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SUMMER 2015

Potters Bar

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

Celebrate the freedom of walking

CELEBRATE THE FREEDOM OF WALKING with Hertfordshire Year of Walking in 2015!

Whether you hike, ramble, march or stroll; whether it's for leisure, health or just to get from one place to another, this county-wide recreation has it covered.

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Hertfordshire Year of Walking is coordinated by Hertfordshire County Council's Countryside Management Service and you can join in themed,

guided walks offered by Walks & More or make new friends by hooking up with Hertfordshire Health Walks in Potters Bar and Borehamwood.

The walks are always free, led and local, and while the focus is on health there are no requirements to be fit, though walking shoes are recommended.

Potters Bar has its own Health Walk programme offering three walk levels, starting at the railway station on Mondays and Wednesdays (one hour) and Saturdays (one and a half hours) at 10.30am, or at Oakmere Park on Mondays at 11am for the easiest walk of 30 minutes: just turn up on the day and join in.

The walks always end with refreshments and chat so, as well as the health benefit, these groups offer friendship and other social activities.

To get involved with Hertfordshire Year of Walking, visit www.hertsdirect.org/walking now and sign the 'pledge to walk' so we can keep you updated about all the fantastic events. Further information from www.hertfordshirehealthwalks.org or call 01992 588433.



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Potters Bar Community News

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

A message from the Joint Editors

Once again, we have a varied collection of articles and information and, as ever, are very grateful to those who have contributed to this issue.

It was with considerable sadness that we learnt that Chancellor's Community Newsletter had published its last issue. We include a tribute to their Council who have set a high standard over the last 33 years.

Included in the Schools section of our spring edition was an article written by Kathryn Simpson regarding her experiences in the sixth form at Mount Grace. Kathryn is hoping to do a degree course in English and Journalism, and has expressed a wish to contribute regularly to this magazine. We are happy to give her such an opportunity and include an article outlining her thoughts on applying for a university place.

For the third year running one of our Committee has been the recipient of a Civic Award from Hertsmere. This time it is congratulations to John Godfrey who received the Dave Rankin Award for commitment to community safety.

John Connell and Debbie Usher

How to send articles

Email to **cnews@fsmail.net**. Please keep articles to around 300 words or less, bearing in mind that past events are not likely to be of general interest. Please use plain text word or email, but plainly handwritten or typed articles are also acceptable if you do not have access to a computer. Please contact the Chairman, John Connell on **01707 851445**. Photos, logos, etc: send as a tif, bmp or jpg file or copy to a CD. Paper photos or logos can also be sent.

How to supply adverts

Ring to book a space, remembering there is usually a waiting list. Artwork must be supplied as black and white pdfs or jpgs only, created at the specified size according to your booking. Any corrections to existing adverts will be subject to a £5 fee. Advertisers are responsible for advising us of any alterations of adverts in each issue.

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Deadline dates

Advertising

18th September for Winter issue

Articles

1st October for Winter issue

Delivery

Roads requiring deliverers: *Potters Bar*: Ashwood Road, Aston Way, Cranborne Close, Stapleton Close, Wayside flats, Darkes Lane flats (above shops). High Street flats (above shops). *South Mimms*: 1. Black Horse Lane area. 2. Blanche Lane area. *Brookmans Park*: Station Close, Oaklands Avenue, Westlands Drive, Bradmore Way.

If you do not have a copy or receive more than one, or wish to volunteer as a deliverer, please contact Peter Silverthorne or Peter Weaver.

www.pottersbar.org – your local website

The *Community News* will be added to the **pottersbar.org** website after publication, including the telephone numbers of contacts. Please tell us if you do not wish this to happen.

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 cnews@fsmail.net (subject volunteers)?

Alzheimer's Society

Be part of the Alzheimer's Society's Saturday Dementia Café at the 60+ Day Centre, Wyllyotts Centre. This much valued and vital service is for people with dementia and their carers, and for it to continue to be a success we need help.

Our volunteers help in a variety of ways to make this a sociable and enjoyable day. Help is needed between 10am to 3pm – you can volunteer for a few hours in the mornings or afternoon or stay all day, once a month or once a week – to suit you. Our training and support will ensure that you have everything you need to make this a rewarding experience. Please contact Margaret O'Grady, Volunteering Officer on **01923 894222**.

Come Clubbing on Friday Nights!

The Clever Paws Dogs Club, which meets every Friday night at the RSPCA centre at Southridge, is in urgent need of help. If you are a registered dog walker at the centre just turn up at 5pm and ask for Pauline Gailey in The Marquee. The club offers dogs something different to a walk – they get to play mind games with toys and puzzles, searching out tasty treats which they have to find using their noses or paws. It is another way of breaking up the boredom of being in kennels. The more helpers Pauline gets, the more time the dogs get to play before having to go back to kennels. So go on, give an hour on a Friday night and make a dog's day!



Potters Bar District Guides are looking for volunteers to help with Rainbows, Brownies, Guides or Senior Section Guides. This need only take approximately

1½ hours per week with occasional other events. It is very rewarding and we can help you with training if you wish to become a Leader. This is not compulsory. If you are interested, please contact Caroline, the District Commissioner, **01707 851010** or Sue **01707 850147**.

Peer Mentoring with Herts Mind Network

Herts Mind Network is a mental health organisation providing a diverse range of recovery orientated services across Hertfordshire. Our volunteer peer mentors work alongside the

Peer Support Team to give one-to-one support to service users in the community in weekly 1 hour sessions. Together with the service user, they work towards their recovery goals and encourage them to make positive changes in their lives.

We need people who are confident and effective communicators, who are able to work alone and deal with challenging situations. If you're interested in Peer Mentoring or would like to know more, please contact Rachel Fox (Volunteer Co-ordinator, Herts Mind Network) at Rachel.Fox@HertsMindNetwork.org or on **02037 273 600**.

Sub Aqua Club

My name is Sandra Thomas and I am a member of Potters Bar Sub Aqua Club. We meet in the Furzefield Centre in Potters Bar on a Tuesday evening (9pm to 10pm) and we have use of the pool for dive training. We are part of the British Sub Aqua Club Organisation. We are currently looking for new members, either established divers or people new to diving. We offer training in dive qualifications recognised throughout the world. Our club is a friendly one and we dive throughout the UK and abroad. This year we have dived The Farne Islands, Weymouth, Plymouth, Cornwall, Egypt, and a 30m diving pool in Brussels. Diving can be an expensive hobby, but we can provide equipment to allow new members to 'give it a go' before they may choose to invest in their own equipment. Once trained you are free to dive many different locations, and can choose between wreck diving, conservation diving, taking photographs, pretty diving, even diving for scallops and lobsters! So why not pop along to the Furzefield Centre and do a try dive.

Contact Diving Officer Warren Thomas on **077644 690499** to arrange.

Summer Concert!



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'CURSE or CURE?'



This is the title of an outdoor art installation, exhibited throughout the 2015 open season until 31st October, within the historic walls of Chelsea Physic Garden, the source of its inspiration.

It was created by Nici Ruggiero, a ceramic artist who grew up in Potters Bar and now lives in North Mymms. This enchanting work is comprised of a trail of 15 staked apothecary jars amongst the plants, along with a wall installation of a further 21 illustrative porcelain jars.

Installed in the Garden, "Curse or Cure?" highlights the entwined practices of early medicine and witchcraft of past centuries, illustrating the powerful use of plants.

For Chelsea Physic Garden opening times, visit www.chelseaphysicgarden.co.uk. For further information about Nici and her work, visit www.nakedpots.com.



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A farewell to Derek



After 48 years in the milk industry, 35 of which were spent delivering to the Royds, Baker Street and Sunnysbank areas of Potters Bar, Derek Halls recently decided to hang up his milk crate.

So, for Derek, no more getting up at 2.30am and trundling along the local roads in the early hours whatever the weather and, in recent times, in the pitch dark with no street lights. His customers, of whom I was one, will miss his reliability and the chats on the doorstep about everyday events. He will be missed but we all wish him a happy retirement with a few lie-ins – he certainly deserves it.

Gill Connell

Rob is "Blown Away"



When Rob Biddulph was growing up in Potters Bar, attending Ladbrooke and Dame Alice Owen's schools, he was the kid who illustrated posters and the Owen's magazine. He was also adept at producing caricatures of his schoolmates.

After leaving Art College, he became an art director and worked on magazines including *Just Seventeen* and

NME before moving to the *Observer* where he is currently the art director of their magazine.

Now living in Finchley and married with three daughters, Rob, 42, has recently published his first book for young children entitled *Blown Away*. Rob both wrote and illustrated the book which follows the various adventures of a penguin. To Rob's delight, his book has won the 2015 Waterstones Children's Book Prize for overall children's book of the year. His second book, entitled *GRRRRR!*, is coming out in August.

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People in Potters Bar now have the opportunity to receive support from Mind following the opening of a new outreach centre within Maple House, Potters Bar.

Herts Mind Network (HMN) is a Well Being organisation delivering a range of services. The support provided is crucial to a large number of people as 1 in 4 of us will suffer with some form of emotional problem in any given year in the UK.

The organisation works to support adults who are feeling stressed, managing low confidence and are motivated to change their thinking to improve aspects of their lives.

HMN supports around 6,000 people each year across Hertfordshire, including carers. The organisation offers both one-to-one based services including peer support service and peer mentoring alongside group based personal development courses such as anxiety management, confidence building,

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anger management, relaxation and mindfulness which have proved effective in helping people to make healthy changes to their lives by improving their overall wellbeing.

As part of their recovery, many of the people who use HMN services go on to become volunteers with the organisation and are given ongoing training and support from the volunteer co-ordinators, as well as gaining valuable workplace experience. Volunteering roles range from administration support and helping to run HMN's group and courses to peer mentoring, where trained volunteers work one-to-one in the community with people experiencing mental illness.

Speaking of the expansion of services in Potters Bar, Julie Nicholson, Chief Executive of HMN, said: "We have wanted to develop our provision of services in Potters Bar for some time and are delighted that these new initiatives are supporting the local community."

Service user quotes:

"Looked at alternatives to medication for controlling my anxiety"

"The team were very non-judgemental and understanding which made me feel relaxed to express my feelings"

"I was helped to take one step at a time and not to give myself a hard time"

Anybody interested in accessing the services offered by HMN should contact Deborah Gallacher on **02037 273600** or email directly at **info@hertsmindnetwork.org**.

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Queen's Scouts Awards

Adventurer Bear Grylls awarded Hertfordshire Scouts the highest honour in Scouting at Windsor Castle in the spring.

The 15 local Scouts were among nearly 500 new recipients of the Queen's Scouts Award on Sunday 26th April 2015. As well as Chief Scout Grylls, they were joined by Birgitte, Duchess of Gloucester GCVO, cousin of HM the Queen.



The award for outstanding personal achievement is given to those aged between 16 and 25 who have completed a range of challenges including service to their community, completing an expedition in wild country, undertaking a five-day residential project in an unfamiliar environment and learning a new skill or developing an existing talent.

"All these young people have lived the adventure of a lifetime to achieve their Queen's Scout Awards, and I admire that spirit so much," Grylls said.

"They are huge inspirations to the other 550,000 scouts in the UK and I am so pleased that scouting has honoured them today. They are amazing." Local scouts honoured were Jay and Nicole Pendrell-Smith, Oliver Middleton, James Sanderson, Alex Brunning and Paul Scott.

Paul 23, from Potters Bar, commented: "Working towards my Queen's Scout Award has enabled me to make a positive impact in my local community. Completing it has been a massive highlight in my life by being able to learn new skills, develop friendships and working in my local community. I am proud to have put so much effort in as I can already see the benefits. I hope to pass on what I have learnt to other members of Hertfordshire Scouts."

The annual event has been held regularly since 1934 on the Sunday nearest to St George's Day, St George being the Patron Saint of Scouting. Over 100,000 Queen's Scout Awards have been presented to young men and women since its instigation.

Writer and television presenter Grylls, who became the youngest ever Chief Scout when he was appointed aged 35, is famed for his wilderness survival expertise. Among the challenges taken on by Queen's Scout Award recipients are a four-day, three-night expedition in open or adventurous country by foot, cycle, horse, canoe, boat or dinghy. The scouts must show their skills in preparation, training, teamwork and leadership.

Last year, scouts were involved in a diverse range of projects including collecting goods for food banks, creating and cleaning up play spaces for young people with learning difficulties, spending time with those suffering from dementia, helping to support and promote the health of Britain's waterways as Junior River Stewards, and creating wildflower meadows.

Scouting has now announced a revamp of its activity programme and launched 165 new and updated badges including a Disability Awareness badge and new Navigator and Camp Craft badges. They complement the Scout Association's Strategic Plan for 2018 which maintains a focus on growth, inclusivity, youth and community impact. The changes reflect the changing demands and interests of today's young people who have particularly asked for leadership and teamwork to be recognised.

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Birthday celebrations

2015 sees the 5th Potters Bar (King Charles the Martyr) Rainbows and Brownies celebrating 2 special birthdays, 20 years for the Rainbows and 70 years for the Brownies.

We are trying to contact as many leaders and girls from the past to come and help celebrate at an afternoon tea party.

The celebration is to be held on Saturday 17th October 3-5.30pm at King Charles the Martyr Church Hall in Dugdale Hill Lane.

There will be small sideshows, craft activities and displays of photographs from over the years, and the present Rainbows and Brownies will also provide an entertainment.

This is a celebration of the old and the new, a chance to catch up with friends over a cup of tea and also see what is happening now in Rainbows and Brownies.

So if you know anyone, or if you have been involved with either or both units, we would be delighted to hear from you.

Please contact:

5th Potters Bar Rainbows: Hayley May – 01707 664563

5th Potters Bar Brownies: Karen Smale – 01707 377009

Email: Kcmrainbowsandbrowniesparty@hotmail.com

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Potters Bar U3A

The Country House Group recently had a fascinating tour of the Bank of England in Threadneedle Street, learning about its history, the various forms of bank notes and coins, and even the opportunity to hold a gold ingot worth over £333,000! That was followed by a guided tour of the Cinema Museum in South London exploring the history of the building and a display of film memorabilia. Other outings have included a visit to Brooklands Museum in Weybridge – home of the world's first purpose-built racing circuit, and the house and gardens of Waddesden Manor – one time home of Baron Ferdinand de Rothschild.

The Theatre Group enjoyed two very different outings – Chichester's Clair de Lune Theatre for the 'revealing' play Frankie and Johnny and Woking Theatre to see JB Priestley's *Dangerous Corner*.

Members of the Bookworms group took along to their meeting a book which had been significant to them in their childhood and discussed how important the public library had been in their lives. The books ranged from the classics to popular children's authors, short stories and annuals. As children they were taken to the library by their parents and can remember the anticipation and pleasure of finding one of their favourite books on the shelf.

Now that spring is here the walks programme is up and running (or walking) again with walks around Trent Park, Codicote and Highgate & Hampstead as well as the weekly fitness walks in Oakmere Park. And for those who like a challenge, Hertford and Ware U3A are organising a 78 mile circular walk around inner London – The Capital Ring – over 8 monthly stages.

Visitors and new members are very welcome to our monthly talks held at the Wyllyotts Theatre on the second Monday of the month from 10am–12pm. More information can be found on our website: <http://u3asites.org.uk/pottersbar> and for membership enquiries phone 01707 657539.

A Sad Farewell

Many of you will be sad to hear that the final edition of the 'Chancellor's Community Newsletter' has now been published and circulated to residents in the Brookmans Park area and to students attending Chancellor's School. The newsletter was first produced in 1983 by George Sheils with the tireless support of his wife Lyn who has continued to work as editor and publisher. Many of the team who have worked so hard to produce the paper are now well past retirement and, although they have asked for volunteers to take their places, they have not had enough support to keep running this excellent publication.

The newsletter has been the mainstay of the local community, including updates from surrounding villages, local schools, churches and local organisations, and has always been keen to support local businesses. Over 33 years it has included a wide variety of articles which have kept local people in touch, and has encouraged a good community spirit.

