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Potters Bar

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www.pottersbarcommunitynews.co.uk

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

Classic Car and Bike Show

The Rotary Club of Potters Bar are holding their annual Classic Car and Bike show at Elm Court, Mutton Lane on Sunday 21st August from 12 noon to 4pm.

Rotary
Club of Potters Bar



This is the fourth year this event has been held with exhibits in previous years having ranged from a £500,000 Bentley Supercharged Sport in concourse condition to a basic classic awaiting restoration. Part of the fun of the show is the ability to talk easily with the owners, giving visitors an understanding of all aspects of owning a classic.

The first show raised funds for Noah's Ark Children's Hospice which Rotary continues to support along with other Rotary charities at home and abroad. A current example of the latter is the vital water-well project in Cameroon, this being directly managed by President Pierre-Paul Tengwo and Rotary's international team.

A great day out is promised with a hog roast, hot food bar, tea, coffee and cakes with music provided by a live band, Shades of Midnight.

Admission is £3 for adults with children being admitted free.

Come along and support Rotary with their fund raising efforts for local charities.

If you wish to display a car or bike, please contact John on 01707 645955.

SUMMER 2016

Community

NEWS



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Contacts for Potters Bar Community News

www.pottersbarcommunitynews.co.uk

Chairman

John Connell 01707 851445

Joint Editors

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

Advertising

Debbie Usher 01707 655948
advertising@pottersbarcommunitynews.co.uk

What's On

Sue Weaver
476 Mutton Lane, Potters Bar, EN6 3BB
susan.weaver4@ntlworld.com

Sports

John Connell 01707 851445

Schools

Diane Thompson 01707 857246

Distribution

Peter Silverthorne 01707 655464
Peter Weaver 01707 850147

Design

GREENGilbert 07956 222296

Printing

Ushers Print & Design Ltd 01707 851242

Treasurer

Peter Weaver 01707 850147

Editorial Team

Gill Connell 01707 851445
John Godfrey 01707 645955
Aaron Jacob 07411 059036
Joy Stovell 01707 655464
Kimberley Swift
kimberley.swift1@yahoo.co.uk

Potters Bar Community News

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A message from the Editors

As ever, we are very grateful to those who have submitted copy for inclusion in this issue and you will again find articles covering a wide range of interesting topics. We are pleased to include an article regarding the Potters Bar Beer Festival – this following on from its sponsorship of the Spring edition on our website. For this issue, our thanks go to The Plumber's Mate for such sponsorship. Their support for the local community and that of all our advertisers is greatly appreciated.

We have received many compliments regarding the website and, indeed, the Community News in general. Thank you for these – they are always welcome. Equally, we are happy to receive constructive criticism and suggestions. We are grateful in particular to Bernard Spatz who recently pointed out that some of the information contained on our back page had become out of date. This has now been updated.

Hope you enjoy this issue.

John Connell and Debbie Usher

How to send articles

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

How to supply adverts

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

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Price per issue = £200

Deadline dates for next edition

Advertising

18th September for Winter issue

Articles

1st October for Winter issue

Delivery

Roads requiring deliverers: Aston Way, Cranborne Close, Darkes Lane flats (above shops), Bowmans Close, High Street flats (above shops Mutton Lane to The Walk), Heathfield Close, The Causeway area, South Mimms.

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

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)?

RSPCA



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If you can spare any time to join our friendly team please call Maureen on 07732 735860 or Zoe on 07872 902710 or email us at rspca.pottersbarbranch@gmail.com.

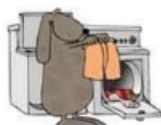


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The Sixty Plus Lunch Club is predominately run by volunteers who give up their time to assist with our transport – either as a driver of one of our minibuses or as an escort, along with kitchen volunteers who assist our cook. We would not be able to survive without their kindness and their time given. We are currently seeking volunteers for our kitchen, drivers and escorts.

We would love to hear from anyone who has a few hours to spare a week and thinks they would like to join our friendly team of volunteers.

Please contact Lindsey or Carol on 01707 643602 weekdays between 9am and 1pm.

Knitters

We are a group of knitters who knit for charities at St Mary's Church and are in need of any unwanted/surplus knitting wool and would be glad to receive any donations.

Sheila 01707 651650.

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Reg charity 1068731

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Centre opening hours: Closed all day Wednesday.

Sunday open 1.00 to 4.15.

All other days open 11.00 to 4.15.

Any enquiries regarding donations please phone
07984 579 501 or 07999 526 211

Thank You!

The night the skies blazed over Potters Bar

100 years ago on the 1st October 1916 an incident took place in the night skies over Potters Bar that caused an absolute sensation – the downing of an L31 super Zeppelin.

This particular story started earlier in September when Kapitan Heinrich Mathy, ace commander of the German airships, wrote to the New York Times boasting of the havoc he was going to wreak upon the hapless citizens of London. This article was read by Lieutenant Wulstan Tempest, a Royal Flying Corps pilot based at Hornchurch. On the night in question he and four other pilots were ordered to take to the air and defend London from an imminent air-raid. Mathy, in command of the massive Zeppelin, had crossed the North Sea and was heading toward London. Tempest was in the air in his tiny bi-plane patrolling over the capital at a height of 8000 feet, the upper limit of his official flying height.

From his plane he spotted that a pyramid of searchlights had picked out a cigar-shaped object that Tempest immediately recognised as a Zeppelin and made straight for it. His problem was that the airships regularly cruised at between 12500 and 15000 feet, way above the plane's official limits. The brave airman, however, knew his plane was capable of more. The Zeppelin was starting to descend as though heading for a specific target and they met at around 10,000 feet to the north of Potters Bar.

Tempest brought his craft round behind the airship and realised he had been seen when it started to suddenly climb. Fearing it was going to escape, it was a now or never moment for Tempest and he put in a burst from his Lewis gun to no effect. Beginning to despair of losing the airship altogether he put in another frantic burst from his gun and saw the airship begin to glow like a huge Chinese lantern. Now below the height of the burning airship, he was taken by surprise as it started to come straight for him. An evasive corkscrew action to avoid being hit was needed as the Zeppelin plummeted to earth. It came to rest just beyond the lower lake in the grounds of Oakmere House hitting a large oak tree on farmland.

The Kapitan and his crew of nineteen were all killed instantly on impact, although some tried to jump clear as it came down. Lieutenant Wulstan Tempest was awarded the DSO for his bravery and was further honoured when, after the war, houses were built on the site and the road was called Tempest Avenue. The bodies of the Zeppelin crew were all taken to Potters Bar cemetery to be buried but later removed.

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Zeppelin anniversary event

To commemorate the 100th anniversary of the L31 Zeppelin crash, Hertsmeare Borough Council, Potters Bar Museum, The Battlefield Trust and local volunteers are organising an event in Oakmere park on the 1st October from 12 noon to 5pm. Plans include an historic plane fly-by, a Museum exhibition and a visit from German dignitaries. More is in the process of being planned so keep an eye on the Hertsmeare Borough Council website and Potters Bar Museum Facebook page for updates.

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Hertfordshire Libraries and The Reading Agency are pleased to announce that this year's Summer Reading Challenge – the Big Friendly Read – will launch on Saturday 16th July 2016.

2016 marks 100 years since the birth of Roald Dahl, the world's number one storyteller. The Big Friendly Read celebrates this, featuring some of his best loved characters wonderfully illustrated by Quentin Blake. An amazing 18,600 Hertfordshire children took part last year and we're hoping, with your help, this will be the best year yet.

We are challenging children of all ages to read six library books over the summer holidays and then come back to the library to tell us about them. They can read anything: story books, factual books, talking books or even e-books (which can be downloaded for free from our e-library).

There are limited edition Quentin Blake collector cards up for grabs, and medals and certificates will be awarded to children who finish their six books. For children who finish by Saturday 10 September, there is even the chance of winning a ticket to an exclusive author event in October half-term. Added extras include a special Launch event on Saturday 16th July at Stevenage Central Library and two NADFAS art workshops at Welwyn Garden City Library. Children can download the Big Friendly Read App (Solus UK Ltd) on their mobile devices and visit www.bigfriendlyread.org.uk for extra fun and games.

It is completely free to take part; all children need to do is visit their nearest local library between Saturday 16th July and Saturday 10th September for a joining pack, whilst stocks last.

Hertfordshire Libraries are also inviting Young Adults to read and get creative this summer by taking part in ImagiNation, a free reading and arts project open to anyone aged 11–18. Participants can share their art and ideas online at www.imaginationast.org.uk and young people who complete the project will receive a certificate and exclusive ImagiNation lanyard.

For more information visit www.hertsdirect.org/libraries, phone 0300 1234049 or drop in to your nearest library. Follow us on www.facebook.com/hertslibraries and Twitter @HertsLibraries to find out about more activities near you.

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Contact: Ginette O'Higgins 07970 448661
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A fishy tale

Anyone remember a fish and chip shop on Cranborne Parade, many moons ago? A new business is shortly to open on Cranborne Parade in the shop vacated by Stapleton tyres and the old sign beneath reveals a predecessor – a fried fish shop. It would be interesting to hear from you with any memories, as we gather that there used to be a greengrocer's and bread shop there too.



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Our trip to Cuffley Camp

On Friday 22nd April, Garnet class went to Cuffley Camp. We travelled by an enormous coach. When we got there a lady called Jess told us to be very careful of prickly, jagged stinging nettles and orange, poisonous berries.

Next we were given a map. With the map we had to find strange triangles with pictures on them. When we found one, we had to run back to Jess and stamp it on the back of our map. Then we played a relay race. We had to pick up a picture from the map and match it with the correct word.

After that we had to make a piece of natural art inspired by the incredible Andy Goldsworthy. My team made a Hawaiian princess out of moss, damp sticks and bark. After a while we went inside to have a great big lunch. I had a lovely tuna sandwich, an amazing chocolate biscuit and a bruised banana.

Later we played an exciting game called 'Snake'. Someone had a snake mask and someone had a snake tail. Then we were given another map. The person with the snake mask had to stand where the snake head was on the map. The same applied to the person with the tail. Afterwards we played the second game of the afternoon which was called 'Hide the Cone'. Someone had to hide a cone and mark it on the map. The others had to go and find it.

