



## **Local Information - Area 2 (Central)**

Vanessa Macdonald – Vision Loss Advisor  
07825 992950

[Vanessa.macdonald@hertsvisionloss.org.uk](mailto:Vanessa.macdonald@hertsvisionloss.org.uk)

Information provided by  
Herts Vision Loss - 01707 324680

## **Social Clubs**

### **Welwyn/Welwyn Garden City/Hatfield**

#### **Sight Life Welwyn**

Social Club for young people, 18 and overs. Quiz, talk session, entertainment, tea and cake. Every other Wednesday morning 10.00am-12.00pm at The Woodside Centre, The Commons, Welwyn Garden City, Hertfordshire, AL7 4SE. Contact: [sightlife@hotmail.co.uk](mailto:sightlife@hotmail.co.uk) or Vanessa Macdonald on 07825 992950

#### **Sight Life St Albans**

A group for blind and visually impaired people who live in and around the area. We meet on the last Tuesday of every month (but not in December) from 1.30-3.30pm. We do not have a fixed venue and so plan to meet at different places. For further information contact: Vanessa Macdonald on 07825 992950 or [Vanessa.macdonald@hertsvisionloss.org.uk](mailto:Vanessa.macdonald@hertsvisionloss.org.uk)

#### **Welwyn Garden City - The Thursday Club**

2nd Thursday of the month 2pm – 4pm  
At Guessens Grove Hall, Guessens Road, Welwyn Garden City.  
Contact – Mrs Vera Weeden on 01707 327370

### **Welwyn Hatfield Deaf Club**

Last Friday of every month from 7.00-9.00pm. No Club night in December.  
Ludwick Family Centre, Hall Grove, Welwyn Garden City, AL7 4PH  
Refreshments available, some parking onsite and street parking. Small entrance charge for adults, children free.

Find on Facebook <https://www.facebook.com/WelwynHatfieldDeafClub/>

### **Riding for the Disabled Association**

Digswell place is a purpose built, voluntarily run riding stable for adults and children with most kinds of disability. It's to give the opportunity of riding to any disabled person who might benefit in their health and well-being. Please contact Caroline on 01707 332159 or 07957 980604 or [info@digswellplacerta.org.uk](mailto:info@digswellplacerta.org.uk)

### **Sarah's Stroke and Communication Group**

First Saturday of every month at The North Star pub in Welwyn from 11am-1pm. This group was set up in alliance with the Stroke Association to support people of working age who have had a stroke or head injury which results in aphasia – communication difficulties after a brain injury. Please contact Joanie Scott on 07808 829334 or [sarahsstrokegroup@hotmail.co.uk](mailto:sarahsstrokegroup@hotmail.co.uk).

### **Welwyn Garden City Rotary Club**

The club meets at The View (Panshanger Golf Club) on Tuesdays from 12:30-2pm except for the last Tuesday of the month when meetings are held from 6.30pm-9pm. The club also meets from 7.30am-8.30am on 1<sup>st</sup> and 3<sup>rd</sup> Thursday of each month at Moreno's Café in WGC town centre opp Sainsbury. Please contact John Walton on 01707 890790 or [waltons75@ntlworld.com](mailto:waltons75@ntlworld.com)

### **Dementia Friendly Community Café**

Every other Tuesday from 11am-2pm at Digswell Village Hall, 30 Harmer Green Lane, Welwyn AL6 0AT. Socialise and befriend, various activities, refreshments available. Please contact Jane on 01707 240650 for more information or [www.homeinstead.co.uk/welwyn](http://www.homeinstead.co.uk/welwyn) .

### **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

### **Essendon Women's Institute**

3<sup>rd</sup> Wednesday of every month at Essendon Village Hall at 7:45pm.

Membership cost per year: £42. Guests are welcome at £4 per evening.

Available to all ages. They have speakers, tea and biscuits and a raffle every month. Please contact Mrs Venables on 01707 273445 or

[kpbpdancers@btinternet.com](mailto:kpbpdancers@btinternet.com)

### **AGE UK Hatfield and District**

We provide a leisure centre for the retired and independent elderly, Open Monday-Friday providing morning coffee/tea and lunches. Please contact 01707 268961 or [friendship.house@btconnect.com](mailto:friendship.house@btconnect.com) for further information.

