

Established 1998

SUMMER 2024

Potters Bar

Delivered to 13,000, Door to Door

www.pottersbarcommunitynews.co.uk

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

Chancellors are County Champions!



In April our Year 11 boys football team became County Champions, beating Verulam 3-0 in a convincing performance at Cheshunt FC in front of a bumper crowd of supporters. The boys were beyond superb on the night against strong opposition, with Captain Jack and Vice-Captain Callum leading by example.



Special mention must go to goalkeeper Harry who, alongside bellowing out instructions in goal, made some smart saves at 1-0, Harry C worked his socks off in midfield, as did Wisdom further forward and Cem and Lucas among others ran the Verulam defence ragged at times.

Lucas scored an outrageous bicycle kick to make it 2-0 having nipped in first to open the scoring, heading in a floated pass just before the keeper could get to it. A wonderful team goal finished the scoring and put the game firmly to bed, to the delight of the Chancellor's supporters who were loud and proud all evening.

The boys worked so hard together with team spirit and have been a pleasure to coach and watch perform all season. They are the first Chancellor's team to win a county cup for football since 2006. Well-done to Harry D (GK), Joe J, Jack H, Callum H, Thomas H, Charlie S, Harry C, Lucas T, Cem O, Max S, Ollie C, Aidan M, Ahmed A, Christopher P, Charlie D and Wisdom O.



FOR UP-TO-THE-MINUTE NEWS, PLEASE GO TO
www.pottersbarcommunitynews.co.uk

Community

NEWS



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www.pottersbarcommunitynews.co.uk

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Potters Bar Community News

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

Welcome to our Summer edition

As usual we are pleased to include features on many local sports clubs and theatre groups, both categories being in the forefront of activities on offer locally.

Our general policy is to confine our coverage to those based in our catchment area and to only include others where a particular activity is unavailable locally. Examples in this issue are croquet (page 16) and rugby (page 18).

There have been some recent changes to our team: Peter Silverthorne has decided to step down after many years, during which time he helped to ensure that our distribution ran smoothly. Also leaving the team is Trisha Leonard who has contributed a tremendous amount over the past 2–3 years particularly in relation to our website. We are joined by Vivien Arey who has already contributed two articles for this edition.

Jerry Rudd concludes his 4-part series on Admiral Byng, and, on a parochial note, we include an article describing how the *Community News* is produced. You will see that this places special emphasis on our amazing team of deliverers on whom we are so dependent.

Best wishes

John Connell

How to send articles

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

How to supply adverts

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

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Website sponsorship

Price per issue = £100–£150

Deadline dates for next edition

Advertising

18th September for Winter issue

Articles

30th September for Winter issue

Don't forget our website!

Our printed version is augmented by www.pottersbarcommunitynews.co.uk on which you can view:

1. Latest news updated frequently.
2. Expanded articles.
3. Local Organisations changes.
4. Current and past editions.

If you know anyone who has moved away but still takes an interest in the area, please let them know that they can stay in touch via the website, which can be conveniently accessed by scanning the QR code on the front cover.

Interested in volunteering?

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

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

Volunteers at Sixty Plus Lunch Club in Potters Bar

If you could spare a few hours on a Tuesday or Thursday to assist our Senior Cook in the kitchen we would be most grateful! Duties include serving teas and coffees, laying tables, washing up and vegetable preparation.

Also volunteer minibuses drivers needed – previous experience of driving a minibus or similar vehicle preferred.

All volunteer positions currently are casual/holiday/sickness cover.

Please contact Lindsey for more information on **01707 643602** or email: sixtypluscentre@gmail.com.

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Join our team of over 30 volunteers across Hertsmere and support existing Health Walks from the Potter's Bar Train Station and library.

Volunteer to meet new people or build your confidence. No experience is necessary. You can lead walks or provide support at the back.

Volunteer once a week or once a month, it's up to you. Our next training in Potters Bar is on Wednesday 25th September at Oakmere Library (9.30am–3pm).

To find out more about what to expect click on Role of a Health Walk Volunteer. Reserve your space today by emailing claire.pullen@hertfordshire.gov.uk or call **01992 555888**.

Oakmere Library - looking forward to the Summer Reading Challenge

Hertfordshire Libraries are excited to let you know about this year's Summer Reading Challenge. Marvellous Makers is presented by The Reading Agency in partnership with creative arts charity, Create, and delivered through libraries across the UK. Oakmere Library is looking forward to signing up children to join the library and take part in the reading challenge. We will also have wonderful volunteers helping us to spark imagination and discover creativity through reading.

To join in the fun:

1. Sign up at your local library and pick up your special collector folder.
2. Pick up a book and start reading!
3. Collect stickers for each book you read.

Over the summer Oakmere Library will be offering our regular Baby Rhyme Time on Tuesdays at 11am and Storytime (for toddlers and their carers) on Thursdays at 11am. We are also planning lots of other activities for families to enjoy. You can see what we have planned on our oakmere library facebook page. If you are passing by, pop in and visit us, we'd be happy to tell you about the services available at your local library. If you've not visited us in a while, we think you might be surprised at what's going on and we are always keen to hear from local community and social groups.

The Summer Reading Challenge starts on 6th July. It is free for children to join the library and to take part. We look forward to welcoming you to Oakmere Library.

Liz Webb

Oakmere Library Manager



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RAMBLERS WELLBEING WALKS

Hertfordshire

Admiral Byng: Coward, shirker, or scapegoat?

Part four

Most readers will know the pub in Darkes Lane, and many that John Byng was the only British Admiral to have been shot by firing squad. But is there more to the tale?

So far, I have described how John Byng was sent in his 92-year-old flagship, with an aged, slow, weakly armed, and undermanned fleet to evict French invaders from Minorca. He engaged a larger French fleet, and forced them to flee, though his ships were too badly damaged to give chase. Based on French claims of victory, a misinformation campaign was run against him before he returned to the UK, and he was arrested on his return. His court martial panel was led by three admirals who were dependent on Anson, the First Lord of the Admiralty, who was behind the decision to set up the hearing.

Byng was charged with "Failing to do his utmost on 20th May 1756..." At the time, there was only one penalty permitted – death.

The trial began on 28th December. Despite the charge relating only to one day, the first decision of the court was to look at all events after he left Portsmouth. The first witness was his deputy, who said he was dissatisfied, but did not know the cause – implying he thought Byng guilty but was too loyal to say. Under cross examination he said the fleet was in very poor condition, but the court rejected this and all other criticisms of the Admiralty. Many witnesses contradicted themselves – one said Byng failed to engage, although he did see his ship firing at the enemy.

The trial ended on 19th January, with the verdict on 27th. Byng was confident he would be acquitted, and shocked that he was not. Members of the court unanimously recommended that the King should reprieve the death sentence. Again, the reasons for the verdict were contradictory: one paragraph said he steered correctly, another said he should have steered directly at the enemy.

To prove the charge, there had to be "Cowardice, dissatisfaction or negligence". The verdict specifically ruled out the first two, and merely said there was an error of judgement. This is not the same as negligence.

There were numerous appeals to the King, but he thought Byng was a coward and wanted to make an example of him, so as not to upset 'The City' as he wanted their money. Byng stayed calm and accepted his fate. Two days before his death, he made a will, leaving Wrotham Park, near Potters Bar, to his brother's older son George. Many visitors came the next day. On 14th March, he was shot aboard HMS Monarch.

So, was he a coward? No. Was he a shirker? No. Was he a scapegoat for the failings of others, and a victim of a terrible miscarriage of justice? Most definitely.

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The Royal Veterinary College launches birthday appeal



The Royal Veterinary College (RVC) is celebrating 20 years of its life-saving blood donation programme To mark the special occasion and provide more cats and dogs with this vital service, the RVC's charity, The Animal Care Trust (ACT), has

launched an appeal to raise £150,000 towards new facilities and is calling on local residents for support.

The RVC is the only veterinary hospital in the UK with a dedicated transfusion medicine service. It is also the only organisation in the UK that stores feline blood products.

Since the first donor cohort of just 19 dogs twenty years ago, the programme now benefits from 150 dogs and 62 cats who regularly donate their blood to others being treated at the RVC's Small Animal Referral Hospital based at the North Mymms Hawkshead campus. Like humans, sick cats and dogs sometimes require blood transfusions. As well as organising a reliable supply of blood products to the hospital, the RVC has also pioneered the development of transfusion medicine in cats and dogs conducting research into the welfare of donors, how to store cat blood and amazingly, using dog blood to help cats.

With the service expanding over the years, the demand for cat and dog blood continues to grow and ACT is seeking to improve the experience for donors creating separate dedicated areas for dogs and cats and give the team space for their own laboratory to process and store donated blood products.

Supporters can share donations with the RVC by visiting www.rvc.ac.uk/act or calling 01707 666237.

As part of the appeal, the RVC will announce its cat and dog 'winners' of its 'Blood Donor of the Year' awards as well as celebrating those pets who have played an integral part in donating over the years, in celebration of World Blood Donor Day in June.

Editor: A fuller version of this article is shown on our website.



RO Group quiz night raises over £8,000 for 'Recover'

Family-owned trading business, the RO Group, based in Potters Bar, has once again held their annual charity quiz and raised £8,000 for an important local charity named 'Recover' – a vibrant up-cycling charity that provides important opportunities for vulnerable adults to rebuild their lives through the medium of transforming furniture.

This year's event, held as usual at the Wylyotts Theatre in Potters Bar, marked the celebration of its 20th year, and saw enthusiastic participation from across the business and local community. In addition to the quiz, which was organised and run by RO employees, the fundraising evening featured an auction, raffle and a prize draw for specially designed hampers, thoughtfully put together by the team with donations from local business, employees, friends, and commercial partners to the Group.

Recover, led by Ian Block and Holly Brunsdon, is driven by a shared passion for transforming furniture and changing lives. At the charity's heart is a commitment to sustainability, achieved through up-cycling unwanted furniture and materials donated or reclaimed throughout Hertfordshire and beyond. Each piece of furniture created is one of a kind and represents the uniqueness and individuality of all the participants in the programme.

Each member of Recover is on a journey to rebuild their lives, making RO proud to be associated with such an important cause in the local community.

Ian Block, Founder of Recover, commented: "Thank you to the RO, for all your hard work and enthusiasm, to ensure the quiz night was such a success. We are delighted with the amazing amount raised. Witnessing everyone's support and generosity towards Recover's cause is truly heartwarming. Your donations make a huge difference to people's lives and enables us to continue empowering individuals to rebuild their future, one piece of furniture at a time."

Editor: A fuller version of this article appears on our website.





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THANK YOU TO OUR STAFF, HELPERS AND COMMITTEE

Articles from Brookmans Park Primary School students

Editor: Excellent articles have been received from 4 students, but space precludes us from publishing these in full. Summaries are shown below, but please refer to our website to view the full versions under Expanded Articles. Pictures are also shown there, and you will be able to appreciate the quality of the contributions made by these children.

1. Make our Village Safe! - from Atoor Afshar Bagheri, aged 11, year 6

- Year 5 and 6 project assessing road safety for pedestrians.
- There are no zebra crossings nor traffic lights in the village.
- Car speeds are measured.
- Graphs and Google slides prepared.
- Letter sent to MP.

2. 'Magistrates in the Community' Workshop - from Chloe Sparrow, aged 11, year 6

- Crime and Punishment topic.
- Classroom becomes a court.
- Trial of Chloe as the defendant.
- Chloe found guilty!

3. Swimming at School - from Lottie aged 8

- Pop-up pool set up.
- Dolphin is my favourite stroke.
- We did starfish and swam on our backs.
- Massive splash fight!

4. Quidditch - from Espen, aged 7 (almost 8!)

- Part of World Book week.
- We learnt how to play Quidditch.
- Winner was Gryffindor!
- So much fun!

Inspiring learning at Pope Paul School!

Dedicated to developing a love of learning, Pope Paul endeavours to provide practical experiences to inspire and motivate our students. This year our 60 strong school choir sang at the Royal Albert Hall and Wembley Arena as part of massed children's choirs. It was wonderful to experience the wonder and excitement of our children as they performed in these world-famous venues.

"What we enjoyed most were the lights; they shone around the whole arena, different colours blazing through. It was an amazing experience to sing with over 1,000 children; we will never forget it!" said Catherine and Eliana.

Over the last few months, the children have been out and about enhancing their learning in various locations. Our Year 6 children visited the Houses of Parliament to develop their understanding of leadership and responsibility.

"We were given a tour by one of the guides who took us into the House of Commons and the House of Lords; we heard an interesting discussion about academies and the growth of online shopping. It was wonderful to be at the heart of government" said Eraldo and Vincent Year 6.

Our Year 5 class immersed themselves in the Greek myths when they visited the British Museum recently whilst our Year 3 class enjoyed a stone-age day at the Celtic Harmony Camp learning how to hunt and prepare food.

This term classes are off to the zoo to explore animal life, visiting St Albans Abbey to find out more about the Tudors, travelling to Knebworth for science discovery and taking part in a PGL Outdoor activity residential stay in Suffolk. We also have a day trip to the seaside planned so hopefully the sun will shine! Please visit our school website for more news of our outdoor learning opportunities and school visits www.popepaul.herts.sch.uk.

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6
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Schools

Brookmans Park Rotary news

The Brookmans Park Rotary Club would like to thank all those who took part in their annual Sponsored Swim held at the Furze Field Centre in March. A total in excess of £5,500 was raised for many local charities, including both Isabel and Noah's Ark Hospices. We hope to repeat the event in March 2025. Please look out for further information in the future.

The Weather Gods were kind to us when we held our May Day Celebrations on Bradmore Green on Saturday 4th May. Despite a downpour the previous day we were treated to a warm and sunny day which brought a good number of people to the Green. We were royally entertained by the BSV Community Jazz Band and the Etcetera Morris Men as well as a good number of side stalls. A big thankyou to all the local trades people for donating the raffle prizes.

We hope to repeat this event on Saturday 3rd May 2025.

