

Established 1998

SUMMER 2021

Potters Bar

Delivered to 13,000, Door to Door

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Distributed in Potters Bar, Little Heath, South Mimms, Ridge, Northaw and Brookmans Park

Special compassionate care at Noah's Ark



To complement our sector-renowned 'Hospice-at-Home' services, in late 2019 we opened 'The Ark', a state-of-the-art children's hospice building. In response to the first Covid-19 peak, we opened The Ark's In-Patient Unit (IPU) ahead of schedule to enable acute symptom management and 24-hour end-of-life care.

Most of the children we support are immuno-compromised and particularly vulnerable to coronavirus. At this time, we will continue to find ways to care for them. We have a duty of care to the children most at risk from the virus.

In April 2020: Most paediatric departments in London hospitals were closed and transferring their children to Great Ormond Street Hospital (GOSH). From there, The Ark has been operating as a step-down facility, helping children to leave GOSH and ultimately go back home during this time of crisis. We opened 11 bedrooms for children and their families within The Ark to help those facing social or clinical emergencies, meaning that we're supporting the NHS whilst helping so many seriously unwell children through this unprecedented period.

In 2020 we provided over 250 nights of care in the IPU and over 260 nights in the Family Bedroom Wing; we supported 318 seriously unwell children; 14 children received end-of-life care; and 11 children stayed in The Ark's Butterfly Rooms after their death, enabling families to spend precious final moments with their child.

As we look ahead, our focus this year will be on nurse recruitment, bringing volunteers back safely, building a sensory garden and, in partnership with Friends of Barnet Environment Centre (FOBEC), constructing a wheelchair accessible pathway around the 7.5-acre nature reserve on which The Ark is set.

If you would like further information about Noah's Ark and how you can get involved, perhaps by volunteering or donating, please contact us on communityfundraising@noahsarkhospice.org.uk.

Community

NEWS



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Potters Bar Community News

welcomes contributions for publication from individuals and community groups. Where there is a linked commercial, political or individual interest in items for publication, the managing committee reserves all editorial rights. *Potters Bar Community News* does not accept responsibility for the accuracy of information contained in published items or views expressed in those items.

Welcome to the Summer edition

This issue went to press just before the full relaxation of Covid restrictions were due to be announced. Hopefully, that has come to fruition and normality is gradually returning.

There are good signs with the number of entries in our *What's On* section increasing. Obviously, it is still sensible to check with organisers that particular events are proceeding.

As usual, page 3 offers opportunities to volunteer. This issue even includes a plea from the *Community News*, and we hope to have similar success to that enjoyed by Ladbroke School in the spring issue from which they have appointed 4 new governors. Another successful request was for supplies of wool from the charity group of knitters led by Sheila Moule, who wishes to express her thanks to all who donated.

We are pleased to give publicity to Noah's Ark, the hospice for terminally ill children which covers this area. They have gone that extra mile during the pandemic and deserve your support.

John Connell

How to send articles

Email to **editor@pottersbarcommunitynews.co.uk**. Please keep articles to around 300 words or less, using plain text word. Handwritten or typed articles are also acceptable if you do not have access to a computer (contact John Connell on **01707 851445**). Photos, logos, etc should be sent as tif, bmp or jpg file.

How to supply adverts

Ring to book a space, bearing in mind that there is usually a waiting list. Artwork must be supplied in pdf or jpgs format, created at the specified size according to your booking. Advertisers are responsible for advising us of any alterations to adverts which have been previously published. Email to **advertising@pottersbarcommunitynews.co.uk**.

Sizes and prices of adverts

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Width	Height	
43.75mm	x 50mm	= £25
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92.50mm	x 100mm	= £100
92.50mm	x 130mm	= £120

Website sponsorship

Price per issue = £100

Deadline dates for next edition

Advertising

18th September for Winter issue

Articles

1st October for Winter issue

Community News Website Sponsorship

We would like to express our sincere thanks to the following who have generously sponsored the website:

- Spring 2016: **Potters Bar Beer Festival** | Summer 2016: **The Plumbers Mate**
- Winter 2016: **The Tree Feller** | Spring 2017: **Green Thumb**
- Summer 2017: **Ushers Print & Design Ltd** | Winter 2017: **Energise**
- Spring 2018: **theshowerroom** | Winter 2018: **Kramer Electrical Ltd**
- Spring 2019: **Jones and Sons Roofing**
- Summer 2019: **de Havilland Aircraft Museum**
- Winter 2019: **Nethercotts Funerals & Memorials**
- Spring 2020: **Evergreen Landscapes** | Winter 2020: **Ushers Print & Design Ltd**

Interested in volunteering?

Ever thought of giving some of your time to help others in the community? Also look here for items wanted by organisations; you may be able to help them.

If you are a local organisation or charity and are looking for volunteers or looking for items for your group, why not email me at editor@pottersbarcommunitynews.co.uk

Governors required by St Giles School

St Giles C of E Primary School, South Mimms is currently looking for new school governors. Are you interested in primary education and supporting a small, caring church school serving its local community? We are particularly looking for governors with a financial background, but all enquiries are welcome. Governors are asked to attend seven meetings in total, spread across the academic year.

If you are interested or would like more information, please contact Nicola Thrussell on 01707 642170 or email nicola.thrussell@stgiles.herts.sch.uk.

Join the Community News Team

Would you like to join the successful Community News production team?

Being part of our committee is rewarding, particularly with the appreciative comments we regularly receive from local residents. We are currently looking to strengthen the team, offering the opportunity of assisting in any of the following areas: editorial, advertising, articles, What's On, distribution management.

Please contact John Connell on 07804 284219 for more information.



Every child deserves a family

Mamas and Papas?

Not all our children have an equal start. This is a difficult fact that governors have to get to grips with. It is not just to do with having enough money. Love and care are not exclusive to any income group. Circumstances dictate the environment in which our children develop, and a few are less fortunate than others.

At the end of September last year there were 886 children in care in Hertfordshire, and more are spending longer in care because of Covid. I estimate that all our local schools have children in care and young carers. Personally, I find their situations heartbreaking. Our teachers do a wonderful job trying to compensate for their difficult situations.

The number of children needing foster care has risen by 44% during Covid, creating a 'state of emergency', a children's charity has stated. Meanwhile, the number of people looking to become foster carers has fallen by almost half over the same period, reports Barnardo's. What message does this give?

Every school has a governor who has to watch out for children in care and other disadvantaged children. Government makes extra money available for these children and we have to check-up on the difference this is making to them. This money can only be spent on these children.



I was surprised to discover how many of our children are designated as young carers. These too, have a hard time. Together with our schools, Herts CC helps them and their families to find support locally to reduce the amount of caring they have to do.

If you are interested in becoming a governor and helping to make a difference, contact your local school or go to the website www.hertsforlearning.co.uk/business-services/governance.

If you want to know more about being a governor, contact me on 020 8386 3151 or email geoff.strack@ntlworld.com.

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Rare bird faces local extinction

In the last edition of Community News I highlighted that tree sparrows at Tyttenhanger face extinction from the threat of a new housing development planned by Hertsmere Borough Council. Also there are only a handful of sites in the South East of England where tree sparrows breed, but sadly two of these no longer have their tree sparrow populations. This makes Tyttenhanger even more important for these 'Red Listed' birds.

As their breeding season is now underway, it is important to remember they need our protection – even if they appear quite confiding. Please, if you visit Tyttenhanger and come across them, reduce disturbance by minimising the time you spend watching them and let them get on with nesting in peace.

Recently two 'Red Listed' yellowhammers and hobbies (migratory Falcons) with Schedule 1 protection status have been seen regularly and we hope these too will breed this year. The hobbies have bred in previous years. These additions make the site even more important for birds as well as other wildlife.

I also asked you to kindly support us by liking our two Facebook pages shown below:

- www.facebook.com/hertstreesparrowproject
- www.facebook.com/groups/tyttenhangergps

The response has been amazing, and we have 244 followers of the Tree Sparrow project and 354 for the Gravel Pits. People like you are discovering what a special area this is for wildlife. If you have liked our pages, thank you, if not please consider doing so. We would also appreciate you writing to Hertsmere encouraging them to make the Tyttenhanger Gravel Pit site, known as the 'Bowmans Cross Garden Village' in the proposed Local Plan, a nature reserve. Letters should be addressed to: **The Planning Officer, Civic Offices, Borehamwood, Hertsmere Borough Council, Elstree Way, Borehamwood.**

Stan Kitchiner

South East Herts RSPB Members Group Leader

Angel delights – how we found our perfect cat

Following on from the piece in the Spring 2021 edition of the PB Community News from the RSPCA Southridge Centre, I felt inspired to share our experience of adopting our lovely cat from the centre just over two years ago.

After the death of our previous beloved RSPCA foster cat, Mildred, we decided to take the plunge and adopt an oldie. We sifted through the cat profiles on the RSPCA Southridge website, which felt a little like a moggy dating agency, until we arrived at a shortlist of potential adoptees. We were specifically looking for an older cat, one with character, who would be 'retired' from hunting and would be happy staying within our safe little garden – and we found her!

After we had called the centre and arranged a visit, we met Angel in all her wonky glory. I should say that my partner actually met her first, and I received a message with a picture of her lovely face with the message "She's the one, Katy". And she was! Angel was around 13 and her previous owner had sadly died, leaving instructions that she should be cared for by the RSPCA until a suitable home could be found.



When we visited (and indeed throughout the whole adoption process) we were struck by the care and dedication shown by all the staff and volunteers at the centre. We were given lots of helpful information and all our questions were answered. A lovely lady came to our home to check that we were

going to provide Angel with the retirement she deserved, and we were given the go-ahead to officially adopt her.

Two years later, I cannot tell you how rewarding adopting an animal is, especially one that would perhaps otherwise be overlooked, for age or health reasons, or even because of their colour. Black cats are often the last cats to be adopted, for silly superstitious reasons I would assume, but one advantage is that black fur tends not to show up on your clothes!

Some people may say that Angel is spoilt, that perhaps we are more like her servants than her owners, but we say she deserves a plush cat retirement home where her every whim is catered for. Opening your home (and heart) to a loving animal that needs it is a precious honour and one we heartily recommend.

Katy Connell



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In April 2021 the Potters Bar Society achieved its Diamond Anniversary

After sixty eventful years, Colin Davies recalls some of the early formative days.

Back in 1958 my wife and I bought a house in Potters Bar, and we have been residents ever since. At the time there was no civic society of any kind in the town but that was about to change. I met a neighbour, Don Wilcox, who was very keen on keeping a watchful eye on local community and environmental matters, and he decided to gather together a small informal 'action group' of residents who were equally concerned about Potters Bar town matters. The professional experience within the group of half a dozen residents covered town planning, architecture, surveying, building... and I joined the group with experience in the fields of civil and structural engineering. Still in our early thirties, we were all very enthusiastic about looking after our local world, albeit unofficially.

The group met informally but regularly at Don's house to discuss the Potters Bar community issues of the day, but after a year or two it became evident that a much wider local participation was needed, and we proposed to call an open public meeting at St John's Methodist Church on 14th April 1961. The public meeting discussed, and decided to establish, a formal civic society to be called 'The Potters Bar Society' with the small original action group becoming the first Founding Committee under the enthusiastic leadership of Don Wilcox. That was the start of something big!

After thirty-nine years, on the 21st anniversary of the Society, I was made Honorary Life Member. It was not clear to me at the time whether 'life' meant mine or that of The Potters Bar Society! However, in the event, the Society has now had sixty successful years and I am the only member of the original 1961 Founding Committee still around.

One of the exceedingly early issues which needed urgent attention in 1961 was the proliferation of fly-tipping in the country lanes. We volunteered to collect the rubbish once a month on a Saturday morning – but we needed help in the form of a lorry and driver, which the local authority (the Potters Bar Urban District Council in those days) kindly and freely provided. We collected all sorts of rubbish – mattresses, bicycles, toys, furniture but not lucky enough to find anything valuable. We declined to pick up the occasional carcass of a dead animal. When the truck was full, we deposited the load at the uncontrolled open tip site at the far end of Cranborne Road where flights of gulls overhead were eagerly waiting to scavenge fresh litter. On one Saturday morning we were followed by a TV camera crew for the SE News channel to demonstrate how easy it was to collect unwanted rubbish!

It was sometime before the local authority established a controlled waste/recycling depot nearby. That reduced the fly-tipping considerably, but regrettably it continues even after sixty years. *Plus ça change.*

Colin Davies



9-to-14 years old?

Learning to play a wind or brass instrument?

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Mondays 7pm.

Covid safe rehearsals!

Mount Grace School

Call Terry 07802 258655



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Adults and teens

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Mondays 8pm

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Musical instrument training for young people!

