

# Local Information - Area 1 (South East)

Sophie Chapps, Vision Loss Adviser

07824 363 368

**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  
For more information contact Mrs Monika Hills on 01279-832837 or email [monika.hills@ntlworld.com](mailto:monika.hills@ntlworld.com)

### **Four Swans Vision**

1<sup>st</sup> Wednesday of each month, 10.30-12.30pm  
Waltham Cross Conservative Club, opposite bus station  
Alan Nevill 07985 536216  
email [fourswansvision@gmail.com](mailto:fourswansvision@gmail.com)      [www.fourswansvision.org.uk](http://www.fourswansvision.org.uk)

### **George Fuller Club for the Blind**

3<sup>rd</sup> 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](mailto: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](mailto:kathrynshreeve@tiscali.co.uk)

### **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 01920 420796

## **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

1<sup>st</sup> and 3<sup>rd</sup> 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

## **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

### **Hertford & District** (also covering Ware and Buntingford)

Contact Mrs Joan Flack on 01992 304040

Email [flackies@ntlworld.com](mailto:flackies@ntlworld.com)

### **Lea Valley** (covering Broxbourne area)

Contact Heather Kenny, 18 The Holdings, Hatfield AL9 5HQ

01707 884480 [lvtnewspaper@gmail.com](mailto:lvtnewspaper@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.

**Unit 29, The Weltech Business Centre**

**Ridgeway**

**Welwyn Garden City**

**Hertfordshire AL7 2AA**

## 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](mailto:communitycar@cvsbeh.org.uk)

**Dial a Ride Service 01707 343600** Email: [dialaride@hertsc.gov.uk](mailto:dialaride@hertsc.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](mailto: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](mailto: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](mailto: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/>

## Other Local Groups

### **Hertford, The Sele School – Selections Community Courses and Activities**

Selections Courses take place on weekday evenings during term time.

The Sele School in Hertford runs a community learning programme known as 'Selections'. Selections brings together a variety of community partners, from the Hertford area, to offer a range of fun, enjoyable activities for adults, families, children and teenagers. Through these partnerships, Selections aims to provide lifelong learning opportunities and pathways that meet the needs of Hertford people in order to promote:

Personal growth and expanded horizons

A broader range of interests

A wider social life

A healthier life

Community engagement

Selections also hosts a range of thriving community groups and activities including Carter School of Dance, Hertford Rock Choir, Hertford Choral Society, Bengeo Tigers Football Club, Green Arrow Cycling, Hertford ESKA Karate Club, Hertford Hornets Netball Club, U3A Cookery Classes and Zumba.

For more information or to sign up for a Selections Course please go to The Sele School, website [www.sele.herts.sch.uk](http://www.sele.herts.sch.uk) and click on the Community tab. Current courses available are Pilates, Watercolour Painting, Pottery and Yoga.

The Sele School also hires facilities to many groups and clubs outside of school hours. To enquire about a Selections Course or about hiring facilities at The Sele School please email [sbruton@sele.herts.sch.uk](mailto:sbruton@sele.herts.sch.uk), 01992 581455 ext 134

### **Ware Community Cinema Ware**

The Priory Charity supports a popular monthly 'senior' film afternoon and films for children during the school holidays. For the up to date programme visit [www.waretowncouncil.gov.uk](http://www.waretowncouncil.gov.uk)

Contact Rosalyn Montgomery, 01920 460316

[rosalyn@waretowncouncil.gov.uk](mailto:rosalyn@waretowncouncil.gov.uk)

[www.waretowncouncil.gov.uk](http://www.waretowncouncil.gov.uk)

### **Cheshunt Over 50 Activity - Love to Dance**

Friday 10.00 - 12.00, no Partner Required!

This exciting programme of multiple dance styles & experience new choreographed routines every two-three weeks. Our programme of dance classes continues to attract people of all abilities. Classes run weekly & are delivered in a fun

& friendly atmosphere by experienced & qualified teachers.

Joe Capon, Project Officer - Herts Sports Partnership

01707 284229, [activetogether@herts.ac.uk](mailto:activetogether@herts.ac.uk)

### **Enfield Over 50's Computer Club (NEL80)**

The club meets the first Sunday of the month, 10.30am-4.30pm, at St John's Hall, Strayfield Road, off Theobalds Park Road, Enfield EN2 9JP. Members bring their own computers. We do not give 'computer lessons' but support members in the use of their computers. There is no annual subscription fee but members pay an attendance fee.

Mr Eric Jukes, 020 8366 6162, [ericjukes@gmail.com](mailto:ericjukes@gmail.com), [www.nel80.com](http://www.nel80.com)

### **Special Cooks Company (for adults with a learning disability)**

The Special Cooks Company gives people with learning difficulties the opportunity to learn or improve their existing cookery skills in a safe environment. People using the service will have access to a real-life



cooking experience in a community kitchen and will work together as a team to produce a nutritious meal. Special cooks are a small community based service which is passionate about developing people's confidence. Contact Sue Doyle, 01707 875957, 07751 296805  
[sue@specialcookscompany.co.uk](mailto:sue@specialcookscompany.co.uk), [specialcookscompany.co.uk/](http://specialcookscompany.co.uk/)