Dave Ford

Brookmans Park Rotary Club

Mount Grace Celebrations and Successes!

News covering the Spring term includes a careers fair, Battle of the Bands, Lion King visit and farewell to some long-serving staff. Details, via Expanded Articles on www.pottersbarcommunitynews.co.uk.



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Young people triumph

Over recent weeks, young people from across the region have been competing in Rotary Youth Competitions. Dame Alice Owens students Ava Gilbert (Intermediate) and Zabra Hamdulay (Senior) won the local heat and then went on to win the Beds, Bucks and Herts District round of the Young Writer competition, producing up to 550 words of prose or poetry on the theme of 'Rebuilding'.



Meanwhile Reuben Smith of Chancellors School was the winner of the local and District heat of the Young Photographer competition and goes forward to the national round. The judges described his photo of a spider's web as a "unique take on the theme of rebuilding and a well thought out and composed shot".

Additionally, seven schools from across Beds, Bucks and Herts took part in the District round of the 'Youth Speaks' debate competition. Each team comprised a Chair, Proposer and Opposer who each debated a topic of their choice. Subjects ranged from climate change, social media, and overpaid footballers, to 'are dictatorships an effective form of governing?' – a diverse and fascinating array of topics.

In the Intermediate competition for students aged 11 to 13 years old, Dame Alice Owen's School came third with Sofia Marzban being judged the Best Chair, while Adam Singer was selected as the Best Proposer.

Meanwhile in the Senior competition for 14 to 17 year olds, Bishops Hatfield Girls School were also third.

Rotary youth competitions are open to students aged up to 18 years of age from schools and community groups, and as well as Youth Speaks include Young Writer, Young Artist, Young Musician, Young Chef, and Young Photographer.

Competitions in the local area are organised by the Rotary clubs of Brookmans Park, Hatfield, Potters Bar and Welwyn Garden City. Anyone interested please contact youth@brookmansparkrotary.org.uk.

Herts Ability help John to drive again

After a severe accident on “America’s Got Talent: Extreme”, Jonathan Goodwin, a retired escapologist and stunt performer, regained the ability to drive with the help of Herts Ability. Goodwin, 44, from Potters Bar, was left wheelchair-bound following an accident during a stunt which involved escaping from a straitjacket suspended 30 feet in the air, leading to severe injuries after an incident involving two cars.

During his recovery, which included five months in hospital, Goodwin contacted Herts Ability in Welwyn Garden City. This centre is part of the Driving Mobility network, supported by the Department for Transport, providing assessments for drivers with disabilities to ensure safety through appropriate vehicle adaptations.

Eager to regain his independence, Goodwin self-referred for an assessment. “I had become a burden to my partner and needed to try and get back to driving as soon as possible”, he explained. The assessment was thorough, combining cognitive tests and practical evaluations with adapted driving controls, which were somewhat familiar to Goodwin from his stunt work.

The assessment was a success, and Goodwin was recommended a hand-operated push-pull system for acceleration and braking, along with a steering ball. Herts Ability submitted their findings to the DVLA, and soon after, Goodwin was approved to drive an adapted vehicle. He had his Volvo modified by PB Conversions in time for Christmas.

Now driving for over a year, Goodwin has become a Patron of Herts Ability. He is dedicated to advocating for the possibility of driving with disabilities, emphasising, “The adaptation technology that exists today is extraordinary”.

If you or someone you know requires the help of Herts Ability’s services, please contact us at **01707 384263**, email driving@hertsability.org.uk, or visit our website at www.hertsability.org.uk.

Living with a stoma - a patient’s journey

On 15th April 2024 Nicola Marzolini, representing the Ostofriends Stoma Support Group and Nurse Breege O’Neill from the Salts Healthcare North London Community Stoma Nursing Team were invited to present at one of a series of health talks arranged by the Friends of Parkfield Patient Participation Group and hosted by Potters Bar United Reformed Church.

The purpose of the presentation was to raise awareness of stomas, share information on the need for a stoma, appliances, potential issues, as well as the role of the Community Stoma Nursing Team. Nicola’s personal experience was explained and there was an introduction to

Ostofriends, highlighting the benefits of being part of a group whose focus is to provide a supportive network to individuals in the local community living with a stoma.

Ostofriends is a group of volunteers from Potters Bar and the surrounding areas, and it includes members from as far as Hemel Hempstead

to Kentish Town. The group was founded in 2018 by six stoma patients and has a current membership of 39. The core values of Ostofriends are inclusivity, respectfulness, empathy and understanding, reassurance/resilience and awareness.



Meetings take place on the first Wednesday of each month, 10.30am–12.30pm at Potters Bar Baptist Church, EN6 2RB. The topics include the sharing of experiences, insights into navigating life with a stoma, hosting of guest speakers eg experts in nutrition, exercise, support wear, stoma products and attendance by the Community Stoma Nurses. The aim of the group is to offer help, information, advice, and emotional support to fellow ostomy patients in the hope of improving their quality of life.

For further information, please contact ostofriends@gmail.com.

Editor: Picture shows Nicola illustrating her talk using our Spring edition which contained a feature on Ostofriends.



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Cuffley Wednesday Games Club

Originally known as 'Cuffley Over 50s', the Cuffley Wednesday Games Club has been in existence since at least 1991, offering table tennis, snooker, and board games to its members.



To expand the popular table tennis section, it was felt that a third, good quality table was required. In view of the associated cost, we approached the Parish Council who had a limited number of grants available to local clubs supporting the local community. The Parish Council approved the application and generously agreed to fund a new Joola World Cup 22, which is a

first-class table. The new table, as seen in the picture below, is now in action and is popular with our members and this means that we can accept more table tennis members.

The Cuffley Wednesday Games Club meets on Wednesday afternoons from 1.30–4.30pm at the Youth and Community Centre.

Anyone wishing to join is offered a first visit free and thereafter an option of either an annual membership (POA) or £2 for each visit. If interested, please contact John White **01707 875589**, or pop in at 3pm any Wednesday for a cup of tea and a chat.



Potters Bar students showcased their singing and dancing talents in the West End

The performance took place at His Majesty's Theatre, with the Potters Bar cohort appearing alongside students from other Stagecoach schools around the UK. Students performed songs from West End musical *The Wedding Singer*, including 'It's Your Wedding Day', 'Pop', 'Single' and 'Saturday Night in the City'.

Hayley Barton-Evans, principal of Stagecoach Performing Arts in Potters Bar, said: "It was an amazing experience witnessing our students unite and showcase their talents on the esteemed stage of His Majesty's Theatre. After weeks of dedicated rehearsals, they delivered an exceptional performance, one they should all be immensely proud of."

Stagecoach Potters Bar holds drama classes on Thursdays, Fridays, and Saturdays at Chancellor's Secondary School. A statement from Stagecoach says: "Stagecoach aims to make a difference in its students' lives by teaching 'Creative Courage for Life'. Many children have gone on to study and work in the performing arts, from blockbuster films to countless roles in local theatre productions". Please see advert on page 6 for contact details.

Mayfair Lodge Fundraising Friends

We are a group of volunteers that have previously had relations and friends in the care home in The Walk. We wanted to show our appreciation for the way our relations were cared for and make every day better for the residents.

We formed in November 2019 and have raised over £40,000, donating a minibus, interactive pets and activity supplies, outdoor games as well as building a bespoke tearoom for the residents within the gardens at Mayfair Lodge. The residents love their weekly visit to the tearoom with some tea, coffee, cake and old songs to sing along to and, if we're lucky, a seat on the decking in the sunshine!

We have had some amazing support from local businesses and the community and are always looking for new ways to raise funds. We accept donations of clothing and household items that we sell at car boot sales, and we also hold various fundraising events.

We have an events board outside Mayfair Lodge, and you can also follow us on Facebook... 'mayfair lodge fundraising friends'.

Inspiring story on World Parkinson's Day

On World Parkinson's Day Cuffley Manor Care Home organised a special gathering at its Parkinson's Cafe, where residents and individuals from the wider community living with Parkinson's disease came together to share experiences, offer support, and draw inspiration from one another. Among the attendees was Patrick McMillan, a beloved resident of Cuffley Manor, who courageously shared his personal journey with Parkinson's disease. From the initial diagnosis to the daily struggles and triumphs, he offered a raw and unfiltered account of his experiences, leaving a profound impact on all who listened. His candid and heartfelt narrative resonated deeply with attendees, offering a beacon of hope and inspiration to those navigating similar challenges.

"For me, sharing my story was about more than just raising awareness. It was about connecting with others who understand the challenges of living with Parkinson's disease and offering a message of hope and resilience. If my story can inspire just one person to speak up and seek support, then it's worth sharing," said McMillan. The event concluded with an outpouring of gratitude and appreciation for Patrick. Residents and team members alike expressed their admiration for his courage and resilience, emphasising the profound impact of his story on their lives.

Events like the Parkinson's Cafe serve as a testament to the power of shared experiences and the importance of fostering a supportive and inclusive community.

Photographic Society in cup-winning form



Potters Bar's Photographic Society has managed a hat-trick of wins in Barnet & Finchley Photographic Society's Jubilee Cup. The Cup is unusual in that it calls for both printed and projected images. Our third win came in May 2024 and despite a weaker first round of projected images we bounced-back with the printed images and ended-up in first place in competition

with two other photographic societies. Graham Coldrick's image 'Holly Blues' was one of the images that scored full marks and helped us on our way. Society President, Helen Frost, said that the win was obviously good news but showed the depth of ability within the Society that has allowed wins for so long.

In other news, we have run a full programme of internal competitions, lectures and visits, all aimed at helping members improve their photography. One unusual presentation was on mobile 'phone photography. Jeanette Lendon from St Albans opened the eyes of many members as to quite what can be achieved with their phones and other mobile devices. We also received a fascinating lecture from the Chief Staff Sports Photographer at *The Times* newspaper, Marc Aspland. Marc's presentation showed a great assortment of sports images ranging from local football teams through national sports matches to The Olympics.

We are happy to meet potential members at any of our meetings at Wyllyotts Centre, Mutton Lane, Potters Bar on Monday evenings from 7.30pm. Our spring term finishes on 1st July, and we start again on 16th September. Visitors can attend up to three meetings free of charge before deciding if they wish to join.



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How is your *Community News* produced?

Articles of general local interest are sent to us for consideration throughout the year and we are always on the lookout out for more. Our deadline for copy is one month prior to the intended publication date and a timely reminder is issued to local clubs and charities.

Articles are edited as necessary – we ask that they are limited to 300 words, although we do have the facility to include longer items on our website. The articles are mapped out onto our normal 28 pages and sent to Carey, our Graphic Designer, together with the updated *Local Organisations* directory and 'What's On'. Carey somehow manages to make sense of the basic outline sent to her and the copy is then ready for proofing. In the meantime, Debbie Usher has been finalising the relevant advertising material and this is then added in consultation with Carey.

When the issue has been finalised, a copy is available to view on our website and we notify several local Facebook groups accordingly. We are then ready for the print run of 13,500 copies where the expertise of Gary Usher comes to the fore, with the quality of the production presenting such a professional image.

We then have the logistical exercise of getting them to you. They are produced in boxes of 100 and the initial stage involves Gary delivering the appropriate number of boxes to our volunteer wholesale distributors, who handle, on average, 10 boxes each. Their job is then to divide these into the required number for the individual deliveries for each road and get them to the person who puts them through your letter box.

Altogether, we have well over 100 people involved in our deliveries., with Peter Weaver directing operations. This whole exercise can sometimes take a while – everyone involved is a volunteer – and we can only expect them to be delivered when it is convenient to them. So, please bear with us, particularly in this, the holiday season.

Challenge - To run 5k every day for a year

Jimmy Lloyd is no ordinary 47-year-old businessman – he's made a pledge to run 5k-a-day to help the children and families who receive support from Noah's Ark Children's Hospice. Jimmy lives with his fiancée Gemma and their four children. He enjoys boxing and football but most of his time these days is spent running.



The journey to becoming a running superstar began in 2020 for Jimmy, when Gemma's sister Hollie was diagnosed with glioblastoma, an aggressive type of brain cancer. After experiencing the devastation of

Hollie's sudden illness, and subsequent death, Jimmy started thinking about mortality.

The desire to do something positive coincided with Jimmy picking up a copy of Rob Delaney's book 'A Heart That Works'. Jimmy describes the book as being 'Powerful, bizarrely uplifting in parts and horrifyingly sad in others.' The book details the support that Rob's son Henry received from Noah's Ark Children's Hospice at the end of his life. Jimmy recognised that Noah's Ark Children's Hospice is something very special and wanted to help in their mission to help children with life-limiting and life-threatening conditions make the most of everyday.

As a runner already, Jimmy decided he wanted to do something reflective of the situation facing most of the children and families that receive children's hospice support. To get up every day, and face the same thing, again and again, and so the 5k-a-day challenge was born. Jimmy has a well-trodden route around Bristol but has also completed his miles in Chicago, New York, and The Cotswolds.

The road hasn't always been smooth, Jimmy caught a virus and had to do his miles on a treadmill but, six months in, Jimmy is determined to complete the challenge and raise £10k for Noah's Ark!

Watch this space and if you wish to help Jimmy towards his goal, please visit www.noahsarkhospice.org.uk.

JOHN POWELL

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Ever thought of making a film?

If the answer is yes, then you need to come along to The Potters Bar Film Makers and see what you need to do, but even if you are 'just interested' in anything filmic then you are also very welcome. We meet in The Wyllyotts Centre on alternate Thursday evenings at 7pm.

Be it documentaries, travel, holiday or story/comedies/drama, we make films on most subjects individually, in a group or as a club. We can't guarantee that you will win an Oscar, but we can certainly help you end up with a very enjoyable film that you will be proud of, and that friends and family will be amazed by.

Recently we were asked by ELODS, (The Enfield Light Operatic and Drama Society), to make a short film for inclusion in their production of 'Singing in the Rain'. You probably know the story is set when talking pictures first came about and you may have been to see their excellent production in Wyllyotts Centre theatre a few weeks ago.