Young people generally aged 9 to 15 are invited to join our training group to help them with learning a musical instrument, in particular brass or wind instruments.

Once youngsters have had the basic lessons for a year or so, and approaching a level equal to Grade 2, it is good to play with others of a similar level. This gives them confidence and more enjoyment having something to aim at as a team. It is great when they hear a piece of music come together and realise they are playing as a band.

We call it our Junior Band and hope that in time they will progress sufficiently to play in our senior showband. At the moment we have young people learning trumpet, clarinet, tenor horn, flute, and saxophone, but any other brass instruments are also welcome.

We are also looking for xylophone players, which would suit someone learning piano or keyboard instruments.

The group meet on Monday evenings at 7pm at Mount Grace School, for 50 minutes. The cost is £10 per month, and all music is provided. This is open to all no matter what school they go to.

If you need more information please contact us as below, or just turn up any Monday in term time. We also hope to continue during the holidays for people who are not away but call first.

Contact Terry on **07802 258655** or email terry@hertfordshire-showband.org.




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News from Mount Grace

Year 6 into Year 7 Summer School

It is with great delight that we are offering a completely free Summer School week for our prospective Year 7 students due to join us in September.

Mount Grace has a strong local reputation for its transition package, which includes summer school, but with additional funding this year from the Department for Education this one will be the best one yet!

Running from Monday 26th to Friday 30th July inclusive, the week will be packed with a range of activities to enrich students' mental, physical, emotional, and academic experiences. Workshops include team-building activities that will familiarise students with the buildings set in 17 acres of beautifully landscaped grounds, Escape Room style challenges to get children using their mathematical and problem-solving skills, as well as drama and dance skills to bring books and reading to life...and much more, culminating in a showcase on Friday afternoon when parents can come and see the exciting achievements of the week. Places are limited and strictly for students with a confirmed offer at our school for September, so please look out for the flyer in your child's transition pack with full details about how to register.

Open Evening

Mount Grace School is opening its doors to prospective families in years 5 and 6. Please join us for our Open Evening on Wednesday 15th September 2021, when you can hear the Headteacher, Nancy Simpson, talk about her vision for the school, the academic and personal journey students go on, and the exciting new developments. As well as this you will be able to tour the school and meet our passionate subject teachers.

In order to support Covid-safe measures, a booking system is in place with limited spaces in each time slot of either 3.30–5.30pm or 6.15–8.15pm. Please check the website for updates and information on how to book www.mountgrace.herts.sch.uk.

We look forward to meeting you in September.

Success for Dame Alice Owen's School

Rotary Young Writers

This year's Rotary Young Writing competition was embraced by both Intermediate and Senior students at Dame Alice Owen's. Working with the theme of 'My Happiest Day', students began formulating their thoughts and planning their writing. The theme was a welcome reprieve from what has been a somewhat challenging time for all. The Intermediate category was won by Hayden Cohen, and the Senior category by Arta Kurti. Both entries have now been submitted for District judging.

Maths Feast

Dame Alice Owen's gained first place in the Hertfordshire Year 10 Maths Feast on 22nd April 2021. The AMSP-run Maths Feast featured 27 teams from various schools in Hertfordshire. The feast consisted of

4 difficult rounds, all of which involved teamwork and individual problem solving in order to complete the diverse questions. Our team of four stole first place in the final round. This was a round-robin type with different mathematical questions being passed round the team. Their exceptional teamwork led to a fantastic win. Well done team 'Owenians'.

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6
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Our new space revealed!

Just over a year ago Ladbrooke JMI School received the devastating news that the company we had given a deposit to for creating a new space in school, had gone into liquidation, taking with it our deposit.



When the news of this broke in the local newspaper, out of the blue we received a call from Scott De La Fuente of LA Metalworks. Although having no links to the school, Scott has strong links to the

community and wanted to help. We spoke about what we had been planning to build and he took that information to see if he could help in any way. Just that phone call lifted our mood considerably. At this point, even if the company couldn't help, just the fact that someone was willing to try was so welcome.

However, just before we broke up for the summer, we received the most amazing news that LA Metalworks would be able to help our school achieve the dream of a much-needed building, and then in October 2020 work began at the school.

At every stage the team has worked with us to ensure we have everything we need in the new build, and that the work caused minimum disruption. Out in all weathers, we have watched cranes and diggers come and go (much to the enjoyment of the children – and staff!). Photographs, taken by LA Metalworks using a drone gave us a unique update on the progress of the build and helped build the excitement.

Finally, our new build is complete. We couldn't be happier and just want to thank LA Metalworks and all the companies involved in the build for making this happen. We are beyond excited to have the space we need to continue delivering the high standard of learning we pride ourselves on at Ladbrooke.

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Potters Bar United Reformed Church, Darkes Lane, Potters Bar.

Farm visits Pope Paul School field!

As part of our outdoor learning focus, the Ark mobile farm visited the school this term bringing a host of animals for the children to enjoy.

There was huge excitement as the donkey, pig, lambs, dog, rabbits, chickens, and goat appeared on the school field! All classes had the opportunity to ask questions about the animals and meet them close-up. This experience inspired the children to write some fantastic stories with animals as their main characters and even led our Year 3 class to adopt a panda!

A fond farewell and a warm welcome at Northaw CE School

After 42 years in education, Mrs Shirley Whales, the Head of Northaw CE Primary School, is retiring this summer. In these final 6 years of her career, we have been blessed to have her working in our local community where, through her headship, she has enriched the lives of our children, their families, and her colleagues.

Shirley has achieved much in her career, including headship of 3 local schools; working as a mentor, education consultant and school standards inspector; leading in the development of standards, teaching methods and curriculum content; and working with St Alban's Diocese in the development of education in CE schools.

Her career has been built upon her passion for inclusion and the right of every child to receive a quality education. She has actively promoted the importance of valuing and supporting others, supporting charities, giving time, and developing others.

We wish Shirley a very happy retirement.

When the term starts in September 2021, we will be welcoming our new Head Teacher, Mrs Wendy-May Foster. Wendy-May is an experienced Head with a passion for leading Church of England schools. Northaw School community is delighted that she is joining us, and we are very much looking forward to working with her.

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Oakmere Primary School - Spring Term Update



Ready Steady Read!

At Oakmere Primary School we place huge importance upon reading. Mastering the written word opens so many doors for our children and we do everything we can to encourage and provide opportunities for our pupils to engage with reading. We have recently refurbished our library

areas in both KS1 and KS2 so the children can enjoy choosing their books and settling down to read.

This last term the whole school took part in a sponsored read. It was so successful we raised £1,296.95! The money raised has already been put towards new reading books for our students. Thank you so much to our pupils and parents for their efforts and huge congratulations to all who took part! The children who clocked up the most hours during the sponsored read have helped choose the new books, and we anticipate a rush to borrow them when they arrive. Can't wait!



Outdoor Activities

We are so lucky at Oakmere! We have amazing grounds and access to the woods which we use regularly throughout the school calendar, no matter what the weather, to enhance the children's learning!

We are excited to announce the opening of our new play equipment in the junior playground! The children have had great fun, playing on it! Fun is key to motivating the children to keep moving and stay healthy. We have plans for adding more to our infant playground in the near future.

However, the next project on our list for our extensive grounds is to revamp our KS2 music garden! Sadly, the lockdowns and need for 'bubbles' has meant this important area of our music curriculum and outdoor learning resource is in need of some TLC.

We are keen to keep our eco-footprint low and so would like to use as many recycled items as possible. We would like to ask for the community's help with this! If you have any old pots and pans you would be happy to donate, please could you contact the school office on 01707 656963 or email admin@oakmereprimary.net.

Thank you!

Early Years focus at Cranborne

Cranborne Primary School in Potters Bar has been busy, working hard to revamp their Early Years learning environment.



Early Years leader, Jo Sturge, said, "We strive to create an environment that promotes a sense of curiosity, awe and wonder in the children. We have invested in a range of new resources, including a new mud kitchen, extra-large sandpit, and outdoor stage on which the children have already been enjoying putting on performances!"



Other exciting developments are the specially designed, artificial grass physical development area and multi-purpose area, providing safe, all-weather

outdoor learning environments. The children have been eager to use these areas for purposeful play, games, lounging, reading and writing. The topic-based shed is an ever evolving space, reflecting the children's interests and providing opportunities for creative play, maths and writing.

The children have been particularly enjoying the outdoor water tray with all its resources. They self-select and use the various toys for investigating floating and sinking, and capacity. The learning environment has also been used to support some of the exciting topics that have emerged. We recently hatched ducklings and took them for a swim in the outdoor water area!

Recently, we were lucky enough to have had the police and fire services visit us! The children had lots of fun squirting the fire engine hose and learning about the important jobs that our emergency services do.

With the improving weather meaning that we can spend longer periods outdoors, we are now looking forward to an exciting visit from a farm after the half term break! Learning at Cranborne School is always exciting.

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For more information and to book an assessment please contact www.hertsability.org.uk, email customerservice@hertsability.org.uk or telephone 01707 384263.

A helping of puddingstone

Hertfordshire puddingstone is a conglomerate sedimentary rock that was formed some 60 million years ago when small pebbles deposited in beds were left behind when the sea receded from South East England. It is composed of rounded flint pebbles cemented together by a silica quartz called matrix. It is a naturally formed concrete mix that is extremely hard and extremely heavy. It is found almost exclusively, although not entirely, in Hertfordshire. There are some small deposits in Bedfordshire and Buckinghamshire.

Sizes of the stones vary from just a few inches to several feet across, and because of its strength it has been used since ancient times in various ways. The Romans used it to make grindstones to grind corn, and it was also used in buildings, sometimes as a decorative feature or a way marker. Probably the nearest example to Potters Bar of its use is the church at Aldenham where pieces have been used in the tower and there is at least one tomb in the churchyard made of puddingstone.

So why puddingstone? The name is said to come from the fact that if it is sliced open the differing colours of stones resemble a plum pudding. There is a lot of folklore about puddingstone and in mediaeval times it was believed to have magic powers. It was thought to have protective powers against witches and was given to a bride and groom as a good-luck charm. Ancient farmers thought it could grow and multiply as it would rise to the surface through the soil, especially after a spell of very wet weather. There is one seemingly magical power the stone does have – archaeologists have found dowsing rods react in the same way to puddingstone as they do to water but no one can explain why this happens.

There are examples of puddingstone in the Potters Bar Museum, so anyone interested can come and see them when the museum re-opens to the public again.

Les Chesson



Home Instead goes the extra mile in Memory Walk

Home Instead Cuffley has raised an award-winning £1,143 from its Memory Walk in aid of the Alzheimer's Society. In honour of its many clients living with Alzheimer's and other forms of dementia, the team carried out an 8km socially distanced walk in Trent Country Park.

The home care company has 11 clients with Alzheimer's and dementia and quite literally went the extra mile. Home Instead Cuffley was placed in the top 10% of funds raised for Alzheimer's Society on JustGiving in March, having had one of the most successful pages on the platform for the month.

The office team looked at how they could carry out the walk while complying with lockdown rules. They walked in individual household bubbles, all taking the same route but at slightly different times.

Co-owner of Home Instead Cuffley, Anita Patel commented: "Going above and beyond for our clients is what we are all about. It's a pleasure for us to take part in these great events in the battle against Alzheimer's and dementia. We didn't want to let lockdown stop us from raising funds, so we arranged a COVID compliant walk that turned out to be a huge success."

The money raised by the Home Instead team will go towards providing a support network for the nearly 900,000 people in the UK who have been diagnosed with dementia, as well as supporting research to make the disease more treatable.

Neena Patel added: "Thank you to everyone who has already donated to our JustGiving page. We will continue to support the Alzheimer's Society in the future as we strive for, not only a cure, but a wider public understanding of these diseases."

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A message from Potters Bar Rotary



Dear Readers,

As the current President of Potters Bar Rotary, I would just like to tell you what Rotary is all about. It is a NON-POLITICAL organisation, is open to persons of any race, creed or colour, and there are well over one million Rotarians worldwide. Anyone is welcome to join if they are willing to give their time working for charity.

Whenever there is a disaster anywhere in the world, Rotarians are there giving their assistance and aid. We provide ShelterBoxes that are flown to wherever they are needed; they are full of basic needs, including a large tent to house a family. There are also AquaBoxes, full of the basic needs, and the boxes themselves can be used as water containers with built-in filters. There are TradeAid boxes which can contain tools and equipment for people to set up small businesses – carpentry, electrical tools or sewing machines – in fact tools of any trade to enable poor people in other countries to help themselves.

Rotary has also been working to eradicate polio from all over the world for more than 30 years, and now there are only two countries where the disease still exists, but of course this is an on-going project.