Chancellor's pupils and their families have always been updated about successes, achievements and activities in the school whilst ex-pupils have had the opportunity to keep in touch with the personal announcement column.

We would like to thank all those people, unfortunately too numerous to mention by name, who worked on the production and publication over the last 33 years for all their dedication and hard work.

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Dame Alice Owens:

Saatchi Gallery Art Prize for Schools 2015

Many congratulations to Abigail Wilderspin, Year 13, who was short-listed in the top 20 for the Saatchi Gallery Art Prize for Schools Award from over 20,000 entries submitted by more than 30 countries from around the world. The collection is part of the Saatchi Gallery's education programme which is committed to introducing contemporary art to younger audiences.

Abigail's surreal mixed media piece entitled 'Birth' was among a strong field of work. It was created in response to the A level exam theme 'Earth, Wind, Fire and Water'. She used acrylic and oil paints, with added detailed machine embroidery all on a black cotton background. The concept behind the work is that nature always prevails, overcoming man's constant destruction of the earth. All entries, including Abi's can be viewed on the Saatchi website at www.saatchigallery.com/portfolio/.



A special evening to celebrate the finalists' work was held at the Gallery on Monday 27th April in London. Not apparent from the photo, it was the beautifully embroidered birds in the piece, which delighted visitors when they saw the work close up.

Applying to University? A personal viewpoint

The thought of applying to university can often be a daunting experience. However the process really isn't as stressful as you may think. It requires a lot of thought, especially in regards to the numerous courses available to you. When choosing the ideal course it is important to consider what career you wish to have in the future and what sort of qualifications you would need. For me, choosing what I wanted to study was extremely difficult. So for a while I pondered on what career would successfully raise a possible family of four in my years to come, until of course I got a reality check and figured I would enjoy and benefit a lot more if I chose a course that I was confident in. My initial advice is therefore not to get too distracted in thinking about your future financial position, but rather spend the time thinking about what it is you enjoy and are good at.

When it comes to picking which university choices you wish to make, it is important not to get sidetracked and pressure yourself to work towards getting into top universities such as Oxford and Cambridge. It is vital that you look at universities that you are capable of getting into, and match their entry requirements with your predicted A level grades. Although the idea of being the centre of attention at your sister's barbeque because you got into Oxford sounds appealing, it unfortunately doesn't happen to all of us! After all, a degree is a degree, the university placement should not be focused on too much. However, what you do need to consider is where you want to live for the next three years, and that is why I would highly recommend visiting any campuses that you may have an interest in. This will essentially allow you to have a feel for the social and environmental side to university life and whether this would suit your needs.

Then comes the dreaded personal statement. Personally, I found writing 4000 characters about my strengths and overall qualities to be quite a challenge, and it certainly isn't something that you'll master first time. Personal statements need a lot of editing before they can be submitted, to ensure you're presented as an ideal student. However, once you have picked a course you wish to study, writing your personal statement will come naturally.

It is fair to say that the 13th August 2015 will be a very tense one, not only for students, but also parents and teachers, as results day can be a very intense experience. Will you get the grades? Won't you? If not, and you don't get into the university you originally applied for, you can apply for something provided by UCAS, known as clearing. This is where students who haven't received their expected grades go in order to apply to other universities that have extra spaces and can offer a place to those who were unsuccessful in their firm choices. So don't panic, it's not the end of the world. If you are planning on going to university in the near future, or expecting A level results, I wish you all the best of luck, and remember the beautiful thing about education is that nobody can take it away from you.

Kathryn Simpson

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Mount Grace School Ski Trip 2015

On the 4th April, a group of 28 students and 4 staff went on a ski trip to Les Deux Alpes in France.

We arrived at the tiny Grenoble airport late in the evening and then hopped on a coach for a short journey to our hotel. The next morning we hit the slopes nice and early to meet our instructors. The three instructors were amazing! We had a relaxed introduction as many of the students were new to the sport. For the next few days we skied for 4 hours with our instructor followed by an additional 3 hours of 'free ski' where we could practise on our own on some of the easier slopes. One of the groups spent a day at the very top of the mountain at 3200 metres! The scenery was spectacular with views of Mont Blanc and the Alps mountain range. By the end of the week most of the students had mastered skiing to a very high standard with many tackling some of the more difficult black runs.

The Pano Bar was a very popular attraction with most of the group. It was located high up in the mountain and on Friday, which was our last day of skiing, we all went up to receive our certificates and celebrate! The majority of us decided to ski down afterwards, which was so much fun and a great way to



end the holiday! The final slope was insanely steep and ran all the way down to the bottom of the mountain. Some decided not to opt for the challenge but

those who did made it down swiftly, proudly displaying the skills they had mastered over the past week.

Mr Say had also organised some après-ski activities for us to do between skiing. We visited an amazing ice cave, which had been carved out with the most incredible sculptures. We also went on some crazy bumper cars on ice! Very unusual, I don't think I will ever get a chance to do something like that again. On the final evening we went to the local bowling alley. It was such a great evening. There were even prizes for the winners of bowling!

Overall, everyone thoroughly enjoyed the trip. Many of the students quoting "this is the best ski trip I have ever been on" and "the snow was amazing, definitely the best I have ever skied on".

As school trips go, this was the best I have ever been on and I would absolutely love to go again.

By David
Year 10

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Orienteering Terms

This time we take a look at the would-be Olympic sport of Orienteering.

Badge: emblem/awarded for achievement of particular standards.

Bearing: machine part/direction indication using a compass.

BOC: British Oxygen Company/British Orienteering Championships.

Brikke: misspelt wall constituent/electronic gizmo carried by competitor.

Checkpoint: Charlie perhaps/a control point which has to be reached.

Classic: cars for example/a long distance event.

Circle: underground line/used to indicate a control point on the map.

Colour coded: as in a plug maybe/indicates length and difficulty of course. Ranging from white (easiest) to black (hardest).

Community orienteering: *Community News* delivery!/training events to promote skill development.

Crossing point: a bridge maybe/indicates a place, sometimes compulsory, where an obstacle should be crossed. Designed to protect walls and fences.

Dibber: for planting/as Brikke, above. On finishing, this enables a computer print-out of the results to be produced showing times at the control points.

Flag: weaken/white or orange, marking each control point.

Kite: some are red/same as flag.

Punch: left hook maybe/a punch card system originally used to record reaching a control.

Punching: boxing/the action of proof in reaching the control.

Electric punch: Game Boy boxing/electronic evidence to prove you have reached a control.

Splits: uncomfortable leg position/time taken between controls.

String Course: a type of vest perhaps/a short course for children, marked out by a continuous line of string.

Sprint: run very fast/short distance event, normally in a town or park.

Night orienteering: confused walk home from pub/orienteering in the dark, with a headtorch.

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Shotokan Karate

Members of the Potters Bar Shotokan Karate Association took part in a "Punch and Kick Challenge" at the Furzefield Leisure Centre in June to raise money for the Alzheimer's Society. They were supporting SKA Instructor, Claire Royston, who is attempting to run 100 km from London to Brighton on behalf of the Alzheimer's Society.

Students took part in a sponsored karate session of 500 kicks and punches within one hour.

To see how members of the Club have done, go to www.karate-masters.co.uk.

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The Women's Institute

The most famous women's organisation in Britain celebrates its 100th anniversary in 2015.

Did you know that there are two Women's Institutes (WI) in Potters Bar? The Furze field and Oakmere groups both meet monthly in Tilbury Hall, Darkes Lane. Hertfordshire boasts 94 WIs, all under the umbrella of the Hertfordshire Federation of Women's Institutes (HFWI).

Many events have been planned across Hertfordshire, encompassing parts of Barnet. Keep an eye on the local newspapers or visit www.thewi.org.uk to find out more. You can also get in touch with the county office at **29 High Street, Wheathampstead, AL4 8BB** (tel **01582 834010**, email herts.wi@btconnect.com), or contact the Furze field secretary (**01707 644930**) or the Oakmere secretary (**01707 645482**).

A Brief History of the WI

The Women's Institute is stereotyped as a quintessentially British affair, exclusively for ladies of advanced years, with "Jam and Jerusalem" as the focal point.

In fact, the WI hails from Canada and has seen a steady rise in younger members in recent years. It was formed in 1897 in Stoney Creek, Ontario as a branch of the Farmers Institute. Inspired by a talk given by Adelaide Hoodless, farmers' wives arranged meetings in their homes to exchange ideas on improving conditions of rural life. In this small way a great movement was born.

The movement came to Britain with WI member Margaret "Madge" Watt, who crossed the pond in 1913. She helped form the first WI outside Canada in Anglesey, North Wales, on 16th September 1915.

In the throes of the First World War the needs of the country were specific, and the WI's aim was to reinvigorate rural communities and involve women

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in food production. Later, the focus shifted to encouraging women to broaden their skills, become active in their communities and campaign on local issues.

The introduction of an Executive Committee, rules and the formation of the National Federation of Women's Institutes (NFWI) brought more official status. Lady Gertrude Denman, an active campaigner for women's suffrage, became its first President in 1917.

Hertfordshire's first WI was established the same year, in Northaw. Within a year there were 14 more WIs, leading to the formation of the HFWI in 1919.

Diverse in culture and independent from politics and the Church, by 1926 the WI had become an important part of rural life. It naturally spread into urban areas, eventually going global. It is now among the world's largest and most representative organisations for women and has nearly a quarter of a million members in England and Wales.

Despite its wartime foundation, the WI has always been reluctant to be associated with military work. During the Second World War members concentrated on safeguarding evacuees and running government-sponsored Preservation Centres, where one of the stereotypes was born: here volunteers made jam which was sent to depots to be added to the rations.

The second stereotype arrived courtesy of Sir Walford Davies, who was asked to write an arrangement of Hubert Parry's setting of Jerusalem for WI choirs. The song was first performed in 1924 at the NFWI's Annual General Meeting (AGM) in the Queen's Hall, London. It was, needless to say, a resounding success, and opens the NFWI AGMs and many WI meetings to this day.

The 1940s saw real progress in the administrative organisation of the WI. The eminent classics scholar, lecturer and broadcaster, Sir Richard Livingstone, actively supported the WI having its own premises, and Denman College, based at Marcham Park in Oxfordshire and named for the NFWI's first President, was opened in 1948. Today, the college houses en-suite rooms decorated and furnished by individual federations, is home to the WI Cookery School, and offers over 600 courses to both members and non-members.

The first HFWI headquarters was in St Albans: initially at the National Farmers Union offices, then moving to Spencer Street in 1955. By 2009 this building had become untenable and in February 2010 the office relocated to Wheathampstead.

The Federation Shop came about almost by accident. It was necessary to retain the retail status at the front of the property; this proved to be an ideal opportunity to showcase members' handicrafts, ranging from traditional knitting to modern jewellery.

The shop is also a great showcase for publicising the organisation, and a High Street feature for locals. As well as two offices and a committee room, the new building also houses a workshop area.

Today the WI movement continues to thrive in Hertfordshire, with nearly 4000 members across the county, and younger women joining existing groups or forming new ones every year.

Kimberley Swift

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Children's Centre Services in Potters Bar

Free sessions for children under 5 years. Our vision is to help children, in Hertsmere and beyond, and those who care for them. We help the children reach their full potential by offering a network of quality services which are accessible, affordable and enjoyable.

Free childcare/nursery places for 2 year olds. If you are the parent of a 2 year old and receive certain benefits, your child could be entitled to a free nursery or childcare place. Please call or visit your local children's centre for more information.

We run courses for parents to attend. For example, the Family Toolkit course promoting understanding of your child's behaviour, and an introduction to hand and nail care course. Both of these are run over 4 weeks. More courses are available, so please contact the Children's Centre.

Sessions for new parents

Bumps and Babies. This session is for children up to 1 year old and for mothers to meet other parents/carers. Children will be given the opportunity to explore and play with lots of different equipment and resources in a safe and stimulating environment.

Stroller Strength. This is like your normal outdoor bootcamp but incorporating your buggies and your little ones in them! Squats, push ups and burpees mixed with running and competitive games all with the buggy in tow! You'll enjoy a whole body work out. Also the instructor will show you how to get the best out of the outside play equipment in the park. This project is funded by the We Move, She Moves project - mums can then say what other activities they would like planned.

Please call or visit your local children's centre for more information:

PB1 Children's Centre, Chace Avenue, EN6 5NP

Tel 01707 658547

Furzeffeld Children's Centre, Mutton Lane, EN6 3BW

Tel 01707 850566

News from the Baptist Church

On 18th July those who meet at Potters Bar Baptist Church in Barnet Road will be witnessing an exciting event. Joel Mercer, who has been our part-time minister for 3 years, will become full-time from September and his ordination will take place. Over the years the church has seen many changes and this is continuing with Joel, a young man with a wife and two small children.

You may have visited us for our Christmas Fayre or the Easter Egg Hunt, but we have other activities during the week catering for all ages and we would love you to come and visit us. On Monday morning there is a Knit and Natter group and in the afternoon Tots in Tow meet. There is weekly Wednesday Club in the afternoon, and a different club, monthly, on a Wednesday evening. Come along on Friday morning for our coffee morning, especially if you are going to Potters Bar Hospital and feel like a rest. Let's not forget our Sunday Services, 10.30am and 6pm. The morning service is especially "child friendly" and incorporates a Sunday Club which caters for babies through to teenagers. Whatever you choose you will find a very warm welcome. For more information, please telephone 07759 000781.

If you are looking for a venue to host a birthday party for children aged 5 and under, or somewhere to hold a works meeting or for some other group, then the Church has two halls and a small meeting room for hire. The halls, one seating 70 and the other 60, cost £25 and £15 respectively, and the small meeting room seating 20 costs £10. All include the use of a kitchen.

Details from Bookings Secretary, Linda Winter on 01707 646277.

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WHAT'S ON

JULY

WEDNESDAY 1st

- ***Wednesday Community Club:** TBA.
- **Coach Trip Kent Coastal tour:** Broadstairs boasts seven beautiful beaches and coves. Highlights include the creamy chalk stacks of Botany Bay, Ramsgate with a cosmopolitan vibe. Turner Contemporary in Margate. Depart 9.30am, return 7.30pm. £30. Contact 01707 620061.

THURSDAY 2nd

- **Coach Trip Hampton Court Flower Show:** Depart 9.30am, return 7.30pm. £55. Contact 01707 620061.
- ***North London Outdoor Group South Mimms evening walk:** Circular, about 4 miles. Meet 7.05pm for 7.15pm start, outside Black Horse pub, Blackhorse Lane, South Mimms EN6 3PS. Please do not use pub car park.
- ***PB Society Town Group meeting:** 7.30pm, United Reformed Church.
- ***Googlies Jazz Club:** Colin Peters Quartet plus guest artist. 7.30 for 8pm. Supper available. googliesjazz@btinternet.com.

FRIDAY 3rd

- **Art in Clay:** Hatfield House, 10am–5.30pm.

SATURDAY 4th

- **Mount Grace Old Scholars and Staff Association:** Musical Interlude and afternoon tea, 2–5pm.
- **Outdoor Car Boot Sale:** Elm Court. Sellers 12pm, buyers 1pm. See www.elmcourt.org.uk for further details.
- **Three Peaks 24-hour Challenge:** Daniel Coyle will be climbing high on 4th–5th July to raise mountains of money for Cherry Lodge! Please sponsor him as generously as you can. www.justgiving.com/DANIEL-COYLE3.
- **Coach Trip:** Hidcote Manor, The Cotswolds. Depart 9am, return 8pm. National Trust Members £30, Non-Members £46. Contact 01707 620061.
- **Dementia Café:** 10.30am–2.30pm, 60+, Wyllyotts. For people with dementia and carers. Frankie 07824 352898.
- **Art in Clay:** Hatfield House, 10am–5.30pm.

