



Potters Bar Community Connections



Keeping Potters Bar connected

Welcome to the latest edition of the Potters Bar Community Connections newsletter where you can find information about news and events in the community.

Your community engagement officer is Antonia Mori



Antonia will be out and about in the community. You can also contact her by [email](#).

For further information about the news, information and events in the community that we will be sharing here, or to share any of your news or events with the community please contact Antonia.

Hertsmere 50th Anniversary



Community groups and voluntary organisations are encouraged to apply for funding to help celebrate Hertsmere's 50-year anniversary during 2024.

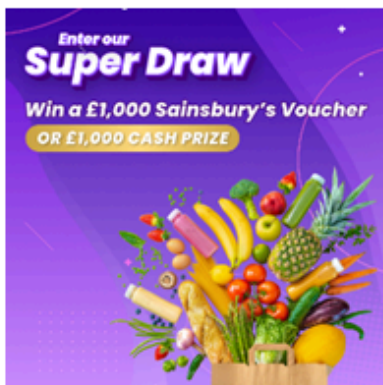
Organisations can apply for small grants up to £750 to support community events, small capital projects and organisation equipment, to mark Hertsmere's anniversary.

Among the events that could be funded through this grant are community events celebrating Hertsmere and its communities; or parties for your organisations members. You could also choose to purchase small capital items, such as a bench or equipment that would have a lasting impact on the local community.

Applications will be open until Tuesday 2 April. Find out more at hertsmere.gov.uk/50thanniversarygrant

You can also [share your creative ideas on our consultation platform](#) to help shape how we mark this milestone.

Hertsmere Community Lottery



This month's Super Draw is a £1,000 Sainsbury's Voucher!

Stock up your wardrobe for spring with Tu, freshen up your home with Habitat homewares, or just save some money on your groceries - what a way to kick-start spring! Whatever you decide you would spend the money on, you need to have a ticket to have a chance of winning, so make sure you [sign up here](#) before Saturday 30 March!

Causes should remind their supporters that they don't have to do anything different – their normal weekly ticket(s) will automatically also enter them into this draw.

Waste and recycling in Hertsmere



Hertsmere's new Garden Waste Collection Service will be free for the first year. You still need to sign up to the Garden Waste Collection Service to have your green bin collected from April 2024. Charges to garden waste collections will start in April 2025 and coincide with our new weekly food waste collection.

Signing up this year will not automatically commit you to an ongoing subscription. We will let you know in good time of any charges prior to the new subscription year starting.

The subscription form for Garden Waste Collections Service is now available at:
www.hertsmere.gov.uk/gardenwaste

To find out more about waste and recycling service in Hertsmere, please visit www.hertsmere.gov.uk/recycling

Join a Herts Health Walk for International Women's Day

On Friday 8 March, as well as the regular grade 1 Friday walk, there will also be an extra grade 3 walk in celebration of International Women's Day.

Grade 1 walk will leave Oakmere library at 11am for a gentle half hour walk around the park.

Grade 3 walk will leave the library at 11am and walk for 45 minutes to the Fire Station.

Both walks will meet at the Fire Station on Mutton Lane at 11.45am for tea and cakes. There is no parking at the Fire Station. The nearest parking for grade 1 walkers is at the Wylyotts Theatre 0.5 miles from the Fire Station.

INTERNATIONAL WOMEN'S DAY WALKS

Friday 8 March

Come and join us at

Oakmere Library at 11am - Grade 1

Oakmere Library at 11am - Grade 3

On the Green, Church Lane,
Radlett at 10:30am - Grade 3



For more information,
email community.services@hertsmere.gov.uk
or call 0208 207 7801



Herts Health Walks



Volunteers wanted to support local Health Walks



FREE
Sociable
Local
Short

Contact us for information
about volunteering

W: www.hertfordshire.gov.uk/healthwalks
E: healthwalks.cms@hertfordshire.gov.uk
T: 01992 555 888



There are [5 walks to choose from](#) in Potters Bar, all running weekly. All walks are led by friendly volunteers who ensure everyone stays together. There is no need to book. Simply turn up on the day and if it's your first walk we ask that you arrive 10 to 15 minutes before the start of the walk to complete a New Walker Form. For more information go to www.hertfordshire.gov.uk/healthwalks.

If you would like to complete a free day training to become a health walker contact Herts Health Walks at healthwalks.cms@hertfordshire.gov.uk or call 01992 555 888..

New Stroller Strength & Learn to Run sessions in Potters Bar

Join a new Stroller Strength session every Wednesday from 2 -3pm in Oakmere park. For more details and to book visit [Stroller Strength | We Move She Moves \(played.co\)](#).

Are you new to running and want to learn to run 5k in just 8 weeks? Book your spot at [Learn to Run | We Move She Moves](#) From 6.30 - 7.30pm every week in Oakmere park, starting Wednesday 6 March.

THIS GIRL CAN

IN OAKMERE

Brand new exercise sessions for all women of all abilities, with discounts for Oakmere residents. Let's get moving and have fun!

Starting 6 March in Oakmere Park



Stroller Strength

These classes allow you to get fit, have fun and meet other mums with your little ones.



Every Wednesday



2-3pm



£1.50-£4

Learn to Run

A class perfect for beginners who want to build their running confidence in a safe and friendly environment.