Rotary supports Mercy Ships which are floating hospitals that care for the poor in parts of the world where they cannot afford medical treatment.

Each Rotary Club will have its own local charities which they support. Potters Bar Rotary has on-going projects, such as the Noah's Ark Hospice in Barnet for terminally ill children. This year we are supporting a refuge for battered wives, the Essex & Herts Air Ambulance, the RNLI, the Red Cross, and my special choice for this year, Parkinson's UK.



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We also encourage our young people. Members of our club go to schools and take part in technical challenges, which is great fun. There are also competitions such as Young Writer and Young Photographer; Youth Speaks, which helps young people if they are going for interviews, for example; and Battle of the Bands. The winners of this competition play at the Wyllyotts Centre and also go to a recording studio and have their own disc cut.

At Christmas we enjoy entertaining the town with our 'Rudolph's Rotary Sleigh' helping to generate the Christmas spirit throughout December by touring the streets and collecting for our Rotary charities. We also enjoy giving either a Christmas Party or a Bingo afternoon for local elderly folk with a present to take home with them. This is usually much appreciated, and we enjoy it too.

I hope I have given you a snapshot view of what we do. This is a non-profit making organisation, so the donations that you kindly give to us are never wasted.

We hope things will be back to normal soon and look forward to seeing you at our future events. In the meantime, if you'd like to know more, email enquiry@pottersbarrotary.uk.

Joan Ward
President, Potters Bar Rotary

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'Like mother like daughter'



Potters Bar and District Photographic Society (the Society) has just appointed a new President for the year 2021/2022. Fiona Adamson has been voted by the membership to lead the Society out of the disruption caused by Covid 19. She said "I feel honoured to represent the Society having

been a member for over 12 years now. We have successfully met via Zoom for almost a year and that has allowed us to keep the Society going, but I would like to see us return to face-to-face meetings as soon as the rules allow as everyone misses the social interaction."

The unique measure for the Society is that Fiona takes on the role of President that was once held by her mother, Marion Dale. Marion was President in 2008/2009 and said "I am really happy that Fiona has taken 'my' role. A lot has changed in the nearly 15 years since then. The most obvious change is the massive increase in the capabilities of digital cameras, as film was still much in vogue when I was President. I wish Fiona well in these challenging times". Fiona's immediate predecessor was Graham Coldrick who said "It is a great pleasure to pass the Presidency to Fiona. She is a thoroughly accomplished photographer and will bring a great deal of experience and knowledge to the role. The Society is in safe hands with Fiona in charge". The Society meets on most Mondays from September to June. We hope to return to face-to-face meetings at Wylyotts Centre, Darkes Lane, Potters Bar from September 2021. Further information on the Society can be found on its website at pottersbarphotosoc.org.uk or on Facebook.

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Photographic Society helps Wylyotts

Potters Bar and District Photographic Society (the Society) was delighted to be able to help Wylyotts Centre in Potters Bar with its re-opening.

The Society mounted its first physical exhibition for more than 15 months and was pleased to be able to offer a sample of its members' work to Wylyotts' visitors. The exhibition offered fourteen pictures from fourteen of the Society's members, covering a wide range of subject matter including landscapes, portraits, travel pictures and many others. The show ran for six weeks in May and June.

The Society meets on most Mondays from September to June. It continued to meet on-line until early July with the hope of returning face-to-face meetings in the Alexander Wilding Suite at Wylyotts Centre, Darkes Lane, Potters Bar from 13th September this year. Further information on the Society and its membership fees can be found on its website at pottersbarphotosoc.org.uk or on Facebook.

Members of all ages and abilities are welcome to join, with associate membership (for those who wish to attend meetings but not to enter competitions) costing £45 per year, and full membership (for those who wish to enter competitions) costing £65 per year.

ELODS presents: My Fair Lady

Wylyotts Theatre, Potters Bar
From Tuesday 19th October until
Saturday 23rd October

The award-winning ELODS proudly presents 'My Fair Lady', a musical based on George Bernard Shaw's 'Pygmalion' with book and lyrics by Alan Jay Lerner and music by Frederick Loewe. This timeless classic is not to be missed.

Set in Edwardian London, Eliza Doolittle, a cockney flower girl, takes speech lessons from the pompous Professor Henry Higgins, to pass as a lady. Higgins and Eliza clash and then form an unlikely bond.

A story with heart and comedy this is a beautiful musical about transformation, patronage, gender politics and class. With unforgettable songs such as 'Wouldn't It Be Lovely', 'Get Me to The Church on Time' and 'I Could Have Danced All Night', this timeless classic will be a real treat.



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A day in the life of a litter-picker

It all started about three years ago when I spotted a neighbour going around our area picking up litter. I thought it was all very strange, but one day I walked through the park with her as she was doing this, and found myself helping her. From that moment on I was hooked! Soon after that, a local man posted on the Next Door app that he was organising a group litter-pick which I joined. There were quite a few of us at first but the numbers dwindled down to 2-3 people after a few months. Most of us now go out by ourselves.

The council only provide sacks, pick-up sticks, hi-vis vests and hoops to organised groups, plus they will collect the full sacks from the organiser. They won't provide anything to individuals. So, when we go out alone, we have to provide our own equipment. Also, if there isn't any room in the public litter bins we have to take our sacks home and place them in our own bins!

We pick up the same litter day after day. This consists of take-away cups and boxes, beer and soft drink cans, empty bottles and full bottles (I won't say what they are full of), sweet wrappers, cigarette boxes, plastic gloves, face masks, full dog poo bags and too many cigarette ends to pick up. People don't realise that filter tips have plastic in them, they go down the drains and end up in our oceans.

I litter-pick in my own area regularly but also go out with other litter pickers to do the main roads, for example Southgate Road, Barnet Road, The Walk and Mutton Lane, where most litter is thrown from cars. One annoying aspect is when people fill up the public litter bins with their own domestic waste, or pile it up around the outside of the bins. I'm always contacting the council about this. They say they go through the bags looking for evidence like receipts, letters and envelopes. Hopefully this will deter people from putting domestic waste into the litter bins.

There are quite a few of us litter-pickers in Potters Bar now. Why don't you come and join us? Contact: Facebook Group: Potters Bar Against Litter.



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Sir Tom inspires more litter-picking

'100 for Sir Tom' – Pauline Baycroft and a few other local people decided to do a litter-pick for Sir Tom on what would have been his 101st birthday on 30th April.

We all took our litter-pickers and bags to a different location in the town, and Pauline alone picked up 330 separate pieces on the stretch between Windmore Avenue and the bridge over the AIM. Most of the items appeared to have been thrown from vehicles, as this isn't a stretch where many people walk. Ann filled quite a few bags in the area behind Oakmere Park, and says she fills a bag most days when walking her dog. Any sponsorship money went to the Essex & Herts Air Ambulance charity.

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Civic Award for Lynette Sullivan

Hertsmere's unsung heroes have been recognised for their efforts and long-standing service – a year later than originally planned.

Hertsmere's former Mayor, Councillor Rabbi Alan Plancey, was finally able to present eight Civic Awards 2019-20 to members of the public at a small, Covid-safe ceremony held in the Civic Offices in May. The ceremony was due to take place at Elstree Studios in April last year but had been cancelled due to the pandemic.

Among the people recognised for their tireless work and dedication to the community were Nicky Beaton, a Shenley parish councillor who spearheaded the Shenley Neighbourhood Plan which was approved in a referendum; Stephen Pearson, a volunteer and boxing coach at Brookside Boys Club; Simon Pyzer, district secretary for Hertsmere scouting and Lynette Sullivan, chair and founder member of the Christmas in Potters Bar group. A Civic Award was also presented to Visakha dasi, President of the Krishna Temple at Bhaktivedanta Manor, on behalf of former president Sruti Dharma das, who sadly passed away before he could receive the award.

Tracey Hanson, the mother of Josh Hanson, who was murdered in an unprovoked knife attack, was presented with the Dave Rankin Award for community safety. Through her charity, The Josh Hanson Trust, Tracey works to support and encourage self-expression and creativity among children and young people. She also works with the borough council's community safety team to deliver workshops on knife crime at local schools.

In addition, Camp Unity, a Borehamwood-based organisation that provides opportunities for children and their families to meet people from other cultures and communities, also received a Civic Award. Camp Unity's summer camping experience for youngsters aged six to 11 is returning this year from Sunday 15th August until Friday 20th August. To learn more or book your child's place email campunityborehamwood@gmail.com.

Hertsmere Volunteer Police Cadets, which helps youngsters learn and develop interests in policing and other community activities, was presented with a Youth Award for its work fundraising for a defibrillator.

Nominations for the awards were invited in January 2020 and the winners were selected by a panel of judges. Each award winner's story has been captured in a short film clip, shot and edited by Pink Soul Pictures Ltd and available to view via www.hertsmere.gov.uk.



KCM Community News Dates 2021

Sunday mornings until Sunday 29th August, we will meet at 10.30am each Sunday, alternating our service style.

- 1st and 3rd Morning Worship Eucharist
- 2nd and 4th Sung Eucharist with the choir and organ
- 5th Sundays will be a joint service of Holy communion

Services will be live-streamed on our Facebook Page.

From Sunday 5th September we hope to return to two services each Sunday morning with 9.30am Sung Eucharist with Choir and Organ and 11am Morning Worship – our contemporary service of worship with Children's Groups. Please see our website for more details www.kcm-church.org.uk.

Other dates

- Sunday 7th November, 4pm – Confirmation Service, with Bishop Michael of Hertford
- Sunday 14th November, 10.55am – Act of Remembrance
- Sunday 14th November, 4pm – Bereavement Service followed by tea.

Restarting in September (subject to restrictions being lifted).

Monthly Dementia-Friendly service. Churches Together Prayer meetings on the 1st Saturday of the month, 8am at various churches. Charlie's Angels Baby and Toddler Group on Wednesdays during term-time from 1.30–3pm. Community Café on Thursday from 9am–2pm. Messy Church on the second Sunday of the month at 3pm.



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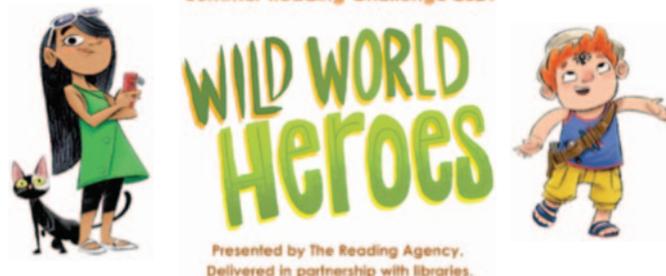
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Summer Reading Challenge 2021



Calling all Heroes!

We are excited to announce that the Wild World Heroes Summer Reading Challenge 2021 is launching in Hertfordshire Libraries on Saturday 10th July. Our doors are open, and we are welcoming back and encouraging our existing and new young readers to join and take part in this Free challenge.

This year The Reading Agency has teamed up with WWF UK to inspire our young readers, through working together to stand up for our planet. This is a fun and inspiring challenge and is a great opportunity for children to catch up and develop their joy of reading by themselves and/or with their families. Over 20,000 children enjoyed the challenge in Hertfordshire in 2019 and we hope that many more children will take part in 2021.

In the packs this year, the children will join six young heroes in their adventure through fictional 'Wilderville', helping the heroes fix the environmental problems they have noticed in their cool town. The challenge is for the children to read any six books from the 'World Full' of exciting books in our libraries, which include eBooks and eAudioBooks available via BorrowBox. So, children can go 'Wild' and have fun with their reading choices.

For every two books read the children will collect a set of transferable stickers (some are scratch and sniff). Using the clues and the town map, they can help the six heroes with their journey to fix the places in 'Wilderville', making it environmentally friendly and a better place for the people and nature to live. We are asking young heroes to grab their bags and take a trip to their local Hertfordshire library.

The Challenge runs the whole of the summer. All the children who finish the challenge by Saturday 4th September will receive a certificate and a medal plus a Wild World Heroes bookmark. So, join the fun and visit 'Wilderville' at your local Hertfordshire library and become a Wild World Hero caring about your planet too!

For further information visit www.hertfordshire.gov.uk/libraries or follow us on www.facebook.com/hertslibraries.

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Potters Bar u3a

Do you know that Potters Bar u3a is probably the largest and most diverse community group in Potters Bar? It has over 600 members and over 50 different interest groups. If you are no longer in full time employment it might be a good next step for you. Membership is only £12 a year.

There are too many groups to list them all, but here are a few: Three gardening groups; Italian, German, French and other language groups; many craft groups, chess, bridge, table tennis and golf; cultural and historical groups etc, etc... and if we don't have a group that has vacancies, or if we do not have a group that meets your preference, we will gladly help you set up a new interest group.