We give a film show in Northaw Village Hall each year in October when the audience can see just what so called 'amateur' film makers can do. You don't have to have a video camera as Smart Phones are there all the time enabling you to film anything at any time, edit what you have taken, and there you are, you are on your way to one of PBFM Film of the Year awards.

Of course, you have to be a member first so if you would like more details about the club or the show in October, then call either Andrew on 01707 659888 or Penny on 01707 656446.

Local girl reaches the Miss England final

Jess Pliskin grew up in Potters Bar and went to Dame Alice Owen's school. From the original 5,000 plus girls who entered, Jess was one of the 40 that made it to the grand finals in Wolverhampton in May. Not only this, she also was awarded the Waterman's gorgeous hair award by the official Miss England sponsor in the semi-finals!

To prepare for the finals, Jess took to skydiving to raise money for PAPYRUS and Balls to Cancer. She also worked with a Bristol-based charity to provide creative opportunities for young children as part of the Miss World Beauty with a Purpose campaign.

Other rounds included the eco-friendly round where she designed an outfit using upcycled clothing and a sports round where she was put through her paces by a former marine. A tremendous achievement and great experience.



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WHAT'S ON

JULY

TUESDAY 2nd

- **Lunchtime Recital** Matthew Sear (guitar). 12.30pm. Retiring collection. Light lunches (£5) available from 12 noon–1.30pm, St Mary's Church, The Walk.

WEDNESDAY 3rd

- ***Compassionate Café** Christchurch, Little Heath, 10am–12 noon. 01923 330330. Every Wednesday.
- ***Wednesday Community Club** Games and chat.
- **Bell Ringing** Every Wednesday 8–9pm. St Mary's Church North Mymms. 01727 825578.

THURSDAY 4th

- ***PB Filmmakers** 'Drones — a demonstration of their use'. 7pm.

SATURDAY 6th

- **Anniversary Festival Week** Potters Bar United Reformed Church 90th Anniversary Festival Week. Many activities through until 3rd July. Come and join us.
- **Piano Recital** Tuna Dyonmez. 2.30pm, St Mary's Church, The Walk. Retiring collection. Includes works by JS Bach, Beethoven, Chopin, Debussy and Rachmaninoff.
- ***PB Cricket Club** v Harpenden. Home 11am.

SUNDAY 7th

- **Sponsored Swim** in the stunning QE Boys School Pool, Queens Road, Barnet, EN5 4DQ, from 4.30–6.30pm. The sponsored swim is open to people of all ages and abilities. Everyone is welcome. The pool is 25m long. Set your own target (eg 10, 20, 30 lengths) and try to beat it! To register, please contact Tina@cherrylodgecancercare.org.uk.

MONDAY 8th

- ***U3A** talk at Wyllotts Centre, 10–11.15am. www.pbu3a.org.uk. Talk by Tony Eaton, 'The Duke of Windsor and his possible links to Nazi Germany'.
- ***Hertfordshire Showband** are giving free one hour performance at Potters Bar United Reformed Church in Darkes Lane, to celebrate the church's 90th birthday. 7pm for 7.30pm start. Outdoors if good weather, indoors if not.
- ***PB Health Walks** Every Monday, 10.30am. Meet at the Potters Bar Train Station. Long and short walks options.

TUESDAY 9th

- ***Cuffley Floral Art Club** National Demonstrator Lucy Ellis, 'Limelight'.

WEDNESDAY 10th

- ***Compassionate Café** Christchurch, Little Heath, 10am–12 noon. 01923 330330. Every Wednesday.
- ***Wednesday Community Club** Stephen Poxon, 'Mistakes will Happen!'
- ***PB Health Walks** Wednesday, 10.30am. Meet at the Potters Bar Train Station. Long and short walks options.
- **'Romeo and Juliet'** Capel Manor. Open Air Theatre, 7–9.20pm.

THURSDAY 11th

- ***North London and Middlesex Morris Minor Owner's Club** Meeting at Whitewebbs Motor Museum. 'Show & Shine' night, bring a picnic, raffle, spares table. 7.30–9pm.
- ***Compassionate Support** Wyllotts Centre, 10am–12 noon. 01923 330330.
- **Sewing Group** Every second Thursday. St Mary's Church, North Mymms. 01727 825578.

FRIDAY 12th

- ***PB Health Walks** Fridays 11am. Oakmere Library. Up to 30 minutes. Join us for a cuppa afterwards.

SATURDAY 13th

- ***PBCMS** We have a Summer Concert starting at 7pm in Mount Grace School Hall. 7 orchestras and a choir; performers range from 6 years old to retired. Tickets £7 at the door.
- ***PB Cricket Club** v Shenley Village. Away 11am

SUNDAY 14th

- **Teddy Bears Picnic** 2–5pm, St Mary's Church, North Mymms. 01727 825578.

- ***Potters Bar Society Walk.**
- **Free Family Fun Day** 'Heli-bration' Herts and Essex Air Ambulance. Hatfield House, 12 noon–4pm.

WEDNESDAY 17th

- ***Wednesday Community Club** Games and chat.

THURSDAY 18th

- ***PB Filmmakers** Unclassified Competition.

SATURDAY 20th

- ***PB Cricket Club** v Old Owens. Home 11am.
- **Coach Trip** to Cardiff. £48. 01707 903761.
- **Battle Proms** at Hatfield House, 4.30–10pm.

SUNDAY 21st

- **Folk by the Oak Music Festival** Hatfield House, 12 noon–10.30pm.

MONDAY 22nd

- ***PB Historical Society** 'A Day in the life of a Thames Tug' — Richard Thomas.

WEDNESDAY 24th

- ***Wednesday Community Club** Quiz with Sue and 'Tea & Cake'.

THURSDAY 25th

- **Knitting Group** St Mary's Church, North Mymms. 01727 825578.

FRIDAY 26th

- **Poetry Group** St Mary's Church, North Mymms. 01727 825578.

SATURDAY 27th

- **Coach Trip** to Bournemouth. £38. 01707 903761.
- ***PB Cricket Club** v Bishops Stortford. Away 11am.

SUNDAY 28th

- ***Potters Bar Society Walk.**

MONDAY 29th

- **'Peter Pan'** with Immersion Theatre. Hatfield House, 5.30–7.10pm.

WEDNESDAY 31st

- ***Wednesday Community Club** Outing to Southend on Sea, 10.30am.
- **Coach Trip** to Seal Watching in Norfolk. £60. 01707 903761.

AUGUST

SATURDAY 3rd

- ***PB Cricket Club** v Totteridge Millhillians. Home 11am.

SUNDAY 4th

- **Coach Trip** A Day in Henley. £35. 01707 903761.

TUESDAY 6th

- **Lunchtime Recital** Elia Stavrou (piano). 12.30pm. Retiring collection. Light lunches (£6) available after the recital. St Mary's Church, The Walk.

FRIDAY 9th

- **'A Midsummers Night Dream'** with Immersion Theatre. Hatfield House, 5.30–7.20pm.

SATURDAY 10th

- **Coach Trip** A Day in Southwold. £39. 01707 903761.
- ***PB Cricket Club** v West Herts. Away 11am.
- **Fireworks** 4 great displays. Hatfield House, 4–10.30pm.

SUNDAY 11th

- ***Potters Bar Society Walk.**

WEDNESDAY 14th

- **Coach Trip** A Day in Lincoln. £39. 01707 903761.
- **'Henry V'** Changeling Theatre. Hatfield House, 7–9pm.

SATURDAY 17th

- **Coach Trip** Eastbourne Airshow! £39. 01707 903761.
- ***PB Cricket Club** v North Mymms. Home 11am.
- **Classic Ibiza** with orchestra, DJs and live vocalists. Hatfield House, 5–10.30pm.

WHAT'S ON

SUNDAY 18th

- ***Fir and Pond Wood Nature Reserve** Help maintain this reserve, no experience necessary, 10am. Details see organisations pages.

TUESDAY 20th

- **Poetry Group** St Mary's Church, North Mymms. 01727 825578.

THURSDAY 22nd

- **Coach Trip** Poppyline Steam, Norfolk. £60. 01707 903761.

SATURDAY 24th

- ***PB Cricket Club** v Radlett. Away 11am.
- **'Merry Wives of Windsor'** by The Pantaloons. Shenley Walled Garden, 7pm.

SUNDAY 25th

- ***Potters Bar Society Walk.**

SATURDAY 31st

- ***PB Cricket Club** v Hertford. Home 11am.
- **Coach Trip** Whitstable, Broadstairs and Margate. £39. 01707 903761.

SEPTEMBER

SUNDAY 1st

- ***North London and Middlesex Morris Minor Owner's Club** Morris Minor Rally at Capel Manor Gardens, Enfield. Classic and Vintage Car Show, 10am–5pm.

TUESDAY 3rd

- **Lunchtime Recital** Jen Carter (piano). 12.30pm. Retiring collection. Light lunches (£6) available after the recital. St Mary's Church, The Walk.

SATURDAY 7th

- ***PB Cricket Club** v Harpenden. Away 11am.
- **Coach Trip** Weymouth for the day. £39. 01707 903761.

SUNDAY 8th

- ***Potters Bar Society Walk.**

MONDAY 9th

- ***Potters Bar U3A** Speaker to be advised. 25th Anniversary celebrations with tea and cake.

TUESDAY 10th

- ***Cuffley Floral Art Club** Demonstrator Peter Bodnar '2 for 1'. 7.30pm at Cuffley Hall, Maynards Place, EN6 4JA.

WEDNESDAY 11th

- ***RSPB Afternoon** illustrated talk. All welcome. Claire Robinson — 'A Wilder Future for Hertfordshire and Middlesex'. How wildlife is doing in and what we can all do to help.
- ***Wednesday Community Club** Games and chat.

THURSDAY 12th

- ***Enfield National Trust Association** 'His Majesty's Theatre' — illustrated talk by Mark Fox. 7pm for 7.15pm. Contact Pam 01707 650969 for info.

FRIDAY 13th

- **Potters Bar Health & Wellbeing Event** 10am–3pm, Wyllyotts Theatre, Darkes Lane, EN6 2HN. Over 25 information stands offering health and wellbeing advice and support to the Potters Bar Community. Mini health checks. Talks from local GPs and health professionals, activity taster sessions. Everyone welcome. Free entry, no need to book.

SATURDAY 14th

- **Coach Trip** Sonning Mill Theatre. £89. 01707 903761.
- **Coach Trip** Lille, France. £85. 01707 903761.

SUNDAY 15th

- ***Fir and Pond Wood Nature Reserve** Help maintain this reserve, no experience necessary, 10am. Details see organisations pages.

WEDNESDAY 18th

- ***Cherry Lodge Cancer Care** Flower Workshop with Iris. Professional florist who will delight you with her flower arranging skills and give you a step-by-step guide to help you achieve great results of your own. Tickets £14, including the workshop plus tea and cakes. 2–4pm, Howard House, 23 Union Street, Barnet EN5 4HY.
- ***Wednesday Community Club** Nick Dobson — 'Agatha Christie — Queen of Crime'.

THURSDAY 19th

- ***PB Filmmakers** Competition. Film to a record or poem.

FRIDAY 20th

- ***RSPB Evening** illustrated talk. All welcome. Bill Coster — 'Australia Queensland'.
- **Poetry Group** St Mary's Church, North Mymms. 01727 825578.

SUNDAY 22nd

- **Coach Trip** Swanage Dorset. £65. 01707 903761.
- ***Potters Bar Society Walk.**

MONDAY 23rd

- ***PB Historical Society** 'The Old Palace of Hatfield (The Tudors)'. Speaker is Durmot Burke (Hatfield House guide).

WEDNESDAY 25th

- ***Wednesday Community Club** Phil Merrison, talk about New York.

FRIDAY 27th

- **Poetry Group** St Mary's Church, North Mymms. 01727 825578.

SATURDAY 28th

- **Coach Trip** Mary Rose in Portsmouth. £65. 01707 903761.
- **Bee and Honey Annual Show** Capel Manor, 10am–5pm.

SUNDAY 29th

- ***North London and Middlesex Morris Minor Owner's Club** Morris Minor & Spares Day at Whitewebbs Motor Museum, 9am–4pm.
- **Bee and Honey Annual Show** Capel Manor, 10am–5pm.

OCTOBER

TUESDAY 1st

- **Lunchtime Recital** Nina Kopparhed (soprano). 12.30pm. Retiring collection. Light lunches (£6) available after the recital. St Mary's Church, The Walk.

WEDNESDAY 2nd

- ***Wednesday Community Club** Games and chat.

THURSDAY 3rd

- ***PB Filmmakers** 'Pot Luck'.

SATURDAY 5th

- **Jumble Sale** 4th Potters Bar Scouts at St John's Methodist Church, Baker Street, Potters Bar, EN6 2DZ. Entry (from Heather Way) £2 at 10am or 50p at 10.30am. Finishes about noon.
- ***PB Filmmakers** Public Show in Northwall Village Hall. Matinee only starting at 2.30pm.

SUNDAY 6th

- **Harvest Festival** Family Communion Service at 10am, followed by lunch at 12 noon. All welcome. St Mary's Church, The Walk. Details 07803 756088.
- **Rennie Grove** Herts 10k Run. Herts County Showground. Includes 5k and Fun Run options. Information from rennigrovepeace.org/herts10k,
- **Coach Trip** Winchester steam train plus lunch. £110.

TUESDAY 8th

- ***Cuffley Floral Art Club** Demonstrator Gill McGregor — 'Autumnal Flair and Artistry'. 7.30pm, Cuffley Hall, Maynards Place, EN6 4JA.

WEDNESDAY 9th

- ***RSPB Afternoon** illustrated talk. All welcome. Stuart Warrington — 'The Culture and Wildlife Importance of Veteran Trees'.
- ***Enfield National Trust Association** 'Whatever Happened after Henry VIII', an illustrated talk by Rev Dr Nicholas Henderson. 7pm for 7.15pm. Contact Graham 01707 321759 for info.

