



Potters Bar Community Connections



Keeping Potters Bar connected

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

Healthy Hub Hertsmere

Our Healthy Hubs provide FREE lifestyle support for individuals and their families covering mental health, physical activity, weight management, smoking cessation, health MOTs and nutritional advice, and sexual health testing kits.

Contact Lee or Nicola to make a face-to-face appointment or phone:

Lee Bruce: Lee.Bruce@inspireall.com or 07741 248852

Nicola O'Neill: healthyhub@communities1st.org.uk or 01727 649931

Find out more at the [Healthy Hub website](#).

Alternatively, visit our [Healthy Hub Self Service page](#), where you can access all of the services you need online. If you would like to access free health advice, fill out the [enquiry form](#) and we'll get back to you.



February Healthy Hub Pop Up Sessions

When and Where

The Healthy Hub Team and Partners will be at:

- Borehamwood Foodbank on Monday 2 February 12:30-2:30pm and Thursday 19 February 10am-12:30pm
- Computers and a Cuppa at The Wylyotts Theatre on Monday 2 February and Monday 16 February 10am-12pm
- Hertfordshire Satellite Law Clinic at Borehamwood Foodbank on Thursday 19 February 10am-12:30pm
- Bushey Library every Thursday 10am-12pm

Drop in for a chat with our staff!



Use this QR code with your mobile phone to access more details
Or email community.services@hertsmere.gov.uk
or call on 0208 207 7801