Each month we have a guest speaker at Wylyotts Theatre in Potters Bar and the opportunity to meet other members. Normally about 200 people attend. There are also theatre outings, garden visits, holiday and walking groups. Please visit our website <https://u3asites.org.uk/potters-bar/welcome> or phone 07544 263356 for more information about membership and forthcoming events.

Alternatively, why not join us on Monday 6th September at Wylyotts Theatre in Potters Bar as we relaunch our activities. There will be a wide programme from 10am to 3pm and the opportunity to meet u3a members, visit group stalls and listen to guest speakers.

Our full name is Potters Bar University of the Third Age. Don't be alarmed by the term university! PBu3a simply provides opportunities to share and develop interests, enjoy hobbies or sports, and maybe learn something new while making friends.

We hope you will decide to join us!

Carnival postponed until 2022 minus a few familiar faces

The coronavirus pandemic has affected all community events over the past year, and as such it is with deep regret that the carnival committee has taken the decision to postpone the carnival until Sunday 12th June 2022. The carnival takes many months of planning, and we want you all to have the best experience, and 2022 will be bigger and better!



Like all events, none of this would be possible without the volunteers who sit on the committees and put the wheels in motion. With that being said, our longest-standing members

are retiring from the committee after many amazing years of planning! Sue and Peter Weaver have spearheaded carnival planning, with Peter first joining the committee back in 1993, some 28 years ago! Sue stepped onboard in the year 2000 to help organise the Millennium year carnival vowing to only stay for one year – that one year turned into 21! In 2003 all committee members resigned leaving Sue and Peter as the only remaining members. The Band committee joined forces with Sue and Peter to keep the carnival going, but in 2006 the band ceased sitting on the committee and Sue and Peter were once again left to find new members. Terry Jones, Jan Southwell and Tom Shirley answered the call for help and still sit on the committee today.

Our great friend Naida Costello joined in 2009 and has supported the VIPs on Carnival days helping give them an amazing time. In 2014 myself and husband Chris Sullivan joined the committee and brought onboard our good friend Oly in 2017. Many other amazing people have volunteered on the committee and supported it throughout the years! We will be sad and lost to see Sue and Peter leave, but know they will be there cheering us on and enjoying carnival day as members of the public, and watching it in a way they haven't done for many years. Naida has also taken this time to step down and focus on her health but know she will always be on the sidelines supporting us. Sue and Peter really have been the backbone of the committee, and we all hope to continue their amazing work. Thank you for everything you have done for Potters Bar, and this isn't goodbye it's just see you soon!

As always, we need support on carnival day marshalling the event and selling tickets. If you are able to help, please send as a message via www.pottersbarcarnival.co.uk or follow us on facebook @pottersbarcarnival.

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Bowling returns at Potters Bar Bowls Club

Since Potters Bar Bowls Club re-opened on 24th April bowling is beginning to return to normal.

On the coldest Bank Holiday Monday in years, 48 members played in two sessions, in the first Bank Holiday Monday Spoon Drive of the season and just four weeks later, in complete contrast in warm early summer sunshine. The second Bank Holiday Monday event took place with 46 members competing using all six rinks. The winners on the afternoon were Julie Lucas, Maggie Openshaw and 'Skip' Mike Birchell.

With the lifting of COVID 19 restrictions at last, members are enjoying playing again. Friendly matches against other Clubs are being played and some members are taking part in both Hertfordshire County and St Albans and District competitions. The Club Competition Secretaries, Colin Malone and Beryl Burbridge have made the draws for the internal Club competitions, with some very good games in prospect, ahead of the Club Finals in the middle of September.

The Club's coaching team have been busy taking new members through their paces over several weeks on a green that is looking good and playing well, thanks to the dedicated Green Team who work tirelessly seven days a week.

In 2020 the Club Treasurer, past President and Captain, Terry Barker, became the President of Hertfordshire Bowls, a position that reflects his enthusiasm and dedication to the game, not only at Club level but at County level too. Terry is held in high regard at his own Club and throughout the County which he has represented in games for many years.

Because of the pandemic, Terry's Presidency will continue throughout the 2021 season when he will be playing in excess of 30 games against other Counties and Clubs in Hertfordshire. But the highlight will be in mid-July when Terry will be captaining his Herts County President's team against his own Club, Potters Bar. Certainly, a game not to be missed!

At last, for members old and new, bowling is back.

Sporting nicknames

Continuing our series on sporting nicknames, we turn to golfers:

Great White Shark: Greg Norman

Big Easy: Ernie Els

Big Fijian: Vijay Singh

Big Wiesy: Michelle Wie

Tiger: Eldrick Tont Woods, nicknamed by his father

Fuzzy: Frank Urban Zoeller

Radar: Wayne Riley, as in Radar O'Reilly from 'MASH'

Golden Bear: Jack Nicklaus

Black Knight: Gary Player, dressed in black

Popeye: Paul Casey

El Pato: Angel Cabrera, The 'Duck'

Boo: Thomas Brent Weekley, a keen huntsman – Boo Boo Bear

Champagne Tony: Tony Lema, provided champagne after victory

Chippie: Paul Lawrie

Goose: Retief Goosen

Jesse: Mark James – a bandit!

Leftie: Phil Mickelson

The Mechanic: Miguel Jimenez, from his first job

Mrs Doubtfire: Colin Montgomerie, USA view of his appearance

The Walrus: Craig Stadler, from his moustache

The Smalrus: Kevin Stadler, his son

Super Mex: Lee Trevino

Boom Boom: Fred Couples, for his drives, then considered to be long

Ice Man: Ben Hogan

Wild Thing: John Daly

The King: Arnold Palmer

Zinger: Paul Azinger

Towering Inferno: Tom Weiskopf, 6ft 3in with quick temper

El Gato (The Cat): Eduardo Romero – confused journalist once asked him why he was called 'the cake', as in gateau



Pictured left: Great White Shark; and pictured right: The Walrus.

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Events and Coaching at Potters Bar Tennis Club

Junior Events 2021

SUMMER COACHING CAMPS 2021

- Morning Sessions 9am to 12 noon, ages 5–9 years
- Afternoon Sessions 1pm to 4pm, ages 10-15 years
- Monday 2nd August to Friday 6th August, 5 days
- Monday 9th August to Friday 13th August, 5 days

JUNIOR FRIDAY NIGHTS finishes for the summer on 23rd July 2021 and recommences on Friday 3rd September 2021. This is included in the Junior Membership of £95 (1st April 2021 to 31st March 2022).

Adult Coaching 2021

- Every Monday Evening 'Pay and Play' is available for adults at Potters Bar Tennis Club, The Walk from 7pm to 9pm (Improvers Mixed). Cost for Non-Members is £7.50.
- Tuesdays 10am to 12 noon Beginners Mixed Group – Non-Members £5.50 per session.
- Thursdays 10am to 11am Improvers Mixed – Non-Members £6.50 per session.

These sessions are all taken by Karl Mills, Club Head Coach **07939 303483** who should be contacted with any coaching enquiries.

Other Membership Matters

All Membership enquiries should be made to Sue Vallance on **01707 645909** or email sue.vallance3@btinternet.com.

Club News 2021

Mackenzie John beat Hayden Stewart in a very competitive match in 'The Road to Wimbledon' Series on Sunday 23rd May 2021 and we wish him success in the next round.

We are hoping to run the main Club Tournament (COVID willing) on Saturday 24th September 2021.

NB: DUE TO COVID 19 ALL THESE COURTS AND TIMES NEED TO BE PRE-BOOKED IN ADVANCE THROUGH CLUBSPARK. THE LINK TO BOOK ON CAN BE FOUND ON THE CLUB WEBSITE www.pottersbartennis.net.



Still going strong at 90

Congratulations to Roy Rogers who has just celebrated his 90th birthday.

Roy is the oldest playing member at Potters Bar Tennis Club, and he still enjoys a game 2 or 3 times a week. A 'keep fit' hero to us all!



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North Mymms Bowls Club continues to thrive

One of the positive results of the pandemic is that many people have realised the benefits of fresh air, for exercise and socialising. Members at our club have appreciated belonging to a club where we can get this, along with playing a sport that is for all ages, although the picture that many have in mind when they think of green bowls is that of a lot of old people out on the bowling green! It is a sport that can be a relaxing, fun experience but it can also be extremely competitive.

This year we have signed up several new members who are now enjoying the camaraderie and friendship of belonging to a bowls club, even though with the restrictions we have currently, we are managing to keep playing and even having friendly matches against other local clubs or playing in County and District individual competitions.

This year the club was able to open at the beginning of the season, thanks to our committee who have organised everything to comply with the latest Government and Bowls England guidelines. It has been a real pleasure to get out on the green to get our fill of fun, fresh air and friendship. Hopefully by the time this article is published restrictions will be lifted and the clubhouse will be fully open with bar and refreshments open to members and visitors.

We are a small friendly club and have members from Potters Bar, Brookmans Park, Welham Green and surrounding areas. We are still looking for new members so if you are interested in playing bowls, please contact our membership secretary Val Atkinson on **01707 645320** or email vgatkinson@btinternet.com and arrange to come and have a look at the club and have a try.



Wylllyotts Theatre

Omid Djalili: The Good Times Tour

Saturday 25th September, 8pm

Tickets: £26

After experimenting with a Zoom gig where he got muted by 639 people, and a drive-in gig where Omid witnessed an audience member get out his car, attach a hose pipe to his exhaust and feed it through the window; multi award-winning comedian and actor Omid Djalili is now where he belongs, on a stage and bringing back the Good Times.

The Roy Orbison Story

Friday 1st October, 7.30pm

Tickets: £24

The one and only Barry Steele is set to put the rock back into 'The Big O' as he takes to the stage to celebrate the musical legacy of Roy and his friends in the West

End production of 'The Roy Orbison Story'.

Backed by a sensational band, the production presents all the classic hits alongside original material written but never sung by Roy Orbison, as well as showcasing elements of the symphonic orchestration first heard on the recently released albums.

Two Mr. Ps in a Podcast - LIVE

Saturday 11th September, 7.30pm

Tickets: £17.50

Mr. P has been a primary school teacher for over 12 years. He still works part-time in school and leads training in schools all over the UK and beyond. From sharing ideas and funny insights into life in the classroom he has now become the most followed teacher on social media in the UK.

3 years ago, alongside his younger brother (who also works in school) he started a podcast 'Two Mr. Ps in a Podcast'. In a year, it has been the number one education podcast and amassed over 3 million listens.

Sharing funny stories from the front line of teaching, this live show will see the Two Mr. Ps reminiscing on their own schooldays and looking at the wonderful and hilarious world of education. Anyone who went to school will enjoy and relate to this brilliant new show.

The Counterfeit Stones

Saturday 2nd October, 7.30pm

Tickets: £27

Why pay a fortune to see ants in a stadium when for a fraction of the price you can get up close and smell the faking brilliance of the

Counterfeit Stones – described as Rolling Stones' hooky masterpiece.

Packed with big hits, retro fashion, vintage guitars and a huge dollop of "Spinal Tap" humour, it's Satis-fiction guaranteed. So "Come On" all you Honky Tonks and Get Yer Doo Dahs Out!

Best of British TV Comedy

Sunday 3rd October, 2pm

Tickets: £21

Join some of TV's best-loved comedy legends in a hilarious glimpse of life behind the camera in a celebration of classic TV Nostalgia. Starring SUE HODGE ('Allo 'Allo! and The Muppets); JEFFREY HOLLAND (Hi-De-Hi, You Rang M'Lord and Dad's Army); SALLY THOMSETT (Man About the House and The

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Railway Children); PLUS, A SURPRISE GUEST APPEARANCE TO BE REVEALED AT EACH PERFORMANCE. WHO WILL IT BE TODAY?

With Keith 'Paddington' Richards at the piano, plus the screening of some 'rare' TV comedy moments, and with an opportunity to ask the questions you've always wanted to, prepare for some hilarious backstage stories and great laughs in a fascinating golden celebration of some of the greatest TV comedy moments of all time!

Alfie Moore: Fair Cop Unleashed

Sunday 10th October, 7.30pm
Tickets: £16

Join BBC Radio 4's cop-turned-comedian Alfie Moore for his latest stand-up tour show.

Fair Cop Unleashed is based on a dramatic real-life incident from Alfie's police casebook. Relive with him the thrilling ups and downs of the night a mysterious

clown came to town and more than one life ended up in the balance. It was no laughing matter – but this show certainly is! Enjoy Alfie's unique brand of humour hilariously woven together with his personal insights into his life on the front-line of the police force. It'd be a crime to miss it!