Finally, we got back on the huge coach and travelled back to school. While I was on the coach I felt absolutely exhausted, but I really enjoyed the day. I hope I can go back to Cuffley Camp soon!

Matilda George

Year 2

Girls Football Team

Meanwhile, the girls football team was the winner of the Primary School Team of the Year Award. This was presented at the Welwyn Hatfield Sports Award ceremony at Hawthorne Theatre reflecting a fantastic achievement by everyone involved and one for which they should be extremely proud.



Darcy Turner



On Tuesday 26th of April, Darcy Turner the world famous inventor, sculptor and artist came to Stormont School and we made sculptures out of wire. We made a boy, a girl and a dog. It was very fun.

Everyone enjoyed doing it. The sculptures were covered in silver tape after they were made. Darcy also showed us some of his inventions. They were awesome!

Some of the other things Darcy does are metal bashing and newspaper stixx.

Going back to his inventions, most of them are made of recycled rubbish. Some of his inventions are:

- Fans – made out of a bottle
- Fans that generate electricity – made out of a bottle
- A machine that gives you lots of bits of tape and cuts it for you
- And many others

Overall we had a great time. We all hope to have another Darcy Turner workshop next time!

Written by Chloe Hau

Year 5



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Gold Duke of Edinburgh's Award Success for Dame Alice Owen Students!

Many congratulations to our Year 13 students, Struan Taylor and Hannah Burkett for completing their Gold Duke of Edinburgh's Award – both now approved by Regional Office and they're waiting to see when they'll be invited to St James's Palace to receive their certificates!



Struan (pictured left) spent 15 months volunteering to support our younger students in Key Stage 3 Spanish lessons and produced some great resources for A Level students and staff, as well as spending 6 months developing his conversational Spanish skills. He spent 18 months improving his golf, reduced his handicap from 23 to 10 and was appointed his club's Junior Captain.

Travelling to Salamanca, Spain for his week's Residential course, he undertook an intensive language course and enjoyed meeting other international students, making a positive contribution to sharing activities with them. Finally, for his expedition challenges, he attended the Practice Expedition to the Brecon Beacons in Wales last Easter and passed his 4 day Assessment Expedition to the Lake District in Cumbria last July – he maintained great discipline and perseverance during the trip and his group monitored changes in team morale as their aim.

Struan's ambition is to become an airline pilot and is applying for training schools this September. We wish him all the very best of luck.



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Hannah volunteered in the Isabel Hospice shop in Cuffley for 12 months, gaining confidence with customers and helping behind the scenes. She attended a Zumba class locally for 18 months, improving her overall fitness, muscle tone and motor skills. Learning to drive over a 6 month period, she passed her theory and physical driving tests and acted as a leader on the "February Freezer" Scout Camp for her week's Residential course, being involved in the provision of activities for over 1,200 participants and hundreds of staff (see below).

Her expeditions were also to the Brecon Beacons and Lake District; during the Assessment trip her group monitored weather conditions to compare them to the predicted weather at the start of the 4 days. She displayed great teamwork and a high level of skills in navigation.

Hannah is hoping to study Chemistry at Oxford from September. We wish her good luck with her future plans.

Since focusing on the Gold Duke of Edinburgh's Award over the last 18 months, we're delighted these two students have made this significant achievement and hope they enjoy their visit to the Palace! There are several other Year 13 students who are scheduled to complete their award this summer and we look forward to congratulating them too!

Miss Lord, Duke of Edinburgh's Award Co-ordinator and Mrs English, DofE Gold Support





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Chancellor's Dragons Apprentice

A group of Chancellor's sixth form students were fortunate to be chosen to represent their school in the Dragons Apprentice Challenge in Welwyn and Hatfield. The challenge was to make as much money as possible for our chosen charity, the Keech Hospice. It began last September and concluded in March with an awards ceremony.

Keech Hospice works with patients in Bedfordshire, Hertfordshire and Milton Keynes. It cares for children and adults with terminal illnesses and incurable conditions and provides excellent end of life care. One of their main aims is to enable families to make the most of the precious time they have left with their loved ones.

Some of our team had the opportunity to visit the hospice in Luton and saw first-hand the incredible care it provides. Raising money was extremely important to our team and we also believed that raising awareness of Keech Hospice was equally important. We did this by presenting assemblies to tell the school community about this amazing charity.

The Chancellor's Dragons Team organised many fundraising events including Krispy Kreme Doughnut sales, Penalty Shootouts, Christmas Crafting event and a school disco. Our main fundraising event was the Black Tie Charity Dinner, held at Brookmans Park Golf Club in December, which raised £5,500. Overall the Chancellor's Dragons raised over £8,000.

The team were fortunate enough to win three awards on the final night. One was for earning the most money in the challenge and there were two special recognition awards for working closely with the charity and gaining table



sponsorships. The Dragons Apprentice Challenge was an enlightening and educational experience, in which we gained a wealth of knowledge and experience and thoroughly enjoyed themselves, as well as having the opportunity to support a very worthwhile cause.

Netball Festival Trip

On Sunday 3rd April, 40 girls and 4 teachers from Chancellor's School left for an international Netball Festival in Paris.

Over the five days away the girls played against schools and netball clubs from places as far away as Dubai. They achieved great results and Chancellor's was the top finishing school overall across the whole tournament, with two runner-up positions in the top showdown competitions in the Under 14A and Under 16A teams. The Under14B and Under16B teams finished 4th and 5th respectively. Alongside the competition, the girls also had a 'Masterclass Morning' and 'down time' was spent at the brilliant Disneyland Parks in Paris.

Below is a report from two Chancellor's students, Libby and Scarlett Rowe.

Mrs N J Seabrook



The Chancellor's netball squads recently returned from a memorable trip to Disneyland, Paris. We set off from Chancellor's by coach with our new friend Derek the driver. We think we drove him and the teachers mad with our singing. After a long day of travelling, we finally arrived at the Davy Crockett Ranch around 8.30pm.

The next morning, we had to be up and dressed for 7am so that we were ready for our

busy day ahead. Twenty minutes later we reached the netball courts. As we walked in nervously we could hear Disney music blaring through all of the courts and all umpires were wearing Minnie Mouse ears. This fuelled our excitement for the days ahead. After a competitive morning of netball we headed to the Disneyland theme park. On the first day we went to the Disney Village. The lucky ones amongst the group met various Disney characters such as Snow White and Sleeping Beauty and other famous characters that reminded us of our favourite films when we were younger.

The next day we were all ready at 9am, and had a nice lie-in compared to the day before. We had a morning of training with England netball coaches, which was quite challenging and drills in shooting, defensive ball work, attacking and ball skills. After this we headed off to the Disney film studios.

All of the Chancellor's teams were very successful in the tournament despite facing tough opposition. The Years 10A and 8/9 made it through to the final. Unfortunately both teams lost to the same club. The same evening we all attended the awards ceremony and we were extremely lucky to receive our trophies from the England player Kadeen Corbin.

We had a fantastic time at Disneyland Paris, which was made so enjoyable by the teachers. All the girls got along well and of course we met Mickey Mouse!



6
+5



News from Pope Paul

We have had a great and busy start to the summer term. Each class has created a garden to celebrate the Queen's 90th birthday and these were revealed to parents in June when we had our very own garden party. We are also taking our learning outdoors, and the playground and field have been a hive of activity with a range of cross-curricular sessions being carried out in the sunshine.

The Year 1 children recently made a minibeast pitfall trap. This involved using an empty container with a small hole in the lid and some delicious fruit to attract the invertebrates. They then placed their pitfall traps around the playground, left the traps overnight and checked them the next day. They were very effective and caught plenty of ants, some spiders, 1 beetle and an earthworm. The children discovered that the bushes in the Year 1 garden are teeming with minibeasts.

Our Year 2 crew have been busy reading and writing pirate stories. They read the story of 'Kassim and the Greediest Pirate Captain' and then wrote diaries about Kassim's day on board the 'Dirty Dog'. They then went on to write their own version of the story and even learnt some pirate songs.

During the spring term Year 5 pupils studied the Vikings. As well as finding out about the Vikings' everyday life, their origins and the places they invaded, they have also written Viking adventure stories, sketched Vikings and researched and built their own individual longboats including one of 6ft long! As part of their topic this term, they are all off to the Natural History Museum for a sleepover. Has anyone seen 'Night at the Museum'?

Our budding electrical experts in Year 4, have been working hard to make bedside lamps linking Science and Design & Technology. We all held our breath when they were switched on in a darkened hall... there was light! Success!

It was all very interesting and great fun.



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What's new at Cranborne?

It has been a very busy year at Cranborne, but what's new? So far this year we have generated a school council where the pupils have had the choice to write and perform a persuasive speech. After that, the other children can pick, based on their speech, which boy and girl should become councillors of the class. We have also introduced superlearner sidekicks which include: Creativity the cat, who thinks outside the box; Scatter the spider, makes connections; Terry the tortoise, who is resilient; Barney the Owl, who is organised, and Bumble the bee, who uses teamwork. Two pupils from each class, who have been showing all these qualities, are invited to a special tea party with their parents.



Success at Cranborne

Our year at Cranborne has been full of success. Across all of the year groups we've excelled in our learning and had loads of fun. Over the past school year, our football teams have impressed no end. The year 3 and 4 A-team won the gold cup at the Furzefield tournament, closely followed by the B-team, in 3rd place. We are incredibly proud of them and hope that this is only the beginning of their success. The talented singers in our choir have recently been to the Royal Albert Hall to sing in the Hertfordshire schools' gala 2016 'Fable and Fantasy'. The children thoroughly enjoyed this amazing opportunity and loved performing in this famous venue. Last term, we were treated to a visit from Hertsmere's MP – Oliver Dowden. He told us about his role in parliament and the changes that he has made in our community so far. Both year 5



classes have had the chance to work with a talented artist, Mrs Dibden. Their artwork was considered so good that they have been entered for Blue Peter badges! We hope to receive replies soon along with our badges.

**From year 5 pupils
Katie E, Jessica B,
Davran D and Bethan E**

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South Africa Rugby Tour 2016

Lochinver and St Hugh's School

On Friday, 1st April, 29 Lochinver House boys in Years 7 and 8 set off for South Africa for 15 nights on our biennial rugby tour. In addition to playing rugby in Cape Town, Durban, and in the Langa Township in Johannesburg, the boys experienced game drives and visits to many famous sights along the way. The tour culminated in two days of pure fun at Sun City.