www.hertsmere.gov.uk/healthyhubs

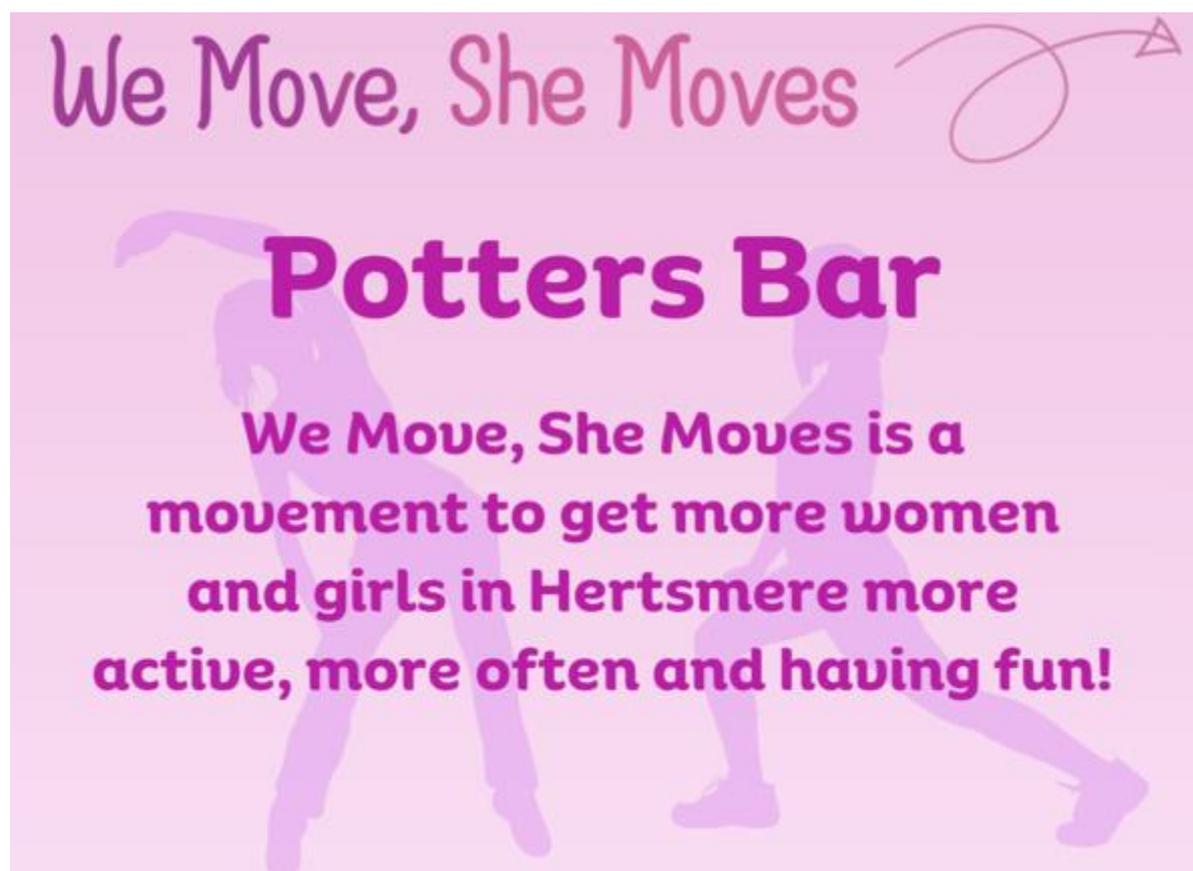


For further details on how to keep healthy in Hertsmere and to use our new interactive map, please use this link [Health in Hertsmere](#).

You can also visit the Potters Bar Healthy Hub every Friday between 9.30am and 4.30pm at Wylyotts Theatre. Services include exercise on referral, weight-loss advice, health MOTs, nutritional advice, public health services, fitness classes, mental health outreach, community support service and group activities.

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

We Move, She Moves sessions in Potters Bar



We Move, She Moves is a great way to get active and have fun! Take a look at the weekly sessions near you.

Activity	Date & Time	Location	Price
Tai Chi	Mondays 2-3pm	Wyllyotts Theatre	£5 (women only)
Yoga	Tuesdays 6-7pm	Oakmere Primary School	£5 (women only)
Pilates	Tuesdays 6:30-7:30pm	Wyllyotts Theatre	£5 (women only)
Active Trampolining	Fridays 2-3pm	Furzefield Leisure Centre	£3 (all genders 18+)

Please visit our [website for our weekly timetable](#) and Facebook page [@WeMoveSheMoves](#) for other session updates to find out what's on near you and how to book. For more information, email community.services@hertsmere.gov.uk or call 020 8207 7801.

Community Spaces

Meet like-minded people, enjoy hot drinks, food, games, walks or just a chat at one of the many community spaces across Potters Bar and South Mimms. Most groups offer a warm space, beverage and snack or meal for free, or for a small donation. No need to book - just pop along to one of the groups and you'll be met with open arms.

For more community spaces across the borough, please visit [Hertsmere Community Spaces](#)

<h1>COMMUNITY SPACES</h1> <h2>POTTERS BAR</h2> 	
Monday	<ul style="list-style-type: none"> • Herts Health Walks (Grade 2-3) - 10:30am start at Potters Bar Railway Memorial Garden, EN6 1AJ • Craft & Chatter - 10:30am-12pm at Potters Bar Baptist Church, EN6 2RB • Computers & a Cuppa - 10:30am-12:30pm at the Wyllyotts Centre, EN6 2HZ (1st and 3rd Mondays of the month) • Oakmere Library on High Street - 1-6pm
Thursday	<ul style="list-style-type: none"> • Oakmere Library on High Street - 10am-6pm, EN6 5BZ • Coffee Morning - 10:30am-12pm at Causeway Community Church, EN6 5HQ (3rd Thursday of the month) • Sixty Plus Lunch Club - 10:30am-1:30pm at Wyllyotts Centre, EN6 2HN • Community Café - 10:45am-1:45pm at King Charles the Martyr Church, EN6 3AS (closed during August)
Tuesday	<ul style="list-style-type: none"> • Oakmere Library on High Street - 10am-6pm, EN6 5BZ • Sixty Plus Lunch Club - 10:30am-1:30pm at Wyllyotts Centre, EN6 2HN • Welcome Space and Soup Lunch - 11am-3pm at St John's Methodist Church, EN6 2DZ • Coffee, Cake and Chat - 2-5pm at St Giles Church, South Mimms, EN6 3PE
Friday	<ul style="list-style-type: none"> • Coffee Morning - 10:30am-12pm at Potters Bar Baptist Church, EN6 2RB • Chatter Tables - 10:30am-12pm at Wyllyotts Centre, EN6 2HN (last Friday of the month) • Herts Health Walks (First Steps-Grade 1) - 11am start, Harvester Oakmere, EN6 5BT • Oakmere Library on High Street - 1-6pm, EN6 5BZ
Wednesday	<ul style="list-style-type: none"> • Loaves & Fishes Café - 8:45am-12pm at Christ Church, Little Heath, EN6 1JN • Herts Health Walks (Grade 2-3) - 10:30am start at Potters Bar Railway Memorial Garden, EN6 1AJ • CreativiTea - 1-3pm at Harvester Oakmere, Potters Bar, EN6 5BT (first Weds of the month) • Wednesday Club - 2pm-4pm at Potters Bar Baptist Church, EN6 2RB • CAMEO (Come And Meet Each Other) - 3:30-6:30pm at Wayside Community Centre, EN6 5NE
Saturday	<ul style="list-style-type: none"> • Oakmere Library on High Street - 10am-5pm, EN6 5BZ
<p>Search 'Community Spaces in Hertsmere' online or use the link below to find more spaces across Hertsmere.</p> <p>https://www.hertsmere.gov.uk/health-wellbeing/warm-spaces-in-hertsmere</p>	
<p>Jan 2026</p>	