SUNDAY 5th

- ***Barnet Walks:** A Meander through Monken Hadley: a guided walk. Meet outside The Spires, Barnet High Street, 2.30pm.
- **Ladbroke School Summer Fayre** between 12pm and 3pm. Entrance is free at Watkins Rise, Potters Bar.
- **Coach Trip Hampton Court Flower Show:** Depart 9.30, return 7.30. £55. Contact 01707 620061.
- **Art in Clay:** Hatfield House, 10am–5.30pm.

TUESDAY 7th

- ***Northaw WI:** Dr Stephen Dowbiggin – ‘Capel Manor’.
- ***Golden Eagle Spiritual Group:** Bill Rich – talk plus Clairvoyance.
- **Lunchtime Recital:** Matthew Sear, guitar, 12.30pm. Retiring collection. Buffet lunch (£4) available from 12pm to 1.30pm, St Mary's Church, The Walk.
- **Coach Trip:** Tenterden and train trip to Bodium Castle. Depart 9.30, return 7.30pm. National Trust Members £34, Non-Members £42. Contact 01707 620061.

WEDNESDAY 8th

- ***Wednesday Community Club:** Games/chat.
- ***PB Horticultural Society:** Maggie Radcliffe, Carolyn Grace, ‘A Lady & her Spitfire’. Maggie is a world-award winning photographer.
- ***North London Outdoor Group:** Barnet Gate Wood, Whittings Hill and Arkley evening walk, circular, about 4 miles. Meet 7.05pm for 7.15pm start at the junction of Barnet Road, Arkley and Barnet Gate Lane. Nearest postcode EN5 3EN.

THURSDAY 9th

- ***Oakmere WI:** ‘History of Nursery Rhymes’ – Aileen Mullett.
- **Coach Trip:** Hampton Court Flower Show. Depart 9.30, return 7.30pm. £55. Contact 01707 620061.
- ***Googlies Jazz Club:** Colin Peters Quartet plus guest artist. 7.30 for 8pm. Supper available. googliesjazz@btinternet.com.

SATURDAY 11th

- ***Barnet Walks:** The Battle of Barnet: a guided walk. Meet at junction of Great North Road and Hadley Green Road, 11am.
- **Coach Trip:** Ypres & Menin Gate, France. Depart 8am, return 12.30am. Remember your Passport, Euros and EU Health Card. £55. We will depart after the Last Post ceremony at 8pm. Contact 01707 620061.
- **Coach Trip:** Harrogate, Yorkshire. Depart 7am, return 9pm. £35. Contact 01707 620061.
- **Dementia Café:** 10.30am–2.30pm, 60+, Wyllyotts. For people with dementia and carers. Frankie 07824 352898.
- **Outdoor Car Boot Sale:** Elm Court. Sellers 12pm, buyers 1pm. See www.elmcourt.org.uk for further details.

SUNDAY 12th

- **Hertfordshire Showband Concert and BBQ:** 4pm on the Lawn at Mount Grace School. £5.
- ***Messy Church** for all the family at King Charles the Martyr Church, 368 Mutton Lane from 3pm till 5pm. Arts/crafts activities, some informal worship and a light tea, no charge, no need to book. Further details www.kcm-church.org.uk or ring 01707 665579.
- **Coach Trip:** Hampton Court Flower Show. Depart 9.30am, return 7.30pm. £55. Contact 01707 620061.
- ***PB Society Walk.**
- **Adventure 001 Helicopter Day:** Hatfield House.

TUESDAY 14th

- ***Cuffley Floral Art Club:** ‘Odd Pots’ by Terry Babbage.

WEDNESDAY 15th

- ***Wednesday Community Club:** Maggie Radcliffe – ‘The Sixties’.
- **Coach Trip:** Coton Garden Manor/Northampton Village. Depart 9.30, return 6.30pm. £36. Contact 01707 620061.

THURSDAY 16th

- **Coach Trip:** Highgrove. Depart 8am, return 7.30pm. £70. Contact 01707 620061.
- ***North London Outdoor Group:** Totteridge evening walk, circular, about 4 miles. Meet 7.15pm for 7.25pm start outside Totteridge & Wheatstone tube station. Postcode N20 9QP.
- ***Googlies Jazz Club:** Colin Peters Quartet plus guest artist. 7.30 for 8pm. Supper available. googliesjazz@btinternet.com.

SATURDAY 18th

- ***‘New York, New York’ in Arkley:** Arkley Village Hall, Brickfield Lane, Herts EN5 3LD. A concert of swing music from the Big Band era featuring two singers and a live 6-piece band. Ticket only event. £12 includes nibbles. Licensed bar available. Contact Tina on 020 8441 7000 or email tina@cherrylodgencancer.org.uk.
- ***Barnet Walks:** Dickens in Barnet: a guided walk. Meet at High Barnet tube station, 11am.
- **Outdoor Car Boot Sale:** Elm Court. Sellers 12pm, buyers 1pm. See www.elmcourt.org.uk for further details.
- **Battle Proms:** Hatfield House. Gates open 4.30pm
- **Dementia Café:** 10.30am–2.30pm, 60+, Wyllyotts. For people with dementia and carers. Frankie 07824 352898.

SUNDAY 19th

- **Camera Fair:** 10.30am–2.30pm, Elm Court. See www.elmcourt.org.uk for further details.
- ***Fir & Pond Woods Nature Reserve:** Monthly 3rd Sunday, 10am. Meet at lay-by, Coopers Lane Road., Tools provided. Contact 01707 657351.
- **Folk by the Oak Folk Festival:** Hatfield House. Gates open 1pm.

WEDNESDAY 22nd

- ***PB Horticultural Society Outing:** Destination will be announced closer to the date.
- ***North London Outdoor:** Group Potters Bar evening walk, circular, about 4 miles. Meet 7.05pm for 7.15pm start outside Potters Bar station by the bus stops.

THURSDAY 23rd

- **Coach Trip:** Bournemouth. Depart 8.30am, return 7.30pm. £30. Contact 01707 620061.
- ***Googlies Jazz Club:** Colin Peters Quartet plus guest artist. 7.30 for 8pm. Supper available. googliesjazz@btinternet.com.

FRIDAY 24th

- **Mount Grace School:** Summer Concert on the School Lawn, 6pm.

SATURDAY 25th

- **Summer Fair:** Tombola, raffle, crafts, plus other stalls there will be homemade cakes and refreshments which you will be able to enjoy in our wonderful garden. Cooperscroft Care Home, Coopers Lane Road, Potters Bar, 2–4pm. Contact Shani on 01707 644179.
- **Outdoor Car Boot Sale:** Elm Court. Sellers 12pm, buyers 1pm. See www.elmcourt.org.uk for further details.
- ***‘Barnet Walks’ Things that Go Bump in High Barnet!’ a ghost walk:** Meet at High Barnet tube station, 7.30pm.
- **Dementia Café:** 10.30am–2.30pm, 60+, Wyllyotts. For people with dementia and carers. Frankie 07824 352898.

SUNDAY 26th

- ***Whitewebbs Museum of Transport:** Open Day, 10am–4pm. Admission £4.
- **Coach Trip:** Whitstable Oyster Festival, Kent. Depart 9.30am, return 6.30pm. £30. Contact 01707 620061.
- ***PB Society:** Walk.

MONDAY 27th

- ***North London Outdoor Group:** London Colney and Colney Heath evening walk. Circular, about 4 miles. Meet 7.15pm for 7.25pm start outside The Green Dragon Pub, Waterside, London Colney, AL2 1RB, GR TL181037. Free parking in public car park over the road; please do not use pub car park.

THURSDAY 30th

- ***Cuffley Horticultural Society:** ‘Beautiful Bulbs’ with John Negus.
- ***Googlies Jazz Club:** Colin Peters Quartet plus guest artist. 7.30 for 8pm. Supper available. googliesjazz@btinternet.com.

FRIDAY 31st

- **Coach Trip:** Elvis at the O2 with cable car ride over the Thames. Depart 9.30, return 6.30pm. Elvis Exhibition £45 with Cable Car £55. Contact 01707 620061.

AUGUST

SATURDAY 1st

- **Outdoor Car Boot Sale:** Elm Court. Sellers 12pm, buyers 1pm. See www.elmcourt.org.uk for further details.
- **Coach Trip:** Isle of Wight Tour. Depart 7am, return 9pm. £45. Contact 01707 620061.
- **Dementia Café:** 10.30am–2.30pm, 60+, Wyllyotts. For people with dementia and carers. Frankie 07824 352898.

SUNDAY 2nd

- ***Barnet Walks:** The Battle of Barnet: a guided walk. Meet at junction of Great North Road and Hadley Green Road, 2.30pm.

WHAT'S ON

MONDAY 3rd

- ***North London Outdoor Group:** Pymmes Brook evening walk, circular, about 4 miles. Meet 6.50pm for 7pm start outside the Prince of Wales Pub, Church Hill Road, East Barnet EN4 8TB. Please do not use pub car park. Bring a torch.

TUESDAY 4th

- **Lunchtime Recital:** Quintessimo – wind quintet. 12.30pm. Retiring collection. Buffet lunch (£4) available from 12pm to 1.30pm, St Mary's Church, The Walk.
- **Coach Trip:** The Heights of Abraham, Matlock, Derbyshire. Comfort stops en-route. Depart 7am, return 9pm. £50. Contact 01707 620061.
- ***Golden Eagle Spiritual Group:** Marie Lang Flower Clairsentience.

THURSDAY 6th

- **Coach Trip:** Biddulph Grange, Staffs. Depart 9am, return 7.30pm. National Trust Members £30, Non-Members £38. Contact 01707 620061.
- ***PB Society Town Group Meeting:** 7.30pm, United Reformed Church.
- ***Googlies Jazz Club:** Colin Peters Quartet plus guest artist. 7.30 for 8pm. Supper available. googliesjazz@btinternet.com.

SATURDAY 8th

- **Coach Trip:** Mary Rose Exhibition, Portsmouth. Depart 8.30am, return 7.30pm. Coach only £30. Exhibition and coach £45. Contact 01707 620061.
- **Dementia Café:** 10.30am–2.30pm, 60+, Wyllyotts. For people with dementia and carers. Frankie 07824 352898.
- **Outdoor Car Boot Sale:** Elm Court. Sellers 12pm, buyers 1pm. See www.elmcourt.org.uk for further details.

SUNDAY 9th

- ***PB Society:** Walk.
- **Shakespeare in the Park:** Twelfth Night. Hatfield House, 4pm.

MONDAY 10th

- ***North London Outdoor Group:** St Albans evening walk. Circular, about 4 miles. Meet 7.05pm for 7.15pm start outside St Albans Abbey Station, Holywell Hill AL1 2DN. Bring a torch.

TUESDAY 11th

- **Coach Trip:** Sandringham. Depart 8.30am, return 8pm. £40. Contact 01707 620061.

WEDNESDAY 12th

- **Romeo and Juliet in the Old Palace:** Hatfield House, 7.30pm.

THURSDAY 13th

- **Coach Trip:** A Day in Rye, Sussex. Depart 9.30am, return 7.30pm. Only £28. Contact 01707 620061.
- ***Googlies Jazz Club:** Colin Peters Quartet plus guest artist. 7.30 for 8pm. Supper available. googliesjazz@btinternet.com.

SATURDAY 15th

- **Coach Trip:** Torquay. Depart 8am, return 8.30pm. £35. Contact 01707 620061.
- **Outdoor Car Boot Sale:** Elm Court. Sellers 12pm, buyers 1pm. See www.elmcourt.org.uk for further details.

SUNDAY 16th

- ***Fir & Pond Woods Nature Reserve:** Monthly 3rd Sunday, 10am. Meet at lay-by, Coopers Lane Road. Tools provided. Contact 01707 657351.
- **Blood Donor Clinic:** Elm Court, 10am–12pm and 2–3pm.

TUESDAY 18th

- **Coach Trip:** Stratford upon Avon. Depart 9.30am, return 7.30pm. £35. Contact 01707 620061.

THURSDAY 20th

- ***Googlies Jazz Club:** Colin Peters Quartet plus guest artist. 7.30 for 8pm. Supper available. googliesjazz@btinternet.com.

SATURDAY 22nd

- **Dementia Café:** 10.30am–2.30pm, 60+, Wyllyotts. For people with dementia and carers. Frankie 07824 352898.
- **Outdoor Car Boot Sale:** Elm Court. Sellers 12pm, buyers 1pm. See www.elmcourt.org.uk for further details.

SUNDAY 23rd

- **Classic Car and Bike Show** at Elm Court. Adults £2.50, children under 16 free. Music by Shades of Midnight. Hog roast, hot food, bar, tea and coffee stalls, etc. Organised by the Rotary Club of Potters Bar. To exhibit your bike or car, or for a charity stall call John 01707 645955.
- ***Hope & Glory Charity Brunch:** Cherry Lodge Cancer Care and Parkinson's UK will be hosting a brunch in Potters Bar. Tickets £15. Live entertainment, tombola and complementary therapies in fabulous surroundings. Contact Tina on 020 8441 7000 or tina@cherrylodgencare.org.uk.
- **Coach Trip:** Winchester Watercress Steam train trip. Depart 9.30am, return 6.30pm. £35. Contact 01707 620061.
- **Adventure 001 Helicopter Day:** Hatfield House.
- ***PB Society:** Walk.

MONDAY 24th

- **Coach Trip:** Norfolk Broads Tour by Paddle Steamer. Depart 8am, return 8pm. £45. Contact 01707 620061.

WEDNESDAY 26th

- **Coach Trip:** Horse Drawn Canal Boat, Surrey. Depart 9.30am, return 6.30pm. £40. Contact 01707 620061.
- **Pride and Prejudice:** Hatfield House, 7pm.
- ***North London Outdoor Group:** Lee Valley evening walk. Circular, about 4 miles. Meet 7.20pm for 7.30pm start by Enfield Lock. Junction of South Ordnance Road with Swan & Pike Road (former site of Rifles Pub), EN3 6JQ. Bring a torch.

THURSDAY 27th

- **Open Air Cinema:** Hatfield House, 'The Grand Budapest Hotel'. Gates open 6.30pm.
- ***Googlies Jazz Club:** Colin Peters Quartet plus guest artist. 7.30 for 8pm. Supper available. googliesjazz@btinternet.com.

FRIDAY 28th

- **Open Air Cinema:** Hatfield House, 'The Goonies'. Gates open 6.30pm.

SATURDAY 29th

- **Dementia Café:** 10.30am–2.30pm, 60+, Wyllyotts. For people with dementia and carers. Frankie 07824 352898.
- **Outdoor Car Boot Sale:** Elm Court. Sellers 12pm, buyers 1pm. See www.elmcourt.org.uk for further details.
- **Open Air Cinema:** Hatfield House, 'Dirty Dancing'. Gates open 6.30pm.

SUNDAY 30th

- **Children's Theatre in the Park:** Robin Hood: The Musical. Hatfield House, 3pm.
- ***Whitewebbs Museum of Transport:** Museum closed. Steam and Country Show.

MONDAY 31st

- ***Whitewebbs Museum of Transport:** Museum closed. Steam and Country Show.
- ***Barnet Walks:** Jack the Ripper, a commemorative walk. Meet at Whitechapel tube station, 6.30pm.

SEPTEMBER

TUESDAY 1st

- **Lunchtime Recital:** Simon Pusey – organ, 12.30pm. Retiring collection. Buffet lunch (£4) available from 12pm to 1.30pm. St Mary's Church, The Walk.
- ***Golden Eagle Spiritual Group:** Vivien Fabian. Talk plus demonstration of Science Mediumship.

WEDNESDAY 2nd

- ***PB Horticultural Society:** Anne Luder – 'Orange & Black'. Anne is a horticultural lecturer and garden designer.
- ***North London Outdoor Group:** Essendon evening walk. Circular, about 4 miles. Meet 6.50pm for 7pm prompt start outside St Mary the Virgin Church, Essendon, AL9 6AU. Bring a torch.