When asked for their highlights of the tour, the rugby match in the Langa Township seemed to have made a big impact on the boys, and here is what James Wisker and Roman Constantinou, Year 7, wrote about this very special experience:

'This township has taught us many things, not only about life, but about the world. The Langa boys definitely put up a fight during the game. They would not give up because what they have, that most of us don't, is fitness and the commitment to tackle. When we are sitting inside on our PlayStation or Xboxes, they are running around playing relays with sticks. Our lives are worth a million pounds compared to theirs; even an average English life would be their fantasy.

When we went for lunch with the Langa boys they would pile their plates to the extent that we couldn't see their faces! There was one thing that we thought should be brought over to England. One wise old lady told us that if you kill a cow or any animal in the morning you will have to eat it for breakfast, brunch, lunch, tea and then dinner because you

have taken a creature's life and you can't take a life and waste it. She also compared Africa to England where not everyone has set meals each day they just eat and eat which is their tradition. We were surprised that they were not obese at all! During the wonderful dinner we tried lots of new foods such as ground maize, ostrich, African curry, wart hog and crocodile.

Before we left, we had a tour around the township and we could see the children looking at us hoping we could give them something. We could also hear the children chanting 'abaloo' which basically means white people. When we saw a child kicking an old worn out football we gave him the football that we were holding and his face lit up like the sun. Then the other children came running up, hoping we had something to give them, but at that point we had run out of stuff. The children followed us until the moment they no longer could.

We learned lots about life in a township. The houses are much smaller and only have a sheet of metal to protect them from the rain and sun, but there has not been any rain for



two years. The houses are like small sheds that are joined together so, if there was a fire all of them would be burnt to ash.

In conclusion, South Africa is a wonderful place full of wonderful people.'

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Iceland Trip

Science Students from Mount Grace School visited Iceland during their Easter break. They saw the lava field landscapes, walked behind the Golden

Waterfall and visited the Great Geysir, which has 30m high plumes. They also explored the city of Reykjavik, including a tour of a geothermal power plant, and had the opportunity to visit some black sand beaches and the Eyjafjallajokull volcano which erupted in 2010. The students had a fantastic time, walking on a glacier and in the ice caves although the best part of the trip was a 3 hour super jeep ride which drove up the side of volcanoes and through rivers to explore the extraordinary and beautiful Icelandic landscape.

Jessica H said: *We had an amazing time learning about climate change, thermal energy and seeing beautiful views. It was different from anywhere I've been before. The super jeep drive up in the mountains was my favourite experience.*

Drew P said: *I learned a lot about how to produce energy and how*



Icelandic people keep their houses warm. The best things to visit were the black sand beaches and walking behind the waterfall which was fantastic.



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Staff who went on the trip said that they have had great feedback from both parents and students, and over 2000 visits to the Seesaw blog page set up for use during the trip. This helped parents to receive up-to-date information and photos at all times.

New Year 7 Students starting in September 2016

Students who are due to start in Year 7 at Mount Grace School in September have been provided with several opportunities to get to know the school.

- Throughout June, teaching staff visited local primary schools to meet them on a one-to-one basis.
- On Thursday 16th June, students and parents were invited to a 'Getting to Know you' evening giving them an opportunity to meet teachers and discuss any concerns they had.
- Thursday 14th July is Primary Transfer Day, when all Year 6 students in Hertfordshire visit their new schools.
- Monday 25th to Thursday 28th July is this year's Summer School, with the theme "The London Treasure Tour". This is a wonderful time for students to explore their new school, meet new friends and get to know some of the staff. Activities will include cookery, dance and drama, jewellery making, business dynamics, outdoor activities and a treasure hunt.

Lion King visit

BTEC Dance students and dance enthusiasts recently took the opportunity to go to see a live performance of the Lion King at the Lyceum Theatre in London. As well as enjoying the show, it gave them insight into how to put on a performance and the hard work that goes into producing a show.

Primary Schools Le Gros Netball Tournament

Under beautiful blues skies, the annual Primary school Le Gros Netball Tournament took place on Wednesday 4th May. The tournament was named after Mrs Le Gros, the Headmistress of SunnyBank Primary School in Potters Bar which closed in 2007. She was a huge supporter of netball in the local area. 16 teams took part



on 3 courts, playing a total of 35 seven minute matches followed by the semi-finals and the final. Congratulations to Brookmans Park A team, who beat Cuffley A team 3-1 in the final.

Many thanks to Mrs Jenkins and Mrs Peck and all of our students who helped organise and run the tournament, in particular Kayleigh, April, Hannah, Emily and Alex.

Hertfordshire's Hidden Heroines

Local leading ladies were rediscovered and celebrated in a unique historical exhibition at Hertford Museum this spring. The Hertfordshire's Hidden Heroines Exhibition launched on 30th April and comes to an end on 2nd July.

The project focused on the amazing life stories of a vast range of extraordinary women associated with the county across 2,000 years. Funded by the Heritage Lottery and managed and run by the Trestle Theatre Company, the exhibition showcased illustrations and artefacts, artwork inspired by the project, oral histories and interactive displays.

The most notorious "hidden heroine" with ties to the county is Boudicca, who famously sacked Verulamium in the Iceni uprising against the Romans. Some of these women's stories, however, were all but lost before being brought back to life by the museum. They include Potters Bar-born Dolly Shepherd (1886-1983), a pioneering parachutist who served as a Women's Army Auxiliary Corps (WAAC) driver during World War I.

One thing all of the women share in common is their determination to buck the trends of their time, from aviators and suffragettes to entomologists and politicians. Activist, speaker and writer Lady Constance Lytton (1869-1923) was more than just another suffragette. She also campaigned for prison reform and birth control.

Lettice Curtis (1915-2014), a maths student who captained her University Women's Lawn Tennis and Fencing teams, went on to become a flight test engineer and air racing pilot.

At a time when women and science were not widely considered to be a potent mix, Eleanor Ormerod (1828-1901) made a distinguished career out of a childhood fascination with insects.

The team behind this exciting project also created a specially-commissioned film including interviews with Dr Mary Groves MBE, founder of the Grove House Hospice, and Councillor Lynne Sparks, Deputy Mayor of Welwyn Hatfield Borough Council, among others. The exhibition now transfers to Verulamium Museum in St Albans where it will run from 30th July to 19th August.

Kimberley Swift

EDITORS NOTE: We are indebted to Debra Wallace who provided all the background information for this article.

The Green Season Opens

Potters Bar Bowls Club opened its 2016 season with the annual President's Day competition and President Richard Winn led his side to victory against the Captain's side.

The weather was cool but bright, and everyone agreed that the green was in excellent condition following passionate close season work by the green-keepers. During the afternoon, three long serving club members were awarded Life Membership status.

President Richard Winn presented Anne Clarke with her certificate. She is one of the club's longest serving members and as well as being President in 2013, has been Ladies Captain and also President of St Albans Ladies Bowling Association twice. Ron Golden, PBBC President 2015, presented Pat and Joe Pescod with their certificate. Both have been members for many years. Pat was Ladies Captain in 2001/02 and started the Ladies 'Malc' Monday afternoon competition, and Joe served as Bar Chairman for many years and was President in 1992.

The President has selected The Friends of Potters Bar Hospital as his charity this year and he was pleased to announce that a raffle and donations during the afternoon had raised the magnificent sum of £280 to open his fund.

Members are already enjoying a full programme of both internal and external competitions, and friendly matches against other local clubs.

Bowling is a 'Sport for All' and the members at Potters Bar welcome you to try the game. If you would like to take up their invitation, please contact Peter Openshaw, Membership Secretary, on 01707 657812. He would be pleased to hear from you, and tell you how you can join in the fun at friendly PBBC.





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WHAT'S ON

JULY

SATURDAY 2nd

- *PB Horticultural Society Summer Show. 2pm, Elm Court.
- Summer Fayre Little Heath School, School Road. BBQ, bar and children's attractions.

SUNDAY 3rd

- North Mymms Park Open Garden 2.30–5pm. £4.50, children free. Music, stalls and refreshments. 01992 585969.
- *Barnet Walks Marvellous Mill Hill. Guided walk. Meet at Mill Hill East tube station, 2.30pm.
- Classic Motor Show Hatfield House, 10am–4.30pm. £10, seniors £9, children £6.
- Shenley Walled Garden 'Canterbury Tales' by The Pantaloons. 01923 852629.

TUESDAY 5th

- Lunchtime Recital Katy Elman, percussion, 12.30pm. Retiring collection. Buffet lunch (£4) from 12 noon to 1.30pm. St Mary's Church, The Walk.

WEDNESDAY 6th

- *PB Horticultural Society Club outing.
- Carnival Open Evening at Elm Court Youth and Community Centre, 8pm. Come and give your opinion of this year's Carnival. Everyone welcome.
- *Wednesday Community Club Games/chat.

THURSDAY 7th

- *PB Society Town Group Meeting, 7.30pm. Tilbury Hall.

FRIDAY 8th

- Shenley Walled Garden 'Gulliver's Travels' by The Pantaloons. 01923 852629.
- *Barnet Walks Jack the Ripper: a guided walk. Meet at Whitechapel tube station, 6.30pm.

SATURDAY 9th

- Beer and Blues Festival Forty Hall Farm, 12 noon–11pm.
- Disco for the Peace Hospice PB Crusaders clubhouse, King George VI playing fields, Mutton Lane, 8pm. £10. Tickets 645686 or 07984 548789 or on door.
- *Barnet Walks The Battle of Barnet: a guided walk. Meet at junction of Great North Road and Hadley Green Road, 2.30pm.
- Peace Hospice Care Starlight Walk. Get the girls together and march the streets of Watford for our last ever Starlight Walk – let's send it off with a bang! 01923 330330.
- Outdoor Boot Sale Elm Court. Sellers 11am, buyers 12 noon. 50p. 01707 659602.

SUNDAY 10th

- 75th Anniversary Community Summer Fair King Charles the Martyr Church, Mutton Lane, 2–5pm. Free. In church grounds (inside if wet). Family fun – children's activities, classic cars, BBQ, tea and cakes, gift stall, etc. Dance and music. Songs of praise at 6pm. All welcome. 665579.
- *PB Society Walk.