WHAT'S ON

- ***Wednesday Community Club** Alan O'Duffy — Stories from a life in Music.

THURSDAY 10th

- ***North London and Middlesex Morris Minor Owner's Club** Meeting at Whitewebbs Motor Museum, 7.30–9pm.

FRIDAY 11th

- **'Murder Amongst Friends'** performed by The Warren Theatre Group. A murder mystery play by Diana Raffle. Wylyotts Theatre, Potters Bar, 7.30pm. All tickets £15. Proceeds to local charities.

SATURDAY 12th

- **'Murder Amongst Friends'** see above. 2.30pm matinee and 7.30pm. All tickets £15. Proceeds to local charities.

SUNDAY 13th

- ***Fir and Pond Wood Nature Reserve** Help maintain this reserve, no experience necessary, 10am. Details see organisations pages.

MONDAY 14th

- ***Potters Bar U3A** Speaker to be advised.

WEDNESDAY 16th

- ***Enfield National Trust Association** 'My career as an opera singer' — Angela Henckel. 1.45pm for 2pm. Contact Graham 01707 321759 for info.
- ***Wednesday Community Club** 60th Anniversary Lunch, 1pm. Toybox.

THURSDAY 17th

- ***PB Filmmakers** 'Heritage'.
- **Coach Trip** 'Mama Mia the Party!', O2 Arena. 01707 903761.

FRIDAY 18th

- ***RSPB Evening** illustrated talk. All welcome. Bruce Bennett — 'Some flora and fauna of Costa Rica' which has an amazing range of habitats.

SATURDAY 19th

- **Hertfordshire Philharmonia Concert** 7.30pm, St Mary's Church, The Walk. Info email tickets@hertsphil.org.uk, or phone 01727 857827.

SUNDAY 20th

- **Apple Day** with stalls and children's activities. Shenley Walled Garden, 12 noon–4pm. Under 3s free.

WEDNESDAY 23rd

- ***Wednesday Community Club** Games and chat.

THURSDAY 24th

- **Coach Trip** Bicester Shopping Village. £38. 01707 903761.

FRIDAY 25th

- **Poetry Group** St Mary's Church, North Mymms. 01727 825578.

MONDAY 28th

- ***PB Historical Society** 'A schoolgirls war' — Mary Smith (retired head teacher).

WEDNESDAY 30th

- ***Wednesday Community Club** Graham Craker — 'Medical detection dogs'.

THURSDAY 31st

- ***PB Filmmakers** 'A Creepy Evening'.

NOVEMBER

SATURDAY 2nd

- **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.

TUESDAY 5th

- ***'Charlie and the Chocolate Factory'** Green Room return to the Wylyotts Theatre. Tickets are £16–£24. Wylyotts Theatre Box Office on 01707 645005 or www.wylyottstheatre.co.uk.
- ***Potters Bar U3A** Short AGM followed by speaker to be advised.
- **Lunchtime Recital** Matthew Sear (guitar). 12.30pm. Retiring collection. Light lunches (£6) available after the recital. St Mary's Church, The Walk.

WEDNESDAY 6th

- ***'Charlie and the Chocolate Factory'** Green Room. See above.
- ***Wednesday Community Club** Paul Martin — Antiques.

THURSDAY 7th

- ***'Charlie and the Chocolate Factory'** Green Room. See above.

FRIDAY 8th

- ***'Charlie and the Chocolate Factory'** Green Room. See above.

SATURDAY 9th

- **Christmas Market** 4th Potters Bar Scouts at St John's Methodist Church, Baker Street, Potters Bar, EN6 2DZ. 10.30am to 1pm. Various stalls, games, tombola, raffle, and refreshments, including BBQ. Early visit from Father Christmas!
- **Quiz Night** 7pm, St Mary's Church Hall, The Walk. Tickets (£12) include light supper. Details 01707 654407.
- ***'Charlie and the Chocolate Factory'** Green Room. See above.

SUNDAY 10th

- **Remembrance Day** Act of Remembrance, 10.45am. South Mimms War Memorial.
- **Remembrance Day Service** at the War Memorial from 10.50am, following church service at St Mary's.
- ***'Charlie and the Chocolate Factory'** Green Room. See above.
- **Coach Trip** Thursford, Norfolk. £95. 01707 903761.
- ***Cuffley Floral Art Club** Club Social. 7.30pm at Cuffley Hall, Maynards Place, EN6 4JA.

WEDNESDAY 13th

- ***RSPB Afternoon** illustrated talk. All welcome. Ian Alexander — 'The English love affair with nature'. Not only slides but hand specimens as well.
- ***Wednesday Community Club** Games and chat.

THURSDAY 14th

- ***PB Filmmakers** Competition. Documentary.
- ***North London and Middlesex Morris Minor Owner's Club** Meeting at Whitewebbs Motor Museum, 7.30–9pm.
- ***Enfield National Trust Association** 'The Battle of Barnet', an illustrated talk by John Hall, 7pm for 7.15pm. Contact Pam 01707 650969 for info.

FRIDAY 15th

- ***RSPB Evening** illustrated talk. All welcome. Nick Marriner — 'Landscape scale conservation across the Chilterns'. Nick will share his work in the Central Chilterns.

SUNDAY 17th

- ***Fir and Pond Wood Nature Reserve** Help maintain this reserve. No experience necessary, 10am. Details see organisations pages.

WEDNESDAY 20th

- ***Enfield National Trust Association** 'Sicily, island of flowers and ancient history', an illustrated talk by John Wallington, 1.45pm for 2pm. Contact Pam 01707 650969 for info.
- **Coach Trip** Chatsworth. £70. 01707 903761.
- ***'Nativity — The Musical'** performed by Potters Bar Theatre Company at Wylyotts Theatre. Adults £22, child £19. Box Office www.wylyottstheatre.co.uk.

THURSDAY 21st

- ***'Nativity — The Musical'** Potters Bar Theatre Company. See above.

FRIDAY 22nd

- ***'Nativity — The Musical'** Potters Bar Theatre Company. See above.

SATURDAY 23rd

- ***'Nativity — The Musical'** Potters Bar Theatre Company. See above. Matinee performance 2.30pm.
- **Coach Trip** Winchester Christmas Market. £38. 01707 903761.

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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Follow the Greek Gods in playing croquet!

There are some interesting unofficial theories about the origins of croquet, from it being a game that was enjoyed by the Greek Gods to one that French peasants played in the 14th Century, when they fashioned hoops made from willow branches and used their shepherds' crooks as mallets. It is now believed the game came to England, via Ireland, after being invented by the French. The first rules were established by Jacques of London in 1857 and the game was included as a demonstration sport at the Paris Olympics in 1900. Today, there are two types of Croquet game, the original game of Association Croquet, and the more widely played modern game of Golf Croquet, which is quicker and simpler to play. The object of both games is to hit your ball through seven hoops in sequence before your opponent.

Croquet is an ideal sport for all ages, providing exercise in the fresh air and the opportunity to make new friends. Our croquet group started in conjunction with The Barnet Bowls Club when they were looking to make use of their rarely used ladies' bowling green. The Club is now known as the Barnet Bowls and Croquet Club, and preparations are already under way for the centenary celebration in two years' time. We have sixty members, most of whom have started via the U3A.



The U3A croquet group can meet on the green up to twice a week, on Tuesday and Thursday afternoons. The Club, in Wood Street, Barnet, offers U3A members two free taster sessions, basic tuition, and loan of equipment. Taking out full membership entitles play at any time of both bowls and croquet, entrance to all club competitions, coaching sessions, and a variety of social activities. New members are welcome to both our U3A group and to the Club, so if you are interested, please contact Lynda Armsby at lynda.armsby@gmail.com.

Croquet painting courtesy of PB resident, Rachel Maya.

Zenith Trampoline bounce into the new season

We have had a busy start to the season here at Zenith Trampoline Club.



Our regional members recently qualified for the British Gymnastics Inter Regional Finals to be held in July at the Utilita Arena in Birmingham. Caleb, Beatrice, Michael, Matia, Ralph and Astrid will all represent London in the upcoming event where they will compete against jumpers from across the UK.

Two students also recently travelled to Portugal to compete in the Oseiris Beach Cup. Sarah and Katya competed valiantly, with Sarah making her first international final, finishing in 5th place. She also recently made great progress towards qualifying for the British Championships.

Zenith also competes in the National Trampoline League. The season has begun in earnest with Hannah, Katie, Eloise and Mya gaining points towards the national league finals which will be held in October.

In the coming weeks, Sarah, Michael, Beatrice, Billy and Eloise will also compete in the International Gymnastics Federation and English events.



The club is very proud of the success of all its competitors, each of whom started out as a recreational jumper before progressing to competition level. Trampolining is a great sport and has enormous benefits to core strength and overall fitness. Whether you are a child or an adult, if you would like to give it a try the first session is free and we currently have spaces in our beginner classes. Please contact Carole on **07956 251025** or email zenithtrampolineclub@btinternet.com.



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Great first season back for Ladies' Hockey Team

In their first season since they reformed, Potters Bar Ladies' Section had an excellent campaign. Everyone at the club was very pleased to see how the section grew, and the league team did very well finishing third in their division.

The four men's teams also completed a successful season with the first and second teams finishing mid-table in their respective divisions 1S and 3SW of the East of England hockey leagues.

The best performance, however, came from the men's 3rd team who were champions of their division 4SW. They clinched the title only on the last weekend of the season, with a strong win away against second-placed Hertford. They are due to receive the league champion's trophy at a presentation day at Letchworth on 23rd June.

The 4th team also had an excellent season, finishing second in division 7SW, and earning promotion to 6SW. The team was especially pleased with the progress made by the younger players as the season progressed. The blend of youth and experience that was both fun to be part of, and effective on the pitch.

The club also grew its juniors (age 8–13) section through the season, with 30 young players learning the skills of the sport on Monday evenings, and at tournaments on Sunday mornings.

The club enjoyed hosting a stall at the PB Carnival in June when newcomers and experienced players were able to come and try their hand at some target practice.

After the summer break, the club will resume coaching in early September, including for juniors, and the league season will then re-start later that month. For any information about the club, contact Paul on **07398 988502** or juniors@pottersbarhockey.club.

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Potters Bar Tennis Club

Junior Events

The Play Your Way to Wimbledon Tournament took place early in May. The winner going forward was Ilay Kenes and the runner up was Samarth Choudhary. Congratulations to all who entered.

Munchkins Continues on Saturdays at 2.30pm.

Summer Tennis Camps for Kids Monday 29th July to Friday 2nd August, 9am–12 noon. Ages 5–9. Monday 29th July to Friday 2nd August, 1–4pm. Ages 10–15. Monday 5th August to Friday 9th August, 9am–12 noon. Ages 5–9. Monday 5th August to Friday 9th August, 1–4pm. Ages 10–15.

All these Summer Tennis Camps will be £18 for the day or £80 for the week.

Junior Friday Night Tennis continues until Friday 19th July, and restarts on Friday 6th September. Ages 5–7: 4–5pm. Ages 8–10: 5–6pm. Ages 11–13: 6–7pm. Ages 14–18: 7–8pm.

The Annual Junior Tournament early rounds will take place over the weekends 6th, 7th, and 14th July. The Finals will be held on Saturday 14th September in conjunction with the Adult Finals Day. Come along and watch the competitive tennis from 11am.

Parent and Child Tournament Sunday 6th October from 9am.

Karl Mills
07939 303483

Club Open Day

Come and try your skills and keep fit at this Open Day on Saturday 20th July.

Adult Events

The Flon Conrad Mixed Over 50s Tournament in May was washed out due to inclement weather and will be rearranged. Mixed Doubles Tournament is on Sunday 21st July at 2pm. Club Adult Annual Tournament runs for three weeks in August and September with Finals Day on the 14th September.

Other Membership Matters

All membership enquiries should be made to Sue Vallance on **01707 645909** or pbtcmembership@gmail.com.

NB: ALL THESE COURTS AND TIMES NEED TO BE PRE-BOOKED IN ADVANCE THROUGH CLUBSPARK. THE LINK TO BOOK CAN BE FOUND ON THE CLUB WEBSITE www.clubspark.lta.org.uk/pottersbartennisclub.

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Happy 50th for Cuffley Rugby

Cuffley Rugby Club is probably the closest to Potters Bar, playing at Botany Bay cricket club just off the Ridgeway, towards Enfield.

We cater primarily for adult men over 17/18, though pre-covid we had a successful adult lady XV, which we would like to restart. A minimum of 20 are really needed for a full squad, albeit less for sevens and informal touch rugby. We also have ambition to start a mini and juniors' section, linked in part to the very successful Botany Bay cricket set-up.

Our men's team play in a Herts Middlesex Merit Table league and had a very successful 50th season topping the table against opposition from clubs nearby such as St Albans, Hemel, and Welwyn. The club was founded in 1973 by a group of local friends who drank in the Plough Pub in Cuffley, hence the basis for the club's logo. Many others came via Richard Hale school in Hertford and, although today that base has widened, several former pupils of that school still play. Initially, matches were played in the Cheshunt area, and we moved to Botany Bay around 2015 to take advantage of the wonderful and family-friendly facilities.

We are always looking to link up with like-minded supporters, sponsors, and new players. At heart, we are a 'grass roots' club open to a wide range of skills and ages. I played until I was 52 to have 2 seasons of league rugby with my 2 boys, then 17 and 19. There will be some summer light-training events before the new season begins in early September. Fixtures have yet to be finalised. If you want to know more about the club, contact me (or one of the website contacts) on the below details.

