

# Wheathampstead Businesses and Services

NB This list was last updated in 2008. It is a historic snapshot. Some of the organisations no longer exist and the links to websites are not functional.

## Please do not try to use this information to contact an organisation.

**Business & personal development** 

**Tuition** - in maths and sciences to primary, and secondary school pupils. Also physics to undergraduates. <u>Alison Joiner</u> 01438 833171

Writer and Broadcaster. Sue Nelson is a popular speaker, chair and events facilitator. www.boffinmedia.co.uk/about

**HR and Change Management Consultant**. Offering executive & business coaching, mediation, management development, team building, training, organisation restructure/change, and general HR advice. <u>Gill Rouse</u> 01438 832945

**Life and Careers Coaching** - We enable you to achieve your life, relationship and career objectives. <u>Life and</u> <u>Career Coaching</u> 01582 833360

Pubs, Accommodation, Bed & Breakfast

Accommodation, Bed & Breakfast, Pub. The Cross Keys 01582 832165

The Swan, Real ales, Pub food, Sunday lunches, Sky and BT Sports showing, Wednesday night quiz. The Swan

**Beauty treatments, Hairdressing** 

**The Barbers Yard** - A new barbers shop on the High Street offering a comfortable environment for a great gent's hair cut. <u>The Barbers Yard</u> 01582 832844.

**The Beautique - Beauty Rooms and Hairdressing**, Dibi facials, Opi Manicure & Pedicure, Bio Sculpture nails, IPL permenant hair reduction, Noveau Eye lash Extensions, Waxing, Fake Bake Spray Tanning, Aromatherapy, Hot Stone and Indian Head Massages. Hairdressing, cutting colouring hair extensions using L'Oreal products. Oesteopathy. <u>The Beautique</u> 01582 831903

Coppertop, Unisex Hair Salon. Coppertop 01582 832119

**Heavens Above**. Massage, Facials, Tanning, Waxing, Piercing, Aromatherapy, Nail Extensions, Make-up, Manicures, Pedicures ... <u>Heavens Above</u> 01582 832122

Hairdresser (Gentlemen's) Village Barbers 01582 832873

Interiors, Carpets, Furniture, Furnishings, Lighting

**Cool2Collect Ltd.** We buy and sell Vintage and Retro Collectables. We run a regular Vintage Fair in St Albans, also a Vintage China hire service. Tel: 01582 831481. 20 Lower Luton Road view

Allegro Blinds. We manufacture and supply the full range of blinds. Brian Newman 01582 831052 at www.allegroblinds.co.uk

**Duvets, Pillows and Mattress Toppers**. We offer a wide range of warmth ratings on duvets, from 2.5 Tog to 15 Tog. Also a full range of sizes and four different fillings as well as *All-season* duvets and *Partner Duvets*. Visit **All Tog Duvets** at <u>www.alltogduvets.co.uk</u> 0800 8799 269.

Carpets (Fitted and Oriental) Old Bakery 01582 831999

Cunnington's Lighting Centre - All home lighting needs Cunnington's 01582 622411

**Dining, Restaurants** 

Nihao - Tel: 01582 831493 Thai and Chinese food to take away. Also for reservations in the Restaurant.

<u>Charlie's</u> - Tel: 01582 797365. Classic Expresso Blended Coffee. Homemade cakes, breakfasts, freshly made sandwiches, toasted ciabattas, other lunch options, cream teas and afternoo teas. We also offer ground coffee to takeaway for home use in a cafetiere or a coffee machine.

<u>The Golden Elephant</u>. Authentic Thai food served in an idyllic setting. Tel: 01582 833751 and 01582 833004. Lunches and Dinners. Weddings, Anniversaries, Birthdays etc catered for. Buffet lunch every Sunday.

<u>The Cherry Tree</u> Indian Dining. Comfortable restaurant - Sunday buffet - Functions catered for - Take-away - Delivery service available. Tel: 01582 832342

**Wheathampstead Fryer**. Fish, chips, kebabs, burgers, drinks, pies, sausages. Party orders welcome. <u>Wheathampstead Fryer</u>

Le Moulin. - Gourmet meals (for order & collection), patisserie, pastries, bakery, speciality orders. Le Moulin

IT, Computers, Web design, Communications

HelpSheets for Excel <u>family tree</u> <u>shopping list</u>.

