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WINTER 2020

# Potters Bar

Delivered to 13,000, Door to Door

www.pottersbarcommunitynews.co.uk

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

## New Community News website

*It is over 4 years since the Community News established its website and it has now been updated in a more flexible format, and it is hoped that readers will find its layout more user-friendly.*

It will continue to feature the latest issue, combined with the ability to look through previous editions via the 'Archive' section. Our decision to categorise the 'Local Organisations' particularly lends itself to the new format, making it easier to locate anyone's requirements.

A major development is that we can now update information between issues,

so changes to, for example, contact details can be altered on-line straightaway, and we will also be able to include 'Stop Press' items which may have missed the print deadline.

We hope the new site will be found to be a useful addition to our printed newsletter, the delivery of which remains our priority.

Our grateful thanks to Richard Stell who provided expert guidance to effect the changes and the Potters Bar Photographic Society for providing the photograph used as a heading for each page on the website.



# Community

# NEWS



**Website SPONSOR:**

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*Contacts for*  
**Potters Bar**  
**Community News**

www.pottersbarcommunitynews.co.uk

**Chairman**

John Connell 01707 851445

**Joint Editors**

Debbie Usher and John Connell  
editor@pottersbarcommunitynews.co.uk

**Advertising**

Debbie Usher 01707 655948  
advertising@pottersbarcommunitynews.co.uk

**What's On**

Sue Weaver  
susan.weaver4@ntlworld.com

**Schools**

Diane Thompson 01707 857246

**Distribution**

Peter Silverthorne 01707 655464  
Peter Weaver 01707 850147

**Design**

GREENGilbert 01763 289294

**Printing**

Ushers Print & Design Ltd 01707 851242

**Treasurer**

Peter Weaver 01707 850147

**Editorial Team**

Gill Connell 01707 851445  
Chris Cook crdc3108@outlook.com  
John Godfrey 01707 645955  
Joy Stovell 01707 655464

**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.

**A message from the Editor**

The Covid-19 pandemic has obviously affected everybody, including the *Community News*, in different ways. We felt unable to publish our Summer edition partly because of anticipated issues regarding delivery but mainly due to an expected reduction in advertising income as local businesses coped with lockdown. The cost of printing each issue of the *Community News* is met directly from advertising revenue and, going forward, we remained unsure of the support we could expect from our regular advertisers. For that reason we approached Hertsmere Council for a Community Grant and we are very grateful to them for agreeing to provide some financial support for this issue to cover the expected shortfall.

We have an array of articles from differing organisations, and I hope everyone will find something of interest to them. Particularly interesting is the feature written by Chris Cook regarding the recently established Potters Bar Radio, for whom we have established a link on our website.

For obvious reasons the *What's On* section is very restricted and it is recommended that you check with all organisations that any proposed events or activities are proceeding.

**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**.

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**Website sponsorship**

Price per issue = £100

**Deadline dates for next edition**

**Advertising**

15th January for Spring issue

**Articles**

1st February for Spring 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 Press** | 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**

*This issue is sponsored by Ushers Print & Design*

## 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](mailto:editor@pottersbarcommunitynews.co.uk)?

## You can make a big difference to our school

If you have been thinking about doing something really positive for your community, Oakmere Primary School would love to hear from you. We are looking for some dedicated and enthusiastic people to join the Board of Governors and help lead the school forward as it aims to provide the children of Oakmere Primary with the best school experience possible.

You do not need to have any ties to the school or particular skills, just a desire to help our school and the time to attend six meetings during the year. For further information about the role please contact the Chair of Governors, Mr Colin Daniel via the email [mr.daniel@oakmereprimary.net](mailto:mr.daniel@oakmereprimary.net).

We look forward to hearing from you!

## Oakmere Library re-opens

After being closed since lockdown, Oakmere Library was pleased to be able to re-open in September. Revised opening times apply and these are shown on the back page of this issue.

Social distancing measures are in place, with customers required to wear face masks and recording their details for test and trace. There are some restrictions, with visits limited to a maximum of 15 minutes, and if you wish to use a computer it is necessary to pre-book which can be done via [www.hertfordshire.gov.uk/pcbooking/login.aspx](http://www.hertfordshire.gov.uk/pcbooking/login.aspx).

Currently, it is not possible to access Wi-Fi or to use study spaces.



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The library staff should be commended for the sensible way in which they have applied the necessary guidelines. Safety for everyone is the byword but it is still a pleasant experience to visit the library.

## Community Grant



The *Community News* wishes to acknowledge and thank Hertsmere Council for their agreement to provide us with a grant of £2,000. This is part of their help for voluntary organisations and charities which are supporting Hertsmere residents through the ongoing impact of the coronavirus pandemic. Other local organisations which have benefited in this way are Potters Bar Food Bank, Potters Bar Town FC, Sixty Plus and Potters Bar Gymnastics Club.

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Reg Charity 203644 (England and Wales) and SC037711 (Scotland)

# The new Green Homes Grant scheme - can we use it?

## Background to the Green House Grant scheme

The UK recently adopted a target of 2050 to reach Net Zero carbon emissions, in line with limiting average temperature increases to 1.5C by 2050.

This is another response to increases of average global temperatures that have been observed for decades, as it is now scientifically proven that greenhouse gas emissions are the main factor and human activities are a primary source. 97% of scientists studying the topic agree that humans are causing global warming and climate change.

To achieve its own target, the UK government needs to proactively introduce a range of measures that will reduce the amount of emissions generated from how we are heating our homes, using our cars, growing our food and generating energy across the board. Yearly carbon emissions for heating per capita need to be reduced by 95% by 2050. This is a huge task and to achieve this target, we need to start implementing changes now.

## The new Green Homes Grant scheme

New subsidies for house owners and local authorities to upgrade the thermal efficiency of the housing stock were announced. It is expected that 25% of this initial investment will be available to local authorities, with the rest being for homeowners. These grants aim to deliver thermal efficiency improvements and primarily cover improvements to insulation to reduce energy use, or the installation of low-carbon heating to reduce the amount of CO2 generated.

Some of the housing in Potters Bar appears to have solid rather than cavity walls (and those built in the interwar period often have "narrow cavities" which can be difficult to fill) and therefore external wall insulation (EWI) will be an option for residents to consider in the future. Even if it generally does not require planning permission, it may result in a significant change to the appearance of the houses, as a specialised render incorporating a dye is the most common finish. However, as you can see from the before and after pictures below, the reduction in energy use is a potential game changer, and the ongoing reduction of carbon emissions to generate electricity helps further.

## Where to find out more

Be aware that you will have to act very fast if you want to make an application for this scheme. To claim the vouchers that remit between 66–100% up to £5–£10,000 (with the highest percentages/limits for residents on benefits), you will need to apply from October 2020 and use them by March 2021. Total funds are limited.

Details on the current scheme can be found on [www.gov.uk/guidance/apply-for-the-green-homes-grant-scheme](http://www.gov.uk/guidance/apply-for-the-green-homes-grant-scheme). You can apply via [www.simpleenergyadvice.org.uk/pages/green-homes-grant](http://www.simpleenergyadvice.org.uk/pages/green-homes-grant).

The operation of the new Green Homes Grant is different from previous schemes. It requires traders to be TrustMark Registered Businesses.

## What would I need to do?

The first step is to obtain quotes from suitable TrustMark registered businesses. Paulo Goncalves from Hertsmere Climate Group can share personal experience of this: the limited number of companies within the UK who can meet the TrustMark requirements quickly stood out as an obvious issue. After selecting quotes and making sure the traders can get the work done in time, you also need to apply for the vouchers.





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Selecting a building company that subscribes to the Trustmark scheme does not guarantee the quality of the work. Although the final details of the Green Homes Grants scheme are not known, it goes without saying that when any consumer is choosing a tradesperson and/or business, they need to check they are suitable for their project. Hertfordshire County Council has advice on how to find a trustworthy builder. Hertsmere Climate Group was established in 2019 to discuss and campaign on climate change issues, establish and encourage local recycling projects and work with the whole community. To find out more about us, our email and website details are [sue@hertsmereclimate.org](mailto:sue@hertsmereclimate.org) or [www.hertsmereclimategroup.org](http://www.hertsmereclimategroup.org). **Hertsmere Climate Group**

## Potters Bar Radio

**What is the ideal lead time to set up a local radio station? Six months? One year? How do you go about finding presenters? How do you ensure quality of output?**

PBR came into existence in a matter of days and has grown and changed over six months 'on the air'. Born out of the Covid lockdown when equipment was scarce and face-to-face contact nigh on impossible, it seems amazing the progress that has been made.

In an ideal world the station would be available on FM or DAB. This proved to be impossible for several reasons. The Internet option actually works very well – particularly as more and more people are listening on so-called 'Smart Speakers'. The other huge advantage is that the station has reached way beyond our local area. The places where we have been listened to reads like the index of an atlas. The station (actually two) is based on the Public Service Broadcasting model. For the listener this means no advertising and therefore a wide range of programmes and music.