Every Wednesday



6:30-7:30pm



£25 for 8 weeks

For more information and to book, please email

community.services@hertsmere.gov.uk,

call 0208 207 7801 or visit

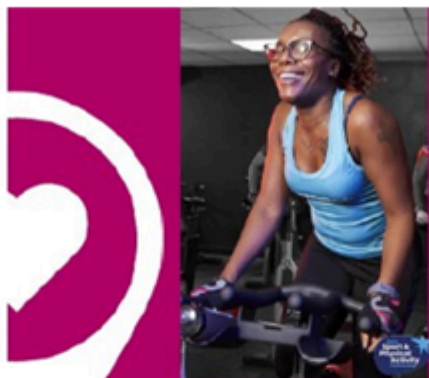
www.wemoveshemoves.me.uk



Moving More activity finder



**Partner
Toolkit**



Visit the relaunched Moving More website which contains the Moving More activity finder at www.movingmore.co.uk and find a physical activity near to you!

Easter Egg Hunt at Oakmere Park

Park Events

E2.00 PER HUNT
WE ARE CASHLESS

EASTER EGG HUNT
12- 4pm

INFLATABLES
FACE PAINTING
FREE MAGIC SHOW

ABERFORD PARK-BOREHAMWOOD
Tuesday 2nd April

OAKMERE PARK-POTTERS BAR
Wednesday 3rd April

ROSE GARDEN-BUSHEY
Thursday 4th April









Hertfordshire Services for Young People



You can make a referral to Services for Young People if you are a young person (self-referral), a parent/carer or a professional who works with young people. To find out more visit [Make a referral \(servicesforyoungpeople.org\)](https://servicesforyoungpeople.org)

To find out about projects and activities in Potters Bar and across Hertsmere visit [Hertsmere projects \(servicesforyoungpeople.org\)](https://servicesforyoungpeople.org)

Are you interested in working with young people to develop their skills and confidence to enable them to succeed? Visit [Work for Services for Young People](https://servicesforyoungpeople.org) to find out more about paid and voluntary work in local teams across the county.

Volunteer for Carers in Herts



Volunteer with us

Could you be our next **Event Extraordinaire?**
A **Mighty Mentor?** An **Amazing Admin?**

We have volunteering opportunities for everyone!

Whether you can offer to help **once a year**,
once a month or **more often**,
we want to hear from you!

Home-based roles available as well as those in our
offices or community venues in Hertfordshire.

To find out more or register as a volunteer:

Call: 01992 58 69 69

Email: volunteer@carersinherts.org.uk

Visit: www.carersinherts.org.uk/volunteer



Registered Charity No. 1085491
Registered Company No. 4131036

Prostate cancer awareness

1 in 8 men will get prostate cancer. If you're over 50, or you're black, or you have a family history of prostate cancer, you're at even higher risk.

Prostate cancer is not always life-threatening. But when it is, the earlier you catch it the more likely it is to be cured.

1 IN 4 BLACK MEN WILL GET PROSTATE CANCER



**Speak to our
Specialist Nurses**
0800 074 8383*
prostatecanceruk.org



**Check your risk
of prostate cancer
in 30 seconds.**

[prostatecanceruk.org/
gp-risk-u97051](http://prostatecanceruk.org/gp-risk-u97051)



Prostate Cancer UK is a registered charity in England and Wales (1005541) and in Scotland (SC039332). Registered company number 02653887.

Health in Hertsmere



Community organisations

- Leisure centres 01727 744250 - Managed by InspireAll
- Communities 1st 020 8207 5115 - Connecting and supporting local voluntary organisations
- Carers in Herts 01992 58 69 69 - Supporting carers in Hertfordshire
- Citizens Advice 0344 411 1444 - Independent support and advice

Hertsmere Borough Council

Hertsmere Borough Council provides services such as environmental health, leisure and parks and housing needs.

- Healthy Hub - 020 8207 7801 or www.hertsmere.gov.uk/healthyhubs

Free information, advice and support to stay healthy and well including smoking cessation, weight management, health MOTs

- We Move, She Moves - wemoveshemoves.me.uk

Hertfordshire County Council

Hertfordshire County Council provides services such as youth provision, early years childcare, health and social care, and public health.

- Herts Health Walks
- Health in Herts
- Family Centres
- Libraries
- YC Herts 0300 123 7538
- Herts Help 0300 123 4044

www.hertfordshire.gov.uk/services/health-in-herts

NHS Services

- A&E 999 - Only in emergency
- Urgent care - When it's urgent but not life threatening
- NHS 111 - Need help fast and it's not an emergency
- Doctors - For symptoms that don't go away
- Dentists - Oral hygiene, tooth ache, ulcers
- Local pharmacy - Feeling poorly and need advice www.nhs.uk/service-search service finder

For further details on how to keep healthy in Hertsmere and to use our new interactive map visit [Health in Hertsmere](#)

For advice in person visit the Potters Bar Healthy Hub every Friday 9:30am - 4:30pm. Services include exercise on referral, weight loss advice, health MOT, nutritional advice, public health services, fitness classes, mental health outreach, community support service and group activities.

Online and phone-ins also available. Call 07741 248852 or [email Lee Bruce](#).

If you're worrying about money there are plenty of resources available in our updated leaflet which can be found [here](#).

For more financial support available, see [All Financial Support - Hertsmere Borough Council](#)

www.hertsmere.gov.uk

customer.services@hertsmere.gov.uk

020 8207 2277

Civic Offices, Elstree Way, Borehamwood, WD6 1WA



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