All Our Yesterdays

Wednesday 27th October, 2pm

Tickets: £15

One of the biggest shows of its kind in the UK, taking the audience on a breathtaking musical journey through the 50s, 60s, and some of the brilliant sounds of the 1970s. Including songs by Del Shannon; Frank Sinatra; Cilla Black; Cliff Richard; Showaddywaddy; The Drifters; Queen and many more.

Over 160 amazing costumes, and choreographed for each decade, performed by 'West End' and international vocalists, along with the stunning 'Timeless Showgirls'.

The Searchers & Hollies Experience

Saturday 30th October, 7.30pm
Tickets: £25

The best of both worlds features an incredible back catalogue of over 30 hit songs in this amazing tribute show. It is a show guaranteed to have you in 'Needles and Pins' with nostalgia as soon as you 'Walk in The Room'. It is definitely worth 'Just One Look' and you will say 'Here I Go Again' 'I feel like 'I'm Alive' when you hear these melodic hits. If you are thinking about booking tickets just say, 'Yes I Will' and enjoy a fantastic 'Saturday Night Out'. After all, you do not want to be saying 'I'm Sorry Suzanne' I missed it!

Jim Davidson 'Unlocked' 2021 Tour

Tuesday 9th November, 7.30pm
Tickets: £26

After months of lockdown, and with the comedy pressure valve set to explode, the people's favourite is back with a brand-new show for

2021! More outrageous than ever, Jim Davidson OBE, one of Britain's greatest-ever comedians is unlocked and asks you to breakout too and join him on another hilarious white-knuckle get-away, coming to a theatre near you!

The Ladyboys of Bangkok – Flight of Fantasy Tour

Thursday 11th November, 7.30pm
Tickets: £25

Climb aboard for the trip of a lifetime as the world's most glamorous showgirls (who just happen to be men!) send you soaring to spectacular diamanté-dipped song and dance destinations, with over 400 stunning costumes.

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WHAT'S ON

JULY

SUNDAY 4th

- > **St John's Methodist Family Fun Day and Outdoor Worship** at 10.30am. Crafts, games and BBQ for everyone. TBC.

TUESDAY 6th

- > **Lunchtime Recital** Felicity Vincent (cello) and Catherine Dubois (piano), 12.30pm. Retiring collection. St Mary's Church, The Walk.

WEDNESDAY 7th

- > ***PB Horticultural Society** Sara Croft — Hertswood Forest.

THURSDAY 8th

- > ***PB Film Makers** at 7.45pm. Open Film Competition.
- > **Weymouth Seafood Festival** by coach. £55. Call 01707 903761.

SATURDAY 10th

- > **Suffolk Village Tour** Woodbridge and River Trip by coach. £36. Call 01707 903761.

WEDNESDAY 14th

- > **Sissinghurst Gardens** by coach. £50. 01707 903761.

THURSDAY 15th

- > **Hertfordshire Chorus Concert** an evening concert of European sacred music (time to be confirmed). St Mary's Church, The Walk. Information www.hertfordshirechorus.org.uk.

SUNDAY 18th

- > **Cranborne Primary School Summer Fayre** (12noon–3pm).

TUESDAY 20th

- > **Osborne House National Trust** members £35, non-members £50. By coach. Call 01707 903761.

THURSDAY 22nd

- > ***PB Film Makers** at 7.45pm. A tuition evening for film.

SATURDAY 31st

- > **Coton Manor Gardens** with lunch by coach. £45. Call 01707 903761.
- > **Isle of Wight Tour** by coach. £60. Call 01707 903761.

AUGUST

TUESDAY 3rd

- > **Lunchtime Recital** Sally Quantrill (flute) and Lydia Bosworth (piano), 12.30pm. Retiring collection. St Mary's Church, The Walk.

WEDNESDAY 4th

- > ***PB Horticultural Society** Kate Harwood — Japanese Gardens in Britain.
- > **Theatre Show** 'Sister Act' by coach. £45. Call 01707 903761.

TUESDAY 10th

- > **Seal Watching** in North Norfolk by coach. £115. Call 01707 903761.

THURSDAY 19th

- > **Sandringham, Norfolk** by coach. £50. Call 01707 903761.
- > **A day at the beach!** Southwold by coach. £50. Call 01707 903761.

SATURDAY 21st

- > **Canterbury Boat Tour** by coach. £35. Call 01707 903761.

SATURDAY 28th

- > **Yoga** for emotional wellbeing, 2–4pm. Holly Drive, Potters Bar, EN6 2QL. Suitable for beginners; helencooper yoga@gmail.com.

SEPTEMBER

WEDNESDAY 1st

- > ***PB Horticultural Society** Len Little — 'Walking The Beat in the East End of London'.

SATURDAY 4th

- > **Thursford and North Norfolk with Steam Train Trip** by coach. £45. Call 01707 903761.

MONDAY 6th

- > **Potters Bar u3a** relaunching at Wyllyott's Centre, 10am–3pm. Opportunity to learn more about u3a activities through stalls, entertainment and guest speakers. <https://u3asites.org.uk/potters-bar/welcome>.

TUESDAY 7th

- > **Lunchtime Recital** Matthew Sear (guitar), 12.30pm. Retiring collection. St Mary's Church, The Walk.

WEDNESDAY 8th

- > **Swanage with Scenic Train Trip** by coach. £45. Call 01707 903761.
- > ***RSPB Afternoon Meeting** All welcome. 'People, Trees', speaker John Tyler.

SATURDAY 11th

- > ***PB Horticultural Society** Autumn Flower and Vegetable Show. Open to public, 2pm. Admission 50p, at Elm Court, 8pm.

FRIDAY 17th

- > ***RSPB Evening Meeting** All welcome. Speaker to be confirmed.

SATURDAY 18th

- > **Hertfordshire Philharmonia** Concert music by Weber, Grieg and Dvorak. 7.30pm, St Mary's Church, The Walk. Information tickets@hertsphil.org.uk or phone John Cox on 01727 857827.

SUNDAY 19th

- > **Chelsea Flower Show** by coach. £65. Call 01707 903761.

FRIDAY 24th

- > **Stamford and Belton House** by coach. £80. Call 01707 903761.

SATURDAY 25th

- > **Omid Djilili — The Good Times Tour** £26. Wyllyotts Box Office 01707 645005.

THURSDAY 30th

- > ***Cuffley Horticultural Society** Mini show at 7pm followed at 8pm by speaker Dave Tweedle on 'East meets West Japanese Gardens.'

OCTOBER

FRIDAY 1st

- > **The Roy Orbison Story** £24. Wyllyotts Box Office 01707 645005.

SATURDAY 2nd

- > ***PB Film Makers** Public show 2pm in Northaw Village Hall. This is dependent on the public health situation at the time. TBC.
- > **Cotswold Autumn Colour Village** £35 NT members, £50 non-members. By coach. £80. Call 01707 903761.

SUNDAY 3rd

- > **Harvest Festival** with Scout Parade at St John's Methodist Church 10.30am. Donations will go to the Whitechapel Mission (for homeless people). TBC.
- > **Harvest Festival** Family Communion Service at 10am. All welcome. St Mary's Church, The Walk. Details 07803 756088.

WEDNESDAY 6th

- > ***PB Horticultural Society** Nick Dobson — 'Dazzling Dahlias'.

WEDNESDAY 13th

- > ***RSPB Afternoon Meeting** All welcome. Nature in Music, speaker Derek Baker.

FRIDAY 15th

- > ***RSPB Evening Meeting** All welcome. Shetland Wildlife and Archaeology, speaker Bruce Bennett.

TUESDAY 19th

- > **ELDS presents: My Fair Lady.** Wyllyotts Theatre, Potters Bar. Opening Tue 19th until Sat 23rd October.

WEDNESDAY 20th

- > **ELDS presents: My Fair Lady.** Wyllyotts Theatre, Potters Bar. Opening Tue 19th until Sat 23rd October.

THURSDAY 21st

- > **ELDS presents: My Fair Lady.** Wyllyotts Theatre, Potters Bar. Opening Tue 19th until Sat 23rd October.

FRIDAY 22nd

- > **ELDS presents: My Fair Lady.** Wyllyotts Theatre, Potters Bar. Opening Tue 19th until Sat 23rd October.

SATURDAY 23rd

- > **Cherry Lodge Autumn Soul Fall Ball** at the Double Tree Hilton, Borehamwood.
- > **Winchester Steam Train with Sunday Lunch** by coach. £80. Call 01707 903761.
- > **A Day in Winchester** by coach. £35. Call 01707 903761.
- > **ELDS presents: My Fair Lady.** Wyllyotts Theatre, Potters Bar. Opening Tue 19th until Sat 23rd October.

THURDAY 28th

- > ***Cuffley Horticultural Society** AGM of the Society at 7pm followed by speaker Andy Sands on 'Wildlife Photography — Ancient Trees and Woodlands'.

SATURDAY 30th

- > **Potters Bar Choral Society** Concert Vierne Messe Solennelle and Faure Requiem. 7.30pm, St Mary's Church, The Walk. Information info@pbchoral.org.

NOVEMBER

TUESDAY 2nd

- > **Lunchtime Recital** Neil Crossland (piano), 12.30pm. Retiring collection. St Mary's Church, The Walk.

WEDNESDAY 3rd

- > ***PB Horticultural Society** Neale Holmes-Smith — 'The Art of Pruning'.

THURSDAY 4th

- > **Cranborne Primary School Fireworks Event** (gates open at 5.30pm).

SATURDAY 6th

- > **Remembering our loved ones** a service to remember and give thanks for departed relatives and friends. 3pm, St Mary's Church, The Walk. Followed by tea and cakes. Details 07803 756088.

SUNDAY 7th

- > **Handel's Messiah** the Merry Opera Company's dramatization of this famous work. St Mary's Church, The Walk (time to be confirmed). Details www.merryopera.co.uk or call 07803 756088.
- > **King Charles the Martyr Church** 4pm. Confirmation Service with Bishop Michael of Hertford.

WEDNESDAY 10th

- > ***RSPB Afternoon meeting** All welcome. Flowers of the Canadian Rockies, speaker Brenda Harold

SUNDAY 14th

- > **Remembrance Day Service** 10.50am at the War Memorial, followed by service in St Mary's Church at 11.30am.
- > **Remembrance Parade** at St John's Methodist Church 10.30am.
- > **King Charles the Martyr Church** Act of Remembrance 10.55am.
- > **King Charles the Martyr Church** Bereavement Service at 4pm followed by tea.

FRIDAY 19th

- > ***RSPB Evening Meeting** All welcome. 'The World of Birds and Laughter' by Richard Pople.

LOCAL ORGANISATIONS

ANIMALS

DOG TRAINING – HOME FARM Fri classes 9.30am–12noon. Obedience and socialisation. All levels welcome. One-one also. 275322.

DOG TRAINING IN POTTERS BAR Weekly, Sun 10–11am 020 8449 5298/651610.

PUPPY CLASSES IN WILD HILL Weekly, Mon 7.15–8.15pm. Wild Hill Village Hall Puppy socialisation and basic training classes from 8 weeks old or after first inoculation. 651610.

RSPB POTTERS BAR AND BARNET LOCAL GROUP* Illustrated talks, Fri at Tilbury Hall, 7:45pm. RSPB members £4, others £4.50. Wed at St John's URC Hall, New Barnet, 2pm. RSPB members £3.50, others £4. Regular coach outings to nature reserves. Tel 01707 652836 or www.rspb.org.uk/groups/pottersbarandbarnet.

RSPCA* Friends of Southridge Animal Rescue and Re-homing Centre, Packhorse Lane, Ridge.

RSPCA Potters Bar, Hatfield and Barnet Branch. 07872 902710.

ART

ART Every Fri 10am–12noon. Furze field Court, (next to Elm Court). £2.30. 020 8207 7568.

ART IN HERTS Weekly, Tue. Furze field Court, 7.30–10pm. 650694.

CHILDREN'S FINE ART CLASSES Little Art School of Herts. Small groups. Ages 4–12. Tue 4.15pm–5.15 pm, Potters Bar/South Mymms.

CRAFT AND CHATTER Weekly, Mon (except holidays). PB Baptist Church, 10.30am. 707082.

CUFFLEY FLORAL ART CLUB* Monthly, Tue 7 for 7.30pm. Cuffley Hall, Maynards Place. Jessica 873821.

HERTSMERE SOCIETY OF ART Weekly, Wed 1.30–4.30pm. Clayton Centre, Barnet Road. Friendly art group. 658336.

INTERIOR DESIGN COURSES For beginners. Potters Bar/South Mymms. Mon 10am–1pm. 07907 802206.