TUESDAY 12th

- *Cuffley Floral Art Club 'Floral Inspiration' by Gill McGregor.

WEDNESDAY 13th

- *Wednesday Community Club Cream Tea.

THURSDAY 14th

- *Oakmere WI 'The Orkneys' by Steve and Pam Regis.

SATURDAY 16th

- Potters Bar Beer and Cider Festival Potters Bar Town Football Club, Watkins Rise, 12 noon. Live music, stalls and children's entertainment.
- *PB Petanque Players Open afternoon. Oakmere Park, 2pm. Boules provided. All welcome. Call Jane on 266517.
- Outdoor Boot Sale Elm Court. Sellers 11am, buyers 12 noon. 50p. 01707 659602.
- *Barnet Walks Things that Go Bump in High Barnet! A ghost walk. Meet at High Barnet tube station, 7.30pm.

SUNDAY 17th

- Potters Bar Petanque Players Annual General Meeting.
- Sunday Best Scooterfest Capel Manor, 10am–5pm.
- *Fir & Pond Woods Nature Reserve Meet at lay-by, Coopers Lane Road, 10am. Tools provided. 657351.
- Open Air Theatre 'Sense and Sensibility' Hatfield House, 3–5pm.
- *Barnet Walks The Anthony Trollope Walk. Meeting point TBC, 2pm.

WEDNESDAY 20th

- *PB Horticultural Society 'The capabilities of the Hertfordshire Landscape Gardens' by Kate Harwood. Celebrating the 300th year of Capability Brown.

SATURDAY 23rd

- Shenley Walled Garden 'Once upon a time there were four little rabbits' by Quantum Theatre. 01923 852629.
- Outdoor Boot Sale Elm Court. Sellers 11am, buyers 12 noon. 50p. 01707 659602.
- Fuchsia Festival Capel Manor, 10am–5pm.
- Battle Proms Hatfield House, 4.30–10.30pm.

SUNDAY 24th

- Fuchsia Festival Capel Manor, 10am–5pm.
- 'Folk by the Oak' Folk Festival. Hatfield House, 12.30–10pm.
- *Barnet Walks Historical High Barnet. Guided walk. Meet outside Barnet College, Wood Street, 11am.
- *Potters Bar Society Walk.

THURSDAY 28th

- *Cuffley Horticultural Society 'The Aster Family in the Garden' by Bob Hall, 8pm.

SATURDAY 30th

- Movies in the Park Oakmere Park. 'Wizard of Oz' at 12 noon. 'Inside Out' at 3pm. 'Grease' at 7pm.
- Outdoor Boot Sale Elm Court. Sellers 11am, buyers 12 noon. 50p. 01707 659602.

SUNDAY 31st

- Shenley Walled Garden 'Music to Watch the Flowers By'. 01923 852629.
- *Whitewebbs Museum of Transport Open Day, 10am–4pm. £4.
- *Barnet Walks Monken Hadley Village. Guided walk. Meet outside The Spires, Barnet High Street, 11am.

AUGUST

TUESDAY 2nd

- Lunchtime Recital Jennifer Carter, piano, 12.30pm. Retiring collection. Buffet lunch (£4) from 12 noon to 1.30pm. St Mary's Church, The Walk.

THURSDAY 4th

- *PB Society Town Group Meeting 7.30pm. Tilbury Hall.

SATURDAY 6th

- Outdoor Boot Sale Elm Court. Sellers 11am, buyers 12 noon. 50p. 01707 659602.

SUNDAY 7th

- *Barnet Walks The Battle of Barnet. Guided walk. Meet at junction of Great North Road and Hadley Green Road, 11am.
- *Potters Bar Society Walk.

SATURDAY 13th

- Outdoor Boot Sale Elm Court. Sellers 11am, buyers 12 noon. 50p. 01707 659602.

SUNDAY 14th

- Hope and Glory Charity Lunch in Potters Bar. Buffet brunch, therapies, stalls, etc. £15 including brunch. For Cherry Lodge Cancer Care and Parkinson's UK. Call Tina on 020 8441 7000.

SATURDAY 20th

- Sounds of Summer Festival Outdoor music event at Oakmere Park. Free. 12 noon–8pm. Local artists performing.
- *PB Petanque Players Open afternoon. Oakmere Park, 2pm. Boules provided. All welcome. Call Jane on 266517.
- Outdoor Boot Sale Elm Court. Sellers 11am, buyers 12 noon. 50p. 01707 659602.

SUNDAY 21st

- Classic Car and Bike Show for PB Rotary. Elm Court, 12 noon–4pm. £3, under 16s free. Live band and refreshments. To display, phone John 01707 645955.
- Family Fun Day Potters Bar Fire Station, Mutton Lane, 11am–5pm. Bouncy Castle, go-karts, face-painting, etc, cakes and barbeque.
- *Potters Bar Society Walk.
- *Fir & Pond Woods Nature Reserve. Meet at lay-by Coopers Lane Road, 10am. Tools provided. 657351.

FRIDAY 26th

- Open Air Movies 'Star Wars – The Force Awakens', Hatfield House, 8pm.

SATURDAY 27th

- Open Air Movies 'Grease', Hatfield House, 8pm.
- *Barnet Walks Charles Dickens in Barnet and North London. Guided walk. Meet at High Barnet tube station, 2.30pm.

WHAT'S ON

➤ **Outdoor Boot Sale** Elm Court. Sellers 11am, buyers 12 noon. 50p. 01707 659602.

SUNDAY 28th

- **Open Air Movies** 'Labyrinth', Hatfield House, 8pm.
- **Enfield Food Festival** Forty Hall Farm, 11am–5pm.
- ***Whitewebbs Museum of Transport** Open Day. £4.

MONDAY 29th

- **Enfield Food Festival** Forty Hall Farm, 11am–5pm.

WEDNESDAY 31st

- ***Barnet Walks** Jack the Ripper: commemorative guided walk. Meet at Whitechapel tube station, 6.30pm.

SEPTEMBER

THURSDAY 1st

- ***Potters Bar Society Town Group Meeting**, 7.30pm. Tilbury Hall.

SATURDAY 3rd

- **Outdoor Boot Sale** Elm Court. Sellers 11am, buyers 12 noon. 50p. 01707 659602.

SUNDAY 4th

- ***Barnet Walks** Hampstead Garden Suburb. Guided walk. Meet at Golders Green tube station, 11am.
- ***Potters Bar Society Walk**.
- **Classic Car Show** Capel Manor Gardens, 10am–5pm. Pre-booked Morris Minor car entry £6.50.

MONDAY 5th

- ***Barnet & District Philatelic Society** 'Your very loving Madeline' talk and display by Dane Garrod, 8pm.

TUESDAY 6th

- **Lunchtime Recital** Andrew West, organ, 12.30pm. Retiring collection. Buffet lunch 12 noon to 1.30pm. St Mary's Church, The Walk.
- ***Tuesday Friendship** Steeple Drive.

WEDNESDAY 7th

- ***PB Horticultural Society** 'Disappearing Plant Remedies' by John Wakefield.
- ***Wednesday Community Club** Games/chat.

THURSDAY 8th

- ***Oakmere WI** 'After the Olympics – My Olympic Dream' by Pauline Martindale.
- ***Enfield National Trust Association** '40 years in Kodak' by Tony Earle, 7.45pm. Enfield Grammar School. Info 01707 650969.

SATURDAY 10th

- ***Barnet Walks** Marvellous Mill Hill. Guided walk. Meet at Mill Hill East tube station, 11am.
- **Autumn Quiz** Cherry Lodge Cancer Care, 7 for 7.30pm. Tables of 8. Bar. £13.50 supper included. St Mary and St Peter's Church Hall, Somerset Road, New Barnet EN5 1RF. Call Tina on 020 8441 7000.
- **Outdoor Boot Sale** Elm Court. Sellers 11am, buyers 12 noon. 50p. 01707 659602.

SUNDAY 11th

- **Folk Festival** Shenley Walled Garden. 01923 852629.
- **Messy Church** for all the family at King Charles the Martyr Church, 3–5pm. Arts/crafts, some informal worship and light tea, free. 665579.
- **Antique and Collectors Fair** Wyllyotts Centre, 10am–4pm. £2, concessions £1.50. 01702 410171.

TUESDAY 13th

- ***Cuffley Floral Art Club** 'Put Your Garden on a Pedestal' by Coral Gardner.
- ***Wednesday Community Club** Outing 'Music Hall' St Albans.

WEDNESDAY 14th

- ***RSPB Afternoon** Steve Rowlands – 'The Cairngorms and Yorkshire Dales'.

FRIDAY 16th

- ***RSPB Evening** Paul Thrush – 'A Festival of Wildlife' and AGM.

SATURDAY 17th

- ***PB Horticultural Society** Autumn Show, 2pm.
- ***PB Petanque Players** Open afternoon. Oakmere Park, 2pm. Boules provided. All welcome. Call Jane on 266517.
- **Outdoor Boot Sale** Elm Court. Sellers 11am, buyers 12 noon. 50p. 01707 659602.

SUNDAY 18th

- ***Fir & Pond Woods Nature Reserve** Meet at lay-by, Coopers Lane Road, 10am. Tools provided. 657351.

MONDAY 19th

- ***Barnet & District Philatelic Society** 'Philatelic Phun and Phrolics and Project Mayo' talk and display by Bill Trower, 8pm.

TUESDAY 20th

- ***Tuesday Friendship** 'Whoever thought of that?' by Ken Cain.

WEDNESDAY 21st

- ***PB Horticultural Society** 'Climbers and Wall Plants' by Neale Holmes Smith.
- ***Wednesday Community Club** Quiz.

THURSDAY 22nd

- ***Barnet Walks** Things that go bump in High Barnet! Special Autumn Equinox ghost walk. Meet at High Barnet tube station, 7.30pm.

SATURDAY 24th

- **Enfield Town and Country Show** Stalls and entertainment. Enfield Town Park, Cecil Road. £5. 01729 685302.
- ***Whitewebbs Museum of Transport** Model Railway Exhibition, 10.30am–5pm. £4.
- **Outdoor Boot Sale** Elm Court. Sellers 11am, buyers 12 noon. 50p. 01707 659602.

