

Local Information - Area 1 (South East)

Vanessa Macdonald, Vision Loss Adviser

07825 992950

Information provided by
Herts Vision Loss 01707 324680

Social Clubs

Bishop's Stortford VIP Club

1st Tuesday afternoon of each month at Haver's Community Centre,
Waytemore Road, Bishop's Stortford, CM23 3GR from 2.00pm-4.30pm
Contact Mrs Monika Hills on 01279-832837

Four Swans Vision

1st Wednesday of each month, 10.30-12.30pm
60-61 Bartholomew Court, High Street, Waltham Cross
(opposite the British Heart Foundation Charity Shop)
Alan Nevill 07985 536216
email fourswansvision@gmail.com www.fourswansvision.org.uk

George Fuller Club for the Blind

3rd Monday of each month except January, Bushby Hall, Wharf Road,
Wormley, EN10 6HX, 7.00-9.00pm. Transport can be arranged
Contact Peter Grant 01992 462046 or 07808 365142
Peter.c.grant@btinternet.com

Hertford Macular Degeneration Support Group

Last Thursday of the month at the Methodist Church Hall, Ware Road,
Hertford, SG13 7DZ from 10.30am to 12.00pm
Contact Kathryn Shreeve for further information on 01920 821332 or
Email kathrynshreeve@tiscali.co.uk

Local Social, Connecting Real Lives

Local Social helps you make friends with people who share your interests. You can try something you have always wanted to do or meet up for a coffee. Local Social is run by people who have a bit of learning disability, they know what it's like and want to help you.

Help us organise an activity yourself!

Call Andy, James and Karin on 07399 193156

Tuesday @ 2

Bushby Hall, Wharf Road, Wormley EN10 6HU

1st and 3rd Tuesday of every month, 2-4pm. Come for a chat and a cuppa, a game of snooker or darts, a knit and natter, or a board game; there is something for everyone. Bring a friend and meet new ones.

Free admission. For more details contact Iris 01992 443425

Potters Bar Circle for the Blind and Partially-Sighted

Meet once every three months in Furzefield Court, Potters Bar 8.00-10.00pm. Transport can be arranged. Entertainment, music and games are arranged plus a snack at 8.45pm-ish.

Contact Gillian Rickards on 01707 657194

Saffron Walden Club for Visually Impaired

Meet weekly Tuesdays 10.30am – 12.00pm, coffee mornings

For more information, contact Mrs Pat Arnold on 01799 540903

Transport to Clubs can sometimes be arranged

Ware Club for Visually Impaired People

Meet for a get-together, a drink and/or a meal once a month at the No 1 Thai Cafe, Ware on a Monday at 12.30pm.

Please phone June Holtby for more precise information on 01923 420796

Support 4 Sight 01799 523700

For equipment, information and advice

2 & 4 George Street, Saffron Walden, Essex CB10 1EQ

Manager Paul Atkins Resource Centre

Open Monday–Friday 9.30–2.30pm

If you want to talk through any issues in coping with children with a visual impairment, then you can telephone Emmanuelle Higgins on 01992 461053 for a chat

RNIB 0303 123 9999

On the RNIB's website <http://www.rnib.org.uk> you can register to join their online community, click on 'Get involved' then you can

- Take part in discussions
- Become a web pal
- View or add events listings
- Members only area

Also free subscription to the RNIB's Talking Book Service today and you will get access to more than 20,000 high quality, unabridged audio books, delivered direct to your door.

To get the most out of your visit, why not register today.

Talking Newspapers

Bishop's Stortford & District (also covering Sawbridgeworth)

Contact Mr Richard Barnett 01279 651270
Mrs Christine Heyhoe 01279 653925

Hertford & District (also covering Ware and Buntingford)

Contact Mrs Joan Flack on 01992 304040
Email flackies@ntlworld.com

Lea Valley (covering Broxbourne area)

Contact Heather Kenny, 18 The Holdings, Hatfield AL9 5HQ 01707 884480 lytnewspaper@gmail.com or Mr Peter Hicks 01992 624107

Harlow

Contact Mrs Anne Oval, 141 Markwell Wood, Harlow, Essex CM19 5QU
Tel 01279 863183

Age UK Information & Advice Line 0845 601 3446

Home helpers can assist with general cleaning, vacuuming, laundry and ironing, collecting shopping or prescriptions and preparing light meals. Your home helper visits every week for as long as you'd like (minimum of 1.5 hours per week), to help with your household tasks. You pay for the help you need by the hour, plus a one off pre-service visit and registration fee.