**Cartridge King** - <u>www.cartridgeking.co.uk</u> - Save up to 40% on genuine ink supplies. HP, Canon, Epson, Kodak, Lexmark. Sales Hotline: 0845 838 1361

**Voytek Computer Service** - we will sort all you PC computer problems, remove viruses and upgrade your computer. Home or small business. Custom built computers. <u>Voytek Computer Service</u> 01582 622933

**Mind Font Ltd** - Web based marketing services including search engine optimization, keyword analysis, media and campaign management. All sounds complicated but these are all just ways of getting more visitors and/or more sales from your website! Contact: <u>Mind Font Ltd</u> 01582 834016

Computer and communications services. ComputaCall 01582 488885

**Computer systems**. i3Q is an IT company providing technology leadership for small to medium businesses throughout London and the Home Counties. Software and Hardware solutions. Voice or data systems. <u>i3Q</u> Systems Ltd 0870 7658300

Computer **IT Consultancy** and Services – we are based in Wheathampstead. Call on us if your PC goes wrong, you need an office network set-up, need broadband access or in need of general IT purchases. We also do web sites, bespoke software development and project management. <u>www.kingfisherit.co.uk</u> 0845 2010747

<u>Progress Projects Ltd</u> offers a wide range of **Computer and IT Services** including pc setup, networks and websites.

We can provide computer hardware and upgrades and IT training. We can setup your broadband, network up your PCs and configure backups. We may also be able to save you money on your printing costs. 01582 834208

Web Site Design, Database Development and IT Consultancy. <u>Baobab IT Services Limited</u> 01582 629594

Wheathampstead Computer Services Computer support and installation for personal customers and businesses 07779 880 600 web site or email help@wcs-it.co.uk

**Tektra Systems** websites are a collaboration between you, the client, and our implementation team, combining your understanding of your business together with our knowledge of HTML implementation, branding, web design, copywriting and search engine optimisation techniques. <u>Hertfordshire Web Design</u> 01582 629961

**Tektra Hosting** - Whether you're a large or small business, or even someone who wants to host their personal website, we have a suitable web hosting solution for you. Hosting packages start at just £24.99 per annum - includes all the features you would expect from a business level hosting package. <u>UK Web Hosting</u> 01582 629961

Vernet Solutions specialises in bespoke **inbound call solutions.** Services such as 0800, 0845, 0870 are provided with a wide range of network based features that can be tailored to your organisation's specific requirements. <u>Vernet Solutions</u> 0845 465 6655

**Buildings, Services, Improvements, Gardens** 

**Bathrooms, Kitchens, General Plumbing, and Heating Specialist** - <u>www.nonpareilsolutions.co.uk</u> - we are operating from our office a home. Our showroom will be available again when we have found new premises. Our contact details Office: 01582 832121; Emergencies: 07971 950712.

**Gas central heating systems** - Breakdowns / Servicing / Maintenance - Mark Seymour, Corgi Registered Mark Seymour 01582 833361 or 07710 131418

JP Plumbing - Plumbing and Bathroom Specialist. Contact Jason Price 01582 834170 or 07973 171764

M Philips - Heating and Plumbing services 01582 762592



Topiary Frames - can be ordered and collected locally details

Mr Green Landscape and Lawn Care, mobile 07539 441055

Solinvictus - Solar Energy Systems that provide hot water for your home, lowering your bills and cutting your carbon footprint. A 10:10 company. Solinvictus 01582 831644

Steve Thrower Home Services - Friendly, reliable and local - Gardening, Tiling, Decorating. No job too small. Steve Thrower 01582 832617

Building: extensions, loft conversions, kitchen & bathroom refurbishment, conservatories, new build. Established 1980s. NHCB registered developer. 116 Brewhouse Hill, Wheathampstead, AL4 8AH ABM Properties (Tony Berk) 07734 489559

General Builder, Extensions our speciality, General repairs, Decorating & painting D W Field 01582 832675

Construction, new build, loft conversions, house extensions and refurbishment. Tudor Design & Build. Local office 33 Tudor Rd, Wheathampstead. Tudor Design & Build 01582 833892

**Complete Guttering Services** - Gutters cleared, repaired, washed down or replaced. Fascia, soffit & bargeboards repaired or replaced. Water butts supplied & fitted. Free quotations <u>Complete Guttering</u> 01582 831651

0800 4587702

Design & Wire Electrical Contractors Ltd - Electrical contractors - Commercial, industrial, domestic, installations, repairs, fault finding, data installation (fax 01582 623392) Andy Martin 01582 623392 07989 358934

Developers, house builders, contractors - domestic and commercial. Also extensions, drives patios and garden works. Arthur Simms 01582 834200 fax 832981

Children's nurseries, parties, toys ..