SUNDAY 25th

- **Enfield Town and Country Show** Stalls and entertainment. Enfield Town Park, Cecil Road. £5. 01729 685302.
- ***Barnet Walks** The Battle of Barnet. Guided walk. Meet at junction of Great North Road and Hadley Green Road, 11am.
- **Autumn Bonsai Show** Capel Manor, 10am–4pm.
- ***Whitewebbs Museum of Transport** Open Day featuring Dinky Toys and Lone Star Toys, 10am–4pm. £4.

WEDNESDAY 28th

- ***Wednesday Community Club** Oakmere School Choir.

THURSDAY 29th

- ***Cuffley Horticultural Society** 'Great Plants for Pollinators' by Peter Dalby, 8pm.

FRIDAY 30th

- ***Barnet Walks Soho** Special night-time guided walk. Meet outside Dominion Theatre (Tottenham Court Road tube), 7pm.

OCTOBER

SATURDAY 1st

- **Zeppelin Remembrance Event** Oakmere Park, 12 noon–5pm.
- **Outdoor Boot Sale** Elm Court. Sellers 11am, buyers 12 noon. 50p. 01707 659602.

MONDAY 3rd

- ***Barnet & District Philatelic Society** 'An Evening in Brazil' by Janet and Nick Nelson.

TUESDAY 4th

- **Lunchtime Recital** Catherine Wilmers, cello, flute and piano, 12.30pm. Retiring collection. Buffet lunch (£5) 12 noon to 1.30pm. St Mary's Church, The Walk.
- ***Tuesday Friendship** 'Islands in the Stream' by Mike Findley.

WEDNESDAY 5th

- ***PB Horticultural Society** 'Undiscovered Norfolk' by Chris Ward.

THURSDAY 6th

- ***PB Society Town Group Meeting**, 7.30pm. Tilbury Hall.

SATURDAY 8th

- **Outdoor Boot Sale** Elm Court. Sellers 11am, buyers 12 noon. 50p. 01707 659602.
- **Jumble Sale** 4th PB Scout Group, St. John's Church Hall, Baker Street. £2 at 10am, 50p at 10.30am. Finishes about 12 noon.
- **Choral Workshop** Handel's Messiah. All welcome. Bring your own score, but music also available. £10. Bring your own lunch. Drinks provided. Informal performance at end of afternoon. 11am to 5pm. St Mary's Church, The Walk. Details 01707 645080.

SUNDAY 9th

- **Antique and Collectors Fair** Wyllyotts Centre, 10am–4pm. £2., concessions £1.50. 01702 410171.
- **Messy Church** for all the family at King Charles the Martyr Church, 3–5pm. Arts/crafts, some informal worship, light tea. Free. 665579.
- ***Barnet Walks** Anthony Trollope walk. Meeting point TBC, 2pm.

WHAT'S ON

TUESDAY 11th

- *Cuffley Floral Art Club 'In Touch' Lionel Clark.

WEDNESDAY 12th

- *RSPB Afternoon Paul Heslop – 'The Walking Detective'.

THURSDAY 13th

- *Oakmere WI 'Work of a Psychologist and Mindfulness' by Alan Wise.
- *Enfield National Trust Association 'Who was Beatrix Potter's Secret Code Breaker?' by Andrew Wiltshire. 7.45pm, Enfield Grammar School. Info 01707 650969.

FRIDAY 14th

- *RSPB Evening Tom Way – 'Exciting Wildlife from Around the World'.

SATURDAY 15th

- Mum2Mum Market Nearly New Sale Tilbury Hall, UR Church Hall, Darkes Lane, 10am–12noon. £2. More info at www.mum2mummarket.co.uk.
- *PB Petanque Players Open afternoon. Oakmere Park, 2pm. Boules provided. All welcome. Weather permitting. Call Jane on 266517.
- *A Festival of films PB FilmMakers 2.30pm and 7.30pm, £6, Northaw Village Hall.

SUNDAY 16th

- *Whitewebbs Museum of Transport Antique and Collectors' Fair, 10am–4pm. £1.50.
- *Barnet Walks The Battle of Barnet. Guided walk. Meet at junction of Great North Road and Hadley Green Road, 11am.
- *Fir & Pond Woods Nature Reserve Meet at lay-by, Coopers Lane Road, 10am. Tools provided. 657351.

MONDAY 17th

- *Barnet & District Philatelic Society 'Philatelic Exhibitions' by Jim McKerrow, 8pm.

TUESDAY 18th

- *Tuesday Friendship Quiz Night – Les Fuller.
- *Radlett Music Club Fitzwilliam String Quartet, including Purcell and Mozart. 8pm, The Radlett Centre. £14, ages 8–25 free. Tickets 01923 859291.
- *'Guys and Dolls' ELODS Wylyotts Theatre, 7.30pm. £16. 645005.

WEDNESDAY 19th

- *PB Horticultural Society 'How Plants Work' by Brian Carline.
- *Enfield National Trust Association 'Edward VI – Boy King' by Siobhan Clarke. 2pm, Holtwhits Sports and Social Club, Enfield. Info. 01707 650969.
- *Wednesday Community Club Chat/games.
- *'Guys and Dolls' ELODS Wylyotts Theatre, 7.30pm. £16. 645005.

THURSDAY 20th

- *'Guys and Dolls' ELODS Wylyotts Theatre, 7.30pm. £16. 645005.

FRIDAY 21st

- *'Guys and Dolls' ELODS Wylyotts Theatre, 7.30pm. £16. 645005.

SATURDAY 22nd

- Supper Quiz Parkfield Patients Participation Group. Little Heath Parish Hall, 7.15–10.30pm. £12.50 including supper. Call Julie Munro 291041 on ext 260.
- Quiz Night 7.30pm, St Mary's Church, The Walk. Tickets £10 including supper. 654407 or 658837.
- *'Guys and Dolls' ELODS Wylyotts Theatre, 7.30pm. £16. 645005.

SUNDAY 23rd

- Beale Arboretum Open Day West Lodge Park. 1 - 4 pm. Guided tours or wander on your own. £5. Children free. Light refreshments available.

WEDNESDAY 26th

- *Wednesday Community Club Anniversary Lunch. Martin speaking about the work of MAF.

THURSDAY 27th

- *Cuffley Horticultural Society '65 Years in Horticulture, including The Big Allotment Challenge' Jim Buttress. 8pm.
- *Barnet Walks Things that Go Bump in High Barnet! Halloween Walk. Meet at High Barnet tube station, 7.30pm.

FRIDAY 28th

- *Barnet Walks Things that Go Bump in High Barnet! Halloween Walk. Meet at High Barnet tube station, 7.30pm.

SATURDAY 29th

- *Barnet Walks Things that Go Bump in High Barnet! Halloween Walk. Meet at High Barnet tube station, 7.30pm.

SUNDAY 30th

- *Whitewebbs Museum of Transport Open Day. 10am-4pm. £4.
- *Barnet Walks Things that Go Bump in High Barnet! Halloween Walk. Meet at High Barnet tube station, 7.30pm.

MONDAY 31st

- *Barnet Walks Things that Go Bump in High Barnet! Halloween Walk. Meet at High Barnet tube station, 7.30pm.

NOVEMBER

TUESDAY 1st

- Lunchtime Recital Ceruleo Ensemble, soprano, theorb, harpsichord and viola de gamba. 12.30pm. Retiring collection. Buffet Lunch (£5) 12 noon to 1.30pm. St Mary's Church, The Walk.
- *Tuesday Friendship Tearfund – John Hyde.

WEDNESDAY 2nd

- *PB Horticultural Society 'Nature's Only Gemstone' – Frances Benton.

THURSDAY 3rd

- *Potters Bar Society Town Group Meeting, 7.30pm. Tilbury Hall.

SATURDAY 5th

- 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. Details 07803 756088.

SUNDAY 6th

- Messy Church for all the family at King Charles the Martyr Church, 3–5pm. Arts/crafts and light tea. Free. 665579.

MONDAY 7th

- *Barnet & District Philatelic Society 'Berlin Olympics' by Tony Bosworth, 8pm.

WEDNESDAY 9th

- *Wednesday Community Club Shoe boxes and chat.
- *RSPB Afternoon 'Birds of Hertfordshire' Herts Bird Club.

THURSDAY 10th

- *Oakmere WI 'Bygones' by Jeff Nicolls.
- *Enfield National Trust Association 'The Inexhaustible Mr Paxton' by Russell Bowes, 7.45pm. Enfield Grammar School. Info. 01707 650969.

SATURDAY 12th

- *Barnet Walks East Barnet Village. Guided walk. Meet outside East Barnet Library, Brookhill Road, 11am.
- Christmas Market 4th PB Scouts. St John's Church Hall, Baker Street. Starts 10am, finishes about 12 noon. 50p, under 16s free. Seasonal stalls, refreshments and Father Christmas. 01707 652981.
- Christmas Bazaar Cats Protection, Lea Valley Branch. The Undercroft, St Andr's Church, Cuffley, EN6 4DR, 11am–1pm. Entrance 50p or tin of cat food.

SUNDAY 13th

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

*TUESDAY 15th

- *Tuesday Friendship Rev Nick Brindley.

WEDNESDAY 16th

- *PB Horticultural Society 'Success with Christmas Plants' by Chris Thorn.
- *Enfield National Trust Association 'The Thames Path' by John Wallington and Anne Johnson, 2pm. Holtwhites Sports and Social Club, Enfield. Info. 01707 650969.

SATURDAY 19th

- Quiz Cats Protection, Lea Valley Branch. Elm Court, Mutton Lane. £6. Bring own food and drink. Tables up to 10. 7.15pm for 7.30pm. Call Stephanie on 01707 657876.

SATURDAY 26th

- Christmas Bazaar King Charles the Martyr Church Hall, 11am–3pm. Free. Raffle, cafe and many high quality stalls for your Christmas gifts. 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

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New Minibus for Air Training Corps

After 3 years' hard fundraising by cadets, staff and committee members, 57 (Potters Bar) Squadron Air Training Corps (ATC) now has its own minibus. The brand new vehicle was officially handed over to the Squadron in May at their headquarters in Mutton Lane.

