell Road,
Borehamwood, WD6 1JJ TEL Cards - Scrabble –
Dominoes Music/Karaoke - Skittles – Chess Book
Reading - Discussion - Age Curling – Boccia –
Flower Arranging - Pampering - Chair Exercise -
Feel and Recognise and many more.

We encourage blind and partially sighted
people of all ages to come along to the VIC and
have some fun. Contact Sasha: 07771 862
820, email: sashacapocci@hotmail.com

Borehamwood Brass from 8pm – 10 pm. Holy
Cross Church Hall, Balmoral Drive, WD6 2QU
Contact Andy Grady Mob: 07802 736628.

SUNDAYS

'An Evening Out in the Afternoon' 3pm to 5pm.

Friends of Care Homes at Phillimore Court Community Hall, Radlett, WD7 8NN. £5. Mini-bus service. Tel: 01923 289 890

Writers in the Wood: Occasional meetings. Please contact Lorraine Reed at Lorraine.Reed@live.co.uk.

To report any errors in this listing please email odonnellpnf@hotmail.com

EVENTS FOR YOUR DIARY:

ADVERTISE YOUR EVENT HERE

It is not compulsory but if you could make a small donation towards our charity pot, it would be appreciated. Send your donation to Tried and Trusted

DECEMBER

Sun 1st: 2pm - 4pm. Christmas Lights Switch On (switch on at 4.30pm). All Saint Church, Shenley Road. Free Santa Grotto.

Sun 1st: 3pm. Fun Quiz. St Michaels Hall, 142 Brook Road, WD6 5EQ. Proceeds going to Borehamwood Food Bank. Please bring a "special" food item towards making someone's Christmas a bit happier, but this is not obligatory. £3.50 for waged, £3 concessions. Bring your own drink and glasses.

Wed 4th: 7pm. Elstree & Borehamwood Town Council - Fairway Hall, Brook Close, WD6 5BT.

Sun 8th: Senior Citizens Tea Party. Haberdashers Aske's School for Girls, Aldenham Road, Elstree, WD6 3BT. Contact 020 8266 2300, info@habsgirls.org.uk. Bus pickup from St Michael's Church, Brook Road.

Mon 9th: W.I. Christmas Party. 1.15pm - 3.15pm at Fairway Hall, Brook Close, Borehamwood WD6 5BT.

Sun 15th: 4pm. Christmas Carols. St Michael's Church. TRADITIONAL CAROL SERVICE.

Sun 15th: Senior Citizens Christmas Party. St Tere's Church Hall. Reserve a place with Sue, Parish Administrator, 0208 953 1294.

Tues 17th: 10am for 10.30am. U3A. St Teresa's Church Hall. Christmas Social, "New Year and its Celebrations" by Colin Oakes. Come along for a pre-Christmas get-together and enjoy free mince pies and biscuits, tea and coffee. (NB there is no organised pub lunch after this meeting).

Wed 18th: 11am - 1pm. DR96 Xmas Party. 96 Shenley Road. Food and Entertainment £5.

Contact: Pat Strack pat.strack@ntlworld.com
www.ticketsource.co.uk/ep

JANUARY

Sat 11th: 11am - 3pm. A Year in Photographs. All Saints Church.

Wed 15th: 7.30pm. Full Council Meeting Hall at Fairway Hall, Brook Close, WD6 5BT.

Tue 21st: 10am for 10.30am. U3A St Teresa's Church Hall. Christmas Social, "30 Years as a TV Quizzer" by James Higgs.

Tue 21st: 14.30pm - 4pm. Free French Language Sessions 96 Shenley Road, open to all adults.

FEBRUARY

Tue 25th: 14.30pm - 4pm. Free French Language Sessions 96 Shenley Road, open to all adults.

TESTIMONIALS

Hello, everybody reading this, my name is Rajan, and I am the owner of North Lodon Gas Ltd. I specialize in heating systems, pretty much all makes and models, have not been to a system unable to repair for as long as can remember.

Try me you won't be disappointed. I only do boilers and hot water systems; I don't do bathrooms and general plumbing. Have been advertising with Tried and Trusted, since the winter of 2017,

And have had many leads and hoping this will continue. I moved into the locality last year. WD6, hence advertising with the Tried and Trusted.

Testimonial from Patricia Wells.