One of the biggest challenges for any radio station is outside broadcasting. Internet radio lends itself to this surprisingly well. We have teamed up with Potters Bar Town FC to provide commentary on home league matches. This is not for the faint-hearted, but we have a team ready to take up the challenge. Led by teenager Josh Gafson this will bring an exciting extra dimension.

The station is blessed with the talents of Phil Deadman. He has created well over 100 jingles and other pieces that give the station its identity. In many ways, Phil's work is the glue that holds the station together for the listener. It is impossible to convey the quality of the jingles – you just have to listen.

Where does PBR go from here? PBR1 will continue to provide a general

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service. PBR2 will be ramped up and showcase spoken material and genre music. During the winter months we expect to be a particularly valuable source of information to the community. If schools are closed, whether due to snow or other reasons, we can get the news out quickly and speak with authority. We can quickly impart other information such as current crime trends.

How does it all fit together? The station consists of several virtual studios. Some present 'live' whereas others provide pre-recorded content. Each presenter may put their programme on to the stream. Timing is controlled via radio-controlled clocks to ensure a seamless link. There is the facility to interview people remotely as well as to produce a show with up to four people in person. Out of broadcast hours, we have Auto DJ which can produce different schedules to suit the time of day.

Local radio fits in well with other channels of information. A hot topic on one Facebook group may be shared with everyone. Fake News and baseless rumour can be quickly disposed of. We don't expect listeners to be with us all day and every day but rather to make an appointment to listen. We are looking forward to building new partnerships, and there are several projects that are under development. Our motto of 'By the community, for the community' is backed by 'Under-promise, over-deliver'.

Funding any project is always a challenge and we are grateful to Care Tech Foundation, based in Potters Bar, for their philanthropic donation. Their only request was that we endeavour to support the mental health of the community. I conducted a very interesting interview with their CEO that was widely distributed and broadcast.

Feedback received continues to be very positive. Listeners are surprised how good the sound quality is. They like not having adverts, and they enjoy the range of music and the professionalism of the presenters. For more information about programmes and presenters go to [www.pottersbarcommunitynews.co.uk](http://www.pottersbarcommunitynews.co.uk).

Chris Cook



# Cranborne Primary School COVID-19 Response

***In the face of a global pandemic, Cranborne Primary School has been a driving force in ensuring children and families have received the highest levels of support possible during this unprecedented time. Without pause Cranborne responded with strength and efficiency to ensure the provision for children and families was exceptional. Its educational support programme for distance learning was thorough and personalised. All staff went above and beyond to provide the children in their care with a wide range of activities, from daily virtual lessons to video tutorials, daily Instagram updates and a YouTube channel. Teachers took incredible care to respond to children through emails and regular phone calls ensuring their learning was still a priority but also ensuring their emotional wellbeing was still at the fore.***

One Cranborne family commented that, "We have loved watching your videos. You have made us smile and laugh which has meant so much to us so thank you."

Home learning has become a real strength for the school and the feedback from parents has been overwhelming; "We are really impressed with how well the school has adapted to home learning and still be able to engage with our children; this has provided us structure and has truly helped our family through these tough times." "I am full of admiration for all of you engaged in educating our kids. Your professionalism, calmness and sheer endurance in the most challenging circumstances was incredible to behold." "I just wanted to say a big thank you to you and your team for all your hard work over the last few months, I can't even begin to imagine how difficult the challenges have been to overcome during the pandemic, and Cranborne really have exceeded my expectations in all areas."

At Cranborne, the welfare and happiness of the children has always sat at the heart of the school, so in true Cranborne spirit, the decision was made to bring the school community back together as soon as possible. Every child has been given the opportunity to come into school, in addition to the requirements outlined by the government. Another example of

Cranborne going above and beyond for their children. One parent expressed their appreciation saying, "Thank you for all your amazing support the last few months! It's been tough but we all got through it, thanks to all you wonderful people. But I do have to say that the best day of it all was when we got the email saying Year 5 were going back full-time!"

All teachers were delighted to have the empty corridors full once again, and welcomed the children back with the care and kindness that they have shown throughout. The first day back was full of excitement and joy with bubbles and balloons to show children how overjoyed all staff were to see them. Staff have continued to work incredibly hard to ensure that during the time children have had in school they have not missed out on the experiences that would usually have made up the final term of their school year. Parents have been so grateful: "The little touches – balloons and bubbles on the first day back, videos of sports day and graduation ceremonies have made such a big difference."

This provision has been especially true for the Year 6 leavers, many of them having been at Cranborne since they were four! Cranborne ensured they were given the send-off they deserved in spite of all that was going on. There was a production performed in their school bubbles, a socially distanced party, a sports day and a leaver's assembly. To ensure the children left feeling loved, treasured and knowing how precious they



were, they were all presented with leavers' books, and Cranborne facilitated the traditional shirt signing for all children. One of our parents truly summed up the ethos of Cranborne saying, "Thank you for seeing our children not as 'sources of potential infection' but as the wonderful little people they are," acknowledging the positive and compassionate ethos all staff have created for children.

One of the most fundamental parts of the final term is preparing children for the next stage of their journey and, where the usual transition

arrangements have been restricted, staff have gone above and beyond to ensure all children are as equipped as they can be for the start in September. All families were invited to a 'stay and play session' held outside with video calls for those that couldn't attend. The key to this success has been the drive and passion of all staff at Cranborne steered by the headteacher, Mrs Keilty, whose clear vision centred around the safety, welfare and wellbeing of the children in her care. Cranborne have provided exceptional provision for each and every child and ensured that these exceptional circumstances have left no child at a disadvantage. In September, all children will return with the knowledge that they are cared for and valued.

"All your staff have worked incredibly hard and been unendingly positive and supportive, which I am sure is a result of the leadership shown by you and your senior team."



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# Pope Paul School ecology challenge



*Furzefield WI recently initiated an inter-generational project to construct an eco-brick bench by recycling 330ml drinks bottles filled with single use plastic to demonstrate that something useful could be made from them as an alternative to putting them in landfill.*

In order to make the bench, the bottles were placed on their sides into a gabion to form a pattern. The eco-bricks were held in place by an internal mesh of chicken wire laced to the gabion. A scaffold board was cut to size and screwed to form the bench seat.

To make an eco-brick you need to have clean, dry plastic which is rammed down into each bottle so that the bottle becomes solid and weighs at least a third of the bottle's volume. To ensure that the eco-bricks were correctly filled, a member of the project took responsibility for quality control and storage.

Barbara Thompson, a member of Furzefield WI whose granddaughter attended Pope Paul school approached the head who was delighted to have the gift of an eco-brick bench to put in their Peace garden. Pupils from Year 6 were studying climate change as part of the curriculum and helped make and design the pattern for the front and back of the bench. The design was adapted during the Covid-19 lockdown to create a rainbow to remember the workers in the NHS, carers, and all those continuing to work to provide essential services.

We managed to get several inter-generational groups within Potters Bar to come together to make the eco bricks as we will all be affected by climate change. The groups of people involved with this project were Furzefield and Oakmere WIs, residents of Mandeville Court, Potters Bar Sainsburys, members of Hertsmere climate group, and Year 6 pupils at Pope Paul school. We had to delay an inauguration ceremony due to covid19 restrictions, but hope to be able to have an installation ceremony when we can.

In the meantime, the bench is now in situ in the Peace garden at Pope Paul school and was used as part of the Year 6 leaving ceremony at the end of July term. The project took five months to complete and cost around £75, plus the cost of a plaque. We managed to create over 300 eco-bricks, and saved approximately 440kg of non-recyclable plastic waste from land fill.

If you would like more information on how to create an eco-brick bench, please email [sue@hertsmereclimategroup.org](mailto:sue@hertsmereclimategroup.org).




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## Chancellor's School Summer Reading Challenge 2020

*Over the summer holidays, Chancellor's students participated in the inaugural Summer Reading Challenge and lots of them read extensively for pleasure. This involved students losing themselves in books (including in unusual manners/locations) and reviewing them afterwards. We had dozens of excellent entries from across all year groups.*

The winners were: BRONZE AWARD for best book review – **Alexander Y** (Year 8). SILVER AWARD for reading 3 books in an unusual manner/unusual locations – **Athena C** (Year 8). GOLD AWARD for reading the highest number of books (an incredible 42 books!) – **Sophie W** (Year 8).

You can see an extract from Alexander's book review below. A huge thank you and congratulations to all the students who participated; there were reward points for all who took part and prizes of book tokens for the winners. Keep on reading!

**Alexander Y** (Year 8) – review of "The Maze Runner" by James Dashner

'The author managed to create lots of suspense by using mostly quick changes in the story; he did this by using short sentences and rhetorical questions in the thoughts of Thomas. Just as I thought I knew what was going to happen next, the author changed the path of the story that left me feeling shocked or surprised. They also used different figurative language to describe different creatures and people.