The Squadron's Commanding Officer, Flight Lieutenant Tony Cunningham RAFVR(T) said "having access to our own vehicle will make it a lot easier for us to take cadets to the many training opportunities that the ATC offers." He added that "this is a great way for us to mark this year's 75th anniversary of the Air Cadets and will enable cadets to travel to their flying, adventure training, sport and other activities which they enjoy." One of the first uses of the vehicle involved a visit to 57 (R) Squadron RAF as part of the association between the two Squadrons.

After the presentation, the chairman of the Squadron's Civilian Committee, Raio Ahamat, said that "The Squadron is very grateful to the West Herts Charity Trust for providing a sizeable



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donation to allow completion of the project; the Trust's 67th minibus donation. This is a big step forward for the Squadron and I must also thank Squadron Secretary Liz Kane, for researching some of the additional funding available."

Also present at the event was Potters Bar Councillor Cynthia Barker representing Hertsmere Borough Council, which had provided some of the funds in the form of grant aid. The

Squadron was formed in Potters Bar in 1941 and is still going strong. Boys and girls aged 12 to 18, interested in joining in the adventure, are welcome to visit the squadron at the Ingram Cadet Centre, Mutton Lane on Tuesday or Thursday evenings from 7.30pm.

Further information is available from 57@aircadets.org.



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Free online mental health support for 10 to 25-year-olds

Children and young people in Hertfordshire can now get free online emotional and mental health support using a website called Kooth.com.

Anyone aged between 10 and 25 and registered with a Hertfordshire GP surgery, can sign up, choose an avatar (an online character) to represent them anonymously and have an online chat with a counsellor or therapist.

Kooth's fully trained and qualified counsellors can help with lots of different problems including family problems, eating disorders, loneliness, bullying, anxiety and depression. They are available until 10pm, 365 days a year.

Visit Kooth.com for more information.

New – The Group 2



This group has been set up to support the siblings and families of children with special needs. Families get together on the second

Saturday of every month at the Wayside Jubilee Centre from 3.30–6pm. There are a variety of fun activities for the whole family to enjoy including arts and crafts, Lego, board games, pool and table tennis. Tea, coffee and biscuits are provided. For more information call Sally on 07999 221974.

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Primary schools Technology Challenge 2016

For many years the primary schools of Potters Bar and South Mimms have taken part in a technology challenge organised by the Rotary Club of Potters Bar. Each school sends a team of four Year 4 pupils (8-9 year olds) plus a teacher, and Oakmere School kindly hosted the event again on Thursday 5th May. The challenge this year involved rockets, and was organised by Setpoint, an educational, training and information company.

The two representatives from Setpoint used slides, and a question and answer session to explain to the children the basis of rockets from their origins in Chinese fireworks, their use in wars through to today's space rockets and satellite launchers. Their first task was to make a simple air-propelled rocket using a sheet of paper, a cardboard tube, scissors, glue and coloured pencils. Everyone then went into the playground to test their rockets using a variety of air pumps, which was great fun.

Following their return indoors, and a refreshment break, the children were encouraged to enhance their rockets with the addition of fins, wings and other embellishments. Shortly before noon everyone went outside again to Oakmere's playing field, far enough away for safety, and each school was asked to put forward their best rocket to see which would go the furthest, using a compressed air launcher.

Most of the rockets went straight up then glided down to rest. However the one that went the furthest by a small margin was the rocket made by the pupils from Ladbrooke School who are this year's winners. They will



hold the trophy until next year when another group of Year 4 pupils will enter the annual challenge. A fun morning with a lot of knowledge gained along the way, and the pupils proudly took away the rockets they had made to show their friends and families.

Purple Polio

Did you know?

For over 30 years, Rotary has been working hard to rid the world of polio – a terrible disease that can kill or severely disable children. Polio has no cure, which means immunisation programmes are essential to prevent children from contracting this disease. Until polio is eradicated children everywhere are at risk. When Rotary started the campaign to rid the world of polio in 1985 there were 125 endemic countries. Now there are just two; Pakistan and Afghanistan.

Why does Rotary need your help?

Although cases are down by 99.9% and over 2.5 billion children have been immunised, remote and rural areas are the hardest to reach. It requires at least three years with no new cases being reported in order to declare the world polio free, so by continuing to fund immunisation programmes in these areas, together we can make history.

What can you do?

Rotary has partnered with the Royal Horticultural Society (RHS) to plant 5 million crocus corms this November, which will flower in February 2017 to brighten up communities across Great Britain and Ireland. It's time to get those green fingers at the ready!

By covering our parks, gardens and green spaces with crocuses, we are aiming to demonstrate how the humble crocus can symbolise a colourful splash of hope for a new beginning for children, and how working together whilst having fun in the process can make a huge difference.

Why Purple?

The purple crocus is a symbol of Rotary's worldwide campaign to eradicate polio, with its colour representing the dye used to mark the finger of a child who has been immunised. It costs just £1 to immunise five children and protect them for life.

If you want to get involved in this mass planting event, please contact Alan Rice-Smith, Brookmans Park Rotary Club, contactable on 07724 698357 or by email at enquiries@brookmansparkrotary.org.uk.

Want to learn more about Rotary?

To learn more about Rotary in Potters Bar and Brookmans Park, and become involved in what we do, contact Kathie Crowe for the Potters Bar Club, on 01707 850265 – kathleencrowe@ntlworld.com, or Alan Rice Smith for the Brookmans Park Club, on alanrice-smith@hotmail.co.uk.

Sixty Plus (Potters Bar and South Mimms)



Sixty Plus is a charity in Potters Bar which was founded in 1948. We are supported by Hertfordshire County Council and Hertsmere Borough Council and are fortunate enough to have been Sainsbury's

(Potters Bar) Charity of the Year for the past two years. We are based below the Wylllyotts Theatre In Potters Bar. We are a friendly lunch club for the over 60s and we provide a two course nutritious home-cooked meal at a competitive price. We are open every weekday from 10am-1pm.

Sixty Plus is a great place to socialise with others, make new friends or to have a break for a few hours if you are caring for a family member. New diners are always welcome. Individuals can refer themselves, come with their friends or can be referred by a family member or a health or social care professional. We provide escorted minibus transport to and from the centre for those individuals who

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Sixty Plus has Bingo every Tuesday morning which is always popular with our diners. We have several trips out during the year, including to the seaside and local tea rooms, and we have good links with Queenswood School and attend several of their events over the course of the year. We also rent out our spacious hall here at very competitive prices.

If you interested in joining us, contact Lindsey or Carol on 01707 643602 between 9am and 1pm Monday to Friday.

A visitor's impression – Whenever I have cause to pop into Sixty Plus, I am always struck by the warm, friendly atmosphere and the wonderful aromas coming from the kitchen! There are flowers on the tables and groups of people chatting, and I am always given a very warm welcome.

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Potters Bar Society walks to September 2016



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 1.30pm.

Sunday 10th July

Meet: outside Brookmans Park railway station – Station Close.

Route: to Bell Bar via Potterell's Farm, Peplins Wood and the Legg. Return via Gobions Wood. About: 5.5 miles.

Leader: 01707 851498.

Sunday 24th July

Meet: Pooleys Lane, Welham Green AL9 7LF (TL 230059).

Route: Places and Spaces in North Mymms Walk 3. Tollgate Farm, Waterend, Potterells Farm. Return via Bulls Lane and Foxes Lane. About: 5 miles.

Leader: 01707 264689.

Sunday 7th August

Meet: Gobions Car Park, Moffats Lane (Jonas Way) AL9 7RW

(TL 249039). *Route:* Places and Spaces in North Mymms Walk 4. Bell Bar, Welham Green. Return via Bradmore Lane and Bluebridge. About: 5.5 miles. *Leader:* 01707 264689.

Sunday 21st August

Meet: near The Woodman PH Wildhill (TL 263 068).

Route: Barbers Lodge Farm, Nine Acre Wood, Essendon Brook, Harefield Wood. About: 5 miles.

Leader: 01707 643832.

Sunday 4th September

Meet: at bus stop at junction of Church Road and Osborne Road Potters Bar (TL 257021).

Route: Thornton Road, Leggatts Park to Gobions Wood. Return via Hawkshead Lane, Boltons Farm and Mountway. About: 4 mile.

Leader: 01707 655732.

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

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

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Sounds of Summer Music Festival at Oakmere Park



Are you a solo singer, do you play in a band, or sing in a choir? Or do you know someone who does? We are looking for people to perform at the Sounds of Summer event taking place in Oakmere Park between 12 noon and 8pm on Saturday 20th August. For more information contact Rob at

events@hertsmereleisure.co.uk.



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Potters Bar Carnival 2016

Carnival day was a day of two parts, being wet in the morning and dry in the afternoon. The wet morning, and competition from various street parties celebrating the Queen's 90th birthday, meant that numbers attending the Carnival were slightly down.



As usual, the procession left Canada Life led by the Carnival Princess, Erin Phillips and her two Maids of Honour, Melissa Lee and Malin Pennell. The Deputy Mayor of Hertsmere, Councillor Charles Goldstein and his wife Gail were also in the procession, which was much larger than last year with both more vehicle and walking floats. The winning vehicle float this year was from Cranborne School, and Oakmere and Ladbroke schools were joint winners of the best walking float award. We must thank Station Taxis for providing the VIP cars, and all the stewards who helped to make the procession such a success.

At the carnival the field was packed with stalls. In fact, in the week leading up to the carnival we even had to turn down requests for stalls as we had no more room. Performing in the arena were the Top Hat Stage School, the Hertfordshire Show Band showcasing their latest routine, and the ATC with a marching routine. Then Angie's Dance Academy came onto the field and put people in the party mood by encouraging them to come and join in the dancing. We must thank Cruise FM who stepped into the breach and manned the PA system at short notice.

The Schools' Art Exhibition was once again full of local children's colourful displays, which were highly praised by visitors. A big thank you to Rahat and her team of Kim, Brian, Roshni and Anisha for coming forward to ensure that the exhibition would continue, and special thanks to Luke McCarthy and his colleagues from Mount Grace School for all their support and practical help.

Everyone thoroughly enjoyed the afternoon, once the rain had stopped, and a good time was had by all!