THURSDAY 3rd

- ***Your Feet are Made for Walking!** Join us on an hour's interesting walk around Barnet, starting from Howard House. Tickets £5. Paul Baker of Barnet Walks will be our guide. Please contact Tina on 020 8441 7000 or email tina@cherrylodgencare.org.uk.
- **Coach Trip:** Paris, 3rd–7th September. Day 1: Leave early and catch 'Le Shuttle' to 4 star hotel in Paris. Day 2: Palace of Versailles. Day 3: Paris rounded off. Afternoon river cruise (optional). Day 4: Monet's garden. Day 5: We travel back home. £489 per person, £150 single person supplement. Prices include return travel plus half board accommodation, entrance to Versailles and Monet's garden. Contact 01707 620061.
- ***Googlies Jazz Club:** Colin Peters Quartet plus guest artist. 7.30 for 8pm. Supper available. googliesjazz@btinternet.com.
- ***PB Society Town Group meeting:** 7.30pm, United Reformed Church.

SATURDAY 5th

- **Outdoor Car Boot Sale:** Elm Court. Sellers 12pm, buyers 1pm. See www.elmcourt.org.uk for further details.
- **Hatfield House:** Food Festival, 10am–5pm.
- ***Barnet Walks:** Fabulous Finchley: a guided walk. Meet at Finchley Central tube station, 2.30pm.
- **Dementia Café:** 10.30am–2.30pm, 60+, Wyllyotts. For people with dementia and carers. Frankie 07824 352898.

SUNDAY 6th

- **Coach Trip:** Henley, Jazz Cruise. Depart 10am, return 7pm. £55. Contact 01707 620061.
- **Hatfield House:** Food Festival, 10am–5pm.
- ***PB Society:** Walk.
- **Toy Fair:** 10.30am–3pm, Elm Court. See www.elmcourt.org.uk for further details.

MONDAY 7th

- ***Barnet & District Philatelic Society:** 8pm, Aspects of South African Maritime Mails – Dr J Franks.

TUESDAY 8th

- ***Cuffley Floral Art Club:** 'Mists & Sparkling Cobwebs' by Doug Howard.
- ***Tuesday Friendship:** Steeple Drive Run by the Committee.

WEDNESDAY 9th

- ***RSPB Afternoon:** Graham White, 'Managing for the Future', RSPB Wetland Reserves Manager.
- **Madame Butterfly:** Heritage Opera, Hatfield House, 7.30pm.
- **Coach Trip:** Wisley Flower Show, Surrey. Depart 9.30, return 7.30pm. RHS Members £28, Non-Members £40. Contact 01707 620061.

WHAT'S ON

THURSDAY 10th

- ▶ ***Alan Cox Associates Charity Golf Day:** Hadley Wood Golf Club, 44 Beech Hill, Barnet EN4 0JJ. Enter team of four people. £400. Sponsor a hole or advertise in brochure. All money raised split amongst Bravo Theatre Group, Cherry Lodge Cancer Care and Diabetes UK. Contact Alan on 020 8440 7777 or Tina on 020 8441 700 or email tina@cherrylodgencancercare.org.uk.
- ▶ ***Enfield National Trust Association:** 'A Year in the life of Hatfield Forest and Paycockes', Simon Cranmer. 7.45pm, Enfield Grammar School. Info 01707 650969.
- ▶ ***Oakmere WI:** "Amazing Frauds & Swindles" — Hugh Granger.
- ▶ ***Googlies Jazz Club:** Colin Peters Quartet plus guest artist. 7.30 for 8pm. Supper available. googliesjazz@btinternet.com.

FRIDAY 11th

- ▶ ***North London Outdoor Group:** Trent Park evening walk. Circular, about 2.5 miles. Meet 6:50pm for a prompt 7:00pm start under the clock outside Oakwood tube station. Bring a torch. Optional meal in Chinese restaurant after walk.

SATURDAY 12th

- ▶ **Dementia Café:** 10.30am–2.30pm, 60+, Wyllyotts. For people with dementia and carers. Frankie 07824 352898.
- ▶ **Outdoor Car Boot Sale:** Elm Court. Sellers 12pm, buyers 1pm. See www.elmcourt.org.uk for further details.

SUNDAY 13th

- ▶ **Messy Church** for all the family at King Charles the Martyr Church, 368 Mutton Lane from 3pm till 5pm. Arts/craft activities, some informal worship and a light tea. No charge and no need to book. Further details www.kcm-church.org.uk or ring 01707 665579
- ▶ ***Barnet Walks:** The Battle of Barnet: a guided walk. Meet at junction of Great North Road and Hadley Green Road, 2.30pm.
- ▶ **Coach Trip:** Buckingham Palace Tour. Depart 9.30, return 6.30pm. £45. Contact 01707 620061.

TUESDAY 15th

- ▶ **Coach Trip:** Ironbridge, Shropshire. Depart 8am, return 8pm. £40. Contact 01707 620061.

WEDNESDAY 16th

- ▶ ***PB Horticultural Society:** Brian Carline on Fuchsias. Brian is an author and after-dinner speaker with humorous and informative talks.

THURSDAY 17th

- ▶ ***Googlies Jazz Club:** Colin Peters Quartet plus guest artist. 7.30 for 8pm. Supper available. googliesjazz@btinternet.com.

FRIDAY 18th

- ▶ ***RSPB Evening AGM:** Tom Mason, 'Peru'. Our Annual General Meeting followed by this new wildlife photographer.
- ▶ **Coach Trip:** 'Magna Flora' — Flower Festival. Depart 9am, return 7.30pm. £36. Contact 01707 620061.

SATURDAY 19th

- ▶ ***Autumn Quiz:** Mary Immaculate & St Peters Church Hall, Somerset Road, New Barnet ENF 1RF. Put your brains together and enjoy a fish 'n' chip or vegetarian supper. Bar and raffle on night. Tables of 8 only. Tickets £13.50, must be pre-booked. Please contact Tina on 020 8441 7000 or email tina@cherrylodgencancercare.org.uk.
- ▶ ***PB Horticultural Society:** Autumn Show. Flowers, fruits, vegetables, cakes and preserves. Plants and products for sale. Refreshments available.
- ▶ **Outdoor Car Boot Sale:** Elm Court. Sellers 12pm, buyers 1pm. See www.elmcourt.org.uk for further details.
- ▶ **Dementia Café:** 10.30am–2.30pm, 60+, Wyllyotts. For people with dementia and carers. Frankie 07824 352898.

SUNDAY 20th

- ▶ **Harvest Festival Service** at St Mary's Church, The Walk, 10am, followed by Parish Lunch. Details 01707 644539.
- ▶ **Adventure 001 Helicopter Day:** Hatfield House.
- ▶ ***Fir & Pond Woods Nature Reserve:** Monthly 3rd Sunday, 10am. Meet at lay-by, Coopers Lane Road. Tools provided. Contact 01707 657351.

MONDAY 21st

- ▶ ***Barnet & District Philatelic Society:** 8pm, Fill a Board (9 sheets) — Members.

TUESDAY 22nd

- ▶ ***Tuesday Friendship Talk** about Chaplaincy of Heathrow Airport. Speaker Rev Mackerness.

WEDNESDAY 23rd

- ▶ ***Barnet Walks:** Things that Go Bump in High Barnet! A special Autumn Equinox ghost walk. Meet at High Barnet tube station, 7.30pm.

THURSDAY 24th

- ▶ ***Cuffley Horticultural Society:** "Twenty-First Century Gardener" with Timothy Walker.
- ▶ ***Googlies Jazz Club:** Colin Peters Quartet plus guest artist. 7.30 for 8pm. Supper available. googliesjazz@btinternet.com.

SATURDAY 26th

- ▶ ***Whitewebbs Museum of Transport:** Model Railway Exhibition, 10.30am–5pm. £4.
- ▶ **Dementia Café:** 10.30am–2.30pm, 60+, Wyllyotts. For people with dementia and carers. Frankie 07824 352898.
- ▶ **Coach Trip** Leeds Castle. Flower Festival. Depart 09:30. Return 19:30. £40.00. Contact 01707 620061

- ▶ **Outdoor Car Boot Sale:** Elm Court. Sellers 12pm, buyers 1pm. See www.elmcourt.org.uk for further details.

SUNDAY 27th

- ▶ ***Whitewebbs Museum of Transport:** Open Day featuring Dinky Toys and Lone Star Toys. 10am–4pm. £4.

TUESDAY 29th

- ▶ ***Brookmans Park WEA:** Art, Architecture and Society in 18C England. 10 weeks course at 10am at the United Reformed Church, Brookmans Park. Led by Madeline Edmead. Enquiries to Lyn 650673/Jean 01707 650642.

WEDNESDAY 30th

- ▶ ***PB Horticultural Society:** Inderjit Kamar — Bonsai. Inderjit is the resident Bonsai expert at a Hertfordshire Garden Centre.

OCTOBER

THURSDAY 1st

- ▶ ***Brookmans Park WEA:** The Celtic Contribution to Literature in English. 10 weeks course at 10am at the United Reformed Church, Brookmans Park, led by Michael King. Enquiries to Lyn 650673/Jean 01707 650642.
- ▶ ***Googlies Jazz Club:** Colin Peters Quartet plus guest artist. 7.30 for 8pm. Supper available. googliesjazz@btinternet.com.
- ▶ ***PB Society Town Group meeting:** 7.30pm, United Reformed Church.

SATURDAY 3rd

- ▶ **Jumble Sale:** 4th Potters Bar Scouts Jumble Sale at St John's Church, Baker Street, Potters Bar, EN6 2DZ. Entry £2 at 10am and 50p at 10.30am. Finishes about noon.
- ▶ **The Garden Museum Literary Festival:** A friend, a book and a garden. Hatfield House. From 11.30am.
- ▶ ***Barnet Walks:** In the Footsteps of the Famous in Barnet: a guided walk. Meet at High Barnet tube station, 2.30pm.
- ▶ **Dementia Café:** 10.30am–2.30pm, 60+, Wyllyotts. For people with dementia and carers. Frankie 07824 352898.
- ▶ **Outdoor Car Boot Sale:** Elm Court. Sellers 12pm, buyers 1pm. See www.elmcourt.org.uk for further details.

SUNDAY 4th

- ▶ **The Garden Museum Literary Festival:** A friend, a book and a garden. Hatfield House. From 11.30am.

MONDAY 5th

- ▶ ***Barnet & District Philatelic Society:** 8pm, 'Czech Miscellany' by Lindy Bosworth. Event/Speaker TBD.

TUESDAY 6th

- ▶ ***Golden Eagle Spiritual Group:** Michael Lennon. Finding the state of happiness plus clairvoyance.
- ▶ **Lunchtime Recital Rarescale:** Flute and guitar, 12.30pm. Retiring collection. Buffet lunch (£4) available from 12pm to 1.30pm. St Mary's Church, The Walk.
- ▶ ***Tuesday Friendship:** China's Abandoned Children — Valerie Birchell.
- ▶ **Coach Trip:** Dover Castle, Kent. Depart 9.30, return 6.30pm. English Heritage Members £28, Non-Members £46. Contact 01707 620061.

WEDNESDAY 7th

- ▶ **Happy's Circus:** Ladbrooke School, Watkins Rise, Potters Bar. Gates open for refreshments at 5pm. Show starts at 6pm. Ticket price £8 single, £28 family (2adult and 2children), children under 2 free (tickets in advance). No prams/buggies inside big top.

THURSDAY 8th

- ▶ ***Oakmere WI:** 'Garden Birds' Richard Bashford.
- ▶ ***Enfield National Trust Association:** 'Entrepreneurs, Espionage and Enfield' — Luke Potter. 7.45pm, Enfield Grammar School. Info 01707 650969.
- ▶ ***Googlies Jazz Club:** Colin Peters Quartet plus guest artist. 7.30 for 8pm. Supper available. googliesjazz@btinternet.com.

SATURDAY 10th

- ▶ **Herts Philharmonia Orchestra Concert:** Dvorak Symphony No. 7, Schumann Piano Concerto, Mendelssohn "Hebrides" overture. 7.30pm, St Saviour's Church, St Albans. AL1 4DF. For tickets email tickets@hertsphil.org.uk or 01727 857827.
- ▶ **Dogs Unite:** Sponsored walk in aid of Guide Dogs. Hatfield House, 10.30am, 11am and 11.30am, ends 2pm.
- ▶ **Dementia Café:** 10.30am–2.30pm, 60+, Wyllyotts. For people with dementia and carers. Frankie 07824 352898.
- ▶ **Outdoor Car Boot Sale:** Elm Court. Sellers 12pm, buyers 1pm. See www.elmcourt.org.uk for further details.

SUNDAY 11th

- ▶ **Messy Church** for all the family at King Charles the Martyr Church, 368 Mutton Lane. From 3pm till 5pm. Arts/craft activities, some informal worship and a light tea. No charge and no need to book. Further details www.kcm-church.org.uk or ring 01707 665579.

TUESDAY 13th

- ▶ ***Cuffley Floral Art Club:** 'Speed Demo' by Shonie Rogers.

WEDNESDAY 14th

- ▶ ***RSPB Afternoon:** Ron Teague — "Richmond Park". A new speaker giving a close-up look at this well known park.

WHAT'S ON

- *PB Horticultural Society: Kate Harwood – A History of the Allotment. Kate is a member of the Association of Gardens Trusts.
- *Coach Trip: Blechley Park, Buckinghamshire. Depart 10am, return 6pm. £38. Contact 01707 620061.

THURSDAY 15th

- *Googlies Jazz Club: Colin Peters Quartet plus guest artist. 7.30 for 8pm. Supper available. googliesjazz@btinternet.com.

FRIDAY 16th

- *RSPB Evening: Nick Bessant – “Wildlife of South Carolina & Georgia”. A look at the birds and reptiles of this area.

SATURDAY 17th

- *Breast Cancer Awareness Pink Barrow: The Spires Shopping Centre, Barnet. Please contact Tina on 020 8441 7000 or email tina@cherrylodgencare.org.uk.
- *Barnet Walks: The Battle of Barnet: a guided walk. Meet at junction of Great North Road and Hadley Green Road, 2.30pm.
- *Dementia Café: 10.30am–2.30pm, 60+, Wyllyotts. For people with dementia and carers. Frankie 07824 352898.

SUNDAY 18th

- *Whitewebbs Museum of Transport: Antique and Collectors’ Fair, 10am–4pm. £1.50.
- *Fir & Pond Woods Nature Reserve: Monthly 3rd Sunday, 10am. Meet at lay-by, Coopers Lane Road. Tools provided. Contact 01707 657351.

MONDAY 19th

- *Flowers and Food at Mary Immaculate & St Peters Church Hall, Somerset Road, New Barnet ENF 1RF. Taste of Lebanon. Cookery demonstration with Mona Usher. There will also be a Halloween Flower Demonstration by ‘Your London Florist’ of Southgate. Tickets £14 to include mini meze and a soft drink. Contact Tina on 020 8441 7000 or email tina@cherrylodgencare.org.uk.
- *Barnet & District Philatelic Society: 8pm, visit/speaker from Pinner Philatelic Society.

TUESDAY 20th

- *Tuesday Friendship: ‘A Special Hat’ – Margaret Barton.

WEDNESDAY 21st

- *Enfield National Trust Association: ‘Memories of Chase Farm’ – Frank Bayford. 2pm, Holwhites Sports & Social Club, Enfield. Info 01707 650969.

THURSDAY 22nd

- *Googlies Jazz Club: Colin Peters Quartet plus guest artist. 7.30 for 8pm. Supper available. googliesjazz@btinternet.com.

SATURDAY 24th

- *Dementia Café: 10.30am–2.30pm, 60+, Wyllyotts. For people with dementia and carers. Frankie 07824 352898.
- *Indoor Car Boot Sale Elm Court: Stalls bookable from Monday 28th September. See www.elmcourt.org.uk for further details.

SUNDAY 25th

- *Whitewebbs Museum of Transport: Open Day, 10am–4pm. £4.