In conclusion, I enjoyed the story and realized that the reader cannot make a judgement on reading the first chapter of a book. I am glad that I persisted with the book as by chapter six I found that I was keen to read more. The language used in the book was mostly understandable yet I did come across some new words that I had not come across and this increased my vocabulary for future writing of my own.'



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## Ladbroke School returns

*Coming back to school I was very nervous following the long break, but all the lovely kind teachers welcomed us back just like they always do at the beginning of the year. Mixed with nerves we felt excitement about the year ahead. When entering the school gates, I realised things were not going to be as we knew them, but I was still thrilled to be back.*

The teachers have made us feel safe and secure. We know they have worked tirelessly to prepare the school as well as doing their day to day job. We would like to say thank you to all the teachers at our school and all other schools; they work extremely hard to give us the knowledge we need for the future.

One of the best things about coming back to school is definitely being able to see and play with our friends once more. Having them there is just lovely as they always have your back. Playtimes and lunchtimes have changed but we have quickly adapted to all the new rules and regulations, and we still have fun!

Learning in the class environment is so much better than learning at home. It gives you the chance to hear children's suggestions which helps with learning, it makes you take on board what others know as well as what you know.

COVID-19 has been a rough ride. Families have lost their loved ones, doctors worked tirelessly and we wonder if there is a bright side to this pandemic. School has made me feel hopeful that, if the world co-operates with these new rules, we will banish the Coronavirus. Although many changes have been made to our school, it is still the place we belong and love.

**Elsie, Jasmine and Laura**

*Y6 Ladbroke JMI School*

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## News from Dame Alice Owen's School

### 1. Royal Academy Success



A normal train ride  
Kezia Buzzard

The Young Artists' Summer Show is a free, open-submission exhibition for young people aged 5–19 years, taking place both online and on-site at the Royal Academy of Arts to recognise talented young artists.

From over 17,000 submissions ranging from drawing, painting and photography to video and sculpture, Kezia Buzzard's 'A normal train ride' was selected to be exhibited at the Young

Artists' Summer Show for the online exhibition in July, and will be onsite at the Royal Academy in the Autumn term.

Kezia commented: "I was very shocked that my artwork had been included in the exhibition as I had just assumed I wouldn't even be considered. Just the idea of having my artwork exhibited in a real art gallery is just unbelievable to me and I'm very grateful to my grandpa and my school who told me about it."

### 2. Never Such Innocence



Jaiden Patel was successful in the international competition organised by the charity 'Never Such Innocence' which covered poetry, art, speech and song.

From over 4,000 entries from all over the world, Jaiden Patel was

awarded First Prize in the art competition bonus strand '75' in the 11–14 age category for his piece 'Tears'.

The winning entries will be included in a special Digital Winners Book and sent to winners to share with their friends, families and schools. Along with their personalised certificate, winners will receive a copy of 'Stories from the First World War'. Thank you to Mrs Wakley for organising the competition with year 9.

### 3. Design and Technology

Harry Roberts won sixth place in the National STEM (Science, Technology, Engineering and Maths) remote learning competition 'The Great Exhibition at Home' organised by Big Ideas. Harry produced a thought-provoking presentation on climate change, conducting experiments and proposing an intriguing concept to slow the pace of melting ice-caps by using Pykrete.

Jasmin Mac, Jaiden Patel and Maarten van der Winden were commended on achieving a place in the top 30 competitors.

The winners announcement can be viewed on the website [www.big-ideas.org/the-great-exhibition-at-home-2020-prize-winners](http://www.big-ideas.org/the-great-exhibition-at-home-2020-prize-winners).



## National Trust in Lockdown

*Like all organisations National Trust (NT) has been badly affected by the pandemic both at a national level having to close properties to the general public, furloughing staff, and unable to use volunteers, while at a local level meetings and outings have had to be cancelled. In July the NT Director-General, Hilary McGrady said "NT expect to lose up to £200m this year as a result of the pandemic, and we're now introducing spending plans that include a possible 1,200 redundancies as we seek to reduce our annual spend by some £100m." This is sad for NT which had been one of the fastest growing charities in the UK and currently owns over 610,000 acres of land, 780 miles of coast and over 500 historic houses. All these sites need ongoing loving care, maintenance, and preservation.*

However, July saw the first signs of a recovery when The Trust re-opened more than 135 gardens and parks through an advance booking system, and more than 200 miles of coast and countryside. In addition, twenty eight houses are now open as part of a phased plan to welcome back visitors.

We have taken advantage of this over the past few months, visiting (booking timed slots) gardens at Cliveden, Wimpole Hall, Anglesey Abbey, Waddesdon Manor and Wicken Fen, with Hatfield Forest,

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Hughenden, Ashridge and Ascott House still to do. All within 90 minutes' drive of Potters Bar and all quite different in style. It was encouraging to see many families picnicking over the school holidays and enjoying the sunshine and open space to play, as well as seeing volunteers returning to restore the gardens which had enjoyed four months of uninterrupted weed growth. As more gardens and properties open their doors visitors should return to see our heritage.

Hopefully, readers may have watched the recent fascinating 6-part Channel 4 TV programme on 'NT in lockdown' with George Clarke. George visited many properties, gardens and coastlines during lockdown to see how the limited staff were coping. He also gave us a tantalising taste of the architectural beauty, both inside and outdoors, of the many houses he visited. It has certainly made us think about visiting more properties to learn about their history and beauty as lockdown eases.

Locally, readers have the choice of two Associations, Barnet, and Enfield both having been established for over 40 years, and their membership is open to non-National Trust members.

At Enfield National Trust Association (ENTA; [www.enta.btck.co.uk](http://www.enta.btck.co.uk)), the committee has organised Zoom lecture meetings and, while we appreciate this is not for everybody, it does allow people to see each other again and to enjoy new talks. Already ENTA members have walked around Marylebone, visited Ham House, and heard about the Bayeux Tapestry and the Jurassic Coast. A talk on MI9 is scheduled for November.

In 2021, ENTA has planned talks on Paddington Station, the life of General Booth, 'Exciting Wildlife around the World', the 'History of John Lewis', and the 'History of the Mary Rose'. It meets on the second Thursday of the month at Enfield Grammar School at 7.45pm, and on the third Wednesday of the month at Holtwhites Sports & Social Club at 2pm – once life returns to normal! Many other events are sadly on hold, although ENTA's website is frequently updated with news of any NT happenings that maybe of interest.

Barnet National Trust Association (BNTA; [www.bnta.btck.co.uk](http://www.bnta.btck.co.uk)) has monthly evening meetings at St Mary Magdalen Church Hall, Athenaeum Road, Whetstone. Sadly these meetings have also had to be suspended, but friendships made prior to lockdown have enabled many members to meetup individually and safely. Meanwhile please visit BNTA website for the latest information.

For details about how to join your local National Trust Association, please contact ENTA's secretary, Pam Moore at [pam.moore@btinternet.com](mailto:pam.moore@btinternet.com) and BNTA's secretary, Jane Skinner at [jkskinner47@hotmail.com](mailto:jkskinner47@hotmail.com).

**Roger and Pam Moore**

# Rudolph does his rounds again

*Hundreds of children and families look forward to seeing the Potters Bar Rotary Christmas sleigh and consider Rudolph's visit to herald the start of Christmas.*

Not only does this bring great joy to many children, but the money collected from the generosity of Potters Bar families enables Rotary to support many local, national and international good causes.

This year we are looking forward to continuing with our visits but with a few changes due to the Covid-19 pandemic. Rudolph and the sleigh will still be 'flying' around the streets of Potters Bar (weather and Covid restrictions permitting) but he is having to update the way in which he is collecting donations.



Instead of knocking on doors and collecting cash in a bucket, there will be a 'Just Giving' page where you can easily make your donation to help support Rotary charities. Please visit 'Rudolph's Rotary Sleigh' page and give generously. Also, look out for posters and leaflets in local shops with details of the ways you can give.

We think that it is vitally important that everyone stays safe this winter, so we will be taking advice on just how far, and for how long, Rudolph can travel this coming

Christmas season. Visit the *Community News* website (updated regularly) to find when Rudolph plans to tour a road near you [www.pottersbarcommunitynews.co.uk](http://www.pottersbarcommunitynews.co.uk).

If you're interested in helping Potters Bar Rotary in their activities, please email [secretary@pottersbarrotary.uk](mailto:secretary@pottersbarrotary.uk) for information.



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## Africa declared Polio Free

*Back in August the World Health Organisation declared that, after no fresh outbreaks of Polio in the last 3 years, the continent of Africa was now Polio free.*

In 1985 Rotary International made a promise to the children of the world that Polio would be eradicated. Thirty five years later the annual number of cases has reduced from 350,000 per year to less than 100, and is confined to Pakistan and Afghanistan. With the support of their governments we are very hopeful that in the near future we can declare that mankind has eradicated only the second natural disease after smallpox.