Everyone is invited to the Carnival Open Evening which is being held at 8pm on 6th July at Elm Court Youth and Community Centre, where you can express your views on how you think the day went, good or bad. The Carnival committee will also be giving out the grants that organisations have requested.

The Potters Bar Beer and Cider Festival 2016

Will take place on SATURDAY 16th JULY at POTTERS BAR TOWN FOOTBALL CLUB, Watkins Rise, Potters Bar, starting at 12 noon. ALL the family is invited!

Matt Giles, a CAMRA Member and a long time supporter of the club, is organising the Festival again which is in its 5th Year. Each year it grows larger, and this year is no exception. The main event, THE BEER, is being supplied by Tring Brewery and other local Breweries and there will be 35 Ales and also Ciders to choose from.

Live music will be provided by Bands including The Skammers, The Natalies, Mr Creosote, Barnyard Junkies and Clint Henderson and friends. There will also be the popular 'Bud Bar', Pimms tent, food stalls, various kids entertainment, tombola and local charity stalls. We are pleased to announce that Pakex (UK) plc, Lantern Recovery, The Cask & Stillage, Silver Jubilee Restaurant & Essendon Country Club have agreed to sponsor the event. Proceeds from the Festival will go to a local charity and the Potters Bar Town FC project to modernise their clubhouse and build a new changing room complex.

FREE SEASON TICKET OFFER-Support your local team.

Bring this article to the POTTERS BAR TOWN FC clubhouse or any home game of the 2016/17 season and exchange it for a FREE SEASON TICKET. That's free admission to up to 23 games. The season starts in August and fixtures will be available to view from mid-June on our website www.pitchero.com/clubs/pottersbartownfc. T's & C's apply.

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Summer Films and Workshops

Wyllyotts will host an array of films and workshops for children over the summer including: *Alice Through the Looking Glass (PG)*; *Angry Birds (U)* and *The BFG (PG)*

Summer Serenade

Sunday 17th July, 7pm
Tickets £8, Children/Concessions £6

You will love the eclectic and vibrant songs from the Potters Bar Community Choir. With almost seventy members, the harmonies will be lifting the roof off the Wyllyotts Theatre at this annual concert presentation. Without doubt, you will leave humming many of the well known songs.

Hairy Maclary - Family Fun day

Friday 29th July, 1pm and 3pm
Tickets £10

It's Family Fun Day again. Your ticket includes entry to the show, face painting and Hairy Maclary craft activities. Featuring many of the characters from the books like *Hercules Morse*, *Bottomley Potts* and *Scarface Claw*. This show has music, singing and several of your favourite Hairy Maclary stories.

Josh Widdicombe - What do I do now

Wednesday 10th August 8pm
Tickets £18

Josh Widdicombe is back on the road with a brand new tour. He has found a lot of minor things to get annoyed about, and now he has a chance to talk about them

on stage. If you have seen and enjoyed him before, live or on TV, then this is the show for you.

Rio Rocks

Saturday 13th August, 8pm
Tickets £19, Concessions £18

Get ready to party and enjoy the spirit and colour of Rio 2016. Hear the hottest latin beats and rhythms with a sensational cast of energetic cirque acts, dancers and vivacious vocalists. Featuring music by the Gipsy Kings, Ricky Martin, Gloria Estefan and much more. Get up and shake it this summer in this sizzling night of Latino entertainment.

The Dreamers

Sunday 4th September, 7.30pm

Tickets £18, Concessions £17

Alan Mosca and Bryan Byng have been members of the Dreamers for over 37 years. Their pedigree

speaks for itself, having originally been part of Freddie and the Dreamers. With their blend of vocals and musicianship The Dreamers go from strength to strength. Listen out for 60s classics that will take you back to that great era.

The Bootleg Sixties

Friday 9th September, 8pm
Tickets £19, Concessions £18

The Bootleg Sixties brings its irresistible combination of the sights and sounds of pop music's greatest decade back to Wyllyotts. You are in for two hours of the best music and images from the 1960s.

Whitney - Queen of the Night

Thursday 15th September, 8pm

Tickets £21, Concessions £20

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music and life of one of the greatest singers of our time. This award winning production features a stellar line-up with rising West End star Rebecca Freckleton delivering a powerhouse and breathtaking performance as Whitney.

Elkie Brooks

Saturday 17th September, 8pm
Tickets £24

Now in the fifth decade of her career she is still proving to be one of the most powerful and versatile vocal talents of our generation. With numerous hit singles, million selling albums and awards, her annual tours are a treat for fans old and new.

Talon - Best of the Eagles

Thursday 22nd September, 8pm
Tickets £22, Concessions £21

In 2016 Talon presents a brand new production of their award winning 'Best of the Eagles'. This stunning production is a show of two halves. The first half delivers

a world class laid-back vibe, with an in-depth look at the Eagle's roots, and the second half features the Eagles' greatest hits from their back catalogue.

Tenors Unlimited - From Venice to Vegas

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

Hear the best songs from the World's Opera Houses, Broadway Theatres, and Concert Halls as the Rat Pack of the Opera takes you from Venice to Vegas. Tenors Unlimited's soaring vocals and lush harmonies combined with fun, personality and a sense of humour is the perfect recipe for a great night out.

Magic of Motown - The Reach out 10th Anniversary Tour

Saturday 24th September, 8pm
Tickets £24, Concessions £23

Join the party as this scintillating show celebrates its 10th Birthday, by honouring the 50th Anniversary of the chart-topping

single 'Reach out I'll be there'. Oozing with style, sophistication and musical brilliance, more than 36 classics are revived by a huge cast.

Judy Tzuke - Songs and Stories

Thursday 29th September, 8pm
Tickets £20

After the sell-out success of the Songs and Stories 2015 tour, Judy is back on the road performing these special acoustic concerts. This promises to be an intimate evening of old favourites and new songs, and tales from across her life and career.

Rolling Back the Years

Thursday 29th September, 2pm
Tickets £13

The ultimate feel-good show. Another sensational show from

the producers of 'Memory Lane'. It will take you on a musical journey through the 50s, 60s, and some of the brilliant sounds of the 70s, including songs by Buddy Holly, Frank Sinatra, Cliff Richard and many more.

The Johnny Cash Roadshow

Friday 30th September, 8pm
Tickets £20, Concessions £19

The spirit of the Man in Black is alive and kicking with an outstanding celebration of the iconic legend, by the Carter and Cash endorsed Johnny Cash Roadshow. Clive Cash captures the essence of Cash with exceptional style and confidence. This show is a wonderful celebration of one of the world's greatest known artists.

Don't forget that Wyllyotts also shows recently released films – check our website for details.

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Have you ever wondered what hypnotherapy is all about?

People often ask what hypnotherapy actually is and more importantly what it can do. To dispel any myths, it does not require the use of a pocket watch, nor do you lose control and end up clucking like a chicken!

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therapist and their client. The therapy involves a combination of talking and hypnosis and focuses on what the client wants to achieve rather than on the problem that prompted them to seek change. This approach focuses on the present and the future, not on the past. Hypnosis is simply a state of focused attention and in this relaxed state your mind is more responsive to suggestion. No one can be hypnotised against their will, nor can the therapist take control of your mind. You are in control at all times.

There are so many areas where hypnotherapy has proven to be a highly effective treatment. For example if you are suffering with stress and anxiety, depression, IBS, tinnitus, fibromyalgia, fears, phobias or insomnia, hypnotherapy can help. Likewise if you want to give up smoking or need some help with sports motivation or work performance. Maybe you are struggling with a lack of confidence or have issues around weight management. Hypnotherapy is a powerful tool which can help you to tackle any of these problems.

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Peace Hospice Care – working with the Potters Bar Community

This year Watford based Peace Hospice Care celebrates its 25th anniversary. The local charity is dedicated to improving the quality of life for individuals and families across Hertfordshire facing a life-limiting illness, by providing care and support in the setting of their choice. Their services include: the Inpatient Unit (IPU), the Starlight Centre (day care) and their Community Services, which include the Hospice at Home and Herts Neighbours Services.



Since the Hospice opened 25 years ago they have been providing support and care to families in Potters Bar. In 2014 they cared for Ray Stokes, from Potters Bar, who stayed in Peace Hospice Care's

Inpatient Unit. Josie, Ray's wife, said: "My husband passed away at the Hospice in April 2014 and the care was so wonderful that we could not forget what they did for us all and for Roy. Peace Hospice Care was so special. We had a collection at the funeral and raised £1,740 for the Hospice. We wore Peace Hospice Care badges, we let off purple balloons with messages on them and the funeral guests even wore purple. We wanted to give something back."

To support the Hospice, Josie is hosting a Disco on the 9th July at the PB Crusaders Clubhouse, King George V Playing Fields, Mutton Lane, starting at 8pm. Tickets are £10 and can be bought in advance by calling 01707 645686 or 07984 548789, or purchased on the door. Everyone is welcome!

In December 2011, Peace Hospice Care opened its 12th charity shop on Darke Lane, Potters Bar, which was opened by the Mayor and Mayoress of Hertsmere at the time, Peter Knell and his wife June. The shop is open Monday to Saturday (9am–5pm) and welcomes donations.

There is a variety of ways to support the Hospice. As well as donating you can also participate in a range of events. It's not too late to join hundreds of ladies on the 9th July at the last ever Starlight Walk or, if you're feeling more energetic, join Push It for the Peace; for walkers they also have a trek around the Isle of Wight! For more information on the Hospice, their services and to find out how you can get involved please visit: www.peacehospicecare.org.uk or call 01923 330330.

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Saturday 8am–5pm and Sunday Closed

News from the de Havilland Aircraft Museum

Summertime visitors to the de Havilland Aircraft Museum will find a totally reorganised display of historic, locally designed and built, civil and military aeroplanes at the Salisbury Hall, London Colney site, as construction work proceeds on the foundations for a large new hangar to house more of the collection.

Classic de Havilland biplanes, including the DH Tiger Moth, have been relocated from the museum's now demolished small Robin Hangar to a large temporary storage marquee on the newly extended site. There is something to see and do for all the family, such as going inside a number of the aircraft, sitting in the cockpits of some, chatting to the volunteers who are restoring the exhibits, and seeing three WW II de Havilland Mosquito fighter-bombers including the first prototype, the last remaining fully original DH Comet jet airliner, and browsing the well-stocked Aeroshop where light refreshments are also available.