TUESDAY 27th

- *Sylvia – Potters Bar Theatre Company: Tickets £12 adults, £10 students, £10 senior (Tuesday evenings and Saturday matinée only). PBTC Box Office, PO Box 154, Potters Bar, Hertfordshire EN6 2WB (cheques to ‘Potters Bar Theatre Company’). Please include a stamped addressed envelope).
- *Barnet Walks: Halloween Ghost Walk in High Barnet: prize for spookiest costume! Meet at High Barnet tube station, 7.30pm.

WEDNESDAY 28th

- *PB Horticultural Society: Pam Wright – History of Gardens based on National Trust Properties. Pam is a lecturer for the National Trust.
- *Sylvia – Potters Bar Theatre Company: Tickets £12 adults, £10 students, £10 senior (Tuesday evenings and Saturday matinée only). PBTC Box Office, PO Box 154, Potters Bar, Hertfordshire EN6 2WB (cheques to ‘Potters Bar Theatre Company’). Please include a stamped addressed envelope).
- *Barnet Walks: Halloween Ghost Walk in High Barnet: prize for spookiest costume! Meet at High Barnet tube station, 7.30pm.

THURSDAY 29th

- *Sylvia – Potters Bar Theatre Company: Tickets £12 adults, £10 students, £10 senior (Tuesday evenings and Saturday matinée only). PBTC Box Office, PO Box 154, Potters Bar, Hertfordshire EN6 2WB (cheques to ‘Potters Bar Theatre Company’). Please include a stamped addressed envelope).
- *Barnet Walks: Halloween Ghost Walk in High Barnet: prize for spookiest costume! Meet at High Barnet tube station, 7.30pm.
- *Cuffley Horticultural Society: “Gardening – Timeless Therapy for Mind, Body and Soul” with Anne Luder.
- *Googlies Jazz Club: Colin Peters Quartet plus guest artist. 7.30 for 8pm. Supper available. googliesjazz@btinternet.com.

FRIDAY 30th

- *Sylvia – Potters Bar Theatre Company: Tickets £12 adults, £10 students, £10 senior (Tuesday evenings and Saturday matinée only). PBTC Box Office, PO Box 154, Potters Bar, Hertfordshire EN6 2WB (cheques to ‘Potters Bar Theatre Company’). Please include a stamped addressed envelope).
- *Barnet Walks: Halloween Ghost Walk in High Barnet: prize for spookiest costume! Meet at High Barnet tube station, 7.30pm.

SATURDAY 31st

- *Sylvia – Potters Bar Theatre Company: Tickets £12 adults, £10 students, £10 senior (Tuesday evenings and Saturday matinée only). PBTC Box Office, PO Box 154, Potters Bar, Hertfordshire EN6 2WB (cheques to ‘Potters Bar Theatre Company’). Please include a stamped addressed envelope).
- *Barnet Walks: Halloween Ghost Walk in High Barnet: prize for spookiest costume! Meet at High Barnet tube station, 7.30pm.
- *Dementia Café: 10.30am–2.30pm, 60+, Wyllyotts. For people with dementia and carers. Frankie 07824 352898.

NOVEMBER

SUNDAY 1st

- *Messy Church for all the family at King Charles the Martyr Church, 368 Mutton Lane from 3pm till 5pm. Arts/craft activities, some informal worship and a light tea. No charge and no need to book. Further details www.kcm-church.org.uk or ring 01707 665579.
- *Toy Fair: 10.30am–3pm, Elm Court. See www.elmcourt.org.uk for further details.

MONDAY 2nd

- *Barnet & District Philatelic Society: 8pm, Event/Speaker TBD.

TUESDAY 3rd

- *Lunchtime Recital: Ashley Wagner – organ, 12.30pm. Retiring collection. Buffet lunch (£4) available from 12pm to 1.30pm. St Mary’s Church, The Walk.
- *Golden Eagle Spiritual Group: David Cole, international medium – very popular Jo Rainsford.
- *Tuesday Friendship: Working in Chile – Alison Facey.

THURSDAY 5th

- *Googlies Jazz Club: Colin Peters Quartet plus guest artist. 7.30 for 8pm. Supper available. googliesjazz@btinternet.com.
- *PB Society Town Group Meeting: 7.30pm, United Reformed Church.

SATURDAY 7th

- *Christmas Market: 4th Potters Bar Scouts at St Johns Church Baker Street Potters Bar. Starts 10am and finishes about noon. Entry 50p, children under 16 free. Seasonal stalls, refreshments, early visit from Father Christmas. Contact Assistant Scout Leader 652981.
- *Christmas Market for Isabel Hospice: Hatfield House, 10.30am–4pm.
- *Remembering our loved ones: A service to remember and give thanks for departed relatives and friends. All welcome. 3pm, St Mary’s Church, The Walk. Followed by tea and cakes. 01707 644539.
- *Dementia Café: 10.30am–2.30pm, 60+, Wyllyotts. For people with dementia and carers. Frankie 07824 352898.
- *Barnet Walks: Marvellous Mill Hill: a guided walk. Meet at Mill Hill East tube station 11am.
- *Indoor Car Boot Sale Elm Court: Stalls bookable from Monday 28th September. See www.elmcourt.org.uk for further details.

SUNDAY 8th

- *Remembrance Day Service: 10.50am at the War Memorial, followed by service in St Mary’s Church at 11.30am.

WEDNESDAY 11th

- *RSPB Afternoon: Ann Fereday – “All round Bolivia”, The Altiplano and beyond.
- *PB Horticultural Society: A speaker from Herts Air Ambulance Volunteers.

THURSDAY 12th

- *Oakmere WI: “Brass Rubbing” – Dave Maycock.
- *Enfield National Trust Association: ‘Beach Donkeys’ – Maggie Taylor. 7.45pm, Enfield Grammar School. Info 01707 650969.
- *Googlies Jazz Club: Colin Peters Quartet plus guest artist. 7.30 for 8pm. Supper available. googliesjazz@btinternet.com.

FRIDAY 13th

- *RSPB Evening: Rick and Elis Simpson – “In Search of the World’s Waders”. Two dedicated ornithologists in search of some rare birds.

SATURDAY 14th

- *Dementia Café: 10.30am–2.30pm, 60+, Wyllyotts. For people with dementia and carers. Frankie 07824 352898.

SUNDAY 15th

- *Fir & Pond Woods Nature Reserve: Monthly 3rd Sunday, 10am. Meet at lay-by, Coopers Lane Road. Tools provided. Contact 01707 657351.
- *Barnet Walks: The Battle of Barnet: a guided walk. Meet at junction of Great North Road and Hadley Green Road, 11am.
- *Camera Fair: 10.30 – 2.30. Elm Court. See www.elmcourt.org.uk for further details

SATURDAY 28th

- *CHRISTMAS BAZAAR: 11am till 3pm. King Charles the Martyr Church Hall. Free admission. Grand raffle, cafe. All the usual stalls to buy your Christmas gifts. 01707 665579.

Please check details of these events by telephoning the contact provided. An asterisk * means more details about venues and times included in Clubs and Organisations section.

To include an event contact: susan.weaver4@ntlworld.com



When Digby met Nero

When Digby met Nero it really was love at first sight. Digby, a Chihuahua, five weeks old and weighing just over half a kilo, was found cold, shivering, dehydrated and clutching a blanket between two rubbish bins by some flats in North London. An RSPCA Animal Collection officer took him to the Centre at Southridge, where he met Nero, the 60-kilo Neopolitan mastiff belonging to Centre Manager Anna White. They immediately became best buddies, a heartwarming friendship that caused a media storm, with their story and pictures featured in *Reveal*, *Take a Break*, *BBC Radio*, *Daily Mail*, *Daily Mirror*, *the Express*, *Metro*, *Yaboo News*, *Evening Standard* and *ITN*.

Southridge was inundated with offers of a home for the little chap, requests coming from far and wide. One lady from Warwickshire sent a cheque for £100, writing "I had 13 years of wonderful joy and pleasure from my now long-departed chihuahua Leo. He ruled the whole family with a rod of iron! I enclose a cheque which is to thank you and your staff for their splendid work."

So how to explain such a friendship? "It was as if having been rescued once by the RSPCA this little fellow was taking on Nero as his personal minder to make sure it didn't happen again" said Anna.

And the future for Digby? "We are not sure if he is going to stay with Nero" she explained. "It is a very difficult decision because the two of them are totally devoted to each other and we would feel rotten splitting them up."



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Digby has other foster brothers and sisters apart from Nero, nine in total ranging from bull terrier types to labs to Jack Russells, all rescued by the RSPCA.

He is like the rose among the thorns. Although far, far smaller than any of the others he really is part of the gang, racing around like a clockwork guinea pig he plays almost non-stop. When he has finished and is tired it is Nero he seeks out to curl up with. Digby's newest trick is to fall asleep across the bridge of Nero's nose. I am amazed Nero puts up with this, but he really is amazingly tolerant. I have also noticed that Nero looks for Digby, and when he is not around he finds it hard to settle. Digby has met lots of visitors to the centre and is thrilled to greet all of them. He thinks he has his own special fan club."



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The Rotary Club of Potters Bar

Chartered 1959

The Rotary Club of Potters Bar meets every Tuesday lunchtime at Potters Bar Golf Club, with the exception of the last Tuesday of the month when there is an evening meeting. At these meetings we plan and discuss forthcoming charity and social events which benefit communities, local and international. Our work is about helping communities to flourish, to put something back and make a positive difference to lives that need our help.

We recently sent Shelterboxes to the Nepal region immediately after the devastating earthquake. The Shelterboxes are tailored to the needs of the disaster area and could include a family tent, thermal blankets and groundsheets, water storage and purification equipment, solar lamps, cooking utensils, a basic toolkit, mosquito nets and a children's activity pack. This is vital equipment that families need to survive after such a destructive and shocking disaster. This is just one example where we have helped after an international emergency. Locally, this year, we have supported Herts Air Ambulance and Noah's Ark Children's Hospice in Barnet.

We have raised money this year from events such as the wonderful Christmas Sleigh, a Rock and Roll night and a Quiz evening. We have the Car and Bike show coming up on 23rd August and you may have seen us at the Potters Bar Carnival.

We are a friendly organisation, with regular appearances at our meetings of guest speakers from a range of backgrounds. They share their knowledge which benefits our members and the community. If you would consider joining such a worthwhile organisation, come along to one of our meetings and give us a try. You'll be in good company and be given a warm and friendly welcome. For more information please contact Kathie Crowe on 01707 850265.



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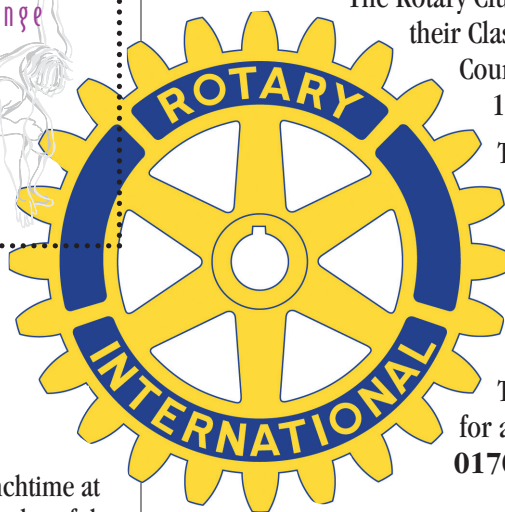
Classic Car and Bike Show

The Rotary Club of Potters Bar will be holding their Classic Bike and Car Show at Elm Court on Sunday 23rd August from 12pm until 4pm.

There will be music by Shades of Midnight, stalls, hog roast, hot food, bar plus tea and coffee, etc.

Adults £2.50. Children under 16 free.

To exhibit your bike or car, or for a charity stall, call John on 01707 645955.



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Rotary Club of Brookmans Park 1990 to 2015

– 25 years of service

Rotary International, formed in 1905, is a service organization whose stated purpose is to bring together business and professional leaders in order to provide humanitarian services, encourage high ethical standards in all vocations, and help build goodwill and peace in the world. It is a secular organization open to all people regardless of race, colour, creed, religion, gender, or political preference. There are 34,282 clubs and over 1.2 million members worldwide.

Rotary's primary motto is "Service Above Self" and we also like to have fun.

1990 – Margaret Thatcher was still Prime Minister, the Berlin wall finally fell and Princess Eugenie was born. Ayrton Senna won the F1 championship and it was the last time Liverpool won the football league. The first web page was published on the WWW and the first Satnav went on sale. The Bank of England interest rate was 14%.

But some things never change; an earthquake in Iran killed 50,000 people.

It is also the year when 24 local residents, all men, first met at Hatfield Lodge Hotel to inaugurate Brookmans Park Rotary Club. Our first President was Paul Johnson. He is one of seven founder members who are still active members of the club. Fortunately, one of those founder members, David Saunders, is President during our 25th year celebrations.



Paul hasn't changed much has he?



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

Over the years our membership has grown; we currently have 32 members and we have embraced diversity. Yes, eleven of our members are of the fairer sex and Jackie Barnett was our President last year.

So, what do we do? We FUNdraise, with emphasis most definitely on the fun, for both major global initiatives as well as local needs and we try hard to balance the two. Over the years Brookmans Park Rotary Club, with the help of our community, has raised in excess of £300,000 in support of our charities.

Globally, the Rotary Foundation is one of the largest charities who work closely together with others under the banner, Global Polio Eradication Initiative, to eradicate polio from the planet.

The devastation caused by many worldwide disasters, including the recent earthquake in Nepal, has been eased a little by the arrival of Shelter Boxes, which provide much needed shelter and all the essentials to give shelter, clean water and more, in a box. They are amongst the first to reach scenes of devastation, using the funds and the local network of Rotary Clubs to get help to the needy as fast as possible.

Most people might know us from our local activities. We look closely at our community and seek to pull community spirit together for the good of local business and amenities. Schools, hospices, children's homes all benefit from the encouragement given for communities to interact and work together.

Our main charities this year are St George Foundation and Noah's Ark Hospice.

Okay, so how do we do it?

You may have already experienced one of our annual charity events:

- May Day celebrations on Bradmore Green, which is a real community event with Morris Dancers, Maypole dancing, Punch & Judy and the ever popular Stocks.
- Fantastic Fireworks at our major firework party held at Little Heath School.
- Annual sponsored swim at Furzefield in March, for all ages and abilities. Can you put a team together? This event is really popular.
- Christmas Tree Lighting Ceremony on Bradmore Green heralds the festive season.
- Santa and his sleigh visits as many of the streets of Brookmans Park and Welham Green as he can.
- Quiz Nights, socials, or fun evenings all enable us to get together with the local community, raising funds for local charities.
- AND this year we have run our first Charity Auction.

We also support and sponsor many youth events, including Youth Speaks, Young Chef, Young Writer as well as local football and netball teams. We continue to support Kids Out Day, a day in Paradise Park for children from a nearby special needs school.

We cannot do all this without your help.

We want to see our local businesses prosper, our schools well equipped and our village community flourish. We are volunteers, so every penny of profit goes directly to charity, and we need you! Please support our events.

We are also always looking for new members. So if you want to help with our work and have some fun along the way, please contact us and come along to one of our meetings and take a look.

Paul Johnson said 'it is great to look back over the last 25 years of our club's success but it's all about the future. I hope we can continue to grow and flourish as part of the community of Brookmans Park'.

Alan Rice-Smith

President Elect

www.brookmansparkrotary.org.uk

Contact: enquiries@brookmansparkrotary.org.uk

Phone: 07724 698357

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Potters Bar Society walks to September 2015



If you are interested in furthering your knowledge and understanding of the local environment, then these walks should appeal. Non-members are welcome but please make sure you know the protocol and walks rules. You join all of the walks at your own risk.

In the event of adverse weather conditions, please telephone the walks leader as the walk may have to be cancelled. All walks begin at 2.15pm.

Sunday 12th July

Meet: Bell Bar (Great North Road at Woodside Lane/Bell Lane junction) *Route:* Grubbs Lane, Woodside Place Farm, Harefield Wood, Duncans Wood to Wildhill and return via Westfield Lodge. About: 5.5 miles. *Leader:* 01707 851498.