Chris Palmer

Chris@cuffleyrugby.co.uk | 07929 005631

Black Belts for twin brothers

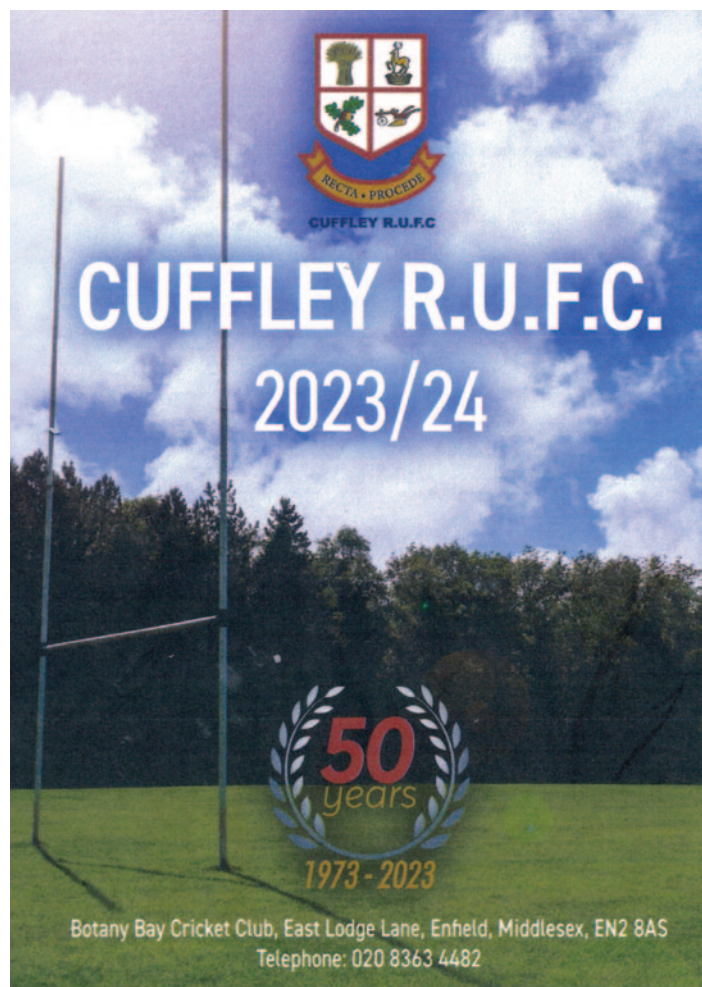
Potters Bar Shotokan Karate Club is proud to announce that local twins Alessandro and Francesco Sodhi recently achieved their Black Belts. The grading covers all aspects of karate training including an interview to assess the student's character and a written examination.

Our friendly club came to Potters Bar in 1990 and training is at the Furzefield Centre on Wednesdays, 7–8pm for juniors and 8–9pm for adults. There is also a brown and black belt class on Sundays from 12 noon–1pm. For more details please go to **www.karatemasters.co.uk** or call **07534 563456**.

There is a special offer for beginners – a four-week course for £30 which includes a free karate suit.

Lis Torry

Club Secretary



Cricketers aiming for a 3rd consecutive win in 2024

Back-to-back Saracens Herts League Champions, Potters Bar are going for a 3rd consecutive win in 2024 – something only ever achieved by Radlett since the league began in 2015.

A couple of new faces have arrived to bolster the ranks. From Saffron Walden comes Ashleigh Cox, who starred with both bat and ball last summer. He took a staggering 49 league wickets for the East Anglia Premier League club and scored 480-odd runs. He replaces last year's overseas cricketer, Esam Rahman, who has returned to Australia. Nisal Francisco, a Sri Lankan former professional who now resides in the UK, is a batter who will give enormous protection when Rishi Patel and Thilani Walallawita are away with their counties, Leicestershire, and Middlesex. Rishi had a stellar season last year, winning three end of season awards and being selected to train with the England Lions squad.

In his third season as skipper, Luke Chapman said: "Last year was tough. Harpenden pushed us all the way and we had to win our last four matches to sneak over the line. They have strengthened again, and Radlett will come hard at us after having – in their eyes – a disjointed league campaign. Most other sides have also improved so it will be another massive team effort required if we are to repeat our success.

Ash and Nisal will be big players for us as we lost Esam (Rahman), and Teddy Duke so needed some fresh faces to keep the momentum going. We have kept all the other guys from last year, and they are motivated to keep being successful and build a dynasty."

Most importantly, we have a new sponsor on board, Motus Truck & Van Hire and their support will be invaluable to the club moving forwards.



A good start for North Mymms Bowls Club

Although the beginning of the season was wet and sometimes cold, we were able to start the year with a very enjoyable Captains Day with the Men's Captain and Lady's Captain choosing teams to compete in this annual fun competition.

Fortunately, the weather improved, and our Open Day in May was warm and sunny as we welcomed would-be bowlers to try the game with our qualified coaches on hand. As a result, several new members were recruited and are now enjoying the camaraderie and friendship of belonging to a bowls club.



Photo shows Charles Nethercott presenting the trophy to North Mymms Captain, Ian Hulley.

Our first success in May was winning the Nethercott Cup for the second year running. The Trophy is contested annually between local rivals – Potters Bar, Harperbury and North Mymms. This year the competition was hosted by Harperbury, who provided a very tasty sausage supper after the game. As usual the meal was paid for by the sponsors, Nethercott Funeral Directors, who also gave a donation to each of the clubs.

Founded in 1938, our club is situated in Welham Green, and we encourage anyone who is interested to come along and try the game for free. All you need to start are some flat soled shoes; we have bowling equipment for beginners to try and qualified coaches to show you how. As a special offer to attract new bowlers the club is offering the first year's membership subscription for only £10 (new bowlers only). There are also reduced annual fees for young members.

Please look at our website on northmymmsbowlsclub.org, or contact our friendly Membership Secretary, Val Atkinson 01707 645320 or email vgatkinson@btinternet.com.

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Herts 10k is back and bigger than ever



Rennie Grove Peace Hospice Care is delighted to announce the return of its popular Herts 10k event with a new venue, new route, and different distance options. It's on Sunday 6th October 2024 at Herts County Showground and includes a new 5K route and fun run as well as the 10k course.

There is something for everyone with a short fun-run for the whole family, a 5k race for those who may be new to running and a 10k for more experienced runners. The Herts 10k is open to runners aged 14 years and over while the 5k option is open to children aged 11 years and over. The fun-run is open to all ages, with children under the age of 8 years needing to be accompanied by a paying adult.

Tracey Hancock, Director of Fundraising at Rennie Grove Peace Hospice Care, says: "The Herts 10k is a much-loved event in the area

so we're delighted to be making changes this year to make it better than ever before. Every penny raised by the event will be used to fund our vital hospice care services for local people who are living with a life-limiting illness. This year we're challenging runners to raise £37 each – enough to fund an hour of care from one of our nurses to support patients and their families."

Standard entry to the 10k race is £30, for the 5k it is £16, with the fun-run at just £10 per person. Runners who book before 31st May can take advantage of early bird prices and UK Athletics Affiliates benefit from a reduced rate. 10k and 5k runners will receive a t-shirt, medal on finishing and will be chip-timed. Fun runners will receive a treat at the end of their race. To find out more, visit renniegrovepeace.org/herts10k.

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The most beautiful church?

Of the numerous local churches, arguably the most beautiful is also one of the less well known: the Greek Orthodox Church of the Twelve Apostles in Kentish Lane, Brookmans Park.

Originally built in 1850 as the Anglican St Mark's Church, as attendances fell it was taken over in the 1960s by the Catholic Church as a Seminary for the training of monks, named The Crusade of the Holy Spirit. In 1998, it was purchased by the Greek Orthodox Church, and completely refurbished inside. All of the highly impressive ornate features, such as icons and stained glass, were donated by members of the church. Murals were painted by Father Loucas from the Monastery at Mount Athos, the world's leading Orthodox iconographer.

There is a flourishing congregation with 200 people attending regular Sunday services. There are 80 to 90 weddings each year, and at least 250 baptisms: in April 46 adults were baptised on the same day by Archbishop Nikitas. Most services are partly in Greek, but there is a service in English 9.30–10.30am each Saturday – all are welcome.

A wide variety of activities in the adjoining Church Hall include classes in Greek for adults, Byzantine chanting and there are visiting speakers. The Golden Years Club provides monthly lunches for members of the Church over 60, and organises excursions to a monastery in Essex, to other churches and to the coast. A food bank, originally started during the Covid epidemic, also operates from the Church. It is run by Stella Spyrou, who can be contacted via the Church Office.

In the autumn the Church will hold an Open Day: everyone will be welcome. The date will be published on the *Community News* website. Refreshments will be provided, and it will be an excellent opportunity to learn about the Greek Orthodox Religion. Anyone wishing to attend should contact Stella Nicolaou on 01707 650147.

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90th Anniversary Festival Week

Between 6th and 14th July 2024 at Potters Bar United Reformed Church, a celebration of the achievement of 90 continuous years serving the community since the Church's foundation in 1934.

A series of events every day and evening incorporating choirs, concerts, bands, and organ recitals, and with a flower festival, art and photographic exhibitions and a model train display throughout the Festival Week.

Please come and visit us during this week.

Holiday Club returns to Pope Paul Primary School this summer

Churches Together in Potters Bar, in conjunction with Scripture Union, are looking forward to running another inclusive holiday club this summer after the success of last year. The club will run for three days at Pope Paul School from 9.30am–1pm from Wednesday 24th to Friday 26th July. There will be drama linked to a bible story, craft, music, and songs as well as outdoor activities and games.

The club is available to primary age children from school years 1–6. In addition, we have a Teen Team from school years 7–11 who help support the younger children in different activities whilst being supervised and supported by adults. Our experienced volunteers are DBS checked and bring a range of skills and talents with them. Bookings are now open, and places are limited. The cost for the three days is £15 for primary aged children, and teenagers can attend free of charge. You can sign your child up through the holiday club website www.pottersbarchurchesholidayclub.co.uk.

If you have any queries please contact Nicola at pottersbar@rcdow.org.uk or Nikki at families@kcm-church.org.uk.

We look forward to seeing you this summer and have lots of exciting activities planned.

Another Successful Carnival

A much cooler day this year but it was dry which is always desirable. The committee were delighted to see all of those who watched the procession or enjoyed the day at the showground. The effort that went into the floats, both walking and vehicular, was fantastic.

We were pleased to welcome the Deputy Mayor of Hertsmere, Councillor Parveen Rani who delivered a wonderful speech about the hard work of the community and spent time talking to our local stallholders. Our young VIPs this year were Alessio, Benny and Fabio.

The VIPs were treated to a special horse and carriage ride for the procession courtesy of Nethercott funeral directors, whose kindness and support on the day were much appreciated. Our thanks also go to PB Scaffolding for donation of the arena stage, Elm Court for a fantastic community venue, Lanterns for the use of lorries and drivers for the parade and to Duncan Perry for their marketing support. The support of local businesses means so much.

In the arena we had performances from the Hertfordshire Showband and the Junior Showband, Angie's Dance Academy, Revelation Majorettes, Jigsaw Performing Arts and Sidecar Bob. Our DJ for the afternoon was Mark from Bluemark Entertainment. Thank you for keeping us entertained.

Thank you to every carnival-goer, every supporter and stall holder. This is a day for the whole town which raises thousands of pounds from community efforts.

We do need more people on our committee to help the carnival reach its full potential. If you think you can support us, please get in touch.

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Busy time for 4th Potters Bar Scouts

The 4th Potters Bar Scouts have been extremely busy this year. We started the year camping in January, which was the first winter camp for many – now they know if they can get through that, they can get through any camp! Our young leaders then joined the Southern 50 event and biked 30km in the Chiltern Hills, and they all exceeded their own expectations – it was their first bike and they all absolutely smashed it.

We have been helping an elderly couple, local to our HQ, with their garden renovations which involved taking down an old shed and digging trenches to lay bright stone. They are delighted with the results, and we have thoroughly enjoyed being able to help those in need.

We smashed our fundraising targets at our Jumble Sale in March with a record amount of donations too – thank you, Potters Bar! Our scouts have been fantastic at getting involved with events and competitions. This year we have taken home the Chess Tournament and the Football Tournament trophies.

Our upcoming events include our 'day out on water' activities, a group camp and then the Essex Jamboree in July. The turnout for all events this year has been extremely close to 100% with scouts attending camps and events – the consistency in this is a great achievement and we hope it continues.

Jess Waterhouse

Palace performance!

Potters Bar based Hertfordshire Showband performed at Hampton Court Palace on Sunday 30th June as a part of London Band Week. They were joined by other bands including special guests, The Ohio University Band. Later in the year they will be performing at the Lord Mayor's Show in London and several Illuminated Christmas Parades.



The Band meets at Mount Grace School in Potters Bar on Monday evenings – Juniors (9–14 years) 7pm. Adults and teens 7.45pm. Contact Terry on **07802 258655**.

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Founded in 1933, The Cuffley Players is a local drama group committed to delivering high quality theatre productions to the residents of Cuffley and Northaw, Goffs Oak and Cheshunt though many of our audience come from further afield. We are a friendly group ranging in age from twenty-somethings to 'the sky's the limit', so we are bound to have a friend and a role just for you. We put on two full-length productions a year, one at the end of April and another at the end of November. Rehearsals are held in Cuffley Hall on Mondays and Thursdays from 7.45–10pm for about 3 months prior to a performance.

If you are interested in seeing what goes on, visit our website www.cuffleyplayers.com, email us at info@cuffleyplayers.co.uk or call 07811 437791 to speak to our friendly secretary.

If strutting your stuff on stage is not your thing don't worry, there is plenty to do behind the scenes from costumes, through lighting and sound via props to set construction and decor. We can accommodate all talents so are bound to find a role for you. We also have an active social programme – coffee mornings, celebratory lunches, quiz nights, Christmas dinners and get-togethers whenever we can think of an excuse. If nothing else, do come along to see one of our productions – I'm sure you will enjoy it and want to come back for more.



Our next production will be at Cuffley Hall 27th–30th November 2024. Contact us by phone or email to be put on our mailing list so that you are among the first to receive details.

A scene from our last production – *It Could Be Any One of Us*.