If you're interested in the Herts Health Walks, please visit [Hertfordshire Health Walks | Hertfordshire County Council](#) for further information on the different grades and how to register for walks - please arrive at least 10 minutes before the start time of each

walk. There is currently a waiting list for Sixty Plus Lunch Club, please contact sixtypluscentre@gmail.com or 01707 643602 before attending to avoid disappointment.

Coach Education Week 2026



Herts Sport & Physical Activity Partnership (HSP) will host its annual Coach Education Week between Monday 16th and Sunday 22rd February 2026. The programme will include a variety of in-person and online courses with both paid for and free opportunities available throughout. The week long campaign provides sport coaches and physical activity deliverers with valuable opportunities to develop their skills, knowledge and qualifications.

[Click here for the full list of what's on offer](#)

To book a course please visit: [Coach Education Week 2026](#)

Creative Community Network

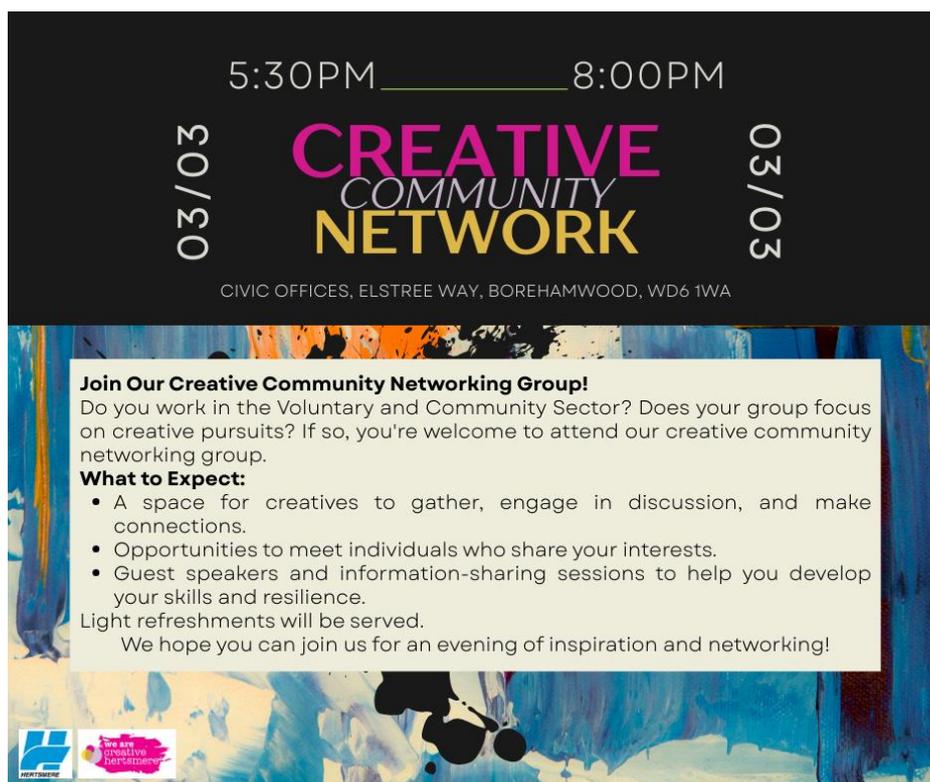
Hertsmere Borough Council is excited to invite you back to our networking group for creative voluntary and community sector volunteers.