Sunday 26th July

Meet: Ridge Church, Ridge near South Mimms. *Route:* Rectory Lane, Salisbury Hall, Broad Colney and return via Shenleybury and Rectory Farm. About: 5 miles. *Leader:* 01707 643257.

Sunday 9th August

Meet: Little Berkhamsted by cricket field (opposite 'Five Horseshoes' PH). *Route:* walk to Ashdene Road and Bayford via Hertfordshire Way and return via Great Stockings, Culver Wood and Ashdene Farm. About: 5 miles. *Leader:* 01707 643257.

Sunday 23rd August

Meet: Footpath entrance to Whitewebbs Wood, Whitewebbs Road (opposite Sloemans Farm). *Route:* to Forty Hall through Whitewebbs and return via Hilly Fields and Clay Hill. About: 5 miles. *Leader:* 01707 643832.

Sunday 6th September

Meet: Roestock Lane, near junction with Bullens Green Lane (TL214065 Postcode AL4 0QW). *Route:* Chantry Lane, Old Hatfield/St Albans branch line, Old Hatfield and return via woods and open country. About: 6 miles. *Leader:* 01707 264689.

Details of later walks may be accessed on the Society's website, www.pbsoc.org.uk.

We are looking for new walks leaders to ensure the continuation of the programme – please ring 01707 643832 if you can help.

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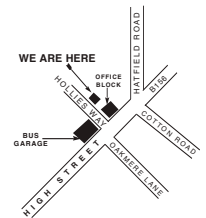
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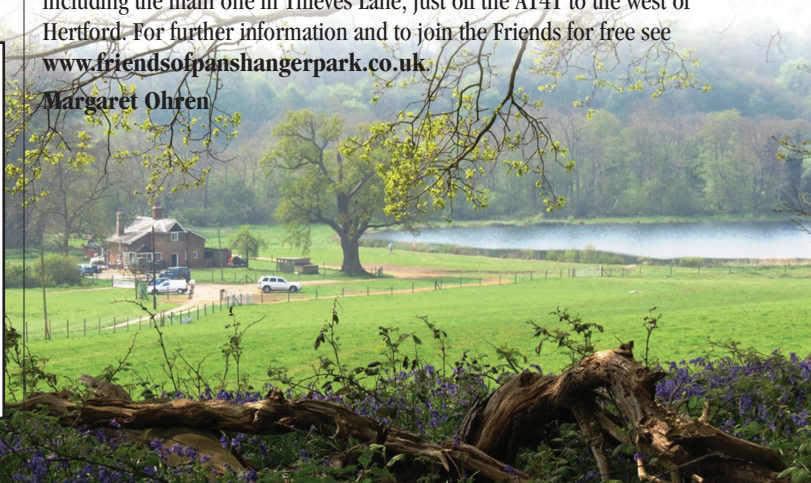
Hollies Way Industrial Park, 218 High Street, Potters Bar, Herts EN6 5BJ

Panshanger Park

A local country park just a few miles away from Potters Bar – Panshanger Park is a large piece of the countryside (900 acres) between Hertford and Welwyn Garden City, just to the north of the A141. It was not available to the public for many years because in 1982 the Panshanger estate owners were granted mineral extraction rights. However the agreement obliged the owners (now Lafarge Tarmac) to restore the Country Park and a year ago the first part of the restored park was opened. The Friends of Panshanger Park are working with the company to open the rest. They are keen to publicise the park so that people can enjoy it for walking and fresh air.

It is recognised by English Heritage as a landscape of national importance and Grade II listed. Two great 18th century designers Lancelot 'Capability' Brown and Humphry Repton designed the park, which includes much ancient woodland and the 600 year old Panshanger Oak, chosen in 2002 as one of Britain's 50 greatest trees. Although the original house has been demolished some estate buildings, including the Orangery and the gardens, could be restored in future. There are several car parks around the park, including the main one in Thieves Lane, just off the A141 to the west of Hertford. For further information and to join the Friends for free see www.friendsofpanshangerpark.co.uk.

Margaret Ohren



Buildings of Interest

This is the fifth of a series of articles about buildings of interest in Potters Bar.



Church Road

There is a row of six houses in Church Road standing opposite the triangular piece of land between Church Road and Osborne Road which, in terms of architecture, may be described as typical of late 19th Century terraced housing.

The building comprises two-storey terraced houses made of brick, rendered and painted white with a gabled slate roof and two chimney stacks. It is thought to date from around 1890 and is a good example of surviving late 19th Century workers cottages in Potters Bar. Four of the properties retain their original sash windows with segmental headed openings and projecting sills.

The triangle of land opposite was the site of St Michaels and all Angels Mission Church. A corrugated iron building, it seated 160 but was burned down c. 1942 and not replaced. It formed part of the early settlement of Little Heath. This Church was erected in 1874 at the sole cost of Mr Watkins, Vicar of St. John's Church, now demolished, which was situated where the War Memorial now stands.

This article is published with the permission of Hertsmere Borough Council.

What a Woman!

You probably know the name. Caroline Presho is an active Potters Bar resident and she has quite a story. She has a burgeoning media profile in the UK and her work spans the globe. A seat on the *Good Morning Britain* sofa is nothing out of the ordinary, and being contacted by BBC 5 Live whilst doing the school run is something she takes in her stride.

Caroline is a carrier of a BRCA gene mutation. BRCA1 and BRCA2 are human genes that produce tumour suppressor proteins. These proteins help repair damaged DNA and, therefore, play a role in ensuring the stability of the cell's genetic material. When either of these genes is mutated, or altered, DNA damage may not be repaired properly. As a result, cells are more likely to develop additional genetic alterations that can lead to cancer. Specific inherited mutations in BRCA1 and BRCA2 increase the risk of breast and ovarian cancers in women, and they have been associated with increased risks of several additional types of cancer such as male breast cancer, prostate cancer, pancreatic cancer and melanoma. A harmful BRCA1 or BRCA2 mutation can be inherited from a person's mother or father. Each child of a parent who carries a mutation in one of these genes has a 50% chance (or 1 chance in 2) of inheriting the mutation.

Caroline runs a support group called BRCA Umbrella. This is a forum where members can post questions and blog posts in relation to the BRCA gene. Caroline has been running this support group since 2011 and she believes it creates a genuine space where views can be exchanged and support can be offered. It certainly provided support for her when she most needed it. The website can be visited at www.brcaumbrella.ning.com. Caroline recognises that she has created a monster. The forum now has over 2,000 members, from Potters Bar to Montreal to Israel!

Caroline acknowledges that facing up to the challenges of a BRCA gene mutation can be extraordinarily difficult. She knows. She has four young children who may also inherit the genetic mutation. What inspired Caroline was the ability of human beings to create a space and dialogue where multiple experiences can be shared. This has been helped not least by the growing media attention given to the BRCA gene in light of the personal circumstances of Angelina Jolie. Caroline believes that only with growing recognition and openness can the collective mindset be focussed on ways in which we handle BRCA gene mutations.

Caroline urges all to get in touch with her group if they so wish!



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The Merchant of Venice

Wednesday 22nd July, 7pm
Tickets £14, Concessions £13

Shakespeare's playscreened direct from the RSC at Stratford upon Avon. In the melting pot of Venice, trade is good. With its ships plying the globe, the city is open to all as long as they come prepared to do business and there is a profit to be made.

Pongo's Party - Family Fun Day

Tuesday 18th August, 11am and 1.30pm
Tickets: £10

With CBeebies Justin Fletcher and Nicole Davies as the voices of Pongo the Pig and Molly-Moo the Cow. Come and help make Pongo's Birthday Party a day to remember by joining in a show full of fun, songs and laughter. Take part in the town's biggest ever game of pass the parcel and join the largest children's band.

Othello

Wednesday 26th August, 7pm
Tickets £14, Concessions £13

Shakespeare's playscreened direct from the RSC at Stratford upon Avon. Othello is the greatest general of his age, a fearsome warrior, loving husband and revered defender of Venice against its enemies.

Elio Pace performs the Billy Joel Songbook

Friday 11th September, 8pm
Tickets £18, Concessions £17

Following on from his highly acclaimed concerts in New York and Philadelphia, Elio Pace delivers this sensational show celebrating the phenomenal music of Billy Joel. Don't miss this wonderful opportunity to experience this electrifying concert performed by this dynamic singer, songwriter and his magnificent six piece band.

The Big Chris Barber Band

Saturday 12th September, 8pm
Tickets £20, Concessions £19

The Big Chris Barber Band features everything from New Orleans to blues to late 20s Ellington, played with extraordinary panache and skill. You can count on high quality jazz and blues, which will appeal in equal measure to the aficionado and the newcomer.

Ultimate Genesis

Friday 18th September, 7.30pm
Tickets £19, Concessions £18

Los Endos capture the excitement of a live Genesis gig from the 70s, with nearly three hours of scintillating musicianship and a state of the art light show. Featuring music from their early heyday Endos have focussed on music from all the hit albums of the 70s and 80s with a few surprises.

The Reach Out - 50 Years of Motown Tour

September 19th September, 8pm
Tickets £23, Concessions £22

Britain's biggest Motown spectacular returns with an all-new, all-star show celebrating 50 years of the labels legendary artists in the UK.

Tamla's Motown Revue famously toured the UK in 1965. The country's favourite Motown spectacular takes you back with five star performances and 36 classics from the Temptations, Supremes, Four Tops and more.

The Sinatra Centennial Concert

Sunday 20th September, 5pm
Tickets £20, Concessions £19

In 2015 we celebrate what would have been the 100th birthday of Frank Sinatra.

The Frank Sinatra Centennial concert features David Alacey with the Buddy Greco Big Band under the direction of Paul Drakeley. Special guests are

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evergreen British stars Kenny Lynch and Anita Harris, who both knew Frank personally and will recount stories about him.

The Dreamboys

Thursday 24th September, 8pm
Tickets £19.50, Groups 10+ £18.50

The Dreamboys are back and hotter than ever with a brand new show and UK tour for 2015.

The Dreamboys are without a shadow of a doubt the UK's top male strip show, perfect for a girl's night out with all your friends. An action packed 2 hour show from start to finish.

The Chicago Blues Brothers

Friday 25th September, 8pm
Tickets £23, Concessions £22

Following their massively successful international tour, The Chicago Blues Brothers are returning to the UK with their brand new action packed show. Celebrating over 30 years of the Blues Brothers phenomenon, this non-stop revue is packed with the very best blues, Motown and soul music from both of the Blues Brothers films.

The Carpenters' Story

Saturday 26th September, 8pm
Tickets £19, Concessions £18

Widely regarded as the first ever tribute show back in 1989, The Carpenters' Story has been updated for a brand new tour. Lavish arrangements, stunning vocal harmonies and Claire Furley's uncanny representation of Karen Carpenter combine to bring back memories of pop's most melodic duo.

Memories are made of Hits

Thursday 1st October, 2pm
Tickets £13

This Show will take you on a thrilling and breathtaking musical journey through the 40s, 50s, 60s and 70s. Stunning costumes, brilliant choreography, West End and international vocalists perform some of the greatest hits from each decade.

Rob Beckett: Mouth of the South

Friday 2nd October, 8pm
Tickets £14

Beckett's back with a brand new hour of funnies. Star of BBC1's *Live at the Apollo*, BBC2's *Mock the Week* and Channel 4's *8 out of 10 Cats*, he is a

relentlessly smiley, perpetually grinning Londoner whose unshowy, unpretentious but thoroughly funny sh1ck will captivate the audience.

The Counterfeit Stones

Saturday 3rd October 8pm
Tickets £20, Concessions £19

Their new tour, *Grass Me Up*, is the chance to catch their note perfect performances of the Stones classic songs, skillfully mixed with 'mockumentary' style videos, retro costumes and humour. These guys are 100% proof that a good shot of copy rock always hits the target.

Baroque by Candlelight

Sunday 4th October, 5pm
Tickets £16, Concessions £15

From the Producers of *A Viennese Strauss Gala* and *Magical Mozart* this sumptuous fully costumed show immerses us in the wonderful music of some of the world's greatest romantic composers, Vivaldi, Handel and Bach.

Lucy Kay Live

Sunday 11th October, 8pm
Tickets £17, Concessions £16

Lucy Kay shot to fame last year on *Britain's Got Talent* and was snapped up to go on a joint tour with

Andrea Bocelli and then with Collabro, singing to over 75000 people. Her debut album shot to the number one spot in the Classical Album Charts.

Strictly Between Us

Tuesday 13th October, 8pm
Tickets £16

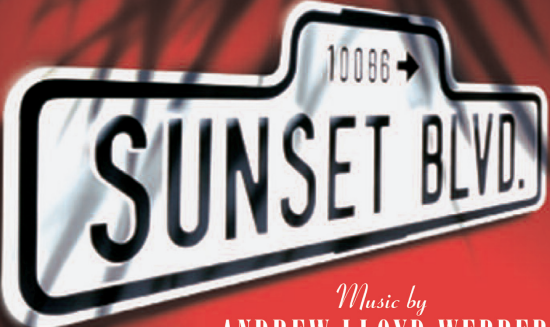
A sparkling evening with Ann Widdecombe promises to be just that, an event full of dynamic words, opinions and anecdotes from this lady who is a tour de force of nature

Irish House Party

Saturday 17th October, 8pm
Tickets £20, Concessions £19

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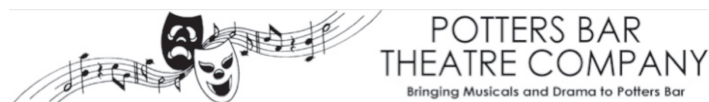




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Potters Bar Theatre Company

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SYLVIA Potters Bar Theatre Company, 27th-31st October 2015

Barking mad!

Greg and Kate are adjusting to life after children. Kate's career as an academic is taking off, while Greg is being transferred to ever more meaningless work. During a walk in the park, Greg finds an adorable pooch – Sylvia. He brings her home, fleas and all. Sylvia immediately establishes herself as Greg's constant companion, but to Kate she's more a threat to her marriage.

Sylvia, written by AR Gurney, is an unusual play, at times howlingly funny, but also extremely poignant and a clever commentary on middle aged love and life. One thing's certain – you'll never look at your Fido or Fifi the same way again!

Performances: 7.30pm/Saturday matinée at 2.30pm.

Tickets: £12 adults, £10 students (under 18s), £10 senior citizens (Tuesday evening and Saturday matinée only).
Discount of £1 per ticket on bookings for 10 or more adults made at the same time for the same performance.

THE WITCHES OF EASTWICK Potters Bar Theatre Company, 18th-21st November 2015

Wicked delights

The story of the mysterious and charismatic Darryl Van Horne, who gives three divorced housewives in the New England town of Eastwick more than they bargained for when they wish for the man of their dreams, was made famous by the 1987 film starring Jack Nicholson, Cher, Susan Sarandon and Michelle Pfeiffer.

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mix for good measure. It's a whirlwind journey of sorcery and sauciness – the perfect recipe for a night out.

Performances: 7.30pm/Saturday matinée at 2.30pm.

Tickets: £16 adults, £14 students (under 18s), £15 senior citizens (Tuesday evening and Saturday matinée only).

Discount of £1 per ticket on bookings for 10 or more adults made at the same time for the same performance.

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Potters Bar Carnival 2015

The morning dawned sunny and bright and continued in the same way through the day.

As usual the Carnival Committee was at the field from 8.30am to set the field up for the fete, with the stall holders pouring in from 9am to set their Stalls up ready for the afternoon.

The Procession gathered at Canada Life at 12.30pm ready to parade through the streets of Potters Bar led by the Princess Gemma Kinnear and her Maids of Honour, Zoe Dewberry and Katie Fry, together with the Mayor Cllr Martin Worster and his wife Pam.

The Vehicle part of the Procession was disappointing this year with only four floats taking part but this was more than made up by the walking Procession which had entries from 14 Organisations throughout Potters Bar. The vehicle float winner was Cranborne School and there were joint winners for the walking floats, Potters Bar Girl Guides and Ladbroke School.