The Rotary Clubs of Brookmans Park and Potters Bar would like to thank everyone for their kind donations over the years towards this great cause and would ask that, in these troubled times, you consider to keep on giving.

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## Brookmans Park Rotary sleigh plans

**Christmas is coming and we do not wish to disappoint the children (and adults) who look forward to seeing Father Christmas and his sleigh. We are still planning to bring him to you and give everyone the opportunity to help to raise money for the charities we are supporting this year. These are Great Ormond Street Hospital and other local charities that concentrate on the needs of children in the community. We will be using Virgin Money Giving, and full details will be available nearer the time. Please look out for our posters and leaflets in the local shops. The dates we have selected are:**



**Tree lighting Bradmore Green**  
– 28th November

**Father Christmas and sleigh:**

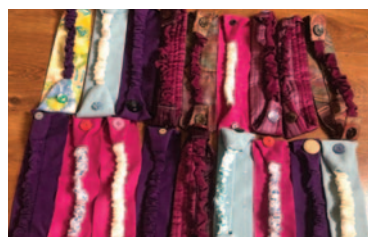
- **Cuffley** – 29th, 30th, November and 2nd December
- **Welham Green** – 6th, 7th and 9th December
- **Essendon** – 8th December
- **Brookmans Park** – 13th, 14th and 16th December
- **Tesco at Hatfield** – 21st to 24th December

We plan to keep everybody safe and will fully comply with government guidelines. Weather conditions may mean that we have to alter the dates, and notification of any changes may be viewed on our website [www.brookmansparkrotary.org.uk](http://www.brookmansparkrotary.org.uk) or on the *Community News* website; [www.pottersbarcommunitynews.co.uk](http://www.pottersbarcommunitynews.co.uk).

If you are interested in supporting us, please get in touch and/or give generously to help our charities.

## News from Brookmans Park Rotary Club

*Since the Covid crisis began, and with the lockdown starting in March 2020, we have been finding ways to continue our charitable work whilst adapting to national social distancing measures, and have so far successfully raised funds by running online quizzes, safari suppers via Zoom, as well as online Bingo & Beetle Drive sessions. Weekly club meetings quickly became Zoom meetings, and we found new ways to serve the local community. Many of our Rotarians contributed to the 'You Donate We Deliver' campaign providing baked goods and meals to NHS staff across*



*London. We also made masks, knitted headbands to enable full face masks to be worn and knitted hats for premature babies in local hospitals.*

More recently our Rotarian members and their neighbours have been providing donations to Potters Bar Foodbank at the Jubilee Wayside Community Centre along with baked goods every Saturday, so anyone else wanting to donate in this way please let us know by midday on Saturdays. We also started running a Book Swap outside the Brookmans Park newsagents on Fridays 2–4pm and Saturdays 10am–12 noon providing new homes for books donated and helping local people whilst the library is closed.

Brookmans Park Rotary club celebrated its 30th charter anniversary recently with a Zoom get-together for current and past members, reminiscing and celebrating so many events that the Club has provided for the local community. These include the annual Rotary Fireworks

displays, May Day and Christmas tree-lighting events on Bradmore Green, and the Rotary Sleigh and Father Christmas visiting Brookmans Park, Welham Green, Cuffley and Essendon villages in December. We still hope to organise some of these events later this year. Please visit our website for more information. [www.brookmansparkrotary.org.uk](http://www.brookmansparkrotary.org.uk).

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# News from Fir and Pond Woods

*Unfortunately, volunteer working parties at Fir and Pond Woods remain suspended but there is some encouragement in that a phased return has begun at some other reserves managed by Herts and Middlesex Wildlife Trust.*



In September there were some nice groups of Amanita fungi, Amanita phalloides, the Death Cap (which as its name suggests is deadly poisonous!) and Amanita rubescans, the Blusher, also poisonous (see photos). It is of course best to leave the fungi for others to enjoy, as you would wild flowers.



Both species are associated with oaks and hornbeams and have a symbiotic relationship with them, extracting minerals from the soil and passing them into the trees, and in return they take sugars from the tree roots to the benefit of both. The amanitas, along with some other fungi, have a volva or bag

around the bottom of the stem, but it may disappear in older specimens. The sheep have been eating the aspen suckers, which is one of the things they are supposed to be controlling, and they left late in October. Thanks for all your help. Please let me know if there is anything you are concerned about.

**John Rowley**  
Warden

Facebook [www.facebook.com/FirPondsWoods](http://www.facebook.com/FirPondsWoods) – photos and posts welcome.

## Message to supporters of PB Carnival

*I am sure you all missed the Carnival this year. The committee certainly did, although we were more relaxed on the 7th June than we would otherwise have been!*

Looking ahead to next year, we realise that 13th June clashes with a Euros match at Wembley, and the 20th is Fathers' Day. We have, therefore, decided to hold the 2021 Carnival on Sunday 27th June.

Let's hope everything is back to normal by then, and that we have a spectacular Carnival. We will be contacting all those involved later in the year. Those organisations who paid for their stalls this year and did not ask for a refund will not, of course, be charged next year. We will, however, be putting up the entrance price to £3 per person – this is the first increase since 2004. We are also looking for somebody to co-ordinate the craft stalls which will be set up in the gym, replacing the Schools' Art Show.

The committee has now decided that applications for grants from the 2020 Carnival are null and void, and that new requests be made for 2021. These to be received by 31st January 2021.

Keep safe everyone,

**Terry, Chris, Lynette, Jan, Naida, Ollie, Tom, Peter and Sue**  
Potters Bar Carnival Committee

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## Herts Ability

*(Formerly Hertfordshire Action on Disability) re-opened for business on 13th July. However, we have had to move from the Woodside Centre in Welwyn Garden City where we have been located for the past 32 years. The property is owned by Hertfordshire County Council who now wish to build a school for pupils with special needs on the site.*



Our lease expired on 13th August 2020. However, the County Council has extended the deadline to the end of October 2020. We are grateful to the Council for subsidising our rental and service charges for all this time. Unfortunately, neither Hertfordshire County Council nor Welwyn Hatfield Borough Council have been able to find us a suitable property within their portfolio to which we can relocate. We are therefore having to move to new commercial premises in the Welwyn-Hatfield area as most of our customers live locally.

At the same time we will also be closing our Equipment Centre, which has provided older and disabled people with specialist assessments and equipment needed to maintain their independence. We have reluctantly taken the decision to close this service because we now have to be more cost-conscious, and the move to new premises means we will have to pay a higher rent. In addition Covid-19 has meant that fewer people now wish to come to the Equipment Centre, instead preferring to obtain equipment online.

We will continue to operate our driving assessment and mobility services, and we are investigating how we might be able to provide assessment services to people in their homes instead of them having to come and visit us.

If any of our customers have ideas or suggestions about how we can best adapt and utilise our core services to meet their needs, we would be delighted to hear from you. We also need public support with raising much-needed funds. If you would like to donate or fundraise for us, please visit our website [www.hertsability.org.uk](http://www.hertsability.org.uk) or contact Sean Lawrence on **01707 384263** or email [sean.lawrence@hertsability.org.uk](mailto:sean.lawrence@hertsability.org.uk).

We need your support now more than ever.

## Christmas time - Covid won't take our shine!

*Christmas will be different for many of us this year. Some may not be able to see their family, and some may have lost friends and family. Our group 'Christmas in Potters Bar' has secured this year's lighting contract and the town WILL have festive lights! The aim this year was to expand into the Baker Street junction, but due to the pesky coronavirus, that has been put on temporary hold until 2021, but it's always nice to have something to aim for.*

The lights will feel even brighter this year after all the community has been through. Our group sees these lights as a warm and comforting hug that can guide you through the town and put a smile on everyone's faces.

Fundraising efforts this year have been tough, but we as a group called on the help and support of our Borough and County Councillors who have been extremely generous, to help us ensure a bright and joyful Christmas display. We have been supported through the Co-op community fund and have had 7 successful weeks raising money at Elm Court car boot sales.

At time of going to press I cannot guarantee a lights switch-on event, or even know how that would happen, but what I can say is watch this space! We will think of something to bring us all together in some way whether that be virtually or that our group lights a tree at every road in the town... we will find a way because that's what Potters Bar does!

If you are able to support our cause, donations to our 'go fund me' page are always warmly welcomed [www.gofundme.com/christmasinpottersbar](http://www.gofundme.com/christmasinpottersbar) and for further information find us on facebook – search 'Christmas in Potters Bar' or send us an email [christmasinpottersbar@gmail.com](mailto:christmasinpottersbar@gmail.com).