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West End performance for local children

Rehearsals have started at the Wylllyotts Theatre on a production of David Walliams' 'The Creature Choir'. These rehearsals are organised by performing arts company, Capital Arts, under its award-winning Opera Minor Education Outreach scheme.

Since 2002 children from Potters Bar and the surrounding areas have taken part in the Opera Minor scheme, performing in West End musicals, opera, concerts, as well as featuring in a number of TV performances. Opera Minor is without charge. The scheme offers workshops to schools in addition to its Wylllyotts Theatre rehearsals.

David Walliams' *The Creature Choir* will be performed at the actors' church, St Paul's Covent Garden. The Opera Minor children will be working with professional singers, actors, and dancers. Opera Minor is open to any child with an interest in the performing arts – capitalart.org.uk.

Health and Wellbeing Event

Save the date! Friday 13th September 2024.

The annual Potters Bar Health and Wellbeing Event will be held at Wylllyotts Theatre, Darkes Lane, Friday 13th September, 10am–3pm.

Make health your priority and join us for the annual community health fair and take steps towards a better lifestyle. Everyone is welcome to attend with over 25 information stands offering health and wellbeing advice, and support to the Potters Bar Community.

There will be mini health checks, health talks from local GPs and health professionals and activity taster sessions. Look out for more information on posters, leaflets, surgery websites from July onwards or visit highview.ppg@nhs.net. Entry is free and there is no need to book.

Nativity - the Musical

Members of Potters Bar Theatre Company are excited to be performing 'Nativity - The Musical' this November at the Wyllyotts Theatre in Potters Bar. Nativity is a feel-good, hilarious, and heartwarming musical for the whole family.

Every child wants to star in their school nativity, and at St Bernadette's School they are attempting to put on their own musical version. The only trouble is teacher Mr Maddens has promised that a Hollywood producer is coming to see the show to turn it into a film.

Joining him are his teaching assistant Mr Poppy, the children and a whole lot of sparkle and shine as they try to make everyone's Christmas wish come true.

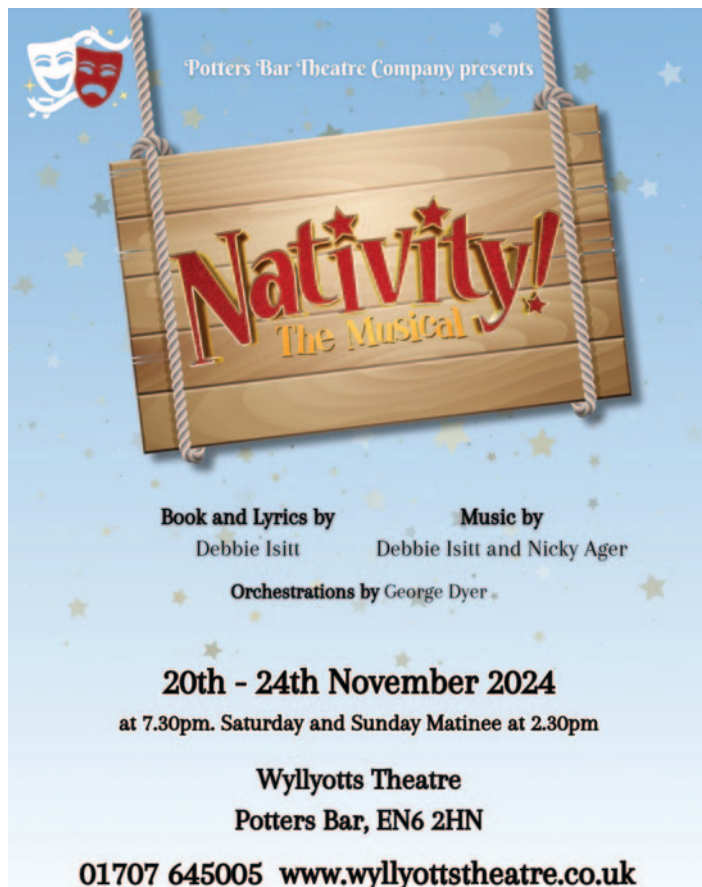
Featuring all of your favourite sing-along songs from the movie including *Sparkle and Shine*, *Nazareth*, *One Night One Moment*, as well as a selection of new tunes – this exciting musical has something for everyone!

'Nativity - The Musical' is running at the Wyllyotts Theatre between Wednesday 20th and Sunday 24th November 2024.

- **Venue:** Wyllyotts Theatre, Darkes Lane, Potters Bar, Hertfordshire EN6 2HN
- **Times:** Wednesday to Saturday evening performances 7.30pm, Saturday and Sunday matinee performances at 2.30pm
- **Prices:** Adults £22, Child £19, Family Ticket (2 adults and 2 children) £76*

Box Office: www.wyllyottstheatre.co.uk | 01707 645005

**Only available on Wednesday evening and Saturday evening performances*



Potters Bar Theatre Company presents

Nativity!

The Musical

Book and Lyrics by Debbie Isitt Music by Debbie Isitt and Nicky Ager

Orchestrations by George Dyer

20th - 24th November 2024
at 7.30pm. Saturday and Sunday Matinee at 2.30pm

Wyllyotts Theatre
Potters Bar, EN6 2HN

01707 645005 www.wyllyottstheatre.co.uk

This amateur production is presented by arrangement with Music Theatre International
All authorised performance materials are also supplied by MTI www.mtishows.co.uk

ESCAPE FOR THE DAY WITH ORANGE HENN

Join us on a day out by luxury coach direct from
The Dutch Nursery, Brookmans Park Hatfield AL9 6ND

YPRES £90
BATTLEFIELDS TOUR
Sat 6th July



Dpt 0630 | Rtn 23:30

EASTBOURNE AIRSHOW £39
Sat 17th August



Dpt 09:30 | Rtn 19:30

STEAM TRAIN TRIP NORFOLK £60
Thurs 22nd August



Dpt 08:00 | Rtn 20:30

WHITSTABLE & BROADSTAIRS £39
Sat 31st August



Dpt 09:30 | Rtn 19:30

A DAY IN WEYMOUTH £39
Sat 7th September



Dpt 09:30 | Rtn 19:30

LILLE BRADERIE FRANCE £90
Sat 14th September



Dpt 06:30 | Rtn 22:30



Book on-line or call 01707 903761

Check out all our fabulous trips
www.orangehenn.co.uk



The Warren have been performing pantomimes and musical shows since 1949 with our profits being donated to local charities. We are a 50 strong group of volunteers aged between 10 and 80+! We now perform

both our annual pantomime and musical show at the Wyllyotts theatre in Potters Bar. We are a friendly, social group of performers, musicians, writers and many, many helpers. We are always on the lookout for new members too, on or off stage – so do get in touch if you are interested in joining us. And for the first time this year we are also performing a murder mystery play in October which we are really excited about – 'Murder Amongst Friends', a murder mystery play by Diana Raffle.

After discovering the body of her boyfriend, who has been stabbed to death in his flat, Julia Fraser becomes the prime suspect in a murder case. She seeks refuge at the home of her ex-lover James and his wife Delia whose rather strained marriage adds to the complexities of this already tangled group of friends. The arrival of Delia's ex-husband Miles and Inspector Sally Rudge cause deeply embedded jealousies and revenge to surface as the plot twists to implicate the most unlikely suspect.

This classic whodunit will have you examining everything and questioning everyone. Will there be A Murder Amongst Friends? This is a non-professional studio production by The Warren performed in the Alex Wilding Studio. This play has adult content and is not suitable for younger audience members.

It is being shown at Wyllyotts Theatre on Friday 11th and Saturday 12th October at 7.30pm, and matinee 12th October at 2.30pm. Tickets £15 – proceeds to local charities.

LOCAL ORGANISATIONS

ANIMALS

DOG TRAINING – HOME FARM Classes Tue, Wed and Fri. Obedience and socialisation. All levels welcome. One-one also. 275322.

RSPB POTTERS BAR AND BARNET LOCAL GROUP* Illustrated talks, Fri, 7.30pm. Our Lady & St Vincent Church, Mutton Lane, EN6 2AT. RSPB members £5, others £5.50. Wed at St John's URC Hall, New Barnet, 2pm. RSPB members £4.50, others £5. Also regular coach outings to nature reserves, check website for details. www.group.rspb.org.uk/pottersbarandbarnet Facebook @PBandBarnet or tel 01707 652836.

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

ART

ART IN HERTS Weekly, Tue 7.30–10pm. Cranborne School, EN6 2BA. 650694.

CHILDREN'S FINE ART CLASSES Little Art School of Herts, Potters Bar. Ages 4–16. Tel 07907 802206.

CRAFT AND CHATTER Weekly, Mon (not during Aug). PB Baptist Church, 10.30am–12 noon. 707082.

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

BABY and TODDLER GROUPS

BABY COLLEGE A full mind and body workout for your little one at The Methodist Church Wed mornings. Infants (0–9m), Toddlers (9m–18m), Juniors (18m–3.5 years), Baby Massage (0–crawling). Contact Anna anna@babycollege.co.uk or 07870 568506 for further info.

BABY RHYME TIME Every Tue 11–11.30am, Oakmere Library. No need to book.

BABY SENSORY CLASS Multi award winning early learning and development programme designed for babies from birth to 13 months Tue, Wed, Thu. Next Gen Fitness, Mount Grace Road. Weekend classes also available. www.babysensory.com/en/classdetails/barnet. Contact Vicky 07837 935820.

TODDLER SENSE from 12m–4 years Mon and Fri, and every other Sat. Next Gen Fitness, Mount Grace Road. Weekend classes also available. www.toddlersense.com/barnet/home. Contact Vicky 07837 935820.

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

COFFEE POTS AND TINY TOTS St Mary's Church, North Mymms, AL9 7TN, meet every Wed, school term times only, 10–11.30am in St Michael's room, playtime, singing, crafts, storytime, drinks and chats. 01727 825578 or northmymmschurch@btinternet.com.

LITTLE ELMS MONTESSORI NURSERY Popular OUTSTANDING Montessori and Forestry Nursery at Elm Court. Age 2–5 years, term-time Mon to Fri. Gemma 07444 744850 or www.little-elms.co.uk for more info. Funded hours available.

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

MUM AND BABY FITNESS CLASS Tue 10.15–11am, St Mary's, The Walk. 1st class free. Contact Jade on 07728 325888 or jade.suryani@gmail.com.

MUSIC BUGS ST ALBANS AND SOUTH HERTS Parent and toddler classes. Newborn to 5 years. Wed 10am and 11am Wyllotts Centre. 07961 778349 or stalbans@musicbugs.co.uk.

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

STORYTIME FOR TODDLERS Every Thu 11–11.30am Oakmere Library. No need to book.

TINY TALK BABY SINGING CLASSES Tue 1.30pm Clayton Centre, Barnet Road, PB. Newborn to age 2. Cost £9. Book in advance via jennylittlewood@tinytalk.co.uk.

CHURCHES TOGETHER

Co-ordination organisation for local churches. For information and details of individual churches visit www.ctpb.org.uk.

CHURCHES – Café

COFFEE MORNING PB Baptist Church. Every Fri at 10.30am. Pam 07721 665187.

COMMUNITY CAFÉ AT KCM Weekly on Thu. King Charles the Martyr Church Hall, 10.45am–1.30pm. Coffee and light lunches served. 01707 665579.

COMPASSIONATE CAFÉ every Wed 10–12 noon at Christ Church, Little Heath. An open invitation for anyone affected by bereavement or any type of loss. compassion@peacehospice.org.uk or 01923 330330

CHARITY LUNCHES URC Darkes Lane, 1st Fri in month, 1pm. £5 per person. Please come and join us. 665482.

LIFE CAFÉ Thu and Fri 9am–12 noon. Profits to various charities. Life Church – Cuffley. 876060.

LOAVES AND FISHES CAFÉ Weekly, Wed. Christchurch, Little Heath, 8.45am–12 noon. All welcome 662460 or www.cclh.org.uk.

DANCE

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

LIZZIE MEEKS SCHOOL OF DANCE Ballet, Tap, Jazz, Contemporary, Hip Hop and Street Dance. Adult's and children's classes Mon to Fri. 07887 567713 or info@lizziemEEKSSchoolofDance.com.

NICK'S DANCE SCHOOL BALLROOM AND LATIN DANCING Weekly, Little Heath Parish Hall, Thornton Road, Potters Bar. Beginners Mon 6.45–7.45pm. Improvers Plus 7.45–8.45pm. 07711 832070 or www.nicksdanceschool.com.

BALLROOM SOCIAL DANCE Welham Green, North Mymms Memorial Hall, Station Road, Welham Green, AL9 7PG. Every Wed evening 8–10pm. Tea at 9pm. Ballroom, Latin and Sequence. Entry £5. For more info 01707 264154 or 07811 889003.

BALLROOM SOCIAL/PRACTICE DANCE FOR COUPLES with Nick's Dance School Welham Green, North Mymms Memorial Hall, Station Road, Welham Green, AL9 7PG. Every Fri evening 8–10pm. Refreshments provided. Ballroom and Latin. Entry £12 per couple. For more info 07711 832070 or 020 8133 9142.

FOOTLOOSE ROCKS – ROCK AND ROLL DANCE Mon 6.15–8.15pm. Elm Court. Call Polly 07791 243848.

FOOTLOOSE STROLLING Fri 1.30–3.30pm. Elm Court. Call Polly 07791 243848.

FRIDAY FOLK Social Folk Dancing Club. Fri 7.45–10pm. St Albans. www.fridayfolk.org.uk.

LINE DANCING Mon 2–4pm at King Charles the Martyr. Improver to Intermediate. Alison Metelnick 07967 964962.

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

LINE DANCING Wed 1.45–3.30pm. Beginner and improver level. King Charles the Martyr. 859578.

MOUNTVIEW DANCE SCHOOL ISTD Cecchetti ballet classes from 3+ years at St John's Church Hall, Baker Street, for boys and girls. Weekly Mon and Sat classes with regular examinations. la_christian@tiscali.co.uk or www.mountviewdanceschool.co.uk.