After our first successful meeting in December, we are back on a bi-monthly basis. This group aims connect people working across the arts, film, media, heritage, design, and community sectors — creating opportunities to collaborate, share ideas, and strengthen Hertsmere’s creative ecosystem.

This meeting will take place on 3rd March 2026 2025, 5:30-8pm at the Civic Offices, Elstree Way, Borehamwood, WD6 1WA.

There is free parking in the Civic Offices Car Park opposite from 6:30pm. Please remember if you are travelling by car to put in a ticket for 1hr before restrictions lift.

To attend please contact grantapplications@hertsmere.gov.uk before Friday 27th February 2026.



5:30PM _____ 8:00PM

03/03

**CREATIVE
COMMUNITY
NETWORK**

03/03

CIVIC OFFICES, ELSTREE WAY, BOREHAMWOOD, WD6 1WA

Join Our Creative Community Networking Group!
Do you work in the Voluntary and Community Sector? Does your group focus on creative pursuits? If so, you're welcome to attend our creative community networking group.

What to Expect:

- A space for creatives to gather, engage in discussion, and make connections.
- Opportunities to meet individuals who share your interests.
- Guest speakers and information-sharing sessions to help you develop your skills and resilience.

Light refreshments will be served.
We hope you can join us for an evening of inspiration and networking!

Licence your primate



Act now!

#LicenceYourPrimate

As of 6 April 2026, it will be an offence for anyone to keep a primate privately without a licence. All keepers must comply with welfare and licensing conditions before a licence will be granted.

If you own a primate and you live in the borough of Hertsmere, scan the QR code to visit our website to learn more about gaining a licence.



www.hertsmere.gov.uk

Preparing for Parenthood & Becoming Dad Sessions

Preparing for Parenthood covers lots of the essential information you need to prepare for parenthood and beyond. Delivered by family support staff.

- **Duration:** 2 hours
- **Who it's for:** Parents-to-be between week 25-34 of pregnancy.
- [Book here](#) for Hertsmere sessions



Antenatal/Pregnancy

Preparing for Parenthood



Free

Session Details

For expectant parents 25-34 weeks.
This session covers lots of the essential information you need to prepare for parenthood and beyond. Delivered by Family Support Staff.

Booking via Eventbrite is essential.

MORE INFORMATION: hertsfamilycentres.org CALL US ON 0300 123 7572

Becoming Dad is an inclusive session that helps you connect with and understand your baby's needs. It's a hands-on experience where your baby (12 months or under) is welcome too!

- **Duration:** 2-3 hours
- **Who's it for:** New and expectant fathers.
- [Book here](#) for Hertsmere sessions



Fathers

Becoming Dad



Free

Session Details

Becoming Dad is an inclusive information session for new and expectant fathers to help them to connect with and understand their babies' needs. This is a hands-on session where your baby aged 0 – 1 year can come too!

Booking via Eventbrite is essential.

FOR MORE INFORMATION: hertsfamilycentres.org CALL US ON 0300 123 7572

YMCA | Here for young people
Here for communities
Here for you



CPR Awareness Training

New, free, CPR Awareness sessions are now available to book in Potters Bar! Don't miss out on the opportunity to learn vital life-saving skills with the help of Potters Bar Life Saving Club.