I think all publications should have a health warning when they put in adverts that may not provide an acceptable service. Thanks for the Tried and Trusted

RJ Hooker: I used over the last 5 years 12 of the traders in the publication all very good. I used to use yellow pages, not anymore!

We were asked us if we could bring the magazine into other areas.

We listened and now deliver in Arkley.

Other places have requested this type of magazine too, but until we get more staff we will concentrate on the present areas we cover.

We welcome your comments to triedandtrusteduk@outlook.com. and we will publish as many as we can.

TESTIMONIALS

Philip Smith: Until I used the mag I used cowboys who ripped me off. Using 4 advertisers in your mag I was never ripped off.

Testimonial from Cynthia Stephens.

Honestly, Sir, You picked the best forget the rest I used only this mag to find who I want and trust

Sandy Cox: When I spoke to the publisher he asked me if I had anything good to say about the magazine. Yes, I said nice articles and of the 6 people I used all were good and no hesitation in endorsing.

Hello, everybody reading this, my name is Rajan, and I am the owner of North Lodon Gas Ltd. I specialize in heating systems, pretty much all makes and models, have not been to a system unable to repair for as long as can remember.

Try me you won't be disappointed. I only do boilers and hot water systems; I don't do bathrooms and general plumbing. Have been advertising with Tried and Trusted, since the winter of 2017,

And have had many leads and hoping this will continue. I moved into the locality last year. WD6, hence advertising with the Tried and Trusted.

Testimonial from Marion Savage, Radlett Company: E E C. My first time of using the 'Tried & Trusted' magazine, and finally, at last, after years of searching, I have found a competent, all round house maintenance Company! This came in the form of a gentleman, namely Robin. My initial enquiry was managed efficiently, helpfully and with courtesy. As was the job itself right from to start to finish. I would also like to add that this Company has a very fair and competitive pricing policy. I shall look no further, judged by my personal experience. Extremely good all round. My thanks to EEC for their services, and not to forget 'Tried & Trusted.

CUISINE COLUMN



BREAD PUDDING

INGREDIENTS

500g Stale bread
500g Mixed fruit
1 tablespoon of ground mixed spice
600ml milk
2 large eggs beaten
140g sugar
100g melted butter

METHOD

Cut the bread into small pieces, Mix it with the dried fruit and mixed spice.

Add the milk, the beaten eggs and sugar and let stand for at least 15 minutes.

Stir in the melted butter and mix well.

Pour the mix into an 10" lined tin and cook in a preheated oven at 180°C for

1 hour or until a skewer come clean.

Bon appetit





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WEBSITE: www.triedandtrusteduk.com

The Editor accepts no responsibility for error
or omissions in this publication

Deadline for the next edition is
1st of February 2020.

**HARRINGTON'S**

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Tried and Trusted is unique in that not anybody
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checkable references or a recommendation
from an existing advertiser and a follow up
by our secret shoppers to ascertain that
they will be suitable for Tried and Trusted.

Within the last years we have refused to
promote several potential advertisers, as they
did not meet our high expectations. They were
a curtain/blind supplier, two estate agents an
ethical food shop, a builder, 2 electricians
and a man with a van.

The rates are:

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1/2 page £140.00

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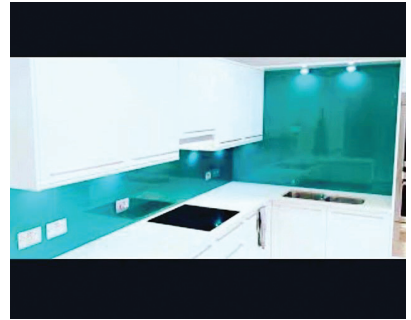
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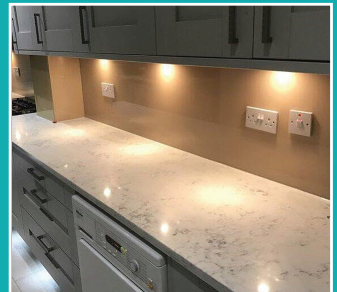
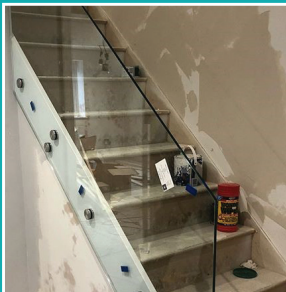
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