Resource Centre

Herts Vision Loss

A large selection of low vision equipment and information to view.
The Woodside Centre, The Commons
Welwyn Garden City AL7 4SE
01707 324680 appointment necessary

Community Transport Services

Broxbourne Transport Services, 01992 640322, available from Monday to Friday, 9.00am – 5.00pm. Charges vary dependent on destination.

The Community Car Scheme for East Herts offer affordable transport to disabled or elderly community members who cannot access public transport or any other means of transportation. They rely entirely on the support of voluntary drivers using their own vehicles in their spare time. The client pays the driver directly, after the journey. Journeys can be arranged Monday to Sunday but weekend trips may be limited due to availability of volunteer drivers. Trips can include health related appointments (no emergencies) such as:

Doctors/dentist appointments	Hospital visits
Outpatients	Opticians
Chiropodists	Visiting friends and relatives
Church visits	Shopping
Day Centres/Clubs	Outings
Cultural activities (theatre etc.)	

All drivers are DBS (formerly CRB) checked, friendly and reliable as well as passionate about what we are doing. The current mileage rate is 45 pence per mile and miles are counted from the driver's home to the pickup point, on to the appointment venue and back.

To book a lift, become a volunteer or any general inquiry please get in touch with:

Terry Heard, Community Car Scheme Co-ordinator

Telephone: **0300 123 1677** (24-hour answerphone)

E-mail: communitycar@cvsbeh.org.uk

Dial a Ride Service 01707 343600 Email: dialaride@hertscc.gov.uk

Dial a Ride is a door to door transport service for the elderly or people of any age, including children, who have difficulty travelling due to permanent disability or illness. Children up to the age of 14 will need to be accompanied by an adult.

The Dial a Ride service, Monday to Friday 9.00-5.00pm
24 HOURS CANCELLATION LINE ONLY 01923 443950

The British Red Cross 01992 585951

We can provide a driver with a vehicle to offer door-to-door assistance for those in need. We normally ask for a contribution to our costs, based on mileage used, but no-one will be refused a service because they cannot pay.

The British Red Cross provides valuable short-term support to vulnerable people in the UK, whether they're recovering from an operation, need a wheelchair or just need help coping around the house.

Royal Voluntary Service 01992 552069

May be able to help with transport. £4 for the first 3 miles, then 60p per mile after that. Email Hertfordshirehub@royalvoluntaryservice.org.uk

Herts Action for Disability Transport Scheme 01707 375159

HAD will provide transport at cheaper rates than taxis on a country wide basis.

Welwyn Hatfield CVS Community Car Scheme 01707 273875

Our customers are mainly older people or people with illness or disability that prevents them from using public transport easily. The charge is 50p per mile from the volunteer's home.

Our drivers are local volunteers who are vetted by us and who give part of their time to community work in the area.

Transport is for:

- medical appointments
- support groups
- day centres
- visits to sick relatives and friends
- shopping

The Health Shuttle 01438 726219

The Health Shuttle is a door to door chargeable transport service to and from the Lister Hospital - covering Stevenage, Hitchin, Letchworth, Baldock and surrounding areas Mondays to Fridays (except public holidays). It also offers a link between the Lister and QEII hospitals, Monday to Thursdays only (again except public holidays).

Local Colleges

Oaklands College Site 01727 737000

Email info@oaklands.ac.uk

Hertford Regional College 01992 411411

Broxbourne and Ware Campus Monday-Thursday 9.00-4.30pm, Friday 9.00-4.00pm email info@hrc.ac.uk

Sports

Gosling Stadium, Welwyn Garden City

Fortnightly Saturday Evenings 7.00pm – 9.00pm

Archery, Short-mat bowls, Carpet Bowls, Skittles, Table Games & Darts

Contact Ian Martin 07939 268169 Home 01992 300712

Useful Websites

Website to find services for those with visual impairments.

<http://www.sightlinedirectory.org.uk/>