We must thank Station Taxis for providing VIP cars at short notice.

Leading up to the Carnival there were worries about stewarding the Procession due to the Police stating that they could not be there, but in the end there were over 20 Steward Volunteers. The Police



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observing the procession stated that the stewarding was very well organised.

The afternoon went well with the Arena attractions, Hertfordshire Show Band, Glen Trew Pipe Band, Zendoryu Martial Arts, Revelation Majorettes, Angies Dance Academy, Hertstoppers Cheerleaders and Shades Of Midnight Rock and Roll Band, entertaining the crowds.

Talking to the Stall Holders and members of the Public it was generally agreed that it was one of the best Carnivals in recent years.

If anybody has any comments on the Carnival, good or bad, they are welcome to come to the Open evening at the 5th Potters Bar Scout HQ, Furze Field Centre, Mutton Lane on 8th July at 8pm. At this event the Carnival Committee will be handing out grants to the beneficiaries of this year's Carnival.

We would like to thank Sainsburys Potters Bar, Tesco's Potters Bar, Duncan Perry and Ushers Print for their sponsorship of the Carnival.

If people would like to see videos of the Carnival go to www.pottersbarcarnival.co.uk.

A date to put in everybody's diary is next year's Carnival date. Sunday 12th June 2016.

Peter Weaver
Press Officer, among others
01707 850147



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Brass players of all ages and standards welcome

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LOCAL ORGANISATIONS

AB'S STOMPERS LINE DANCING

Weekly, Mon, Tue and Thu. Wroxham School. All levels. 07967 964962.

ACT 4

Weekly, Youth clubs and regular events. 66551 or www.act4.org.uk.

ADULT BALLET, JAZZ and TAP CLASS

Weekly classes. Parkwood Health & Leisure Centre, Darkes Lane. Suzanne 07904 771980.

ADULT NETBALL

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

AIR TRAINING CORPS – 57 (PB) SQUADRON

Weekly, Tue and Thu. Ingram Cadet Centre (opp Fire Station). 7.15–9.30pm. Ages 13/18. 656172.

ALCOHOLICS-ANONYMOUS

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

ALZHEIMERS SOCIETY

Dementia Café, Sat 10.30am–2.30pm. 60+ Wylyotts. For people with dementia and carers. Frankie 07824 352898. Info re carers' group and singing for the brain 01923 894 222.

ANGIE'S DANCE ACADEMY

Weekly classes. Children and adults (Disco/Street). Latin American and line dancing, to exam status and performing in shows. Angie on 07773 341490.

ART

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

ART IN HERTS

Weekly, Tue. Furze field Court, Mutton Lane. 7.30–10pm. Painting in informal and social atmosphere with occasional expert tuition. 650694.

ART CLASSES

Art Classes in drawing and watercolour painting, Tue and Thu, 10am–12.30pm. Jane 850356.

ART CLUB

Sixty Plus Centre Wylyotts. Thu, 2–4pm. 654007.

ART AT THE PARK

ESC Community Art Class. High St, Potters Bar. Wed 1–3pm (term-time only). 346170.

ATTIC ORCHESTRA

For those who wish to resume playing. Mel on melroo1@hotmail.com.

BABY SENSORY CLASSES (Birth – 13 months)

Award winning. Thu. Furze field Leisure Centre. Lisa 07887 700939 or barnet@babysensory.co.uk.

BADMINTON

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

BADMINTON – OAKLANDS CLUB

Weekly, Tue, 8–10pm. Owen's School Sports Hall. Social badminton. July to April including holidays. Adults–intermediate upwards. 642328.

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. Contact ann-marie.rowland@fids.co.uk.

BADMINTON LADIES

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

BAKER STREET SOCIAL CLUB

Weekly, 10am–2pm. St John's Church, Baker St. Make new friends, play cards, scrabble, etc. Occasional speakers and other activities. 657059.

BALLROOM and LATIN DANCING

Weekly, Tilbury Hall. Beginners Mon 7pm, improvers 7.45pm and advanced 8.45pm. Wed Beginners Line Dancing 8.30pm. 268846.

BARNET and DISTRICT CANCER LINK

Drop In Centre, weekly, Wed, 1.30–4pm. Church of Mary Immaculate & St Gregory the Great, Union Street, Barnet. For cancer patients/families/friends. 708022 or 020 8446 3104.

BARNET & DISTRICT PHILATELIC SOCIETY

Mon, 8pm. Twice monthly. St. John's Church Hall, Mowbray Road, New Barnet. Sept to June. Secretary: 020 8449 3971.

BARNET PLUS SPORT and SOCIAL CLUB

Weekly, Sun from 8.30pm, Discovery Hall, Netherlands Rd, New Barnet. www.barnetplus.com.

BARNET YHA (NORTH LONDON OUTDOOR GROUP)

Weekly, Tue 8–10pm. Discovery Hall, Netherlands Road, Barnet. 30–50+. Walking weekends, day walks, social. 020 8449 1553 or www.barnetyha.org.

BARNET WALKS*

Guided walks. £9 (£4 under 12s) Contact Paul for more information on 020 8440 6805.

BARRACUDA SWIMMING CLUB

Weekly, Sun. Furze field Centre, Mutton Lane. 11.30am–12.30pm. Helps all ages with disabilities to be safe in water. Contact Ian 660935.

BAY JAZZ CLUB

Weekly, Tue, 8.30–11pm. Botany Bay Cricket Club, East Lodge Lane, Enfield. Live Traditional Jazz. Licensed Bar. 020 8367 6660.

BELLRINGING IN SOUTH MIMMS

Bellringers practice St Giles Church, Thu, 7.30pm. Ages 12+. Experience or beginners 645866.

BINGO

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

BOTANY BAY PETANQUE CLUB

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

BRIDGE CLUB – LITTLE HEATH (duplicate)

Tue, 7.30pm in Parish Hall. Aileen 652343 or Peter 658016.

BRIDGE CLUB

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

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

BRIDGE CLUB – CHICAGO

Mon, 7.30–10pm at Wylyotts Centre. Robert 658677.

BROOKMANS PARK WI

3rd Mon, 8pm. Brookmans Park United Reformed Church. Visitors welcome. 657997.

BROOKMANS PARK TENNIS CLUB

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

BROOKMANS PARK WEA

Weekly, Tue/Thu mornings. 10 week course at URC Brookmans Park 650673.

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.

BUSHI SEISHIN RYU (Marital Arts)

Weekly, Fri. Kidston Institute, Northow Road West, Northow. 7.30–9.30pm. 642354.

CAKE DECORATING

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

CARDIAC SUPPORT GROUP

Monthly meetings and weekly cardiac exercise. British Legion, Holwhites Hill, Enfield. 01992 718155.

CARERS IN HERTFORDSHIRE*

Contact 01992 586969 for information.

CAPITAL ARTS CHILDREN'S CHOIR and YOUTH THEATRE

Sat. Wylyotts Centre. Age 5–16 years. Drama and choir. 020 8449 2342.

CHARITY LUNCHES

United Reformed Church, Darkes Lane, 1st and 3rd Fri in month. Soup, full salad buffet, tea/coffee and biscuits, 1pm. £3 per person. Please come and join us. 665482.

CHARLIE'S ANGELS

Weekly, Wed in term-time, 1.30pm–3pm. For toddlers, parents, grandparents and carers. King Charles the Martyr Church Hall. Free. 665579.

CHERRY LODGE CANCER CARE

Contact Tina on 020 8441 7000 for more information.

CHI KUNG CLASS

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

CHILDREN'S FINE ART CLASSES

Little Art School of Herts. Small groups. Ages 4–12. Tue, 4.15–5.15pm, Potters Bar/South Myrms Village. 07907 802206.

CHURCHES TOGETHER IN POTTERS BAR

Co-ordination organization for all churches in Potters Bar. Malcolm Golland on 653417.

CIRCLE FOR THE BLIND and PARTIALLY SIGHTED (PB THEATRE COMPANY)

Dress rehearsals for shows and quarterly evening socials at Furze field Court. Evenings. 657194.

COMMUNITY CHOIR

Weekly, Tue. Wylyotts Theatre, 7.30–9.30pm. For info Jay 655464.

COUNTRY MANAGEMENT SERVICE

Environment Department, County Hall, Pegs Lane, Hertford. 01923 588433.

CROQUET CLUB

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

CUFFLEY FLORAL ART CLUB*

Monthly, Tue, 7 for 8pm. Cuffley Hall, Maynards Place. Jessica 873821.

CUFFLEY HORTICULTURAL SOCIETY*

Monthly, last Thursday. 10 times per year. 8pm, Cuffley Hall, Maynard Place. 874357.

CUFFLEY INDUSTRIAL HERITAGE SOCIETY*

Monthly, 2nd Tue. Northaw Village Hall, 7.30 for 8pm. £4. 873680.

CUFFLEY PLAYERS – Amateur Dramatic Society

Rehearsals Mon and Thu. 2 plays a year Mar/Nov at Cuffley Hall. Fran 872229.

CUFFLEY OVER 50'S CLUB

Wed 2–5pm. Cuffley Youth and Community Centre. Art, Snooker, table-tennis, scrabble, etc. Betty 659621.

DANCE

Lizzie Meeks School of Dance. Sat 10am–2pm and Tue 4–9.30pm. Potters Bar/Barnet. Children/adults: ballet, tap, modern, jazz, street, hip-hop, funky and zumba. 670418.

DANCING

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

DOG TRAINING – HOME FARM

Fri classes 9.30–12pm. Obedience/socialisation. All levels welcome. One-one also. 275322.

DOG TRAINING IN POTTERS BAR

Weekly, Sun, 10–11am. 020 8449 5298/651610.

ELIZABETH ALLEN FOOTBALL CLUB

Weekly, Sat afternoon. Old Owen's, Coopers Lane Road and Coopers Road, Little Heath. 16+. Training Tue 8pm. Owen's School. 652422/646273.

ENFIELD LIGHT OPERATIC and DRAMATIC SOCIETY

Weekly, Tue and Fri, 8pm. Drama Group rehearsal Winchmore Hill. Performs Wylyotts. 2 musicals per year. 07711 316474.

ENFIELD NATIONAL TRUST ASSOCIATION

Contact Pam for more information 650969.

ESSENDON PRIMARY SCHOOL

Mon, 8–9pm Weight Training. Wed, 5.30–6.30pm and 7.15–8.15pm Circuits. Sat, 9–10am Circuits. Wed, 1.45–3.15pm Mother and Toddler Group, School Hall.

FELLAS FITNESS

Exercise sessions for men over 50. Fri, 10–11am, King Charles the Martyr Church. £4 per class. Joe 281004.

FENG SHUI SOCIETY OF HERTS

Monthly, Elm Court, 7pm. 07951 741128.

FIFTY PLUS*

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

FIR & POND WOODS NATURE RESERVE OF HERTS & MIDDIX WILDLIFE TRUST*

Monthly, 3rd Sun, 10am. Meet lay-by, Coopers Lane Rd. Tools provided. 657351.

FIRST CLASS LEARNING MATHS and ENGLISH

Ages 5–16. Weekly, Thu 3.30–5.30pm. King Charles the Martyr Church. Pallavi 527155.

FITNESS CLASSES

Wed, 7.15pm. LBPT Fitness Classes and Sat, 9am. Essendon Primary School Hall. Adults of all ages and abilities.

FOOTBALL

Vets football – Sat afternoons. 35+ years. Venues locally in South Herts. Evenings. 852422.

FRIDAY FOLK

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

FURZEFIELD WI

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

GARDENING CLUB

Sixty Plus Centre. Alternate Weds, 2–4pm. 645866.

GOBIONS WOOD NATURE RESERVE OF HERTS & MIDDIX WILDLIFE TRUST

For information contact 01727 858901.

GOLDEN EAGLE SPIRITUAL GROUP*

Monthly, 1st Tue, Clayton Centre, Barnet Rd. 7.30pm. £4. Mediumship and workshops. 658499.

GREEN ROOM PRODUCTIONS

Rehearsals Mon at King Charles the Martyr Church Hall. Wed at Oakmere School. Presents musicals twice a year. New members welcome – acting and behind the scenes. 01727 836938.

GUIDES, BROWNIES and RAINBOWS

Potters Bar and Brookmans Park areas: www.girlguiding.org.uk/interested or Sue 850147.

GURDJIEFF STUDY and MEDITATION GROUP

Meets every few weeks. Info 654896.

HERTFORDSHIRE CHORUS

Choir based in Hatfield. Weekly. Bishop Hatfield School. www.hertfordshirechorus.org.uk.

HERTFORDSHIRE CONCERT BAND

Tue evenings at Music Department of Hertfordshire University. Friendly wind band, rehearses in Hatfield. Contact www.hertsconcertband.co.uk.

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 £1.00, Elm Court, EN6 3BP. Contact 020 3727 3600.

HERTFORDSHIRE SHOWBAND

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

HERTFORDSHIRE PHILHARMONIA ORCHESTRA

The evenings at Welwyn Garden City, for experienced orchestra players. info@hertsphil.org.uk or 01727 857827.

HERTS STAG CLUB

Monthly, 2nd Mon. Brookmans Park Golf Club. 12.15pm for 1pm for lunch. For retired professional and business men. Purely social. 652932.

HERTSMERE SOCIETY OF ART

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

HUMANISTS – NORTH LONDON GROUP

Monthly, 3rd Thu. Non-religious people meet for discussion meetings. Ruth Winston House, Palmers Green + social events. 653667.

INTERIOR DESIGN COURSES

For beginners. Potters Bar/South Mimms. Mon, 10am–1pm. 07907 802206.

IRISH DANCING

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

JAZZ – GOOGLIES JAZZ CLUB

Weekly, Thu, 7.30pm. Botany Bay Cricket Club, East Lodge Lane. Jazz. John 020 8350 3541.

KARATE, SELF DEFENCE and FITNESS

Weekly, Wed. Furze field Centre. Juniors 7.30–8.30pm. Adults 8.30–9.30pm. Sun 11am–12noon. 07534 563456.

KARATE and SELF DEFENCE FOR YOUNG CHILDREN TO ADULT

Sat 2–7 years old, 10.30–11.15am. 8 years+, 11.20am–12.25pm. 661544.

KARATE FOR ALL THE FAMILY

Weekly, Sat. Oakmere Youth & Community Centre. Children 10.30–11.30am. Adults 11.45am–1pm. Beginners welcome. 852641.

KUMON MATHS and ENGLISH

Ages 4–18 years. Mon and Thu, 3.30–5.30pm at Tilbury Hall, Darkes Lane. Sheena 643588.

LIFE CHURCH – POTTERS BAR

Sun 9.30am Family Service. Oakmere Youth & Community Centre, Fetherstone Close. 876060.

LIFE CHURCH – CUFFLEY

Sun 11am Family Service, King James Avenue, Cuffley. 876060.

LINE DANCE WITH STEPPIN' TIME

Weekly, Mon and Thu. Welham Green. Absolute beginners to intermediate level. 655866.

LINE DANCING

Wed 2–4pm. Beginner/Improver level. Oakmere Youth & Community Centre, Fetherstone Close. 859578.

L

LOCAL ORGANISATIONS

MOUNTVIEW DANCE SCHOOL

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

MOVES FITNESS

Weekly, Mon. St Mary's Church Hall, 7.30–8.30pm. Aerobic Dance Exercise. All fitness levels welcome. Bring mat/towel. 651008.

MULTI-SPORT

Weekly, Tue and Thu. Furze Field Centre. For the active generation 50+. Short tennis, table tennis, badminton, swimming, indoor bowls. 850500.

MUSICAL TEAPOTS

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

NATIONAL ASSOCIATION FOR GIFTED CHILDREN – EXPLORERS CLUBS

Monthly, 1st Sun. Borehamwood. For talented children and siblings. www.nagc-heris.org.uk.

NETBALL CLUB

Cheshunt Youth. Thu evenings at Wormley. Various leagues. Adults also. Chloe 873676.

