



LOCAL INFORMATION – AREA 4 (WEST)

Sophia Ramsden – Vision Loss Advisor

07825 330648

Information provided by

Herts Vision Loss

01707 324680

**Hemel Hempstead - Social Centre for the Blind -
Appointments/Clubs.**

6 Alston Road, Boxmoor, Hemel Hempstead, HP1 1QU.

MONDAY

Hemel Hempstead Rotary Blind Club

Meets at the Hemel Hempstead Social Centre for the Blind on the **4th**

Monday in the month 7.30pm - 9.30pm

Contact organiser Rod Pesch for details: 01442 249212 or 07831 397539.

Hemel Town Centre HVL Sight Information Point

This replaces the previous bi-monthly SIP held at the Boxmoor Centre

Herts Vision Loss is present at the Employment Support Drop-In sessions held at the **South Hill Centre** on the **third Tuesday of every month 10am-12pm**. No appointment necessary but please call Sophia Ramsden on 07825 330648 to ensure HVL's presence.

Address: South Hill Centre, Cemetery Hill,
Hemel Hempstead. HP1 1JF. Parking just across the road at the Water
Gardens. The centre is also a short walk from the town centre bus stop.

TUESDAY

Yoga for Sight Impaired Yoga class at the Hemel Hempstead Social
Centre for the Blind **EVERY Tuesday**, from 11am till 12.15pm. Term
time only. Please call Audrey on 01442 217918 for information.

Moorlands Women's Club

The Moorlands Women's club meets at the Hemel Hempstead Social Centre
for the Blind **ALTERNATE Tuesdays** from 7:30pm – 10pm. They have
guest speakers and the club is an excellent way to socialise.

WEDNESDAY

Hemel Hempstead Wednesday Club

This club meets at the Hemel Hempstead Social Centre for the Blind,
6, Alston Road, Boxmoor on **ALTERNATE Wednesdays** for entertainment,
outings and Bring & Buy sales etc. 1.30pm - 4pm.
Contact: Colin Crow Tel: 01442 265362. Transport can be provided.

Trefoil

Trefoil club meets at the Hemel Hempstead Social Centre for the Blind on
the **1st Wednesday of the month** from 7:30pm – 9:30pm. This club is a
good way to socialise and meet new people.

Boxmoor W.I

Members of the Boxmoor W.I, meet at the Hemel Hempstead Social Centre
for the Blind on the **2nd Wednesday of every month** at 7:30pm – 10pm.

THURSDAY

Pilates Class

This Pilates class meets **EVERY Thursday** from 9:30am – 12:30pm. Please contact Gerald Darvill on 01923 262896 or 07749 991094 for more information.

Stroke Club

Members of this club attend the Hemel Hempstead Social Centre for the Blind **EVERY Thursday** from 1:30pm – 4:30pm. Call 01923 884061 for information.

FRIDAY

Feldens W.I

All attend the Hemel Hempstead Social Centre for the Blind on the **2nd Friday of every month** from 1:45pm – 4:15pm.

Computer Classes

Computer classes are held **EVERY Friday** from 10.30am – 12.00pm. Term time only. Please contact Audrey on 01442 217918 for more details.

Other clubs across the West of Hertfordshire (Transport To Clubs Can Sometimes Be Arranged.)

Visually Impaired Club for the blind and partially sighted people of Radlett, Elstree & Borehamwood.

The Club is run weekly on Friday afternoons 1.30pm – 4.00pm at Maxwell Park Community Centre, Maxwell Rd, Borehamwood.

Tel: Sasha – 07771 862 820/ David – 01923 854403

Email: Sasha - [sashacapocci@hotmail.com/](mailto:sashacapocci@hotmail.com) David –

davidclout@btinternet.com You can check out the website at: www.visuallyimpairedclub.co.uk

Contact The Elderly Sunday Tea Parties

Supported by a network of volunteers, Contact the Elderly organises monthly Sunday afternoon tea parties for small groups of older people aged

75 and over, who live alone, offering a regular and vital friendship link every month. Each older person is collected from their home by a volunteer driver and taken to a volunteer host's home for the afternoon. The group is warmly welcomed by a different host each month, but the drivers remain the same which means that over the months and years, acquaintances turn into friends and loneliness is replaced by companionship.