BABY and TODDLER GROUPS

BABY SENSORY CLASS (Birth – 13 months). Award winning. Thu, Furze field Leisure Centre. Lisa 07887 700939 or barnet@babysensory.co.uk.

CHARLIE'S ANGELS Weekly on Wed in term time, 1.30pm–3pm. For toddlers and their parents, grandparents and carers. King Charles the Martyr Church Hall. No charge. 01707 665579.

GROUP 2 for siblings and families of children with special needs. Monthly, 2nd Sat, 3.30–6pm. Wayside Centre. £2 per family. Sally 07999 221974.

HAPPY APPLY BABY AND TODDLER Essendon Primary School. Wed 1.45–3.15pm. £1.

MOTHER AND TODDLER GROUP Wed 1.45–3.15pm. School Hall, Essendon.

MUSICAL TEAPOTS Baby and Toddler Group, 10 months to 4 years. Wed 9.30–10.30am and 10.30–11.30am in Brookmans Park. 07800 818444.

PARENT AND TODDLER GROUP Weekly, term time, Tue 10–11.30am. Causeway Free Church. 660021.

PARENT AND TODDLER GROUP Weekly, term time, 9.45–10.45am. Cranborne School. 851471.

SPARKLERS Weekly, Tue, term time only, 1–2.45pm. Music, craft and play for babies and children 0–4 years and parent or carer. Life Church – Cuffley. 876060.

TOTS-IN-TOW Weekly, Mon in term time, 1.30–3pm. PB Baptist Church. Babes in arms to school age. Pam 07721 665187.

TUMBLE TOTS Weekly, Fri. Elm Court. Book a trial class. Gill 020 8449 4593.

PRE-SCHOOL DEVELOPMENT ACTIVITY Wed at St John's Methodist Church. 10am, Happy House: walking confidently to 4 years. 11am, sitting confidently to walking. 12.15pm, newborn to sitting. Joanna@hartbeeps.com.

DANCE

AB'S STOMPERS LINE DANCING Weekly, Mon, Tue and Thu. Wroxham School. All levels. 07967 964962.

ANGIE'S DANCE ACADEMY Weekly classes. Children and adults (Disco/Street). Latin American and Line dancing. 07773 341490.

ADULT BALLET, JAZZ AND TAP CLASS Weekly classes. Parkwood Health and Leisure Centre, Darkes Lane. Suzanne 07904 771 980.

LIZZIE MEEKS SCHOOL OF DANCE Ballet, Tap, Jazz, Contemporary, Hip Hop and Street Dance. Adult's and children's classes Mon to Fri. 07887567713 or info@lizziemeeksschoolofdance.com.

BALLROOM AND LATIN DANCING Weekly, Tilbury Hall. Beginners Mon 6.45pm, Improvers 7.45pm, Advanced 8.45pm. 07711 832070 or www.nicksdanceschool.com.

BALLROOM, LATIN, SEQUENCE, DANCING North Mymms Memorial Hall, Station Road, Welham Green, AL9 7PG. Every Wed evening 8–10pm. £4. Also in Welwyn Garden City. Contact Russel 01707 264154.

DANCING Ballroom and Latin Beginners. Weekly, Wed. Little Heath Church Hall, Thornton Road, 8.45–10pm. 662050.

LINE DANCE WITH STEPPIN' TIME Weekly, Mon and Thu. Welham Green. Improver to advanced level. 655866.

LINE DANCING Wed 2–4pm. Beginner and improver level. Oakmere Youth and Community Centre, Featherstone Close. 859578.

MOUNTVIEW DANCE SCHOOL Weekly, Mon and Sat. St John's Church Hall. Classes from age 3 upwards. 01582 461233.

IRISH DANCING Weekly, Wed and Sat. Feeney Miller School of Dancing. Clayton Centre. Age 4+. 01727 824842.

SCOTTISH COUNTRY DANCING Monthly, 3rd Sat, Oct to Jul. Tilbury Hall, 7.30pm. £4.50. Mary 020 8367 4201/4835.

WAGGONERS SQUARE DANCE CLUB Weekly, Mon 8–10pm at St Joseph's in the Park School Hall, Hertingfordbury. Janet 01992 441083

FRIDAY FOLK Social folk dancing club Fri, 7.45–10pm. St Albans. www.fridayfolk.org.uk.

EDUCATIONAL

PB WEA Literature Group. Thu 10am–12noon. United Reform Church. 658915.

BROOKMANS PARK WEA Weekly, Tue and Thur mornings. 10 week courses starting 24th and 26th Sep. Details from Lyn Pym 01707 650673.

COMPUTERS AND A CUPPA Weekly, Mon. Wyllyotts Cafe, 10.30am–12.30pm. Helping older people to use their IT devices. Free.

FIRST CLASS LEARNING MATHS AND ENGLISH Ages 4–16. Weekly, Sat 10.30am–12.30pm. St Mary's Church Hall, Caroline or Tim 07708 655554.

KUMON MATHS AND ENGLISH Ages 4–18. Mon and Thu 3.30–5.30pm at Tilbury Hall, Darkes Lane. Sheena 643588.

NATIONAL ASSOCIATION FOR GIFTED CHILDREN – EXPLORERS CLUBS Monthly, 1st Sun. Borehamwood. For talented children and siblings. www.nagc-herts.org.uk.

SPANISH CIRCLE HERTFORDSHIRE* Monthly, 2nd Fri. Sep to Jun at Red Lion Pub, Hatfield, 7.30pm. Events including wine and sherry tasting, talks on Spanish culture. 661722.

UNIVERSITY OF THE THIRD AGE – U3A Study and recreation for those not in full time employment. 2nd Mon. Wyllyotts Centre, 10am. Secretary 07544 263356.

FITNESS

EXERCISE & MOVEMENT TO MUSIC Wed 2.15–3.45pm. Elm Court. Call or text 07949 055958 or email exercisewithtracy@gmail.com.

FITNESS CLASSES Wed 7.15pm. LBPT Fitness Classes and Sat 9am. Essendon Primary School Hall.

FITSTEPS Weekly, Tue 6–7pm North Mymms Memorial Hall. Wed 10.15–11.05am and 11.15am–12.05pm, Rhythmix Dance Studio, Potters Bar. 020 8133 9142/07711 832070.

HATHA YOGA CLASSES Every Mon 7.30pm, Tue 5.30pm, Wed Online, Friday 11am and Sat 10am. In and around Potters Bar. Further details Helen Cooper 07740 823230.

MEN'S FITNESS GROUP FOR OVER 50s All levels of fitness and abilities welcome. Fri 10–11am at King Charles the Martyr Church Hall.

POSITIVE MOVEMENT EXERCISE CLASS Tue 10.30am–12noon, Clayton Centre. Positive for older people, carers, people at risk of falls. 01462 678804.

MOVES FITNESS Weekly, Mon. St Mary's Church Hall, 7.30–8.30pm. Aerobic Dance Exercise. All fitness levels welcome. Bring mat or towel. 07733 173559.

PB RUNNING MUMMIES Fri, weekly, 2.30–3.15pm. St Mary's Church Hall. For new mums with babies 12 weeks +. Warm-ups, couch to 5K sessions, yoga cool down. Cost £2 to £5. Contact Grace 07815 309567 or Karina 07412 509101.

PILATES Weekly, URC Church, Brookmans Park, Mon 9.15am and 10.15am, and Fri 9.30am and 10.30am. North Mymms Memorial Hall, Tue 9.30am and 10.30am, and Wed 9.30am. Debbie 07717 841338.

YOGA CLASSES Weekly, Mon 10am, Fri 10am, Sun 10.30am. Thu 7–8pm Core class and Yoga 8–9pm. Wayside, Contact Jade 07976 743189.

ZUMBA GOLD Tue 6.30pm, Tilbury Hall. Wed 10.45am, Elm Court. Sue 07956 338561.

GAMES

BRIDGE CLUB – LITTLE HEATH (DUPLICATE) Tue 7.30pm in Parish Hall. Aileen 652343 or Peter 658016.

BRIDGE CLUB Thu 10am–1pm. Little Heath Parish Hall. Playing Chicago Bridge. Tom 655461.

BRIDGE CLUB Mon 7.30pm. Clayton Centre, Barnet Road, Potters Bar. June 651011.

BRIDGE CLUB – CHICAGO Mon 7.30–10pm at Wyllyotts Centre. Robert 658677.

LITTLE HEATH CHESS CLUB Juniors – Thu 5.45–7.15pm. Adult players welcome for matches. Chris 642027.

SCRABBLE Weekly, Fri 10am–12noon. Elm Court. £2.30. 020 8207 7568.

WHIST DRIVE 1st Fri, monthly. Village Hall, Northaw, 7 for 7.45pm. 651682.

WHIST DRIVE Monthly, 2nd Thu. South Mymms Village Hall, 7.30pm. 01727 869211.

HEALTH

ALCOHOLICS-ANONYMOUS Frequent meetings in Potters Bar and local area. 0845 768 7555 or email help@alcoholics-anonymous.org.uk.

BARNET AND DISTRICT CANCER LINK Drop In Centre – weekly, Wed 1.30–4pm. Union Street, Barnet. For cancer patients, families and friends. 708022 or 020 8446 3104.

CARDIAC SUPPORT GROUP Monthly meetings and weekly cardiac exercise. British Legion, Holtwhites Hill, Enfield. 01992 718155.

LOCAL ORGANISATIONS

CARERS IN HERTFORDSHIRE Contact 01992 586969 for information.

CHERRY LODGE CANCER CARE Contact Tina on 020 8441 7000 for more information.

CIRCLE FOR THE BLIND AND PARTIALLY SIGHTED (PB THEATRE COMPANY) Dress rehearsals for shows and quarterly evening socials at Furze Field Court. Evenings. 657194.

DEMENTIA SUPPORT – HERTSWISE Designed with people living with dementia. low level memory loss or mild cognitive impairment, and their friends, family and carers at its heart. Thu 1.30–3pm at Elm Court, £5 contribution. Carers welcome at no extra charge.

DEMETIA FRIENDLY FRIENDLY CHURCH SERVICE King Charles the Martyr. First Tue of each month from 2–3pm.

HERTS MIND NETWORK Tue fortnightly 11am–1pm, Memory Support Group, appointment only £1, Goodacre Court, EN6 5AZ. Tue weekly 9am–5pm, Peer Support, appointment only, Maple House, EN6 5BS. Tue weekly 2–4pm, Drop-in £1, Elm Court. Contact 020 3727 3600.

MIND DROP-IN GROUP Weekly, Tue 1–4pm. Cricket Club, The Walk. 659455.

POSITIVE MOVEMENT EXERCISE CLASS Tue 10.30am–12noon, Clayton Centre. Positive for older people, carers, people at risk of falls. 01462 678804

HERTS VISION LOSS The Woodside Centre, The Commons, Welwyn Garden City, AL7 4SE. Sight Line 01707 324680, Office@hertsvisionloss.org.uk or www.Hertsvisionloss.org.uk.

YOGA FOR MENTAL HEALTH Trauma-informed specialist yoga teacher to help manage stress, anxiety, depression or general emotional wellbeing. One to ones, small groups, or workshops. Free of charge 20 minute telephone consultation: Helen Cooper 07740 823 230 or email helencooper@yoga@gmail.com.

HOBBIES

BARNET AND DISTRICT PHILATELIC SOCIETY Mon 8pm. Twice monthly. St John's Church Hall, Mowbray Road, New Barnet. Sep to Jun. www.barnetphilatelic.co.uk.

CAKE DECORATING Potters Bar Sugar Art Club. Monthly, 1st Mon 7.30pm. Furze Field Court, Mutton Lane. Jackie 850432.

CUFFLEY HORTICULTURAL SOCIETY Monthly, last Thur. 10 times per year. 7.30pm. Cuffley Hall, Maynard Place. Contact Sarah Anthony 879057 or secretary@cuffleyhorts.org.uk.

FENG SHUI SOCIETY OF HERTS Monthly, Elm Court, 7pm. 07951 741128.

MERLIN MAGICAL SOCIETY Fortnightly, Thu 7.45pm. Little Heath Parish Hall, including beginners. John Clayton 07931 525399.

NORTH MYMMS HORTICULTURAL SOCIETY North Mymms Youth and Community Centre, Station Road, Welham Green. Adrian 885430.

PB AND DISTRICT HISTORICAL SOCIETY* Monthly lectures, 8pm. 60+ Centre, £1. Museum Sat 11am–1pm, Tue and Wed 2.30–4.30pm, both at Wyllyotts. 654179 or guffins@hotmail.co.uk.

PB AND DISTRICT HORTICULTURAL SOCIETY* Monthly, Feb to Dec. 1st Wed 8–10pm. Elm Court. Members £2. Visitors £3. 651372.