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*Christmas in Potters Bar*



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## 4th Potters Bar Scout Group

*Sadly, due to the present Covid restrictions, it is not possible at the moment for us to continue with the extremely popular Jumble Sales and Christmas Market, normally held by us at St John's Methodist Church in Baker Street, Potters Bar.*

The Jumble Sales have been taking place in March, May and October each year since at least 1968, and to our knowledge there has only been one previous occasion since then when a Jumble Sale has had to be cancelled – when we were 'snowed off' in March last year! In addition, the Christmas Market in early November each year has always been a happy and festive occasion, marking the first appearance of Father Christmas in Potters Bar, enthroned in his beautifully decorated grotto. We greatly appreciate the amazing support we have enjoyed from so many people at these events over the years, and we hope very much that it will not be too long before we can resume 'normal service', and be able to continue raising funds to enable our Beavers, Cubs and Scouts to benefit fully from their experience of Scouting.

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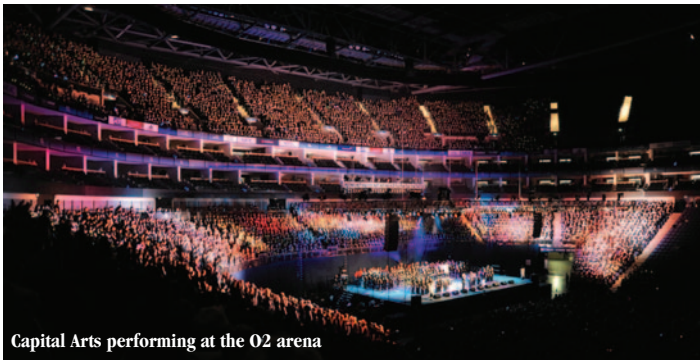
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## Capital Arts award-winning theatre school

*The Capital Arts Theatre School has won a UK Enterprise Award as Best Youth Performing Arts Organisation 2020. In 2021 Capital Arts celebrates thirty years of success.*

Capital Arts was founded in 1989 by local musician, Kathleen Shanks, with the aim of giving children an opportunity to work with professional performers at the very highest level. Within two years the Capital Arts children were performing at the London Palladium for Andrew Lloyd Webber.

The theatre school has an unequalled biography of performances in West End musicals, operas, concerts, radio and TV, major films and international tours with world-class musicians, directors and choreographers. It is one of the busiest and most successful children's performing arts groups in the UK. The Capital Arts children are currently filming for the BBC and working on a West-End musical and opera for 2021. The Capital Arts Children's Choir sings as 'Angelis' for Simon Cowell.

[capitalarts.org.uk](http://capitalarts.org.uk)

## Save British Theatre

Following the award, there is an opportunity for talented youngsters aged 9 to 15 who have reached a high standard in the performing arts, particularly singing and dancing, to work with Capital Arts director, Kathleen Shanks, on a short film for 'Save British Theatre'. The project is free of charge. Forms are available from [capitalarts@outlook.com](mailto:capitalarts@outlook.com).

## The Potters Bar Golf Course Obelisk

*During the recent period of lockdown, a lot of people have been out walking, and many have found their way onto the now disused PB Golf Course taking advantage of the opportunity to walk further than just the regular footpath. In doing so they have discovered, toward the back of the course against the fence alongside the railway embankment, a large concrete obelisk approximately 16ft tall with some curious markings on it.*



It bears the City of London crest, a shield with a cross and dagger on it facing toward the railway line and it is a coal tax boundary marker for the City. During the late 1800s anyone passing it with a load of coal was liable to pay a tax at the prevailing rate when they got to London. There are many such boundary markers circling London, mostly smaller cast iron posts, three of which are in Potters Bar, but there are only five concrete ones.



All erected in 1861 by act of parliament and following the edge of the Metropolitan Police area this was the 24th year of Victoria's reign, and the cast iron posts bear the marking "24 Vict" to denote this. The concrete posts however are different, marked "14 & 15 Vic C146". This is because there was an earlier act of 1851 the 14th year of Victoria's reign when the concrete markers were placed much further afield at approximately 20 miles out of London.

All the markers are now protected monuments, but this nearly 170 year-old obelisk on the golf course could do with a bit of 'tlc'. Listing rather badly toward the railway line, it needs a really good clean and straightening up.

Notwithstanding the lack of pruning, etc on the golf course itself the obelisk is barely visible from passing trains today. It is possible the track bed was lowered at some point, perhaps when electrification took place, and cables had to pass under nearby Hawkshead Bridge. Interesting too is the fact the obelisk is situated on what would have been farm land back then and not on the embankment itself. Did the railway refuse permission for it to be on their land? I doubt we will ever know.

Les Chesson

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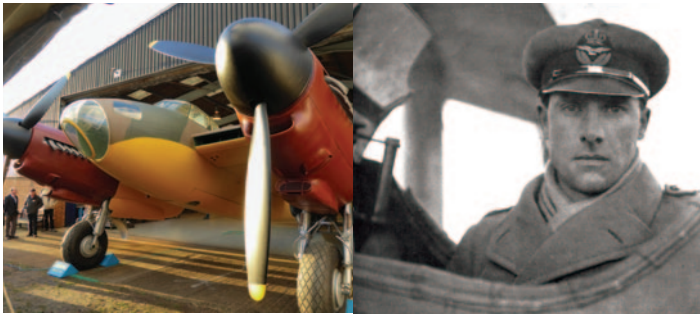
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## Top air museum celebrates De Havilland centenary



***The formation 100 years ago of a small aircraft company that was to become world leader in aircraft innovation is being celebrated this month with activities and exhibitions to mark its centenary. Supported by a major display of classic civil and military aircraft designed by the de Havilland Aircraft Company, it tells the story of how the company was formed and how it came to choose the former airfield at Hatfield for its headquarters and factory.***

The de Havilland Aircraft Museum at London Colney celebrates the de Havilland Company and the immense contribution it made during its near 50-year existence to both aviation and the local community, employing thousands of local people on designing and building world-leading aircraft.

“Now that our museum is open to visitors once more after the virus shut-down, we can tell the story of de Havilland and its achievements with increased clarity using our new interpretation displays and materials,” said museum marketing director Mike Nevin.

“At the museum we have much to tell and show our visitors about the company’s aircraft, the propeller and jet engines and even air-to-air missiles it designed and built. It was on September 25th 1920 that Geoffrey de Havilland formed the de Havilland Aircraft Company with offices at the Stag Lane airfield at Edgware. This was almost 10 years to the day since he had made his first flight in an aeroplane that he had designed, including the engine. But gaining his ‘wings’ led to financial problems, so he joined the Royal Aircraft Factory (Airco) as designer and test pilot, selling them his aeroplane for £400.

After several years he moved to the Aircraft Manufacturing Company (Airco) and when this company was sold to British Small Arms Co (BSA) following the end of the First World War Geoffrey decided to ‘go it alone’. With some 60 of his former work colleagues, his new company began converting planes for civilian use and refurbished one of the very aircraft that he had designed – the DH.4 which became a favourite with Royal Flying Corps pilots in the war.

His forward-thinking in aviation showed when the DH-associated Aircraft Transport & Travel company began using the converted DH.4As for the world’s first international commercial service, from Hounslow Heath to Le Bourget, Paris, on 25th August 1919.

After 14 years at Stag Lane Geoffrey decided to move, and in 1934 made the airfield at Hatfield the permanent home of his company. There de Havilland accelerated producing its own designs of both biplane and monoplane aircraft and a range of propeller and, later, jet engines to power them.

This resulted in de Havilland achieving a number of world firsts, including the solo flight by Amy Johnson from England to Australia in

a DH.60 Moth in 1930. Many other long-distance endurance records were to follow.

The company became a byword for superb aircraft with its biplane DH.82A Tiger Moth, adopted by the RAF for pilot training, its DH.98 Mosquito all-wood multi-role aircraft of the Second World War, Britain’s first jet fighter the DH.100 Vampire, and the DH.106 Comet, the world’s first jet airliner. Post-war the aviation industry began a series of major changes which resulted in many companies merging, with de Havilland eventually becoming part of what is now British Aerospace in the 1960s. “There is no doubt about the enormous contribution de Havilland made to world aviation and this is conserved at the de Havilland Museum,” said Mr. Nevin. “We have a lot on display and much to tell and show our visitors.

The Museum plans to open more of its aircraft in a Covid-safe manner and will launch an exclusive Mosquito cockpit experience. Its LINK flight simulator is available to ‘fly’. There will also be guided tours of the Comet 1a and Comet 4 simulator. Information and booking can be found on the website at [www.dehavillandmuseum.co.uk](http://www.dehavillandmuseum.co.uk). The volunteer-run working museum can be found in the grounds of Salisbury Hall, a Tudor mansion, where the Mosquito was designed and the first four actually built. The museum is fully accessible, with many examples of de Havilland’s civil and military aircraft and other artefacts all under cover in large display hangars where volunteers continue the restoration and preservation work to preserve the de Havilland legacy. It can be found signposted off J22 of the M25, and at [www.dehavillandmuseum.co.uk](http://www.dehavillandmuseum.co.uk).