Groups currently running in:

Borehamwood and Watford

For details contact Katy Szita on 0208 530 0494 or by email: katy.szita@contact-the-elderly.org.uk

Watford – Rene Milton Hall, Cross Street,

Jenny likes to visit possible members before they attend the group, to get to know them better. Several Clubs: each Monday, Wednesday and Thursday and alternate Thursday social evenings. A variety of social events are organised including outings, games evenings, parties, etc. Contact: Jenny Marsh, 2 Ash Close, Abbots Langley, Hertfordshire, WD5 0DN. 07932746181 or Jenny.marsh68@gmail.com; Transport to and from club is not provided.

Rickmansworth & District Club for the Blind

Bi-monthly lunches. Contact: Mrs. Sue Brothwell: 01923 774627

The 1066 Club: Berkhamsted

First Monday of each month between 2.30 and 4.30pm at Berkhamsted Court House (by the parish church), High Street, Berkhamsted
Contact: Mary Cutler 01727 860695

Barnet Blind and Partially Sighted Bowls Club

Bowls for blind and partially sighted, of all ages. The club meets at various greens around Barnet and Finchley on Tuesday and Friday afternoons. Coaching is available for new members.
Contact: David James 020 8906 8654 james_davidgj@yahoo.co.uk

Puffins, Sports Club for the Disabled (Hemel)

Meet Saturdays 11am to 1pm at Hemel Hempstead Sports Centre.
Sports Includes Badminton, Snooker, Uni Hoc, Quick Cricket and Table Games (over 18's) Website: <http://puffinssportsclub.org.uk>
Contact: Liz Fairbrother 01442 256487. Email: lizfairbrother@ntlworld.com

Harbour Lights Scuba Diving website: <http://www.hlsd.org.uk>.

Hemel Hempstead Pool. Contact Gordon Harland 01442 250067
E-mail: gharland@hlsd.org.uk

Internet Club

On the RNIB's website you can register to join web pals, comments on blogs and post comments for discussion.

www.rnib.org.uk

Click on 'get involved', then, click on 'online community'

Reading Group

Meets monthly at Berkhamsted library. Transport may be available. For more information contact 01923 471333

Talking Newspapers

Dacorum

Audrey Mackie, 111 River Park, Boxmoor, HP1 1QZ Tel. No. 01442 217918
secretary@dtnhemel.org.uk

Watford

Contact: Mr R Andrews, 14 Garston Lane, Watford, WD25 9QJ

Tel No. 01923 672974

Radlett, Elstree, Borehamwood, Shenley

Contact: David Clout on 01923 854403 or Don Scott on 01923 856935
www.hertsmeretalkingnewspaper.co.uk

HCC Library Cassettes For The Blind

For registration information visit your local library.

Courses in conjunction with local colleges

Oakland's College - Borehamwood Campus

Cookery course

Contact: Mrs. J. Frankland, Oaklands College.

Tel. No. 020-8953-6024

West Herts College - Westfield School

General Craft.

Monday 10 a.m. - 12 noon.

The college is willing to consider any course of study for partially sighted/blind people. Please ring to discuss if you have a particular interest.

Contact: Maureen Miller (or Chris Hubbard on a Monday):

Westfield School on 01923-209400.

(It may be necessary to leave a message).

Transport

Dial-A-Ride

Phone(s): 01992 556771

email: dialaride@hertfordshire.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. Please contact for further information.

Volunteer Drivers

Dacorum CVS Transport Service: 01442 253935

(Services include Community Cars at 65p per mile; £6 minimum, a Door-to-Store scheme for supermarket trips in the local area as well as a timetabled bus service using a 16-seater minibus.)

www.communityactiondacorum.org.uk

Borehamwood Community Cars: 0208 2074504

Herts Action for Disability Transport Scheme

HAD will provide transport at cheaper rates than taxis on a country wide basis. Contact: 01707 375159 to find out more.

Resource Centres

The Woodside Centre, The Commons, Welwyn Garden City

A large amount of equipment designed to assist visually impaired people is on display at our Resource Centre. Carers are welcome.

Please **make an appointment** on 01707 324680 to ensure a member of staff is available to assist you.