PB AND DISTRICT PHOTOGRAPHIC SOCIETY Weekly, Mon 7.30pm for 8pm. Wyllyotts Centre. Any standard welcome. 01438 832504.

PB ALLOTMENT ASSOCIATION Visit Highview Gardens site. Sun 10am–12noon. Call Geoff 653910.

PB FILMMAKERS* Alternate Thu 7.45pm. Wyllyotts Centre. 656446/659888.

MUSIC

ATTIC ORCHESTRA For those who wish to resume playing. Mel on melroot@hotmail.com.

BAY JAZZ CLUB 1st and 3rd Tue, 8.30–11pm. Botany Bay Cricket Club, East Lodge Lane, Enfield. Live Traditional Jazz. Licensed Bar. 020 8367 6660.

JAZZ – GOOGLIES JAZZ CLUB Weekly, Thur 7.30pm. Botany Bay Cricket Club, East Lodge Lane, EN2 8AS. www.gooxiesjazz.co.uk, gooxiesjazz@btinternet.com or John 020 8350 3541.

COMMUNITY CHOIR Weekly, Thu. Wyllyotts Theatre, 7.30–9.30pm. For info Joy 655464.

HERTS. PHILHARMONIA ORCHESTRA Thu evenings at Welwyn Garden City, for experienced orchestra players. info@hertphil.org.uk or 01727 857827.

HERTFORDSHIRE SHOWBAND Weekly, Mon. Mount Grace School. Training band and lessons, 7pm. Showband 7.45pm. 650209.

PB CHORAL SOCIETY* Weekly rehearsals, Tue 7.45pm. St Mary's Hall, The Walk. Experience not essential. 642393.

PB TOWN BAND Weekly rehearsals, Fri 8–10pm. Goffs Oak Methodist Church, Traditional brass band. 07970 448661.

PHOENIX CONCERT BAND Rehearsals weekly, Thu. Fair Field Junior School, Radlett, 8–10pm. 642976.

RADLETT MUSIC CLUB 6 concerts per season, Oct to Apr. Radlett Centre, 8pm. Online booking www.radlettcentre.co.uk.

RADLETT PLAYERS A production each Spring and Autumn at Radlett Centre. www.radlettplayers.org.uk.

PB MUSIC CENTRE Weekly, Sat in term time, 8.30am–1pm. Dame Alice Owen's School. Individual instrumental lessons and group activities. www.hertsmusicservice.org.uk/potters-bar-music-centre.

OUTDOOR

NORTH LONDON OUTDOOR GROUP Weekends away, day and evening walks. 2nd Tue 8.15pm at Discovery Hall, Stevenson Close, New Barnet. www.northlondonoutdoorgroup.org.

BARNET WALKS* Guided walks. £9 (£4 under 12s). Contact Paul for more information on 07506 761294.

FIR AND POND WOODS NATURE RESERVE Volunteers help in maintaining and improving the habitat monthly, 2nd Sun 10am–1pm. Meet lay-by in Coopers Lane Road, EN6 4DG. Tools provided, bring drink, gloves and good footwear. Check Facebook page or 01707 652836.

GOBIONS WOOD NATURE RESERVE OF HERTS AND MIDDX WILDLIFE TRUST For information contact 01727 858901.

NORTHAW GREAT WOOD Working parties every Fri at 9.30am and first Sun each month. Meet wood car park. 07850 233854.

PB RAMBLING CLUB Weekly, Wed and alternate Sun 10.30am. Meet start of walk. 01438 717826.

PB SOCIETY WALKS* Fortnightly, Sun afternoon walks along local rights of way. www.pbsoc.org.uk.

WALKS – HERTSMERE HEALTH WALKS Gentle and moderate walks for all. Further information on www.hertfordshirehealthwalks.co.uk.

SOCIAL

BINGO Weekly, Mon. South Mimms Youth and Community Association, Village Hall, 7.20pm. 651700/647822.

COMMUNITY CAFÉ AT KCM Weekly on Thu. King Charles the Martyr Church Hall, 9–1.30pm. Coffee and light lunches served. 01707 665579.

CHARITY LUNCHEAS – URC. Darkes Lane, 1st and 3rd Fri in month, 1pm. £3 per person. Please come and join us. 665482.

COMPUTERS AND A CUPPA Weekly, Mon. Wyllyotts Cafe, 10.30am–12.30pm. Helping older people to use their IT devices. Free. No need to book.

BROOKMANS PARK WI 3rd Mon 7.45pm. Brookmans Park URC Hall. Visitors welcome. 07956 301803.

BURMA STAR St Albans branch. Monthly, 2nd Mon 11am. British Legion Club, Verulam Road, St Albans. For ex-servicemen with Burma Star. 020 8207 1247.

CUFFLEY OVER 50'S CLUB Wed 2–5pm. Cuffley Youth and Community Centre. Art, snooker, table-tennis, Scrabble, etc. John 875589.

ENFIELD NATIONAL TRUST ASSOCIATION Contact Pam for more information 650969.

FIFTY PLUS* Wide range of activities, events, trips and courses. Not exclusive to 50 and over. 645005.

FURZEFIELD WI Monthly, 3rd Thu 7.30–10pm. Tilbury Hall. 659886.

LOAVES AND FISHES CAFÉ Weekly, Wed. Christchurch, Little Heath, 10.45–12.30pm. All welcome 662460.

MITRE CLUB Monthly 1st Tue. For retired professionals and businessmen. Best Western Homestead Court Hotel, Welwyn Garden City. 01707 656912.

NORTH LONDON AND DISTRICT SOCIAL CLUB FOR THE UNATTACHED Weekly, Wed 8–11pm. Cheshunt Sports Club. Dancing suitable for over 55s. Richard 01992 639344.

NORTHAW WI Monthly, 1st Tue 7.30pm, Northaw Village Hall. 020 8360 9729.

OAKMERE WI New time and venue from 9th Sep 2021. Monthly, 2nd Thu at 2.30pm. Christ Church, Little Heath Hall. Details via pitstoponline@btinternet.com.

OLD FOLKS WELCOME CLUB Weekly, Mon 2–4pm. Sixty Plus Centre, Wyllyotts. 653650.

PB CARNIVAL Contact Peter or Sue on 850147 if you require a stall or more information.

PB NATIONAL WOMENS REGISTER – TUESDAY GROUP Weekly, 8pm in members' homes. Discussions, quizzes and outings. 659903.

PB SOCIETY COUNTRY GROUP Contact Alastair 653636.

PB SOCIETY TOWN GROUP* Monthly, 1st Thu. United Reformed Church, 7.30pm. Arnold 654179.

PB TOWNSWOMEN'S GUILD Monthly, 2nd Wed 7.30pm. Wayside Hall. 653650.

PB TOWN TWINNING ASSOCIATION Visits to and from Franconville and Viernheim. cpd1a@yahoo.co.uk.

PB ROTARY CLUB Weekly Tue 12.30pm for 1pm and last Tue in month 7–7.30pm at The Shire London, St Albans Road. John 645955.

ROTARY CLUB OF BROOKMANS PARK Weekly, Tue 7.30pm for 8pm at Essenden Golf Club.

enquiries@brookmansparkrotary.org.uk.
ROUND THE CORNER COFFEE MORNING Weekly, Fri, term time only, 9am–12 noon. Profits to various charities. Life Church – Cuffley. 876060.

SIXTY PLUS LUNCHEON CLUB* Weekdays, 10am–1pm. Minibus transport available. 643602.

PB 41 CLUB Monthly. For ex-Round Tables. 1st Wed 7.15pm. 851445.

WEDNESDAY COMMUNITY CLUB* Wed 2–4pm. PB Baptist Church. Vera 651470.

SPORT

ADULT NETBALL Mon 7–8pm. Wroxham School. £2. Any standard welcome. Tel 650902.

BADMINTON Weekly, Fri. Owen's School, 8–10pm. Age 17+ intermediate upwards. 264007.

BADMINTON CLUB Little Heath Church Hall, Thu 7.30pm. All abilities welcome. 657812.

BADMINTON CLUB (FRIERN) Friendly club for intermediate players. Owen's School, Wed 8pm. ann-marie.rowland@fds.co.uk.

BADMINTON LADIES Weekly, Wed 2–5pm. Christ Church, Little Heath. Friendly, social group. 650040.

LOCAL ORGANISATIONS

BOTANY BAY PETANQUE CLUB

Weekly, Sun 10.30am–2pm. Botany Bay Cricket Club. Try the French game of Boules. 653325.

OAKLANDS BADMINTON CLUB

Weekly, Tue 8–10pm. Dame Alice Owen's School. 5 courts. Yvonne 642328.

BARRACUDA SWIMMING CLUB

Weekly, Sun. Furzeield Centre, 11.30am–12.30pm. Helps all ages with disabilities to be safe in water. Ian 660935.

BROOKMANS PARK TENNIS CLUB

Golf Club Road, Brookmans Park. 6 courts with floodlights. Suit all abilities. 644926.

BUSHI SEISHIN RYU (MARTIAL ARTS)

Weekly, Fri. Kidston Inst, Northaw Road West, Northaw, 7.30–9.30pm. 642354.

CHI KUNG CLASS

Weekly, Mon 6.30–7.30pm. North Myrms Social Club, Welham Green. Sat 11am–12noon at PB Health Club. Organised by 'Just Standing'. 272255.

CROQUET CLUB

Tue, Thu, Sat and Sun, from 2.30pm. Bush Hill Park, Enfield. Coaching given. 020 8366 6005.

ELIZABETH ALLEN FOOTBALL CLUB

Weekly, Sat pm. Old Owen's, Coopers Lane Road, EN6 4NE. 852422.

PB HOCKEY CLUB

Ladies, men and junior hockey. Ed 07763 929462.

PB KARATE CLUB

Mon at Dame Alice Owen's at 6pm. All ages. Cranborne School Breakfast Club, Thu mornings.

www.tiskakarate-pottersbar.co.uk.

KARATE, SELF DEFENCE AND FITNESS

Weekly, Wed. Furzeield. Juniors 7–8pm.

Adults 8–9pm. Sun Adult and Juniors

11am–12noon. 07534 563456 or

www.karate-masters.co.uk.

KARATE AND DEFENCE FOR YOUNG CHILDREN TO ADULT

Sat, 2–7 years, 10.30–11.15am. 8 years+,

11.20am–12.25pm. 661544.

KARATE FOR ALL THE FAMILY

Weekly, Sat. Oakmere Youth and Community

Centre. Children 10.30–11.30am. Adults

11.45am–1pm. 852641.

MULTI-SPORT

Weekly, Tue and Thu. Furzeield Centre. 50+.

Short tennis, table tennis, badminton, swimming and indoor

bowls. 850500.

NETBALL CLUB

Cheshunt Youth. Thu evenings at Wormley. Various leagues. Adults

also. Chloe 873676.

NINTAI KARATE CLUB

Weekly at PB Baptist Church. Beginners Mon 7–8pm.

Intermediate and advanced 8–9pm. All

grades Fri 7–8pm. 07956 987100.

NORTH MYMMS BOWLS CLUB

Dellsome Lane, Welham Green.

01707 645320.

NORTHAW AND CUFFLEY BOWLS CLUB

King George V Playing Fields, Northaw

Road East, Cuffley. 654883.

NORTHAW TAI CHI GROUP

Weekly, Tues. Northaw School, Vineyards Road,

7.45–9pm. 642354.

OLD OWENS CRICKET CLUB

Coopers Lane, Potters Bar. Herts Saracen League.

07904 194295/020 8819 6638.

PB TENNIS CLUB

The Walk. 6 Astroturf courts with floodlights. Enquiries

www.pottersbartennis.net.

PB TOWN FOOTBALL CLUB

Parkfield. Matches Sat 3pm. Some Sun and

midweek. Training Tue and Thu 7.30pm.

07833 632965.

PB BOWLS CLUB

The Walk. 660336 or email club@pottersbar-bc.com.

PB CRICKET CLUB

The Walk. New members welcome. 654801.

PB GYMNASTICS CLUB

Recreational (4–12 years). Mon 5.15pm, Furzeield

Centre. Squad training 6–13 years, Tue, Thu

and Fri evenings 5.30pm, and Sat 9am

Chancellor's School. 01923 855598.

PB CRUSADERS SPORTS AND SOCIAL CLUB

Daily Members Club. 5.30–11pm. Mon to Sat 12noon–3pm on

Sun. www.pottersbarcrusaders.com.

PB CRUSADERS YOUTH FOOTBALL

Football for boys and girls aged 4–18.

Matthew 07944 492521.

PB LIFESAVING CLUB

Weekly, Tue, Furzeield Centre, 8–9pm. From 9 years to

any age and ability. 020 8440 3346.