NINTAI KARATE CLUB

Weekly, PB Health Club, Mount Grace Road. Mon and Fri. Shotokan Karate. Beginners 7–8pm. Intermediate/advanced 8–10pm. 07956 987100.

NORTH LONDON OUTDOOR GROUP

Weekends away, day and summer evening walks. Also Tue 8.15pm at Discovery Hall, Stevenson Close, New Barnet www.northlondonoutdoor.org or 020 8449 1553.

NORTH LONDON & DISTRICT SOCIAL CLUB FOR THE UNATTACHED

Weekly, Wed, 8–11pm. Cheshunt Sports Club. Dancing suitable for over 55s. Richard 01992 639344.

NORTH MYMMS BOWLS CLUB

Bushwood Close, Dellsome Lane, Welham Green. 656238.

NORTH MYMMS HORTICULTURAL SOCIETY

North Mymms Youth & Community Centre, Station Road, Welham Green. Adrian 885430.

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.

NORTHAW and CUFFLEY BOWLS CLUB

King George V Playing Fields, Northaw Rd East, Cuffley. 654883.

NORTHAW GREAT WOOD

Working parties every Friday at 9.30am and first Sun each month. Meet Wood car park. 07850 233854.

NORTHAW TAI CHI GROUP

Weekly, Tue. Northaw Church of England School. Vineyards Rd. 7.45–9pm. 642354.

NORTHAW WI

Monthly, 2nd Thu, 7.30pm, Northaw Village Hall. 020 8360 9729.

OAKMERE WI

Monthly, 2nd Thu, 7.45pm. Tilbury Hall. 645482. www.oakmewi.org.uk.

OLD FOLKS WELCOME CLUB

Weekly, Mon, 2–4pm. Sixty Plus Centre Wyllyotts. 653650.

OLD OWENS CRICKET CLUB

Coopers Lane, PB. All abilities welcome. Herts Saracens League. 07904 194295/020 8819 6638.

OPEN DOOR CAFE

Weekly, Thu. Closed August and week after Christmas. King Charles the Martyr Church Hall. 10.30am–2pm. Coffee and lunches served. All welcome and all profits to charity. 665579.

OVER 60s SOCIAL DANCES

Monthly, 3rd Sat. Social Evenings. 7.15pm to 10.15pm at Sixty Plus Centre. 653157.

PILATES

Weekly classes, Tue 7–8pm. Brookmans Park UR Church. Neelam 07891 752906.

Weekly. Little Heath Parish Church. Tue 6.30pm – Proficient level. 7.30pm – Beginners. UR Church, Brookmans Park. Mon and Fri 9.30am and 10.30am North Mymms Memorial Hall Wed 9.30am. Debbie 07717 841338.

PARENT/TODDLER GROUP

Weekly, term-time, 9.45–10.45am. Cranborne School. 851471.

PB 41 CLUB

Monthly. For ex-Round Tablers. 1st Wed, 7.15pm. 851445.

PB ALLOTMENT ASSOCIATION

Visit Highview Gardens site. Sun, 10am–12noon or call Geoff 653910.

PB ART GROUP

Weekly, Mon, 7.30–9.30pm. St John's Church. All abilities welcome. www.pottersbarartgroup.co.uk.

PB BOWLS CLUB

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

PB CARNIVAL

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

PB CHILDREN WITH SPECIAL NEEDS GROUP

Monthly, 2nd Wed. 9.15–11am. Furze Field Children's Centre. 859325.

PB CHORAL SOCIETY*

Weekly, rehearsals Tue, 7.45pm. St John's Church Hall. Previous experience not essential. 642393.

PB FILMMAKERS*

Alternate Thu, 7.45pm. Wyllyotts Centre. 656446/872210.

PB CRICKET CLUB

The Walk. New members welcome. 888633.

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 aged 4–18 years. Matthew 07944 492521.

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/guffins@hotmail.co.uk.

PB and DISTRICT HORTICULTURAL SOCIETY*

Alternate Wed, 8–10pm. Elm Court, Members £1. Visitors £3. 651372.

PB and DISTRICT PHOTOGRAPHIC SOCIETY

Weekly, Mon, 7.30pm for 8pm. Wyllyotts Centre. Any standard welcome. 01438 832504.

PB EVANGELICAL FREE CHURCH

Sun 10.30–11.30am. Family service, communion and youth service, refreshments. Mon, Youth Clubs 5–10 years at 6.15–7.30pm, 11 years upwards at 7.30–9pm. 895838.

PB GOLF CLUB

Darkes Lane. New members and societies welcome. Green fees. 652020.

PB GYMNASTICS CLUB

Recreational (ages 4–12 years). Mon 5.15pm Furze Field Centre. Squad training 6–13 years, Tue, Thu, and Fri evenings 5.30pm and Sat 9am Chancellor's School. 01923 855598.

PB HOCKEY CLUB

Ladies, men and junior hockey. Ed 07763 929462.

PB LAUGHTER CLUB

Weekly, Mon, 10–11am. Wyllyotts Centre. 07533 347299.

PB LAWN TENNIS CLUB – The Walk

6 AstroTurf/Floodlights. Contact Karl Mills 07939 303483 or Sue 645909.

PB LIFESAVING CLUB

Weekly, Tue. Furze Field Centre, 8–9pm. From 9 years to any age and ability. 020 8440 3346.

PB NATIONAL WOMENS REGISTER – TUESDAY GROUP

Weekly, 8pm in members' homes. Discussions, quizzes, outings. 659903.

PB PETANQUE PLAYERS

Weekly, Oakmere Park. Sun 10am–1pm and Tue 2–4pm. 707987.

PB RAMBLING CLUB

Weekly, Wed and alternate Sun, 10.30am. Meet start of walk. 654079.

PB ROTARY CLUB

Meets Tue lunchtime at 1pm/last Tue in month 7–7.30pm at Potters Bar Golf Club. 645955.

PB SHOKOTAN KARATE CLUB

Weekly training, Wed, 7.30–8.30pm (ages 7–16 years). 8.30 to 9.30pm (adults). Furze Field Centre. www.karate-masters.co.uk.

PB SOCIETY COUNTRY GROUP

Contact Alastair 653636.

PB SOCIETY TOWN GROUP*

Monthly, 1st Thu. United Reformed Church, 7.30pm. Arnold 654179.

PB SOCIETY WALKS*

Fortnightly, Sun afternoon walks along local rights of way. www.pbosc.org.uk.

PB THEATRE COMPANY*

Rehearsals Tue and Fri. Chancellors School, Stages 2 musicals and 2 plays per year. Performers, backstage help and front of house. Gillian on 657194.

PB TOWN BAND

Weekly rehearsals, Fri 7.30–9.30pm Scout Hut, Quakers Lane. Traditional brass band. 07825 330919.

PB TOWN FOOTBALL CLUB*

Parkfield. Matches Sat, 3pm. Some Sun and midweek. Training Tue and Thu, 7.30pm. 07833 632965.

PB TOWNSWOMEN'S GUILD

Monthly, 2nd Wed, 7.30pm. Wayside Hall. 653650.

PB TOWN TWINNING ASSOCIATION

Visits to and from Franconville and Viernheim. 644805 or 659871.

PB UNITED SYNAGOGUE

Please telephone 656202 or email office@pottersbarshul.org.uk.

PB UNITED FOOTBALL CLUB

Training weekly, Age 5–16 years. Boys and Girls. Phone for times/venues. 850377.

PB WEA

Literature Group. Thu mornings 10am–12pm. United Reform Church. 658915.

PHOENIX CONCERT BAND

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

PUPPY CLASSES IN WILD HILL

Weekly, Mon, 7.15–8.15pm, Wild Hill Village Hall, Puppy socialisation/basic training classes from 8 weeks old or after first inoculation. 651610.

RADLETT MUSIC CLUB

6 concerts per season, Oct to Apr. Radlett Centre, 8pm. String or wind trios/quartets playing Chamber Music. Solo pianist once a season. 01923 859291.

RADLETT PLAYERS

A production each Spring and Autumn at Radlett Centre. www.radletplayers.org.uk.

ROTARY CLUB OF BROOKMANS PARK

Weekly, Tue 7.30pm for 8pm at Old Owens Sports Club. 645343.

ROUND THE CORNER COFFEE MORNING

Weekly, Fri, term-time only, 9am–12pm. Profits to various charities. Life Church – Cuffley. 876060.

ROYAL BRITISH LEGION – POTTERS BAR BRANCH

Cotton Road. Bingo and raffle. Thu, 8pm. (Bar) Snooker, Hall hire, social events. Welfare of ex-service men and women/dependants. Meetings monthly, 2nd Wed. Jan 642080.

RSPB*

Evening at Tilbury Hall, Fri 7.45pm. Members £4, non-members £4.50. Afternoons St John's URH Hall, New Barnet, Wed 2pm. Members £3.50, non-members £4. 644299.

RSPCA*

Friends of Southridge Animal Rescue and Re-homing Centre, Packhorse Lane, Ridge. 642819.

RSPCA

Potters Bar, Hatfield and Barnet Branch. 07872 902710.

SCOTTISH COUNTRY DANCING

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

SCOUTS, CLUBS and BEAVERS

For info Peter 850147.

SCRABBLE

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

ST JOHN AMBULANCE – PB DIVISION

Weekly, Wed, 8–10pm. The Walk. First aid training, 664260. Room hire 656885.

SHOSHIN KARATE JITSU CLUB

Weekly, Wed. DHC Potters Bar Health Club. 8–9.30pm. Beginners/all grades. 07734 294630.

SIXTY PLUS LUNCHEON CLUB*

Weekdays, 12–1.30pm. Plus am/pm social clubs. Minibus transport available. 643602.

SIXTY PLUS SENIOR CITIZENS ART GROUP

Weekly, Thu, 1.30–4pm. 60+ Centre Wyllyotts. Two exhibitions each year. £1.30 including tea. Pauline 654007.

SNOOKER

And other activities daily. Kidston, Northaw. 9am–11pm. Seniors half fee £14 per annum. 654158.

SPANISH CIRCLE HERTFORDSHIRE*

Monthly, 2nd Fri, Sept – June (not Dec) at Red Lion Pub, Hatfield, 7.30pm. Events including wine and sherry tasting, talks on Spanish culture. 661722.

SPARKLERS

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

SPIRITUALIST CHURCH

Hill Rise. Evenings of clairvoyance and healing services. 655147.

STAGECOACH THEATRE ARTS SCHOOL

Weekly, Sat. Chancellor's School. Age 4–18 years. Dance, drama, singing. 01582 713771.

SWIFTS JUNIOR BADMINTON

Weekly, Fri. Hatfield Leisure Centre. 5–10pm. Age 7–18 years. Beginners to County Squad 652061.

TABLE TENNIS CLUB

Weekly, Wed and Thu at Potters Bar Free Church.

Barnet & Shaw Leagues. Evening. 852422.

TABLE TENNIS

Hertsmere 50+. Weekly, Tue, 10am–12noon, Thu 2–4pm. Elm Court. 020 8207 7568.

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

TAI TSUNG KUNG FU

Self Defence. Weekly, Tue. Oakmere Primary School. 7.30–9pm. 07968 162304.

TALENT TIME STAGE COMPANY

Weekly, Mon. Little Heath Parish Hall. 5–10pm. Drama, dance, singing. Up to 25 years. 60442/07930 400647.

TOP HAT STAGE SCHOOL

Weekly, Fri. Elm Court. Age 4–7 years. Dance (tap), drama, singing. 4.30–7.30pm. 01727 812666.

TOTS-IN-TOW

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

TUESDAY FRIENDSHIP

All Tue evenings 8pm at United Reformed Church. Les 652677. For men and women all ages. Guest speakers. No meeting Jul/Aug.

TUMBLE TOTS

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

UNIVERSITY OF THE THIRD AGE – U3A

Study and recreation for those not in full time employment. 2nd Mon. Wyllyotts Centre. 10am. £1. Margaret 657199.

UNITED REFORMED CHURCH – POTTERS BAR

Family board games and table tennis. Most Sun, 3pm to 6pm. £1. Tony 659080.

Charity Lunches 1st and 3rd Fri. Soup, full buffet, coffee/tea, biscuits. £3.50. 1pm. 665482.

VOLUNTEER CENTRE

Interested in volunteering with various organisations? Contact Community Shop on 020 8386 4006.

WALKS – HERTSMERE HEALTH WALKS

Gentle and moderate walks for all. Further information on www.hertfordshirehealthwalks.co.uk.

WAGGONS SQUARE DANCE CLUB

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

WEDNESDAY BREAK CLUB

Fortnightly, Wed, 2.30–4pm. King Charles the Martyr. Social Club for over 50s. £1.50. 658540.

WEDNESDAY COMMUNITY CLUB*

Wed 2–4pm. PB Baptist Church. June 655599 or Vera 651470.

WHIST DRIVE

1st Fri. Monthly. Village Hall, Northaw. 7 for 7.45pm. 651682. Monthly, 2nd Thu. South Mimms Village Hall. 7.30pm. 01727 869211.

WHITEWEBBS MUSEUM OF TRANSPORT

Weekly, Tue, plus last Sun. Enfield, EN2 9HW. 020 8367 1898.

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 5pm Monday to Friday
 Monthly newsletter available from surgery or on our website
www.annandalesurgery.co.uk

Extended Hours: Saturday 8.30am–12 noon for routine booked appointments, collecting prescriptions and enquiries.

2) HIGHVIEW MEDICAL CENTRE AT THE ELMS

Tel: 01707 871980

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

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

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

3) PARKFIELD MEDICAL CENTRE

Tel: 01707 291041

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

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

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

4) POTTERELLS MEDICAL CENTRE

Tel: 01707 273338

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

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

OUT OF HOURS SERVICE FOR ALL THE ABOVE SURGERIES

NHS 111 SERVICE

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

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

From 8am to 8pm every day of the year, you can also see a Doctor at:
Spring House Medical Centre, Ascots Lane, Welwyn Garden City, AL7 4HL.
 Walk in or book ahead on 01707 294354.

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

24 HOUR

Barnet Hospital, Wellhouse Lane, Barnet, EN5 3DJ Tel 020 8216 5003
 Lister Hospital, Coreys Mill Lane, Stevenage, SG1 4AB Tel 01438 314333

NEW LIMITED SERVICE

QEII Hospital, Howlands, Welwyn Garden City, AL7 4HQ Tel 01707 32811
 24 hour urgent care for minor injuries and illnesses only.
 Chase Farm Hospital, Urgent Care, The Ridgway, Enfield, EN2 8JL Tel 020 8375 1010
 9am–9pm Minor illness, injuries, ailments.

Local Libraries

Oakmere

High Street, Potters Bar

Monday	9am–6pm
Tuesday	2pm–6pm
Wednesday	9am–6pm
Thursday	Closed
Friday	2pm–6pm
Saturday	9am–4pm
Sunday	Closed

Brookmans Park

Bradmore Green

Monday	2pm–6pm
Tuesday	2pm–6pm
Wednesday	Closed
Thursday	2pm–6pm
Friday	2pm–6pm
Saturday	9am–1pm
Sunday	Closed

For further information, visit your local library or call 0300 123 4049 and ask for the appropriate library. NB: The Welwyn Garden City library is open on Sunday afternoon.



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 Thursday 9.30am to 2pm.

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 471 555
National Debt Line	08088 084000
Consumer Direct (Herts)	0845 404 0506
Highways (including potholes, traffic light faults and streetlights)	0300 1234 047
Wasteaware	0845 742 5000
Affinity water leaks	0800 376 5325
Childline	0800 1111
Crime Stoppers Anonymous Line	0800 555 111
CAB Advice Line	08444 111 444
Environmental Health – pest control	020 8207 7435
– out of hours emergency (noise nuisance, etc)	0845 300 0021
NHS Direct (Nurse advice and health information)	111
RSPCA Local Branch (financial help if you claim benefits, on low income, OAP's)	07872 902710
www.rspca-pottersbarhatfieldandbarnet.org.uk	