Wheathampstead Playgroup – A sessional pre-school for all children aged between 2 and 5. Open from 11:40am-3:10pm Monday-Friday during term time on Nurseries Road, Wheathampstead, AL4 8TP. Contact us on :- www.wheathampsteadplaygroup.org. "

Outdoor Child Nursery and Holiday Provision - at St Peter's Church, Lower Gustard Wood. Nursery Sessions for children age 2 - 6 (9:30 - 3:30 Wednesday and Friday). Holiday sessions for children age 2 - 12 (Monday -Katerina and Karolina Tel: 01582 855 054 theden@outdoor-Friday)We also offer parties in the woods child.com

**'Petits Chanteurs'** : A fun Music and French Class for pre-school children, with singing, story-telling & instruments. Classes Please visit our website for more details: <u>www.petitschanteurs.wordpress.com</u> or contact Anna Park at <u>annapark@ntlworld.com</u>

**'Bailie and Belle Photography'** : Specialists in maternity and baby photography: <u>www.bailieandbelle.com</u> Tel::07962 536933

**Yellow Star Day Nursery -** 6a High Street, King Edward Place, Wheathampstead. We offer full day care from 7:30am until 6pm for 51 weeks a year for children aged from three months up to five years. <u>www.yellowstarnursery.co.uk</u> 01582 832343

**St Albans High School for Girls** - Primary. Wheathampstead House, Codicote Road <u>www.stahs.org.uk</u> 01582 839270

**Princess Parties** - Fabulous Themed Parties For Girls! Themes include Fairy Tea Party, Princess Pamper Party, High School Musical, Hannah Montana and more! 15% if you hold your party in Wheathampstead! <u>Princess</u> Parties 01582 832 784

Rainbow House Nursery - 3 months to rising 5's. Children with special needs are welcome at any age. We areopen for 50 weeks a year, Monday to Friday (7:45am to 6pm)Rainbow House Nurseryrainbowwht@hotmail.co.uk4 Meads Lane, Wheathampstead, AL4 8BW.

Houses, Moving, Estate Agents, Letting

Cassidy & Tate Estate Agents 01582 831200 Cassidy & Tate

Property letting and sales. Frosts 01582 833444

#### Health

**N-R-GE Fit Club** - Fun and friendly fit club available for all ages and abilities. Nutrition programmes available using world leading Herbalife Nutrition products. Fitness classes take place every Wednesday at 8pm at Hilldyke Community Centre. Body Transformation Challenges, charity events and more available as part of the club. Please contact Nick on 07590 069516 or Natalie on 07814 277843. Website <u>www.nrgefitclub.com</u> and our facebook page as well is <u>www.facebook.com/nrgefitclub</u>

**Stockers Physiotherapy** - Mobile Physiotherapy Service, Wheathampstead. Russell Stocker MCSP SRP Tel: 07977 574585

**Green Light Lifestyles** - A health and fitness consultancy run by Erica Spencer Green here in Wheathampstead. I offer home and park-based personal training for people of all ages who want to feel healthier, stronger and more confident. Please feel free to contact me at: <u>Info@greenlightlifestyles.co.uk</u>, Tel: 07967 963353. <u>www.greenlightlifestyles.co.uk</u>

**Psychotherapy** - Dr Muriel Walshe, UKCP registered psychoanalytical psychotherapist with experience working with adults in private and NHS settings. <u>www.psychotherapy-hertfordshire.co.uk</u>

**Wheathampstead Osteopathic Clinic** - Osteopathic care for the local comunity in Wheathampstead and beyond. Located within the Village Surgery, Marford Road, Wheathampstead, AL4 8BT Tel: 07758 892185. Osteopathic Clinic

Pilates Classes to be based in the Old Brewhouse on Brewhouse Hill. www.i-pilates.co.uk

**Foot Health** Professional - Nail cutting, diabetic foot care, verrucas, corns, hard skin, ingrowing toenails, fungal infections. Leigh Berridge MCFHP MAFHP 01582 833170 / 07843 263234

Dental treatment - private and NHS Marford Rd. Dental Practice 01582 833408

**Hypnotherapy** Clinic - Specialising in, weight loss, smoking cessation and many other problems of the mind. Steve McKeown Dip.Hyp MIAH, The Townhall Chambers, 35 Market Place, St Albans, AL3 5DL. <u>The McKeown Hynotherapy Clinic</u> 07980 101206