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## Potters Bar Shotokan Karate Club

*The Potters Bar Shotokan Karate Club celebrated its 30th Anniversary in September and we are hopeful that there is a return to training at the Furzefield Centre this autumn.*

In September 1990, my husband Roger and I attended the very first lesson, and we continue to train twice a week. During that time, we have taken many gradings, the first on Roger's 50th Birthday in 1990, and have been assistant Instructors for many years. We have both been Black Belt students for over 20 years and have seen many members come and go. It is very rewarding to see students achieve their grades and many have become Black Belts from joining as Juniors.

Anyone interested in being part of our friendly club should telephone 07534 563456. The first lesson is free.

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Club Secretary

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## Sporting nicknames

*In the first of a new series we feature footballers' nicknames – some complimentary, some less so.*

**Chopper:** Ron Harris, aggressive-tackling Chelsea fullback.

**Psycho:** Stuart Pearce, aggressive-tackling England fullback.

**Duncan Disorderly:** Duncan Ferguson, known for his robust tactics and numerous red cards.

**Cashley:** Ashley Cole, allegedly insulted by his £55K pw contract offer in 2006.

**One Size:** Fitz Hall of Crystal Palace, Watford, etc.

**Pele:** Edson Arantes de Nascimento, resulted from his own mispronunciation of a Vasco de Gama player's name when he was young.

**Romford Pele:** Ray Parlour, inaccurate comparison based on the Arsenal player's birthplace.

**Sicknote:** Darren Anderton had a habit of missing games through injury at Spurs.

**Dave:** Cesar Azpilicueta answered in error when a teammate shouted the name of the team bus driver, Dave.

**Flying Dutchman:** Robin Van Persie, speedy striker from Holland.

**Non-flying Dutchman:** Dennis Bergkamp from his fear of flying.

**Village:** Jonathan Woodgate, seemingly unfair assessment of his intelligence.

**Calamity James:** David James, too many goalkeeping errors.

**Gentle giant:** John Charles, tall, respectful and powerful.

**Galloping Major:** Ferenc Puskas, ex-Hungarian army star of the 1950s.

**Kun:** Sergio Aguero, acquired from a cartoon character in his childhood.

**Sparky:** Mark Hughes, derived from another cartoon character.

**The Wardrobe:** Papa Bouba Diop, strong and powerful, once blocking the Fulham midfield.

**Mike:** Chris Smalling, a faux pas from Louis Van Gaal who forgot his actual name of Chris.

**The Kaiser:** Franz Beckenbauer, summed up his leadership qualities but also apparently a perceived likeness to a photograph of a former Prussian Emperor.

**The Cat:** Peter Bonetti, referring to his fantastic agility as a Chelsea goalkeeper.

**Dissa:** (Neil) Pointon, perhaps an unfair assessment of the Everton defender's ability.

**Speedo:** David Speedie, really imaginative pseudonym for the ex-Chelsea forward.

**Chicharito:** Javier Hernandez, 'little pea' in Mexican, smaller version of his footballing father who also had green eyes like peas.





# Potters Bar Bowls Club update

*Before the Club was able to open its brand new gates to members at the beginning of the 2020 season, with no play possible due to Covid 19 restrictions, former ladies Captain, Diane Jewell and Green Ranger, David Arnold organised a virtual Opening Day with online competitions. Photographs of this and other events throughout the season can be seen on the club website.*

That was on 18th April, but in the middle of May the newly installed gates were opened at last. Over 75 members began using the online booking system on the Club's website and most importantly playing again, following the guidelines that had been put in place by the Club's management committee around sanitising procedures, the use of equipment, the facilities available and the number of members allowed to play at any one time.

As the season progressed and in response to members' requests, the Competition Secretaries Beryl Burbridge and Chris Budden set about organising pairs and singles competitions for the ladies and Australian pairs and singles competitions for the men. Throughout the special Covid-19 competitions there were some closely fought matches that were well supported by spectators.



At the end of a season like no other, four finals were played on 12th September in brilliant sunshine with members welcomed by the President, Jan Southwell. The Ladies Singles was won by Diane Jewell beating Anita Bowman, with Diane Berry and Penney



Billington beating Gill Marshall and Janet O'Hagan in a very close match. Chris Budden and Andrew Billington beat Steve Jewell and Mike Teale in the Australian Pairs, and Barry Woodman lifted the Harry White Cup, presented to the Club by

Sheila, Harry's widow, by beating Richard Pearce for the men's singles title.

Despite the many restrictions in a spring and summer like no other, a very successful weekend and enjoyable season came to a close with Pam Rodgers, a former Club Champion, becoming St Albans and District Ladies Champion defeating Rihanna Russell from Welwyn and Hatfield. President Jan Southwell's chosen charity, Fight Bladder Cancer, received a welcome boost from members who sponsored Lucy Thurlow, an associate member, who raised nearly £700 by cycling just over 30 miles in five days.

After a very enjoyable, if different season, the Club members are now looking forward to the 2021 season.

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Saturday 8.00am-5.00pm  
Sunday Closed

## Yoga for Mental Health

*Within this community and beyond, awareness of mental wellbeing is continuing to grow. Slowly but, surely, we are letting go of the stigma attached to mental health as more of us than ever feel comfortable sharing issues surrounding stress, anxiety, depression, or PTSD. We are increasingly tuning in to more holistic approaches to manage mental health issues: yoga being a popular choice across a wide spectrum of people.*

As first glance, yoga might be seen as a way of making shapes with our body on a mat. So why, or how, could such a simplistic physical activity bring relief to our psychological issues? As a practitioner of yoga since 2008 my own understanding of this practice (that originated in the East) has grown to affirm there is indeed much, much more to this ancient art than meets our 21st century eye. Yoga covers a broad spectrum of disciplines including breathing, meditation, social ethics, internal focus and awareness, and personal development.

My personal journey with yoga began owing to the impact it had on my physical strength, tone and suppleness; however, it didn't take long for me to experience deeper psychological benefits such as release of stress and negative emotion, deep relaxation, clarity of mind and a better approach to self-care which, for me, far outweighed the physical rewards. Today, I enjoy sharing this passion as a specialist teacher in trauma-informed yoga which allows more people with stress, depression or anxiety to try it out for themselves, and experience first-hand what it can do for them.

Over the years I have taught yoga to a fascinating range of clients: professional men and women, young or old (my oldest having just turned 90!), emergency service personnel, armed forces and veterans, athletes, parents and children – everything from 1:1 sessions, hot studio or outdoor classes, energised powerful yoga or slower, restorative work to soothe aching muscles and tired joints, online or face-to-face. There really is something for everyone.

As mental health awareness expands, I would encourage anyone, no matter their gender, size, body shape, religion or beliefs, to consider trying yoga's incredible range of benefits – for both the body, and the mind.

**Helen Cooper**



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# Remember Your Loved Ones on the Nethercott Funeral Director's Memory Tree

*"To live on in the hearts of those you have loved is not to die."*



The anniversary of any event, whether it is birthdays, wedding anniversaries or key dates is tremendously difficult for anyone who has lost a loved one, but



Christmas can be particularly hard. The sense of loss and loneliness can be even more poignant at this time of year.

As in previous years, Chas A Nethercott & Son Ltd would like to offer any relative or friend the opportunity to remember their loved ones with a personal message on their memory tree.



In the past many of the families they have helped through the years have found this simple act of remembrance a source of comfort.

Nethercotts are offering the service again this year to all bereaved people in Potters Bar and surrounding areas, as a way to express their feelings in a tangible manner.

However, in line with the government guidelines,

Nethercotts are not able to offer this service in the same way as they have in previous years. Unfortunately, access to the office is restricted, meaning the public will not be able to collect cards, write or place their cards directly onto the tree themselves.

To remember your loved one on their memory tree, please contact Nethercotts by email at [office@nethercott-funerals.co.uk](mailto:office@nethercott-funerals.co.uk) with your messages and the staff will write your message on a tree card for you and place it on the tree. For those who may not have access to email, please contact the Nethercott's office on **01707 652288** and the staff will discuss alternative ways in which they can assist you in remembering your loved one on their tree. Regrettably, Nethercotts will not be able to return cards to families as we have done in previous years if requested.

The company will, as in previous years, be donating £2 for each card placed on the tree. Moreover, the company guarantees that they will donate at least the same amount of money to Noah's Ark as last year.

Some members of the public like to leave a donation to Noah's Ark. If the public would like to make a donation, they cannot accept donations by cash this year, but donations can be made online via [www.memorygiving.com/chasanethercottsonmemorytree2020](http://www.memorygiving.com/chasanethercottsonmemorytree2020).

The tree will be displayed in the window of our office in Darkes Lane, Potters Bar from the beginning of December until the end of the Christmas period.