PB SHOKOTAN KARATE CLUB

Weekly, training Wed 7.30–8.30pm (ages 7–16).

8.30–9.30pm (adults). Furzeield Centre.

www.karate-masters.co.uk.

PB UNITED FOOTBALL CLUB

Training weekly. Age 5–16 boys and girls. Phone for

times and venues. 850377.

SHOSHIN KARATE JITSU CLUB

Weekly, Wed. DHC Potters Bar Health Club.

8–9.30pm. Beginners and all grades.

07734 294630.

SNOOKER

At The Kidston Inst, Northaw. Membership fee

£20 per annum. £1 per hour. 07725 430244.

TABLE TENNIS

At The Kidston Inst, Northaw. Membership fees

£20 per annum. £3 per match. Teams of varying standards.

07725 430244.

TABLE TENNIS

Barnet Lane, EN6 2DN. www.bttc.co.uk or

020 8449 7845. Non-members welcome.

TABLE TENNIS CLUB

Weekly, Wed, Thu and Fri matches only at Potters Bar

Free Church, Mimms Hall Road. Barnet. Shaw and

North Middlesex Leagues. 852422.

TABLE TENNIS

Hertsmere 50+. Weekly, Tue 10am–12noon,

Thu 2–4pm. Elm Court. 020 8207 7568. For

Seniors. Weekly, Fri. Hatfield Leisure Centre. 10am–12noon.

TAI TSUNG KUNG FU

Self Defence. Weekly, Tue. Oakmere Primary School,

7.30–9pm. 07968 162304.

SKATING – INLINE SKATER HOCKEY

Weekly, Thu 6–7.15pm. Sat 12noon–1pm.

Learn to skate as well as skater hockey. For

all 5–18 years. Hatfield Leisure Centre.

For all 5–18 years. Hatfield Leisure Centre. bwcusaders@hotmail.co.uk.

SWIFTS JUNIOR BADMINTON

Weekly, Fri, term time. Hatfield Leisure

Centre, 6–9.30pm, 5–18 years. Beginners to

county standard. 01707 550476.

PB PETANQUE PLAYERS

Weekly, Oakmere Park. Sun from 10am and

Tue from 2pm. Jane 266517 or

www.pottersbarpetanque.co.uk.

THEATRE

ENFIELD LIGHT OPERATIC AND DRAMATIC SOCIETY

Weekly, Tue and Fri 8pm. Drama group rehearse

Winchmore Hill. Performs Wyllyotts. 2

musicals per year. 07711 316474.

CUFFLEY OPERATIC SOCIETY

Amateur Musical Theatre Rehearsals Tue and

Thu. 2 shows a year May and Nov at

Cuffley Hall. Jen 01707 872418.

CUFFLEY PLAYERS

Amateur Dramatic Society Rehearsals Mon and

Thu. 2 plays a year Mar and Nov at

Cuffley Hall. Fran 872229.

GREEN ROOM PRODUCTIONS

Rehearsals Mon at King Charles the

Martyr Church Hall, Wed at Oakmere

School. 01727 836938.

PB THEATRE COMPANY

Rehearsals Tue and Fri at

Chancellors School. Gillian on 657194.

RADLETT PLAYERS

A production each Spring and

Autumn at Radlett Centre. www.radlettplayers.org.uk.

YOUTH

ACT 4

Weekly youth clubs and regular

events. 665551 or www.act4.org.uk.

AIR TRAINING CORPS – 57 (PB)

SQUADRON Weekly, Mon and Thu.

Ingram Cadet Centre (opposite Fire

Station). 7.15–9.30pm. Ages 13–18.

ac.57@aircadets.org.

CAPITAL ARTS CHILDREN'S CHOIR

AND YOUTH THEATRE Sat, Wyllyotts

Centre. 5–16 years. Drama and

choir. 020 8449 2342.

GUIDES, BROWNIES AND RAINBOWS

Potters Bar and Brookmans

Park areas. www.girlguiding.org.uk

/getinvolved or Sue 850147.

HERTS YOUNG HOMELESS

nightstopherts@hyh.org.uk or

03333 202 384.

HOMELESS FOR HERTS YOUNG

NIGHTSTOP call 03333 202 384 or

nightstopherts@hyh.org.uk.

NORTH MYMMS YOUTH AND COMMUNITY CENTRE

Station Road, Welham Green. 260198.

NORTH MYMMS YOUTH PROJECT

Activities, trips and weekly meetings for

youngsters 9–16 years. D of E for

ages 14+. www.nmyouth.org.uk.

PB CHILDREN WITH SPECIAL NEEDS

GROUP Monthly, 2nd Wed 9.15–11am.

Furzeield Children's Centre. 859325.

SCOUTS, CUBS AND BEAVERS

For info Peter 850147.

STAGECOACH THEATRE ARTS

SCHOOL Weekly, Sat. Chancellor's

School. 4–18 years. Dance, drama and

singing. 01582 713771.

TALENT TIME STAGE COMPANY

Weekly, Mon. Little Heath Parish

Hall, 5–10pm. Drama, dance and

singing. Up to 25 years. 60442/07930

400647.

TOP HAT STAGE SCHOOL

Weekly, Fri. Elm Court. 4–7 years. Dance

(tap), drama and singing. 4.30–7.30pm.

01727 812666.

YOUTH CLUBS

Weekly, Elm Court. 659602.

YOUTH CLUB

PB Free Church, Mimms Hall

Road. 5–11 years. 6.15–7.30pm.

852422.

MISCELLANEOUS

GOLDEN EAGLE SPIRITUAL GROUP*

Monthly, 1st Tue. Clayton Centre,

Barnet Road, 7.30pm. £4. Mediumship

and workshops. 658499.

COUNTRY MANAGEMENT SERVICE

Environment Department, County

Hall, Pegs Lane, Hertford. 01923

588433.

CHURCHES TOGETHER IN POTTERS BAR

Co-ordination organization for all

churches in Potters Bar. Malcolm

Golland on 653417.

GURDJIEFF STUDY AND MEDITATION

GROUP Meets every few weeks. Info

654896.

HUMANISTS – NORTH LONDON

GROUP Monthly, 3rd Thu. Ruth

Winston House, Palmers Green. 653667.

JOB CLUB, POTTERS BAR

Wed in term time, 9.30am–12.30pm, Christ

Church, Little Heath. 01707

662460 or churchoffice@CCLH.org.uk.

NATIONAL ASSOCIATION FOR GIFTED CHILDREN – EXPLORERS

CLUBS Monthly, 1st Sun, Borehamwood.

For talented children and siblings.

www.nagc-herts.org.uk.

ST JOHN AMBULANCE – PB

DIVISION Weekly, Wed 8–10pm. The

Walk. First aid training 664260. Room

hire 656885.

WHITEWEBBS MUSEUM OF TRANSPORT AND MODEL RAILWAY,

ENFIELD, EN2 9HW Weekly, Tue from

10am–4pm. Last entry 3.30pm. Adults

£7, children aged 5–12 £3. 020 8367

1898.

NORTH LONDON AND MIDDLESEX

OWNER'S CLUB meet at the

Whitewebbs Museum every second

Thu from 7.30pm. See

http://nlm-mmoc.org.uk.

NORTH MYMMS MEMORIAL HALL

Station Road, Welham Green

AL9 7PG. 0

DOCTORS' SURGERY HOURS

1) ANNANDALE MEDICAL CENTRE AT THE ELMS

Tel: 01707 644451

Surgery Hours: 8.30am–6pm Monday to Friday
 Test Results/Enquiries: 01707 622979 between 2pm and 4pm Monday to Friday
 Quarterly newsletter available from surgery or on our website
www.annandalesurgery.co.uk

Extended Hours: Some Saturdays (contact surgery) 8.30am–11.30am for routine appointments.

2) HIGHVIEW MEDICAL CENTRE AT THE ELMS

Tel: 01707 871980

Surgery Hours: 8am–6pm Monday to Friday
 Appointments: 01707 871980 (8am–6.30pm)
 Enquiries: 01707 871982 (9am–12.30pm and 2–4.30pm)
 Results: 01707 871982 (2–4.30pm)

Extended Hours: We offer 2 Saturday morning surgeries a month and late evening "after work" clinics every Monday.

For the latest information/updates visit our website www.highviewsurgery.co.uk or follow us on Facebook and Twitter.

3) PARKFIELD MEDICAL CENTRE

Tel: 01707 291041

Surgery Hours: 8am–6pm Monday to Friday
 Test Results/Enquiries: 11am–2pm Monday to Friday

Extended Hours: Wednesday to Friday from 7am and Saturday fortnightly for routine booked appointments only from 8–11.15am.

We have a newsletter available from the surgery or via our PPG. Events are also advertised on our Friends of Parkfield Facebook page. Please also visit our website www.parkfieldmedicalcentre.co.uk.

4) POTTERELLS MEDICAL CENTRE

Tel: 01707 273338

Surgery Hours: 8.30am–6.30pm Monday to Friday
 Test Results/Enquiries: As above after 11am.

Extended Hours: For routine, non-emergency appointments. Every Monday and fourth Tuesday from 6.30–9pm and first and third Saturday 8.30–11am. Nurse-led Fast Track Service: Monday/Tuesday/Wednesday 9.30am–12 noon.

OUT OF HOURS SERVICE FOR ALL THE ABOVE SURGERIES

NHS 111 SERVICE

If you urgently need medical help or advice but it's not a life threatening situation, call NHS on 111, at any time.

There is now a GP led clinic at Elstree Way, Borehamwood which is open 8am to 11pm Saturday and Sunday. To book an appointment phone 111.

DENTIST

When you have an urgent dental problem and your dental surgery is closed, call 03000 333 224. Monday to Friday, 5pm–9am. All weekend and Bank Holidays.

Local A&E Services

BARNET: Wellhouse Lane, Barnet, EN5 3DJ Tel 020 8216 5003

LISTER: Coreys Mill Lane, Stevenage, SG1 4AB Tel 01438 314333

URGENT CARE – Minor Injuries and Illnesses

QE2: Howlands, Welwyn Garden City, AL7 4HQ Tel 01438 314333 24 hours

CHASE FARM: The Ridgway, Enfield, EN2 8JL Tel 020 8375 1010 8am to 10pm

BARNET: Wellhouse Lane, Barnet, EN5 3DJ Tel 020 8216 5003 10am to 10pm

Local Libraries

Oakmere

High Street, Potters Bar

Monday	1pm–6pm
Tuesday	10am–6pm
Wednesday	CLOSED
Thursday	10am–6pm
Friday	1pm–6pm
Saturday	10am–5pm
Sunday	CLOSED

Brookmans Park

Bradmore Green

Monday	CLOSED
Tuesday	2pm–4.30pm
Wednesday	CLOSED
Thursday	2pm–4.30pm
Friday	2pm–4.30pm
Saturday	CLOSED
Sunday	CLOSED

Due to social distancing guidelines, a "Grab and Go" service from the front door at Brookmans Park is in operation. For further information, visit your local library, call 0300 123 4049 or visit www.hertfordshire.gov.uk/services/libraries-and-archives.



Wilyotts Centre,
 Darkes Lane, EN6 2HN

Mondays Personal Callers	10am–12.30pm and 1pm–3.30pm
Thursdays Personal Callers	10am–12.30pm and 1pm–3.30pm

Hertsmere Borough Council Potters Bar Office

Wilyotts Centre 01707 652406. Open Tuesday 9.30am to 2pm.
 NB: Now located within the CAB office.

Useful Numbers

Hertsmere Borough Council	020 8207 2277
Welwyn Hatfield Council	01707 357000
Hertfordshire Police Non-emergency	101 (national number) or 01707 354000
Herts Domestic Violence Helpline	08088 088088
Hertfordshire County Council	0300 123 4040
National Debt Line	08088 084000
Citizens Advice Consumer Helpline	03454 04 05 06
Highways	
(including potholes, traffic light faults and streetlights)	0300 1234 047
Wasteaware	0300 1234 051
Affinity water leaks	0800 376 5325
Childline	0800 1111
Crime Stoppers Anonymous Line	0800 555 111
CAB Advice Line	03444 111 444
Environmental Health	
(1) Hertsmere:	Pest Control 020 8207 2277
	Noise (daytime) 020 8207 7435
	(night) 0845 300 0021
(2) Welwyn Hatfield:	Pest Control 0344 828 334
	Noise 01707 357242
Potters Bar Hospital	01707 653286
NHS Direct (Nurse advice and health information)	111
RSPCA Local Branch (financial help if you claim benefits, on low income, OAP's)	07872 902710
www.rspca-pottersbarhatfieldandbarnet.org.uk	
Samaritans (freecall 24 hours)	116 123