**Registered Osteopath** - Claire McKenna BSc (Hons) Ost Med - For adults, babies and children. Aldwickbury Back Clinic. 7 Long Buftlers, Harpenden, Hertfordshire, AL5 1JF. <u>Aldwickbury Clinic</u> 01582 762022; 07725 555105

**Yoga** instructor - Yoga for Pregnancy & Birth, Beginners Yoga, Mixed Ability Yoga. Barbara Grosvenor <u>YogaPathway</u> 01582 622712

**Walking In Rhythm** - We walk Wednesday and Friday mornings from the East Lane car park at 9.30 a.m. approx. We also walk Tuesday and Thursday evenings in the summer starting at 7.00p.m. Please telephone for more information. Gill Iles email gill1902@live.co.uk 01582 621016

**Reflexology** and consultancy services. Anne Howie Associates offer reflexology treatments, demonstrations, seminars, gift vouchers, education including private tutoring or agency supply. <u>Anne Howie Associates</u> 01582 834055

**Reiki Healing** Healing Clinic - The Townhall Chambers, 35 Market Place, St Albans, AL3 5DL. Samantha McKeown, specialising in the mind, body and energy. The Reiki Path 07763 580330

**Reiki Healing -** Norman Whitwood, 2 Parkinson Close, Wheathampstead, AL4 8DP. Using natural energy for greater calm, clarity, spiritual balance and reduced stress. 01582 833360

Manor Pharmacy, Dispensing Chemists Manor Pharmacy 01582 832102

Stockers **Physiotherapy** - Mobile Physiotherapy Service, Wheathampstead. Russell Stocker MCSP SRP 07977 574585

#### Holidays, Travel, Languages

**Languages Tuition** – Spanish, French and English as a Foreign Language tuition, for children and adults of all ages. Contact Fiona on 07946 643245.

Holidays to Africa, India & Latin America – 2 Place Farm, Wheathampstead. Wide range of cost effective packages & tailor made holidays Tel: 01582 766122 <u>2 by 2 Holidays</u>

#### Music / Video / Dance

**Soprano Soloist** - Linda Wener is a professional soprano soloist, available to sing at events and services. For a wedding or funeral, Linda's sensitive singing adds a very personal touch to any occasion. Tel: 01582 833 500 Linda Wener

**Barn Dance / Ceilidh Caller, Music & PA** system available for public functions & family parties. References available - repeat bookings typical. Call Anna & Andy Park: 01582 833293.

Piano Tuition for Children and Adult Beginners - Claire Partington 01582 832800 Web site

**Spiders Web Films** - Video and Photographic Production. <u>www.spiderswebfilms.co.uk</u> Stephen Boyle 07769 574797

Five-piece live covers **band**; for Corporate and Wedding **functions** etc; also DJ with **disco**. Zero One 01582 460945

**Digital audio equipment** - hard disk based mp3 players. 01582 629531

**Drum Kit** and Tuned Percussion **Tuition** - Brian was trained at the Royal Academy of Music and he teaches drum kit and tuned percussion (vibraphone, marimba etc) and timpani. All ages and abilities are taught as long as pupils have enthusiasm. Help can be given with music reading, co-ordination etc. Also jazz improvisation is taught. Individuals and groups are welcome and weekend courses can be arranged. Brian Booth 01582 832425

Pets, Cats, Pet food, Kennels, Horses

Croft Farm Kennels Cattery and Stables, Cherry Tree Lane, Leasey Bridge, Whstd 01582 832071

G.J.W.Titmuss Ltd - an outstanding range of **feeds** and accessories for all pets, wildlife, horses and farm animals. <u>G J W Titmuss</u> 01582 833883

Attimore **Veterinary** Group, Branch surgery, 4 Castle rise, Wheathampstead, AL4 8HX. Surgeries Monday to Saturday - consultations by appointment. Gillian Goodchild 01582 766669

Sport, Golf

**Yoga Class** - Suitable for beginners & those with experience, at Lemsford Village Hall, Brocket Road, Lemsford, AL8 7TT. Tuesday 7.15 to 8.45 £9 drop in or £7 per class if you pay in advance for a half term. Contact: Carol Stevens on 07708 464776

Wheathampstead Pay & Play Golf Course. Pay & Play Golf 01582 833941

Mid-Herts Golf Club, Gustard Wood, Wheathampstead. Mid Herts Golf Club

Wheathampstead Karate Club, WI Hall, Wheathampstead, Herts

Training Monday 8pm-9.30pm. Novice course October/November. Ages 15-65. Learn self defence. Keep your body fit & flexible. Develop self-confidence. Cope with stress. <u>www.jinseikai.co.uk</u>

### Others

**Edwards Associates Advice LLP** - Independant Financial Advisors <u>www.edwardsassociates.co.uk</u> Tel: 01582 833778

**Through the Lens Photography** - Portraits, weddings, events, commercial, landscape and nature photography. Professional printing and scanning services too. <u>www.throughthelensphoto.co.uk</u> - Tel: 07535 457668.