## Police reminder

*Hertfordshire Constabulary is reminding residents to keep their homes secure and report suspicious behaviour as the afternoons and evenings grow darker. During the autumn and winter months burglaries often increase, so police will be focusing on targeting burglars and sharing home security advice in the months leading up to Christmas.*

Criminals prefer to target unoccupied homes, and at this time of year they can tell a home is empty if there are no lights on once it gets dark. If you give your home a lived-in look by using a timer switch to turn on a light, radio or television when it gets dark then criminals are more likely to avoid your home. It is also advisable to secure windows and double-lock PVCu doors by lifting the handle and turning the key to engage all the safety features. There are some great affordable home security devices on the market such as wifi-enabled doorbells, security cameras and lighting that can help to make your home even safer.

The Potters Bar Safer Neighbourhood Team is also keen to hear from residents about policing issues that are of concern to them to help shape their policing priorities for the area. You can use our community voice platform 'echo' and your feedback will help towards shaping our local policing priorities, initiatives and campaigns. Visit [bit.ly/police-pb](http://bit.ly/police-pb) and tell us your thoughts. Further crime prevention advice can be found at [www.herts.police.co.uk](http://www.herts.police.co.uk).

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## Be vigilant to vehicle crime

*We are asking drivers, including van drivers, to consider some simple crime prevention advice following a number of thefts from vehicles across the borough.*

In the first two weeks of September, 33 incidents of vehicle crime were reported. Of these, 22 thefts from vehicles took place (five of which were from vans), attempts were made to gain access to seven vehicles and a further four vehicles were stolen. Incidents continue to be reported.

The majority of incidents have taken place in Potters Bar, although offences have also been reported in Borehamwood, Radlett and South Mimms. Most offences are taking place overnight with items such as bags, laptops, cash and wallets being stolen from cars and tools stolen from vans. A number of catalytic converters have also been stolen from underneath cars. We are urging drivers to remove any valuables from their vehicles, as well as tools from vans when they are not using them.

Detective Inspector Michael Macbeth from the Local Crime Unit at Borehamwood police station said: "We are thoroughly investigating these incidents and are following a number of lines of enquiry. Additional police patrols have been put in place to prevent further thefts and catch those responsible. Whilst these investigations continue, I would urge anyone who carries valuables or tools in their vehicles to remove them overnight or when they are not in use. I'd also ask people to be aware that this crime is occurring and to be vigilant. Contact police if you see anyone acting suspiciously around vehicles in your area."

Additional vehicle crime prevention tips can be found here – [www.herts.police.uk/Information-and-services/Advice/Crime-prevention/Protect-your-property](http://www.herts.police.uk/Information-and-services/Advice/Crime-prevention/Protect-your-property).

**STOP PRESS:** At around 12.40am on Wednesday 30th September, a van was broken into at Tesco in Mutton Lane, Potters Bar. Tools were taken from inside. Later that day two people were arrested and a further two people were arrested following a pursuit on the A10.

A 25-year-old man and a 20-year-old man, both from London, and a 21-year-old man from Coventry were arrested on suspicion of theft from a motor vehicle. A 21-year-old man from Walthamstow was also arrested on suspicion of theft from a motor vehicle, dangerous driving and failing to stop. They have all been bailed until 31st October while the investigation continues.

## PB Photographic Society

*As with many other organisations, members of the Potters Bar and District Photographic Society (the Society) suspended over 70 years of face to face meetings in March this year.*

Modern technology came to the rescue though and many competitions have been judged via electronic methods. In addition, lectures and other presentations have taken place via internet communications. This has one advantage, as the Society can now choose from a far wider range of lecturers other than those able to travel to Potters Bar. There is also a page on the Society's website especially for images made during lock-down – <http://pottersbarphotosoc.org.uk/weekly-views>. This does have one advantage in that members who may be shielding can still take part in the society's activities.

While the Covid restrictions have limited some members' activities, it has allowed others to develop new, or improve, existing photographic techniques. Still life pictures have been popular as has macro work. Macro is a technique of very close-up photography where small items, insects, etc are photographed at life size or larger. This can safely be carried out indoors or in a garden.

Society member Sam Segar said "I deliberately set out to do more macro shots as bird reserves and other public spaces were closed so I spent a lot of time stalking butterflies and other beasts on exercise walks and spending time waiting for things in the garden."

The Society does not expect to be back with traditional meetings until 2021 but it has a growing on-line presence and members are still taking pictures when and where the Rules permit.

The Society is still open to new members and details can be found at the website <http://pottersbarphotosoc.org.uk> or on Facebook at [www.facebook.com/pottersbarphotographicsociety](http://www.facebook.com/pottersbarphotographicsociety)."

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# WHAT'S ON

## NOVEMBER 2020

### Tuesday 3rd

- Lunchtime Recital: Francis Eastwood (organ), 12.30pm. Retiring collection. St Mary's Church, The Walk.

### Sunday 8th

- King Charles the Martyr Church Act of Remembrance, 10.55am.
- King Charles the Martyr Messy Church, 3–5pm.

### Saturday 14th

- Children's piano recital 5pm. Retiring collection. St Mary's Church, The Walk.

### Sunday 15th

- King Charles the Martyr Church Bereavement Service, 4pm.

### Thursday 26th

- PB Film Makers Annual General Meeting via Zoom.

### Sunday 22nd

- Potters Bar Music Centre 'Sunday Showcase', free concert by their students. 3pm, St Mary's Church, The Walk.

## DECEMBER 2020

### Tuesday 1st

- Lunchtime Recital: Adrian Oldland (piano), 12.30pm. Retiring collection. St Mary's Church, The Walk.

### Sunday 6th

- King Charles the Martyr Church Christmas Messy Church, 3–5pm.

### Thursday 10th

- \*PB Film Makers 70th Anniversary Celebration.

### Sunday 13th

- King Charles the Martyr Church Carol Service, 4pm.

## JANUARY 2021

### Sunday 10th

- Fir and Pond Wood Nature Reserve, conservation work, no experience necessary, 10am. Details see organisations pages.
- King Charles the Martyr Church Messy Church, 3–5pm.

### Wednesday 13th

- \*RSPB Afternoon meeting 'Shetland Isles, wildlife, flowers and archaeology' – Bruce Bennett.

### Friday 15th

- \*RSPB Evening meeting Speaker to be confirmed.

### Wednesday 20th

- \*Enfield National Trust Association Tom Way – 'Exciting Wildlife Around the World'. 2pm, Holtwhites Sports & Social Club, Enfield. Info 01707 650969.

### Thursday 21st

- \*PB Film Makers Club Meeting.

## FEBRUARY 2021

### Tuesday 2nd

- Lunchtime Recital Fumi Otsuki (violin and piano), 12.30pm. Retiring collection. St Mary's Church, The Walk.

### Thursday 4th

- \*PB Film Makers Club Meeting.

### Wednesday 10th

- \*RSPB Afternoon Meeting 'Birds of the Carmargue' – Edward Towne.

### Thursday 11th

- \*Enfield National Trust Association George Martin – 'History of Paddington Station'. 7.45pm, Enfield Grammar School. Info 01707 650969.

### Sunday 14th

- Fir and Pond Wood Nature Reserve, conservation work, no experience necessary, 10am. Details see organisations pages.
- King Charles the Martyr Messy Church, 3–5pm.

### Thursday 18th

- \*PB Film Makers Club Meeting.

### Friday 19th

- \*RSPB Evening Meeting All welcome. 'Birds without borders (long distance migration)' – Peter Holden.

### Saturday 27th

- PB Society Coffee Morning Tilbury Hall, 10am–12 noon.

## MARCH 2021

### Tuesday 2nd

- Lunchtime Recital Heather Hawkes and Lucy Roots (soprano and piano), 12.30pm. Retiring collection. St Mary's Church, The Walk.

### Thursday 4th

- \*PB Film Makers Club Meeting.

### Sunday 7th

- Potters Bar Music Centre 'Sunday Showcase', free concert by their students. 3pm, St Mary's Church, The Walk.

### Wed 10th

- \*RSPB Afternoon Meeting 'African Wildlife, beyond safari tourism' – Peter Warne.

### Thursday 11th

- \*Enfield National Trust Association John Hall – 'General Booth'. 7.45pm, Enfield Grammar School. Info 01707 650969.

### Sunday 14th

- Fir and Pond Wood Nature Reserve, conservation work, no experience necessary, 10am. Details see organisations pages.
- King Charles the Martyr Messy Church, 3–5pm.

### Wednesday 17th

- \*Enfield National Trust Association Edward Towne – 'The Mary Rose'. 2pm, Holtwhites Sports & Social Club, Enfield. Info 01707 650969.

Potters Bar Film Makers are currently meeting via Zoom. Anyone interested should email club secretary Penny Love or Membership Secretary Andrew Saunders for further information (contact details are on the club website [www.pottersbarfilmmakers.co.uk](http://www.pottersbarfilmmakers.co.uk)). Meeting dates for the beginning of 2021 have been allocated and more details will be added as the COVID situation evolves.