### **Kings Community Church**

An established church where people from various backgrounds, ages and nationalities meet for worship. Meet every Sunday at Onslow St Audrey School in Hatfield from 10.30am. For more information please contact Lizzie Stacey on 01707 256100 or [kcchatfield@hotmail.co.uk](mailto:kcchatfield@hotmail.co.uk)

### **St Albans/Harpenden/Redbourn**

#### **St. Albans Macular Group**

Meeting once a month with a speaker 2<sup>nd</sup> Tuesday monthly - 2.00pm - 3.30pm, United Reform Church Hall, Homewood Road, St. Albans

Contact - Sue Fennell on 01727 852492

### **Verulam U3A (meetings held in St Albans)**

Second Tuesday of every month (excluding August) from 10am-12pm. Annual subscription £15. A self-help and self-funded educational and social organisation that enables older people who are no longer in full time employment to share educational, creative and leisure activities. Further information on [u3asites.org.uk/verulam/home](http://u3asites.org.uk/verulam/home), or contact our Membership Secretary [carole\\_taylor@btopenworld.com](mailto:carole_taylor@btopenworld.com)

### **St Albans U3A**

We hold meetings twice a month, on Wednesdays at Marlborough Road Methodist Church and on Tuesdays at Highfield Sports Centre. We have a varied programme of talks given by invited speakers. Please be aware that membership costs £15 per annum. There are also around 130 different interest groups run by the members of St Albans U3A, if you would like more information, please contact [membership@stalbansu3a.org.uk](mailto:membership@stalbansu3a.org.uk) or view our website [www.stalbansu3a.org.uk](http://www.stalbansu3a.org.uk)

### **St. Johns Guild Fellowship (St. Albans)**

Contact: Mrs. Sylvia Hayes 01727-864076

### **Armoral Hill Day Centre (St Albans)**

A small independent charity offering social activities for elderly people in St Albans and surrounding areas. Operating every Thursday from 10.30-1.30pm. Cost of £10 which includes lunch and transport if needed. In addition to this, at least 4 trips out are planned per year. Please contact Shirley on 07929 530614 or [welfarec@aol.com](mailto:welfarec@aol.com) for further information.

### **Jersey Farm Day Care Centre (St Albans)**

Every Tuesday from 11-3pm. The group is for physically disabled people, elderly people living alone and housebound adults in Sandridge, Marshalswick and Jersey Farm. A hot two course lunch is provided at a cost of £6. Entertainment and occasional outings are made. Please contact Lyn Bolton for further information on 01727 834699 or [lynbol@ntlworld.com](mailto:lynbol@ntlworld.com)

## **St Albans Good Neighbours Scheme**

If you are a St Albans resident who is elderly, unwell, lonely, disabled or facing a crisis and do not have family or a good neighbour, we may be able to help. We may be able to provide help with transport, shopping, befriending, collecting prescriptions, gardening, odd jobs etc.

If you would like to talk to someone first, please telephone the scheme between 9am and 1pm every day 365 days pa on 01727 830713.

## **PROBUS Club of St Albans**

Monthly lunchtimes meetings at the Verulam Golf Club in St Albans. Lunch on last Thursday of the month and coffee on the 2<sup>nd</sup> Thursday of every month. Membership fee of £20 per year. Active group of retired professionals and businessmen who have monthly lunchtime meetings and interesting speakers. For more information, please contact Keith Hamilton on 01582 621310 or [k.m.hamilton@ntlworld.com](mailto:k.m.hamilton@ntlworld.com)

## **Dawn to Dusk – Carer Support Group**

This is a support group for carers looking after family members, friends or neighbours. Transport can be arranged depending on location. We meet on a Thursday morning 11am-1pm (£4 per session) for coffee and friendship. These run for ten weeks at a time, three times a year, when we have outings and lunches. For more information please contact Jo Ivory on 01727 568552 or [fpedder@talktalk.net](mailto:fpedder@talktalk.net)

## **Harpenden Seniors Club**

Membership restricted to active residents of Harpenden of pensionable age. Members must be able to look after themselves as the centre organisation is provided by volunteers. Services available are: tea, coffee, snacks, hot lunch, hairdressing for ladies, chiropody, large print books, social activities and two computers, with internet connection are available for members to use. Minibus and volunteer's cars provide transport to the Seniors Club. Please contact 01582 768319 for more information. Opening Hours: Monday-Friday 10.00am-3.00pm.

## **Seven of Diamonds Bridge Club (Harpenden)**

Bridge Club meets every Tuesday evening in town centre. Friendly atmosphere. Please contact 01582 764644 or [helen.tingle@talktalk.net](mailto:helen.tingle@talktalk.net)

## **Hoarding**

[www.care4freedom.org](http://www.care4freedom.org)

Care 4 Freedom are experts in one of a kind, innovative ways of providing holistic care to all in the community by respecting individual choice and self-determination, specializing in;

Dementia

Learning disabilities

Physical disabilities

Substance misuse problems

Caring for adults over 65 yrs

Eating disorders

Mental health conditions

Sensory impairments

Caring for adults under 65 yrs

Our services are continually evolving to find better and new ways to provide the best quality service we can to all. We have made it our mission to reduce hospital admissions by providing social care within the community. For more information, please call us on 01727 834557 and talk to one of our administrative staff.