ROLLA GRANOLA

**Rollagranola's** provide a range of granola that is tasty, nutritious, and free of any unrefined sugars, artificial flavours and preservatives, made from 100% natural ingredients, focusing on the nut, with sugar free and gluten free options <u>www.rollagranola.com</u>

**Virgin Wine Tasting** - A fantastic way to 'try before you buy' wine and have a great night in with friends. Only £30 including 8 bottles of wine. Contact Kate Tel: 07976 943863 Email: <u>kateswinetastings@gmail.com</u> - <u>web site:</u>

**Commercial Vehicle Suppliers : The White Hot Group.** Locally based supplier of brand new vans to skilled tradespeople. Always cheaper than a franchised main dealer. Tel : 01582 484 885 Email : <u>enquiries@thewhitehotgroup.com</u> Website : <u>www.whitehotvans.co</u>

**Wheathampstead Post Office** - Postal services, Banking, National savings, Licences, Travel currency, Bill Payments. Also Photo developing & Photocopying, Stationery and packaging, Cards for all occasions, Party & Balloon Specialists, News agents, Convenience food - <u>Post Office</u>

Andy Hardbattle - Independent financial services - web site 08707 606 767

**Katy Jaques, artist** - children's portraits, female nudes, landscape paintings, murals and stone sculpture. 07974 218333

Phoenix Trading - Greeting Cards. Karen Potten, Riverview, 306 Lower Luton Road, web site 07721 919449

JB Business Coaching - Specialist coaching for business owners and entrepreneurs. John Brant 01582 620638

**Garden Designs by Jackie Gough** - Based in Wheathampstead I have completed many projects across Hertfordshire... Projects from re-planting a single border to re-designing a garden of several acres. <u>web</u> site 01582 832066

**Sarah Collins – The Barn Gift Fair, Artist and Illustrator** – Home Farm, Delaport, Lamer Lane, Wheathampstead. <u>www.sarahcollinsbarn.com</u>

**Domestic and General Cleaning** - Good rates and reliable. Jan. 01582 832617

**Farmers Market** - N.B. This is currently not active but watch this space for more information. (every 3rd Sunday the village farmers ' market will provide a sumptuous range of some the best local food you can buy. We have it all; fresh crunchy vegetables, lovingly preserved jams and pickles, hot chilli 's,locally reared beef, pork and lamb, fresh eggs, locally brewed beer, plants and herbs to name but a few.)

**Fuchsia Pink Florists** - provides seasonal outdoor plants, houseplants and exotics. Flowers for all occasions Weddings, Anniversaries, Parties, Funerals and Functions. We can help you plan your requirements for weddings, event management, any celebration or a funeral. <u>Fuchsia Pink</u> 01582 833414

Garden City **Marquees** - We provide Beautiful open span marquees seating up to 400 people. We can Also provide furniture, heating, lighting, staging and dance floors. <u>www.gcmweb.co.uk</u>

Hall, kitchens and rooms for functions and meetings The Memorial Hall

Public Library - www.wheathampsteadcommunitylibrary.org.uk

Independent **Financial Advisers** (Neil D Clements) - 1 Place Farm, Wheathampstead, Herts, AL4 8SB. C&C Financial Consultants 01582 834341

Motor Servicing and spares <u>Jessamine Motor Co Ltd</u> 01582 832212 - please view our main <u>web site</u>.

Village Off Licence, wines, beer, spirits, cigarettes, soft drinks Village Off Licence 01582 832560

Tiercel **Publishing** is a small publishing company set up to produce high quality **books** with limited print-runs of about 1000 <u>Tiercel Publishing</u> 01582 832182

Tinsel pictures, Victorian art and Toy theatres. Tinsel pictures

Transport **Video Publishing** is Britain's leading railway programme publisher. All our programmes are available to buy online in DVD format using most major credit cards. Or print off our Order Form and send your order by post. <u>Transport Video Publishing</u> 01582 833807

Wildlife Conservation Partnership. Research and restoration of species and habitats WCP 01582 832182

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Supporting the community of Wheathampstead