# 2020 Christmas Services at Local Churches

*In the current situation it is recommended that you check with the church that any particular service will proceed at the stated time.*

## Our Lady and St Vincent Catholic Church

The Christian festival of Christmas will definitely happen on 25th December 2020 but, due to COVID-19, we are not sure what form our celebrations will take. Please go to our website [www.olasv.org.uk](http://www.olasv.org.uk) nearer the time for full details of Christmas and New Year Services. Canon Shaun Lennard (Parish Priest) 01707 654359.

## St John's Methodist Church

Sunday 6th December	10.30am	Christingle Service
Saturday 13th December	10.30am	Christmas Celebration
Sunday 20th December	10.30am	Christmas Celebration
Friday 25th December	10.30am	Christmas Day Service

## St Mary the Virgin and All Saints' Church

Sunday 20th December	5pm	Carol Service
Thursday 24th December	11.30pm	Midnight Mass of the Nativity
Friday 25th December	10am	Family Eucharist

## Church of King Charles the Martyr

Sunday 29th November – Advent 1	9.30am	Sung Eucharist for Advent 1
	11am	Morning Worship
Sunday 6th December – Advent 2	9.30am	Sung Eucharist for Advent 2
	11am	Morning Worship Holy Communion
Saturday 13th December	2pm	Discover Christmas at St John's Methodist Church – Churches Together Christmas event for primary children
Sunday 14th December – Advent 3	9.15am	Sung Eucharist for Advent 3
	11am	Morning Worship
Sunday 20th – Advent 4	9.30am	Sung Eucharist for Advent 4
	11am	Morning Worship *Morning Worship with Nativity Play
	4pm	Service of Carols and Lessons
Thursday 24th - Christmas Eve	4pm	Nativity Service for all the family young and old
	6pm	Christingle Service
	11.30pm	Midnight Mass – Carols sung from 11pm
Friday 25th December – Christmas Day	10.30am	Christmas Morning Family Communion
Sunday 27th December – Christmas 1	10.30am	Holy Communion Service

## Christ Church Little Heath

Due to the ongoing pandemic our pattern of Christmas services will not be the same as in previous years. We would implore you to please check our website [www.cclh.org.uk](http://www.cclh.org.uk) for up-to-date information as to how we will be celebrating the birth of our Saviour Jesus Christ this year.

## Potters Bar Baptist Church

Sunday 20th December	10.30am	Family Christmas service
Christmas Day	10.30am	Christmas celebration

# LOCAL ORGANISATIONS

## ANIMALS

**DOG TRAINING – HOME FARM** Fri classes 9.30am–12 noon. 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. 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–12 noon. Furzeheld Court, (next to Elm Court), £2.30. 020 8207 7568.

**ART IN HERTS** Weekly, Tue. Furzeheld Court, 7.30–10pm. 650694.

**CHILDREN'S FINE ART CLASSES** Little Art School of Herts. Small groups, ages 4–12. Tue 4.15–5.15pm, 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 to 13 months). Award winning. Thu, Furzeheld Leisure Centre. Lisa 07887 700939 or barnet@babysensory.co.uk.

**CHARLIE'S ANGELS** Weekly on Wed in term-time, 1.30–3pm. 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, Essenden.

**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/TODDLER GROUP** Weekly, term-time, Tue 10–11.30am. Causeway Free Church. 660021.

**PARENT/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 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 771980.

**LIZZIE MEEKS SCHOOL OF DANCE** Ballet, Tap, Jazz, Contemporary, Hip Hop/Street Dance. Adult's and children's classes Mon to Fri. 07887 567713 or info@lizziemeekschoolofdance.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 8–10pm, £4. Also in Welwyn Garden City. 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/Improver Level. Oakmead Youth and Community Centre, Fetherstone 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.

**WAGGONS SQUARE DANCE CLUB** Weekly, Mon 8–10pm at St Josephs in the Park School Hall, Hertingfordbury. Janet 01992 441083.

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

## EDUCATIONAL

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

**BROOKMANS PARK WEA** Weekly, Tue and Thu mornings. 10 week courses starting 24th and 26th Sep. More 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 5–16. Weekly, Thu 3.30–5.30pm. King Charles the Martyr Church. Pallavi 527155.

**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 AND 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 or 07711 832070.

**HATHA YOGA CLASSES** Every Mon 7.30pm, Tue 5.30pm, Wed Online, Fri 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 Fridays 10–11am at King Charles the Martyr Church Hall.

**POSITIVE MOVEMENT EXERCISE CLASS** Tue 10.30am–12 noon, 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, 2.30–3.15am. St Mary's Church Hall. For new mums with babies 12 weeks +. Warm-ups, couch to 5K sessions, yoga cool down. Cost £2–£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. Jade 07976 743189.

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

## GAMES

**BRIDGE CLUB – LITTLE HEATH** (duplicate) Tues 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–12 noon. Elm Court. £2.30. 020 8207 7568.

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

**WHIST DRIVE** Monthly, 2nd Thu. South Mimms 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.

**CARERS IN HERTFORDSHIRE** Contact 01992 586969 for information.

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

# LOCAL ORGANISATIONS

**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–12 noon, 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 Thu. 10 times per year. 8pm. Cuffley Hall, Maynard Place. 875742.

**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\*** Alternate Wed 8–10pm. Elm Court. Speakers. 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–12 noon. Or 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 – GOOGLES JAZZ CLUB** Weekly, Thu 7.30pm. Botany Bay Cricket Club, East Lodge Lane, EN2 8AS. www.googlesjazz.co.uk or googlesjazz@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 eves 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. 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** 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, 9am–1.30pm. Coffee and light lunches served. 01707 665579.

**CHARITY LUNCHEONS** 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, 10.45am–12.30pm. All welcome. 662460.

**MITRE CLUB** Monthly, 1st Tue. For retired professionals or 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 8 360 9729.

**OAKMERE WI** Monthly, 2nd Thu, 7.45pm. Tilbury Hall. Contact 659873 or 650076 for more information.

**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@brookmankparkrotary.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. Furzeffield 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 Myms Social Club, Welham Green. Sat 11am–12 noon 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, Furzeffield. Juniors 7–8pm. Adults 8–9pm. Sun Adult and Juniors 11am–12 noon. 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. Furzeffield 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/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, Tue. Northaw School, Vineyards Road, 7.45–9pm. 642354.

**OLD OWENS CRICKET CLUB** Coopers Lane, Potters Bar Herts. Saracen League. 07904 194295 or 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 Furzeffield 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 12–3pm on Sun. www.pottersbarcrusaders.com.

## PB CRUSADERS YOUTH FOOTBALL

Football for boys and girls 4–18 years. Matthew 07944 492521.

**PB LIFESAVING CLUB** Weekly, Tue. Furzeffield 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 (7–16 years). 8.30–9.30pm (adults). Furzeffield Centre. www.karate-masters.co.uk.

**PB UNITED FOOTBALL CLUB** Training weekly. 5–16 years, 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 Institute, Northaw. Membership fee £20 per annum, £1 per hour. 07725 430244.

**TABLE TENNIS** At The Kidston Institute, Northaw. Membership fee £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, Thurs. 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–12 noon, Thu 2–4pm. Elm Court. 020 8207 7568. For Seniors, weekly Fri. Hatfield Leisure Centre. 10am–12 noon.

**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 12 noon–1pm. Learn to skate as well as skater hockey. For all 5–18 years. Hatfield Leisure Centre. bwcrusaders@hotmail.co.uk.

**SOUTH HERTS HIKERS** Day hikes in Herts and hiking weekends away.

www.southhertshikers.uk or southhertshikers@gmail.com.

**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, Chancellors School. Gillian 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. oc.57@aircadets.org.

**CAPITAL ARTS CHILDREN'S CHOIR AND YOUTH THEATRE** Sat, Wyllyotts Centre. Age 5–16. Drama and choir. 020 8449 2342.

**GUIDES, BROWNIES AND RAINBOWS** Potters Bar and Brookmans Park areas. www.girlguiding.org.uk/get-involved 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. Furzeffield 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 MIDDX OWNER'S CLUB** meet at the Whitewebbs Museum every second Thu from 7.30pm. See http://nlm-nmcc.org.uk.

**NORTH MYMMS MEMORIAL HALL** Station Road, Welham Green AL9 7PG. 07948 310192 or www.northmymmsmemorialhall.co.uk

Tell us about your event, meeting, activity and we will publicise it and give details of your organisation in the *Community News*.

Contact: susan.weaver4@ntlworld.com

## 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](http://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](http://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](http://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–4pm
Tuesday	10am–4pm
Wednesday	CLOSED
Thursday	10am–4pm
Friday	1pm–4pm
Saturday	10am–2pm
Sunday	CLOSED

### Brookmans Park

Bradmore Green

CLOSED AT PRESENT

There are some restrictions in force. Please refer to article on page 3.



Wyllyotts 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

Wyllyotts 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
<a href="http://www.rspca-pottersbarhatfieldandbarnet.org.uk">www.rspca-pottersbarhatfieldandbarnet.org.uk</a>	
Samaritans (freecall 24 hours)	116 123