Second Floor, Front Office

12A Chequer Street, St. Albans, AL1 3XZ

Telephone: (01727) 834557

## **Hertfordshire Libraries**

Library members can also access on line magazines and newspapers, the print size in these can be enlarged.

To find out more about your local library and the services Hertfordshire Libraries offer visit your local library, telephone 0300 123 4049 or visit our website <https://beta.hertfordshire.gov.uk/services/libraries-and-archives/libraries-and-archives.aspx>

## **Welwyn Garden City Library**

We are aiming to increase the number of users who attend our FREE adult social group Tuesday Allsorts, to combat the nation's problem of social isolation and loneliness.

The group runs on the 2<sup>nd</sup> Tuesday of every month at Welwyn Garden City Library. It provides individuals with the opportunity to drop in and have a tea/coffee, meet new people and take part in quizzes and activities. The group also receives visits from guest speakers and organisations.

Ross Pinner, Library Assistant, The Campus, Welwyn Garden City  
0300 123 4049

## **Talking Newspapers**

### **Welwyn Hatfield ("WHAT NEWS")**

We record our news items, mainly read from the Welwyn Hatfield Times local newspaper, onto CD every two weeks. There are four groups, each comprising around four readers and an editor, so each person gets a chance in front of a microphone once every 8 weeks or so. We distribute WHATnews as CDs in the post. Please contact Robert Handscomb on 07710 177271 or [robert@handscomb.co.uk](mailto:robert@handscomb.co.uk)

### **St. Albans Talking Newspaper**

Our distribution area includes the City of St Albans, the town of Harpenden and several villages and smaller communities including Colney Heath, Flamstead, Kimpton, London Colney, Markyate, Redbourn, Sandridge and Wheathampsted. Please contact Rob Pearman on 07885 321629 or [info@sadtn.org.uk](mailto:info@sadtn.org.uk) for more information.

## **Transport**

### **WRVS Good Neighbour Scheme**

Covers all of Hertfordshire. Volunteers drive older passengers to appointments including Optician, Chiropodist, Therapist, Medical and Dental. Please call 01992 552 069 for more information.

### **Hertfordshire Dial-A-Ride**

Has vehicles for local journeys to shops, libraries, social and health appointments. Please call 01992 556 771 for more information.



## **Wheelchair Accessible Taxi's**

Wheelchair Accessible Taxis are available across the St Albans District. Please call the Taxi Licensing Office for details of accessible taxis on 01727 819541.

## **Hertfordshire Travel Link**

A non-emergency patient transport to hospitals in Hertfordshire. It is free to anyone who is unable to travel by any other means. Please call 01438 737505 for more information.

## **Roundabout Transport**

Offers wheelchair accessible minibus hire for any non-profit making group. Fees apply. Please call 01923 711139 for more information.

## **The Barbara Bus**

Available to anyone dependent on a wheelchair. It can be collected from Stanmore Hospital and is free, although donations are welcome. Please call 020 8416 0733 for more information.

## **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.

## **Voluntary Car Schemes**

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|---|--------------|
| St. Albans Good Neighbour Scheme:       | 01727 830713 |
| Redbourn Care Group:                    | 01582 794550 |
| Wheathampsted Community Group:          | 01582 834028 |
| Harpenden Helping Hands:                | 01582 764599 |
| St Albans Association for the Disabled: | 01727 865060 |
| Welwyn Hatfield Community Car Scheme:   | 01707 273875 |

## **Sports**

### **Kestrel Sports Club**

Gosling Stadium, Welwyn Garden City. Fortnightly, Saturday evenings 7pm - 9pm. Facilities for Archery, Short-Mat Bowls, Carpet Bowls, Skittles, Table Games and Darts. Contact Ian Martin – 07939 268169 or 01992 300712.



## **Over 50 Activity**

Contact Joe Capon on 01707 284229 or [activetogether@herts.ac.uk](mailto:activetogether@herts.ac.uk) for further information on the Over 50 Activity clubs:

Fellas Fitness (Friday 8.30am-9:30am) (St Albans)

Love to Dance (Monday 10am-12pm) (St Albans)

Love to Dance (Wednesday 2pm-4pm) (Wheathampsted)

Keep Fit (Wednesday 1pm-2pm) (Redbourn)

Love to Dance (Tuesday 10.45-12.45pm) (Welwyn Garden City)

## **Free tandem hire from Charlotte's Tandems**

Charlotte's Tandems lend tandems and tag-alongs to people with disabilities or additional needs for free. Details are on [www.CharlottesTandems.co.uk](http://www.CharlottesTandems.co.uk)

## **Resource Centre**

### **The Woodside Centre – Welwyn Garden City**

A large amount of equipment designed to assist visually impaired people is on display at our resource centre. Open on Tuesdays and Wednesdays from 10.00 – 2.00pm. Please make an appointment on 01707 324680 to ensure a member of staff is available.