SCOTTISH COUNTRY DANCING HERTSMERE and TALL HO REEL CLUB Tilbury Hall, Darkes Lane EN6 1BZ, 7–10pm. Generally 3rd Sat in the months of Feb, Apr, Jul, Oct and Nov – check with Secretary. Members £8, Non Members £10 at the door. Secretary: Margaret King 020 8440 3236 or margaret.king4@hotmail.co.uk.

TEA DANCE First Sat in the month. Starts 2–4pm. Tea at 3pm. Ballroom, Latin, Sequence, some Line. Contact Russel on 01707 264154. Entry £7 per person.

WAGGONERS SQUARE DANCE CLUB Weekly, Mon 7.30–10pm at St Joseph's in the Park School Hall, Hertingfordbury. Janet 01992 441083.

EDUCATIONAL

COMPUTERS AND A CUPPA Weekly, 1st and 3rd Mon of each month. Wyllotts Cafe, 10.30am–12.30pm. Helping older people to use their IT devices. Free.

FIRST CLASS LEARNING MATHS AND ENGLISH Ages 5–16, weekly, Sat 10am–1pm, Thu 4–5pm. St Mary's Church Hall. Tim and Caroline 07708 655554 www.firstclasslearning.co.uk/potters-bar.

KUMON MATHS AND ENGLISH Ages 4–18. Mon 3.15–5pm and Thu 3.15–5.30pm at Elm Court. Sheena 643588.

UNIVERSITY OF THE THIRD AGE – PB U3A Over 600 members and 50 interest groups for recreation and study for those not in full time employment. pbu3a.org.uk or 07544 263356.

FITNESS

BALLROOM BLAST! FITNESS LITE Low impact class that's gentle on your joints, but strengthens muscles, burns calories. Light-hearted and fun. Weekly, St Mary's Church Hall, The Walk, PB. Mon 10.30–11.45am. Call or text Terri 07711 832070 or www.nicksdanceschool.com.

BALLROOM BLAST! FITNESS AND TONE Energetic ballroom-based workout that gets your heart pumping, your muscles toned and your body moving to feel-good music. Weekly, North Mymms Memorial Hall, Welham Green. Tue pm. Call or text Terri 07711 832070 or www.nicksdanceschool.com.

BOUNCE POTTERS BAR Oakmere School, Chase Avenue, EN6 5NP. Barbells Tue 6.30pm and Sun 9am. Bounce Blast Tue 7.30pm. Call Natalie 07715 884168.

EXERCISE, MOVEMENT AND DANCE TO MUSIC A different exercise and movement to music class created each week just for you. Wed 2.15–3.45pm, Elm Court. www.exercisewithtracy.co.uk. Call or text 07949 055958 or email exercisewithtracy@gmail.com.

FITNESS CLASSES IN LBPT Private Gym, The Walk, Potters Bar. Mon and Wed evenings at 7.45pm. Ring to book 07403 625771. Suitable for all levels and abilities.

YOGA FOR MENTAL WELLBEING PB classes, weekly Tue, Thu, Fri. Small, friendly group exploring slow, steady practices including postures, breath work and guided relaxations. Beginners welcome. Yoga to reduce anxiety, stress, fatigue and depression for all ages and abilities. www.helencooperyoga.com or 07740 823230.

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

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

PILATES CLASS Fri 11am. Little Heath Parish Hall, Thornton Road. £10 per class. Call Kasia 07789 987797.

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

SIMPLY STRETCH (Flexibility and Strength) Weekly North Mymms Memorial Hall, Welham Green. Tue 7.10–7.45pm. 07711 832070 or www.nicksdanceschool.com.

SENIOR FITZENS YOGA Mon 11.45am–12.45pm. Elm Court. Call Matt 07974 340 685 or www.pranasanayoga.com.

YOGA CLASSES Weekly, Mon 10am, Wed 10am, Fri 9.45am, Wayside. Contact Jade 07976 743189.

YOGA CLASSES Mixed Ability Hatha Yoga, Mon 9.45–11am. Gentle Hatha Yoga, Fri 10–11.15am. All classes £10, please book. Further details on www.energyhealingyogini.co.uk or call Feride on 07538 778844.

YOGA CLASSES A seasoned yoga teacher, multicultural and multilingual. I help people of all ages and backgrounds enrich their lives by promoting a well-rounded and joyful approach. More info www.pranasanayoga.com. Call Dorna to book 07961 479878.

LOCAL ORGANISATIONS

YOGA FOR HEALTH, WELLBEING AND SELF-CARE

Slow Flow Hatha and Yin/Restorative Yoga, Breathwork and Meditation for all – whatever age, fitness, size, ability, or flexibility – to boost physical and mental health. Info and bookings

www.yoga2you.co.uk or 07788 550024.

ZUMBA GOLD Mon 6.15pm, North Myrms Memorial Hall, Welham Green. Wed 10.45am, Elm Court. Thu 10am, Elm Court. Sat 9.30am, Little Heath Parish Hall. Sue Purdie 07956 338561.

GAMES

BRIDGE CLUB – LITTLE HEATH (duplicate) Tue 7pm in Parish Hall. Aileen 652343 or Peter 851010.

BRIDGE CLUB Thu 10am–1pm. Little Heath Parish Hall. Playing Chicago Bridge. Peter Ashley 852304.

BRIDGE CLUB CHICAGO Mon 7.15–9.30pm at Wyllyotts Centre. Nick 07879 580447.

FIRST WEDNESDAY CHESS – POTTERS BAR Meet the first Wed of each month 6–9pm in The Old Manor, Wyllyotts Place, Darkes Lane. Contact Robin on Instagram or Facebook (First Wednesday Chess).

LITTLE HEATH CHESS CLUB Juniors, Thu 5.45–7.15pm. Adult players welcome for matches. Chris 851455.

HEALTH

ALCOHOLICS ANONYMOUS Frequent meetings in Potters Bar and local area. Call 0800 9177650 or email help@aamail.org.

BARNET AND DISTRICT CANCER LINK Drop In Centre, weekly, Wed 1–3pm. Union Street, Barnet. For cancer patients, families and friends. 656806 or 07783 069110.

CARERS IN HERTFORDSHIRE Contact 01992 586969 for info.

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

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

DEMENTIA SUPPORT – HERTSWISE Every Thu, 2–4pm, St John's Church, Baker Street, PB. For people living with dementia, low level memory loss or mild cognitive impairment, and their friends, family and carers. £5 contribution. Carers welcome at no extra charge. 0300 123 4044 for info.

DEMENTIA FRIENDLY WORSHIP First Mon of every month at 2pm, held at Our Lady & St Vincent Church, Mutton Lane.

HEART THROBS EXERCISE AND SUPPORT GROUP 10am and 11am Mon, Wed and Fri at Holtwhites Club, 1 Kirkland Road, EN2 0RN. 5pm Mon at St Stephen's Church Hall, Village Road, EN1 2EU. 10am Tue and Thu "at home" via Zoom. Contact 07938 926772 or www.heart-throbs.org.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. Contact 020 3727 3600.

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

OSTOFRIENDS – STOMA SUPPORT GROUP Social chat and activities. Meet 1st Wed of each month at 10.30am–12.30pm at PB Baptist Church, EN6 2RB. For more info contact 07596748376, ostofriends@gmail.com or www.ostofriends.co.uk.

RENNIE GROVE PEACE HOSPICE CARE Compassionate Support Hub will be open every 2nd Thu of the month from 10am–12 noon. Wyllyotts Centre, Potters Bar, EN6 2HN. www.renniegrovepeace.org/compassionatesupporthubs.

HOBBIES

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

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

COIN COLLECTORS Interested in forming a club covering Herts and North London? Contact William Braithwaite 643153.

CUFFLEY FLORAL ART CLUB* Monthly, 2nd Tue 7 for 7.30pm. Cuffley Hall, Maynards Place, EN6 4JA. Please contact Val for further info 01707 889447.

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

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

PB AND DISTRICT HISTORICAL SOCIETY Meetings at PB United Reformed Church, Darkes Lane, 8pm. Please come and join us. Visitors £1. Contact 07856 513841 or visit www.pottersbarmuseum.org.uk.

PB AND DISTRICT PHOTOGRAPHIC SOCIETY Weekly, Mon 7.45pm–9.45pm. Wyllyotts Centre. Any standard welcome. 01438 832504.

PB ALLOTMENT ASSOCIATION Visit Highview Gardens site, Sun (Nov to Apr) 10–11.30am (May to Oct) 9.30am–12 noon. Email Allie.pbaa@outlook.com.

PB FILMMAKERS* Alternate Thu, 7pm at the Wyllyotts Centre. 656446 or 659888. There are no meetings in Jan or Aug.

PB MUSEUM Sat 11am–1pm, Tue and Wed 2.30–4.30pm, at Wyllyotts. Contact 07856 513841, guffins053@gmail.com or www.pottersbarmuseum.org.uk.

MUSIC

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

BAY JAZZ CLUB 1st and 3rd Tue, 12.30–3pm. Botany Bay Cricket Club, East Lodge Lane, Enfield. Live Traditional Jazz. Licensed Bar. Stephen 020 8363 0838.

JAZZ – GOOGLES JAZZ CLUB Live Jazz every Thu at Googlies Jazz Supper Club, 7.30pm. Botany Bay Cricket Club, East Lodge Lane, EN2 8AS. Reservation for entry or meals is required and email googliesjazz@btinternet.com or John 020 8350 3541, £10–12. www.googliesjazz.co.uk.

COMMUNITY CHOIR Weekly, Thu. Wyllyotts Theatre, 7–9pm. For info; Wyllyotts 01707 645005

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

HERTFORDSHIRE SHOWBAND Weekly, Mon. Mount Grace School. Junior Band, 7pm. Showband 7.45pm. 07802 258 655

PB CHORAL SOCIETY* Weekly rehearsals, Tue 8–10pm. St Mary's Hall, The Walk. Experience not essential. 642393 info@pbchoral.org or www.pbchoral.org.

PB COMMUNITY MUSIC SCHOOL Sat from 8.30–11.30am at Mount Grace School. 6 orchestras, singing and individual woodwind lessons. www.pbcms.org.uk. Also available "Da Capo": a small chamber orchestra for adults of all standards. 9.45–10.30am on Sat. admin@pbcms.org.uk.

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

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

PB MUSIC CENTRE Weekly, Sat in term-time, 8.30am–1pm. Dame Alice Owen's School. Individual instrumental lessons and group activities. www.hertsmusicservice.org.uk or pottersbarmusicenquiries@hertfordshire.gov.uk.

OUTDOOR

BARNET LIVING STREETS focuses on walking routes within the London Borough of Barnet out into Hertfordshire, towards Borehamwood, Potters Bar and South Mimms. Barnetgroup@livingstreets.org.uk.

BARNET WALKS* Guided Barnet and North London walks. £12 (£5 under 12s). Contact Paul for more info on 07506 761294.

FIR AND POND WOODS NATURE RESERVE – HERTS AND MIDDX WILDLIFE TRUST Monthly, Sun, 10am–1pm. Meet layby in Coopers Lane Road, EN6 4DG, opposite the Oshwal centre. A variety of conservation tasks, tools provided, bring drink, gardening gloves, and good footwear. Phone John 01707 652836 to confirm.

GOBIONS WOOD NATURE RESERVE OF HERTS AND MIDDLESEX WILDLIFE TRUST For info contact 01727 858901.

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

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

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

POTTERS BAR HEALTH WALKS Weekly on Mon and Wed (level 2and3 walks) from 10.30am. Meet at Potters Bar Railway Station Memorial Garden, beside the station entrance and adjacent to Holland and Barrett, EN6 1AJ. Fri (First Steps walk) from 11am, meet at Oakmere Library High Street, Potters Bar, EN6 5BZ.

PB RAMBLING CLUB Weekly, Wed and alternate Sun 10.30am. Meet start of walk. For info contact John on 01707 658389 or visit www.pbrc.org.uk.

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

SOCIAL

BINGO Weekly, every Thu from 8pm at the Royal British Legion, Potters Bar Branch. 07905 645622.

BARNET PLUS Fun social events for age 30 upwards. Sat, Sun and weekdays. www.barnetplus.com or 07890 765835.

BROOKMANS PARK WI 3rd Mon, 10.30am Brookmans Park URC Hall. Visitors welcome. 01582 834010.

CUFFLEY WEDNESDAY GAMES CLUB 1.30–4.30pm. Cuffley Youth and Community Centre. snooker, table-tennis, etc. John 875589.

ENFIELD NATIONAL TRUST ASSOCIATION Holtwhites Sport and Social Club, Enfield. Contact Pam 650969.

HERTS MUSICAL MEMORIES PB GROUP – DEMENTIA FRIENDLY SINGING Most Wed, 2–3.30pm. St John's Methodist Church, Baker Street, EN6 2DZ. Contact Kerry or Emma 020 8950 5757 or email admin@hertsmusicalmemories.org.uk.

MAYFAIR LODGE FUNDRAISING FRIENDS Fundraisers for the residents at the care home, Mayfair Lodge in The Walk PB. We run a tearoom afternoon every Wed, 2–4pm for residents and their families and friends. Volunteers are always needed. Please contact Lyn Lane 079579 42270 or email mayfairlodgaff19@gmail.com.

NORTH LONDON AND DISTRICT SOCIAL CLUB FOR THE UNATTACHED Weekly, Wed 7–10pm. Waltham Cross Conservative Club. Dancing. Richard 01992 639344.

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

OAKMERE WI Monthly, 2nd Thu at 2.30pm. Christ Church, Little Heath Hall. Details via Pauline Baycroft; tel 650076 or pittstoppauline@btinternet.com.

PB CARNIVAL Visit www.pottersbarcarnival.co.uk or contact pottersbarcarnival@gmail.com.

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

PB ROTARY CLUB Meet twice a month, second Tue 12.30pm, last Tue 7.30pm at The Woodman Inn, Warrengate Road, AL9 7TT, enquiry@pottersbarrotary.org.uk.