Book your space now on one of the upcoming CPR awareness sessions by calling 020 8207 7801 or emailing community.services@hertsmere.gov.uk, places are limited!



CPR AWARENESS TRAINING

Learn life-saving skills for FREE with the help of Potters Bar Life Saving Club.

Wednesday 12 November

Wednesday 3 December

Wednesday 7 January

Wednesday 11 February

Wednesday 11 March

7.45pm to 9.15pm



Elm Court Youth & Community Centre,
363 Mutton Lane, Potters Bar, EN6 3BP



TO BOOK YOUR PLACE:



020 8207 7801



community.services@hertsmere.gov.uk

Potters Bar Museum

January 6th saw the opening of Potters Bar Museum's new Exhibition celebrating 175 years of the Railway featuring four large and colourful display boards, many related artefacts and for the first time a visual display of moving images including a fantastic model railway showing various trains coming through Potters Bar Station in the 1930s.

Potters Bar museum is open on Tuesdays and Wednesdays from 2:30 - 4:30pm and Saturdays 11am - 1pm upstairs in the Wyllotts Theatre.



Potters Bar Museum

Open, Tues. Wed. 2.30-4.30 Sat. 11am-1pm

Open Now Upstairs

The Railway comes to Potters Bar



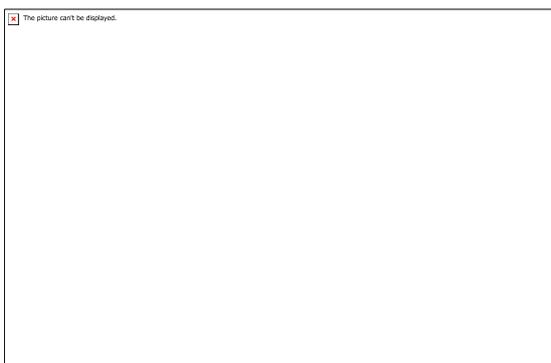
Come upstairs to the first floor (lift available) and see our exhibition of displays and artefacts commemorating 175 years of the railway coming to Potters Bar

Open for groups at other days and times by arrangement.

Free Admission



Hertsmere Community Lottery



This month at the Hertsmere Community Lottery there's a new Super Draw prize to catch! That's right, on **Saturday 28th February** the national draw will take place, and one lucky person will win a **Luxury City Break** – whether you want to hit the West End for a weekend, see the architecture and nightlife of Barcelona, sample the art and food of Florence, or soak up the culture in

Paris, this prize is simply not to be missed!

Where would a luxury weekend break take you? Support a cause for £1 a week for your chance to WIN?

Cost of Living and Health Support

Worrying about Money - [Find out what's available to you](#). Find [all Financial Support - Hertsmere Borough Council](#).

Cost of Living Toolkit - If you need help or advice about the support you could receive with the cost of living, please visit [Help to manage the cost of living | Hertfordshire County Council](#)

Food Aid Providers - Use the Hertfordshire directory to find food support near you: [Hertfordshire Directory - Food Support](#).

Pension Credit Support - If you're over State Pension age, you may be able to claim Pension Credit to top up your income. To find out if you are eligible for Pension Credit, contact Age UK Hertfordshire on **0300 345 3446** or email info@ageukherts.org.uk.

Mental Health Support - [Advice and support for your happiness, wellbeing and mental health](#).

See what other services are available to you by visiting [Cost of Living](#) or calling 0300 123 4044.

Home Fire Safety Checks

**Hertfordshire Fire and Rescue Service in
partnership with Public Health**

If you would like a **FREE** Safe and Well Visit
incorporating **HOME FIRE SAFETY**
but are not available over the next few days, please call:

0300 123 4046

to book your appointment. Alternatively visit
www.hertsdirect.org/fire



Hertfordshire County Council: Providing the opportunity to be healthy and safe.

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

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

www.hertsmere.gov.uk

customer.services@hertsmere.gov.uk

020 8207 2277

Civic Offices, Elstree Way, Borehamwood, WD6 1WA