The de Havilland Aircraft Museum Trust, a registered charity, is currently working on detailed proposals on how the new hangar will be used to benefit the community and local schools, and has already been given a first stage grant of £62,200 to finance this work. A decision on its application for a £1.5 million HLF grant is expected by March 2017, after which the new hangar will be built by Newland Construction Ltd.





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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. 665551 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. 650902.

AIR TRAINING CORPS – 57 (PB) SQUADRON

Weekly, Tue and Thu. Ingram Cadet Centre (opposite Fire Station), 7.15–9.30pm. Ages 13/18. 659395.

ALCOHOLICS-ANONYMOUS

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

ALZHEIMERS SOCIETY

Dementia Café, 1st and 3rd Sat of month, 10.30am–2.30pm. 60+ Wyllyotts. For people with dementia and carers. Frankie 07824 352898. Info re carers' group and Singing for the Brain 01923 894222.

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–12 noon. Furzeffeld Court, (next to Elm Court). £2.30. 020 8207 7568.

ART IN HERTS

Weekly, Tue. Furzeffeld 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–12.30 pm. Jane 850356.

ART CLUB

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

ART AT THE PARK

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

ATTIC ORCHESTRA

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

BABY SENSORY CLASSES (Birth – 13 months)

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

BADMINTON

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

BADMINTON CLUB

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

BADMINTON CLUB (Friern)

Friendly club for intermediate players. Owen's School. Wed, 8pm. Contact ann-marie.rowland@fids.co.uk.

BADMINTON LADIES

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

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 Jun. Secretary: 020 8449 3971.

BARNET PLUS SPORT and SOCIAL CLUB

Weekly, Sun from 8.30pm Discovery Hall, Netherlands Road, 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 07506 761294.

BARRACUDA SWIMMING CLUB

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

BAJ 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, 7pm. Ages 12+. Experience or beginners. 272574.

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.

BRIDGE CLUB

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

BRIDGE CLUB – CHICAGO

Mon, 7.30–10 pm at Wyllyotts 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 (Martial Arts)

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

CAKE DECORATING

Potters Bar Sugar Art Club. Monthly, 1st Mon, 7.30pm. Furzeffeld 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, Wyllyotts 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, 1.30–3pm. 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 Myms Social Club, Welham Green. Sat, 11am–12 noon 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, 4.15–5.15 pm, Potters Bar/South Myms 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 Furzeffeld Court. Evenings. 657194.

COMMUNITY CHOIR

Weekly, Tue. Wyllyotts Theatre, 7.30–9.30pm. For info Joy 655464.

COUNTRY MANAGEMENT SERVICE

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

CRAFT AND CHATTER

Weekly, Mon (except school holidays). PB Baptist Church, 10.30am. 707082

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

CUFFLEY HORTICULTURAL SOCIETY*

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

CUFFLEY INDUSTRIAL HERITAGE SOCIETY*

Monthly, 2nd Tue. Northrow Village Hall. 7.30pm 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 – Ballet, Tap, Jazz, Contemporary, Hip Hop/Street Dance. Adult's and children's classes Mon–Fri. 07887567713. info@lizziemeeksschoolofdance.com.

DANCING

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

DOG TRAINING – HOME FARM

Fri classes 9.30am–12 noon. 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 rehearse Winchmore Hill. Performs Wyllyotts. 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.

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

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

FIRST CLASS LEARNING MATHS & 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.

FRIENDS OF POTTERS BAR PARKS

4 meetings each year. We liaise with Hertsmeres parks officers to maintain and improve our local parks. Gill on 851445 or Peter on 655464.

FURZEFFELD 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 Road. 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.

GROUP 2

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

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

HATHA YOGA

Chair – Based. Suit the elderly and those with mobility issues. Mon, 11am–12 noon. For information contact Lynette on 650018.

HERTFORDSHIRE CHORUS

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

HERTFORDSHIRE CONCERT BAND

Tue evenings at Music Dept of Hertfordshire University. Friendly wind band, rehearses in Hatfield. 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, Elm Court, EN6 3BP. Contact 020 3727 3600.

HERTFORDSHIRE SHOWBAND

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

HERTS. PHILHARMONIA ORCHESTRA

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

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 Road. Age 4+. 01727 824842.

JAZZ – GOOGLIES JAZZ CLUB

Weekly, Thu, 7.30pm. Botany Bay Cricket Club, East Lodge Lane. www.googliesjazz.co.uk. John 020 8350 3541.

JOB CLUB, POTTERS BAR

Wed in term-time, 9.30am–12.30pm, Christ Church Little Heath, Great North Road. Just come along or call 01707 662460 or churchoffice@CCLH.org.uk.

KARATE, SELF DEFENCE and FITNESS

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

KARATE and SELF DEFENCE FOR YOUNG CHILDREN to ADULT

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

KARATE FOR ALL THE FAMILY

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

KUMON MATHS and ENGLISH

Ages 4–18. 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

LOCAL ORGANISATIONS

MOUNTVIEW DANCE SCHOOL

Weekly, Mon and Sat. St John's Church Hall. Classes from age 3 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. 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-herts.org.uk.

NETBALL CLUB

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

NINTAI KARATE CLUB

Weekly at PB Baptist Church, Barnet Road. Beginners Mon, 7–8pm. Intermediate/advanced 8–9pm. All grades Fri, 7–8pm. 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.northlondonoutdoorgroup.org or 020 8449 1553.

NORTH LONDON and 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 year. Dofe for ages 14+. www.nmyouth.org.uk.

NORTHAW and CUFFLEY BOWLS CLUB

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

NORTHAW GREAT WOOD

Working parties every Fri 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 Road, 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.oakmerewi.org.uk.

OAKLANDS BADMINTON CLUB

Weekly, Tue, 8–10pm. Sports Hall, Dame Alice Owen's School. 5 courts. Small, friendly club. Events throughout the year. Experience needed. Yvonne 642328.

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 Aug 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–12 noon 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@pottersbarbc.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 CRICKET CLUB

The Walk. New members welcome. 888633.

PB CRUSADERS SPORTS and SOCIAL CLUB

Daily members club, 5.30–11pm. Mon to Sat, 12 noon–3pm on Sun. www.pottersbarcrusaders.com.

PB CRUSADERS YOUTH FOOTBALL

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

PB & DISTRICT HISTORICAL SOCIETY*

Monthly lectures, 8pm. 60+ Centre, £1. Museum Sat, 11am–1pm, Tues and Wed, 2.30–4.30pm, both at Wyllyotts. 654179 or guffins@hotmail.co.uk.

PB & DISTRICT HORTICULTURAL SOCIETY*

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

PB & 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, 7.30–9pm. 895838.

PB FILMMAKERS*

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

PB GOLF CLUB

Darke 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 KARATE CLUB

Mon at Dame Alice Owens at 6pm, all ages, special rates for families. Cranborne School Breakfast Club, Thu mornings. www.itskarate-pottersbar.co.uk.

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, 2pm–4pm. Contact Jane on 266517 or www.pottersbarpetanque.co.uk.

PB RAMBLING CLUB

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

PB ROTARY CLUB

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

PB SHOKOTAN KARATE CLUB

Weekly, Training Wed, 7.30–8.30pm (7–16 years). 8.30–9.30pm (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.pbsoc.org.uk.

PB TENNIS CLUB – The Walk

6 astroturfs/floodlights. Contact Karl Mills 07939 303483 or Sue 645909.

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 8–10pm. Goffs Oak Methodist Church, Newgate Street Road, Goffs Oak, EN7 5SS. Traditional brass band. 07970 448661.

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

Call 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–12 noon. 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.radlettplayers.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–12 noon. 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-Servicemen and women/dependants. Meetings monthly, 2nd Wed. Joan 642080.

RSPB*

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

RSPCA*

Friends of Southridge Animal Rescue and Re-homing Centre, Parkhouse Lane, Ridge. 642819. 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, CUBS and BEAVERS

For info Peter 850147.

SCRABBLE

Weekly, Fri, 10am–12 noon. 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 noon–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, Sep to Jun (not Dec) at Red Lion Pub, Hatfield, 7.30pm. Events include 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. 4–18 years. Dance, drama, singing. 01582 713771.

SWIFTS JUNIOR BADMINTON

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

TABLE TENNIS CLUB

Weekly, Wed and Thu at Potters Bar Free Church. Barnet & Show Leagues. Evening. 852422.

TABLE TENNIS

Hertsmere 50+. Weekly, Tue, 10am–12 noon. Thu, 2–4pm. Elm Court. 020 8207 7568. For Seniors: Weekly, Fri. Hatfield Leisure Centre, 10am–12 noon.

TAI TSUNG KUNG FU

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

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. 4–7 years. Dance(top), 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

Alternate 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 – USA

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, 3–6pm. £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.

WAGGONERS 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, 7pm for 7.45pm. 651682. 2nd Thu, monthly. South Mimms Village Hall, 7.30pm. 01727 869211.

WHITWEBBS MUSEUM OF TRANSPORT & MODEL RAILWAY

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.

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

URGENT CARE CENTRES

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
 8am–10pm Minor illness, injuries, ailments
 Barnet Hospital 9am–9pm

Local Libraries

Oakmere

High Street, Potters Bar

Monday	1pm–6pm
Tuesday	10am–6pm
Wednesday	Closed
Thursday	10am–6pm
Friday	1pm–6pm
Saturday	10am–5pm
Sunday	Closed
Toddler Tales (Mondays)	2.15–2.45pm
Baby Rhyme Time (Tuesdays)	11–11.30am

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 1223 4040
National Debt Line	08088 084000
Citizens Advice Consumer Helpline	03454 04 05 06
Highways (including potholes, traffic light faults and streetlights)	0300 1234 047
Wasteaware	0300 1234 051
Affinity water leaks	0800 376 5325
Childline	0800 1111
Crime Stoppers Anonymous Line	0800 555 111
CAB Advice Line	03444 111 444
Environmental Health	
(1) Hertsmere:	Pest Control 020 8207 2277 Noise (daytime) 020 8207 7435 (night) 0845 300 0021
(2) Welwyn Hatfield:	Pest Control 0344 828 334 Noise 01707 357242
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	