ROYAL BRITISH LEGION POTTERS BAR Contact 07905 645622

LOCAL ORGANISATIONS

ROTARY CLUB OF BROOKMANS PARK Weekly, Tue 7.30pm for 8pm at The Woodman Inn, North Mymms. enquiries@brookmsparkrotary.org.uk.

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

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

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

SPORT – Indoor

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

BADMINTON CLUB (Friem) Friendly club for intermediate players. Owen's School, Wed 8pm. Richard.szymczak@corderoy.com

BADMINTON LADIES Weekly, Wed 2–4pm. Christ Church, Little Heath. Friendly, social group. 650040.

OAKLANDS BADMINTON CLUB Weekly, Dame Alice Owen's School, Tue 8–10pm Intermediate players, friendly club, age 18+. 642328.

BARRACUDA SWIMMING CLUB Weekly, Sun. Furzeffield Centre, 11.30am–12.30pm. Helps all ages with disabilities to be safe in the water. 07716 863822 or secretary.barracuda.sc@hotmail.co.uk.

BOWLS CLUB Short mat bowls at Cuffley Hall. Equipment and instruction provided. Contact jaholding@hotmail.co.uk.

GENERATION PLUS (formerly 50+). Sporting and social activities for older adults and those new to exercise, etc. Wide range of activities (eg keep fit, Pilates, table tennis, pickleball at local venues. Visit www.inspireall.com/generation-plus for details.

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

PB LIFESAVING CLUB Weekly, Tue, Rookie Lifeguard, (children under 12), 7–8pm. Survive and Save (children 12 and over), 8–9pm. Furzeffield Centre, 020 8440 3346.

SNOOKER The Kidston Inst, Northaw. Membership fee £20 per annum. £1 per hour. 07725 430244.

ST ALBANS AND HERTSMERE CANOE CLUB Furzeffield Centre, PB. Thu. Youth 8.15–9.15pm, Adult 9.15–10.15pm. Learn relevant skills and play canoe polo. Beginners welcome, all equipment provided. Contact germy.metcalf@gmail.com.

TABLE TENNIS At The Kidston Inst, Northaw. Membership fees £20 per annum. £3 per match. Teams of varying standards. 07725 430244.

TABLE TENNIS Barnet Lane, EN5 2DN. www.bttc.co.uk or 020 8449 7845. Non-members welcome.

TABLE TENNIS CLUB Weekly, Wed, Thu and Fri matches only at Potters Bar Free Church, Mimms Hall Road, Barnet. Shaw and North Middlesex Leagues. 07585 974224.

SWIFTS JUNIOR BADMINTON Weekly, Fri, term-time. Hatfield Leisure Centre, 6–9.30pm, 5–18 years. Beginners to county standard. 01707 550476.

SPORT – Outdoor

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

BROOKMANS PARK TENNIS CLUB Golf Club Road, Brookmans Park. 6 courts with floodlights. Suit all abilities. 644926.

ENFIELD CROQUET CLUB New members welcome as well as anyone who would like to try the game. Visit www.enfieldcroquet.org for further info or email enfieldcroquetclub@outlook.com.

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

FOOTBALL (WALKING) Furzeffield Centre, over 55s, Thu 2pm, just turn up and join in.

GENERATION PLUS (formerly 50+) Sporting and social activities for older adults and those new to exercise, etc. Wide range of activities (eg walking football and netball, croquet). Visit www.generation-plus.com for details.

NORTH MYMMS BOWLS CLUB Dellsome Lane, Welham Green. 01707 645320 or www.northmymmsbowlsclub.org.

NORTHAW AND CUFFLEY BOWLS CLUB King George V Playing Fields, Northaw Road East, Cuffley. 876262

OLD OWENS CRICKET CLUB Coopers Lane, Potters Bar. Herts Saracen League. 07904 194295/020 8819 6638.

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

PB CRICKET CLUB The Walk. New members welcome. 654801.

PB CRUSADERS SPORTS AND SOCIAL CLUB Members Club. See www.pbcrusaders.org.uk for opening times. Club Steward 07754 027821.

PB CRUSADERS YOUTH FOOTBALL Football for boys and girls aged 4–18. Email Dan.Pbcrusaders@yahoo.com.

PB HOCKEY CLUB Ladies, men and junior hockey at Dame Alice Owen's Astro turf pitch. Paul on 07398 988502 or juniors@pottersbarhockey.club.

PB PETANQUE PLAYERS Tue from 2pm, Sun from 10am new/all ability players welcome. The Petanque area is behind the Harvester pub garden, High Street. Pay and display car park at Oakmere Park. Jane Larmour 01707 266517 or www.pottersbarpetanque.co.uk.

PB TENNIS CLUB The Walk. 6 Astro turf courts all with floodlights. Membership enquiries to Sue Vallance 01707 645909. www.clubsparc.lta.org.uk/pottersbartennisclub.

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

PB UNITED FOOTBALL CLUB PB based grassroots football club established 1975. U5 to U18 age groups for boys and girls teams playing in various Hertfordshire leagues. More info info@pottersbarunited.co.uk.

SAPPHIRE SKATERS Sats 9–10am and 10–11am, Tue 5.30–6.30pm, Elm Court. sapphireskaters@gmail.com, fb-Sapphire Skaters.

SKATING – INLINE SKATER HOCKEY Weekly, Thu 6–7.15pm, Sat 12 noon–1pm. Learn to skate as well as skater hockey. For all 5–18 years. Hatfield Leisure Centre. bwcrusaders@hotmail.co.uk.

SPORT – Martial Arts

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

NINTAI KARATE CLUB Weekly on Fri 7–8pm at Revive Fitness and Spa, Potters Bar Golf Club, Darkes Lane, Potters Bar, Herts, EN6 1DE. Contact 07942 362000.

PB SHOKOTAN KARATE CLUB Furzeffield Centre, Mutton Lane, Potters Bar. Wed Juniors 7–8pm, Adults 8–9pm. Sunday Black and Brown belt class 12 noon–1pm. www.karatemasters.co.uk.

THEATRE

CUFFLEY OPERATIC SOCIETY Cuffley Hall. Jen 01707 872418.

CUFFLEY PLAYERS Amateur Dramatic Society. Rehearsals Mon and Thu. 2 plays a year Mar and Nov at Cuffley Hall. Fran 01707 872229 or 07811 437791. Email info@cuffleyplayers.co.uk.

ENFIELD LIGHT OPERATIC AND DRAMATIC SOCIETY Weekly, Tue and Fri 8pm. Drama group rehearse Winchmore Hill. Performs Wylyotts. 2 musicals per year. 07711 316474.

GREEN ROOM PRODUCTIONS Rehearsals Mon at King Charles the Martyr Church Hall. Wed at Oakmere School. www.greenroomproductions.co.uk.

POTTERS BAR THEATRE COMPANY Rehearsals Tue and Fri at Chancellors School. info@pottersbartheatrecompany.co.uk.

YOUTH

AIR TRAINING CORPS – 57 (PB) SQUADRON Weekly, Mon and Thu. Ingram Cadet Centre (opposite Fire Station). 7.15–9.30pm. Ages 13–18. ac.57@aircadets.org.

CAPITAL ARTS THEATRE SCHOOL Sun, 2–5.30pm, Wylyotts Centre. Professional performances. capitalarts.org.uk or capitalarts@outlook.com.

GUIDES, BROWNIES AND RAINBOWS Potters Bar and Brookmans Park areas. www.girlguiding.org.uk/get-involved or Sue 850147.

HERTS YOUNG HOMELESS info@hyh.org.uk or 03333 202 384.

NORTH MYMMS YOUTH AND COMMUNITY CENTRE Station Road, Welham Green. 260198.

NORTH MYMMS YOUTH PROJECT Activities, trips and weekly meetings for youngsters 9–16 years. D of E for ages 14+. www.nmyouth.org.uk.

SCOUTS, CUBS AND BEAVERS

For info contact Jim Heatley via secretary@pbscouts.org.uk.

STAGECOACH THEATRE ARTS SCHOOL Weekly, Sat. Chancellor's School. 4–18 years. Dance, drama and singing. 01582 713771.

TOP HAT STAGE SCHOOL Weekly, Fri. Elm Court. 4–17 years. Dance (tap), drama and singing, 4.30–7.30pm. 01727 812666.

YOUTH CLUB PB Free Church, Mimms Hall Road. 5–11 years. 6.15–7.30pm. 07880 965546.

SERVICES FOR YOUNG PEOPLE

Various youth projects, term-time at Elm Court. sfyp.hertsmer@hertfordshire.gov.uk.

MISCELLANEOUS

CAUSEWAY COMMUNITY CHURCH The Causeway, PB every Sun at 10.30am.

COUNTRYSIDE MANAGEMENT SERVICE Environment Department, County Hall, Pegs Lane, Hertford. 01923 588433.

GURDJIEFF STUDY AND MEDITATION GROUP Meets every few weeks. Info 654896.

HUMANISTS – NORTH LONDON GROUP Monthly, 3rd Thu. Ruth Winston House, Palmers Green. 653667.

POTTERS BAR ISLAMIC COMMUNITY CENTRE Every Wed 3.30–6.30pm at Wayside Jubilee Centre. Contact Zain Anhar 07939 057094 or Mahub Alam 07951 200655. Email info@pbicc.org or www.pbicc.org.

ST JOHN AMBULANCE – PB DIVISION Weekly, Wed 8–10pm. The Walk. First aid training 664260. Room hire 656885.

WHITEWEBBS MUSEUM OF TRANSPORT AND MODEL RAILWAY, ENFIELD, EN2 9HW Weekly, Tue from 10am–4pm. Last entry 3pm. Adults £9, children aged 5–12 £3. 020 8367 1898.

WSRA NATIONAL SPEEDWAY MUSEUM Hertfordshire Zoo, EN10 7QA. Contact Alan Philpott 07939 287573.

NORTH LONDON AND MIDDLESEX MORRIS MINORS OWNER'S CLUB Meet at the Whitewebbs Museum every second Thu from 7.30pm. christinenlmmor@gmail.com.

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

PB SOCIETY Your local amenity, environmental, conservation and heritage group. Honorary Secretary Chris 651475 or www.pbosc.org.uk.

All telephone numbers are area code 01707 unless otherwise stated.

Tell us about your event, meeting, activity and we will publicise it and give details of your organisation in the *Community News*. Contact susan.weaver4@ntlworld.com.

DOCTORS' SURGERY HOURS

1) ANNANDALE MEDICAL CENTRE AT THE ELMS

Tel: 01707 644451

Surgery Hours: 8am–6.30pm Monday to Friday

Test Results: 01707 644451 (11am–3pm)

Referral and Medical Reports: 01707 644451 (8.30am–1.30pm)

Extended Hours — see below. We are an Armed Forces veteran friendly accredited GP practice.

For the latest information and updates please visit our website www.annandalesurgery.co.uk. We have a Patient Group page on our website with latest events, webinars, and newsletter.

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 871980 (11am–3pm)

Results: 01707 871980 (11am–3pm)

Extended Hours — see below.

For the latest information and 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

Appointments: 01707 291041 (8am–6.30pm Monday to Friday)

Test Results: 01707 291041 (12 noon–1pm Monday to Friday)

Extended Hours — see below.

4) POTTERELLS MEDICAL CENTRE

Tel: 01707 273338

Surgery Hours: Monday, Tuesday and Wednesday 8.30am–7pm;

Thursday 9am–6pm; Friday 8am–7pm.

Extended Hours — see below.

EXTENDED HOURS

There is an extended hours appointment hub available covering all 4 surgeries. Your appointment may be on another premises — you will be advised when booking.

OUT OF HOURS SERVICE FOR ALL THE ABOVE SURGERIES

Local residents can arrange routine evening and weekend appointments — contact your surgery.

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.

DENTIST

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

Local A&E Services

BARNET: Wellhouse Lane, Barnet, EN5 3DJ Tel 020 8216 4600

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

URGENT CARE — Minor Injuries and Illnesses

QE2: Howlands, Welwyn Garden City, AL7 4HQ Tel 01438 314333 8am–10pm

CHASE FARM: The Ridgway, Enfield, EN2 8JL Tel 020 8375 1010 8am–7.30pm

BARNET: Wellhouse Lane, Barnet, EN5 3DJ Tel 020 8216 4600 8am–10pm

Local Libraries

Oakmere

High Street, Potters Bar

Monday 1pm–6pm

Tuesday 10am–6pm

Wednesday CLOSED

Thursday 10am–6pm

Friday 1pm–6pm

Saturday 10am–5pm

Sunday CLOSED

Brookmans Park

Bradmore Green

Monday 2pm–5.30pm

Tuesday 2pm–5.30pm

Wednesday CLOSED

Thursday 2pm–5.30pm

Friday 2pm–5.30pm

Saturday 9.30am–12.30pm

Sunday CLOSED

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

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 0808 808 8088

Hertfordshire County Council 0300 123 4040

National Debt Line 0808 808 4000

Citizens Advice Consumer Helpline 0808 223 1133

Highways
(including potholes, traffic light faults and streetlights) 0300 1234 047

Wasteaware 0300 1234 051

Affinity water leaks 0345 357 2407

Childline 0800 1111

Crime Stoppers Anonymous Line 0800 555 111

CAB Advice Line 0800 144 8884

Environmental Health

(1) Hertsmere: Pest Control 020 8207 2277

Noise (daytime) 020 8207 7435

(night) 0845 300 0021

(2) Welwyn Hatfield: Pest Control 01438 717175

Noise 01707 357242

Potters Bar Hospital 01707 653286

NHS Direct (Nurse advice and health information) 111

RSPCA Local Branch (financial help if you
claim benefits, on low income, OAPs) 07872 902710

www.rspca-pottersbarhatfieldandbarnet.org.uk

Samaritans (freecall 24 hours) 116 123



Office open every Wednesday from 10am to 12.30pm

Hertsmere

Please call advice line **0800 144 8884**

Wyllotts Centre, Darkes Lane, EN6 2HN