



HERTSMERE COMMUNITY NEWSLETTER

JULY 2021

Hertsmere Community Engagement

Welcome to the first edition of the Hertsmere Community Newsletter, where we will be sharing news, information and events from the community for the community.



Meet our two new Community Engagement Officers



Lee Meyer (left) works across Hertsmere, reaching out to communities and groups to share their news and information.

After only a month in his new role, Lee has already built a large network of partners and has been busy engaging with residents and groups especially in Potters Bar and Bushey.

Please feel free to contact Lee at: Lee.Meyer@hertsmere.gov.uk

David Golding (right) is focussed on Cowley Hill in Borehamwood, sharing news and information from local communities.

After a few months in his new role, David has built a large network of partners engaging with all communities across Cowley Hill.

You can contact David at: David.Golding@hertsmere.gov.uk



Red Trust Bushey Foodbank - Outreach for the community

Meet Mia and her wonderful team every Friday from 10am to 12pm at Red Trust Bushey where you can enjoy a sit down friendly chat and grab a cup of tea/coffee. Everyone is welcome.

Find out more about them at: foodbank@redtrustbushey.org



Foodbank

Fridays 10am-12noon at
St James's Church House, Rectory Lane,
Bushey, WD23 1BD



Support



Together

Community



Food for you if you
live alone, as a
couple or family

NO VOUCHER NEEDED TO RECEIVE FOOD

Whatever your circumstances, if you need help with food please visit us to collect food, have a cup of tea/coffee and a friendly chat.

Open to anyone living in Bushey postcodes WD23 and WD19.

Car parking is available on Kemp Place (just off High Street). Buses 142 and 258 stops on the High Street.

For more information, please phone or email us.

Mobile - 07483 260 440 Email - foodbank@redtrustbushey.org

Red Trust Bushey - A charity supporting people in the Little Reddings area to connect with others, by providing activities to build relationships and support those in need.



Red Trust Bushey



@redtrustbushey



@redtrustbushey

Web: <https://redtrustbushey.org/foodbank>

**PLAY
YOUR
PART**

I got both of my vaccines
to protect my family
Kristy, Letchworth

COVID-19 is still here

**This summer, let's look
after each other**

Remember:

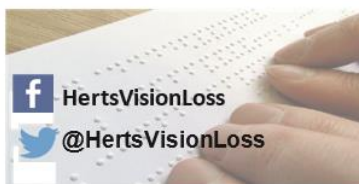
	Hands Face Space Fresh air		Take a rapid test twice a week		Get vaccinated when you're called to
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Herts Vision Loss - supporting and empowering visually impaired and blind people in Hertfordshire



"Supporting and empowering visually impaired and blind people in Hertfordshire"

Call Sightline
01707 324680
Email
office@hertsvisionloss.org.uk



Herts Vision Loss is a Hertfordshire based independent charity, supporting visually impaired and blind people along with their families.

For over 100 years they have helped thousands of people.

If you need help, Herts Vision Loss is there for you.

They aim to empower people dealing with vision issues to increase their independence and reduce social isolation and loneliness.

Their services include:

- Home visits and befriending
- Hospital eye clinic information and support
- Sight Information Points where they demonstrate the latest equipment
- Ears for Eyes counselling service for people experiencing vision loss
- Talk Time, a single 15-minute telephone conversation with a qualified counsellor
- 'Sight Line' a telephone information service
- An advocacy service to help get your voice heard
- Visits to schools and groups to raise awareness of sight loss and talk about our work
- Signpost and introduce people to other services.
- Support care home staff and residents
- Specialised support in using IT equipment at home
- A minibus, which can be borrowed or hired

Summer holiday family learning opportunities



Short summer courses are now available to book at Hertfordshire Adult and Family Learning Service.

If you are working with a parent or guardian who is looking for summer holiday activities to enjoy with their child, please ask them to visit www.hertfordshire.gov.uk/hafls.

Courses include Marvellous Maths, Fun Phonics and Story Explorers. The courses all take place between 9.30am and 11.30am online, which helps give structure to your day before you head on out.

As a Hertfordshire resident, you can access these fully-funded courses for free.

There is also a range of family learning courses spanning into the autumn, including adult-only courses to help on a range of family matters, including wellbeing and financial budgeting.

[Browse and book a course online.](#)

Holiday fun - movies in the park!!

Park Events PRESENTS

MOVIES

PRE
BOOK

In The
Park

FREE
ENTRY

SUNDAY 25TH JULY

KING GEORGE RECREATION GROUND, BUSHEY

COME AND ENJOY THE BRITISH WEATHER, SIT BACK AND RELAX WATCHING
SOME GREAT FAMILY FRIENDLY MOVIES ON THE BIG SCREEN

15:00 SCREENING

ONWARD

SET IN A SUBURBAN FANTASY WORLD, TWO
TEENAGE ELF BROTHERS EMBARK ON A QUEST
TO DISCOVER IF THERE IS STILL MAGIC OUT
THERE.



19:00 SCREENING

YESTERDAY

A STRUGGLING MUSICIAN REALISES HE'S THE
ONLY PERSON ON EARTH WHO CAN
REMEMBER THE BEATLES AFTER WAKING UP IN
AN ALTERNATE TIMELINE WHERE THEY NEVER
EXISTED.



**LICENSED BAR, MINI FUN FAIR
AND FOOD STALLS**

FOR UPDATES VISIT PARKEVENTS.CO.UK OR
LIKE US ON FACEBOOK [#PARKEVENTSHERTS](https://www.facebook.com/parkeventsherts)



InspireAll manage events in partnership
with Hertsmere Borough Council. InspireAll
is a registered Charity. Charity No: 1093653



Park Events PRESENTS

MOVIES

PRE
BOOK

In The
Park

FREE
ENTRY

FRIDAY 23RD JULY

OAKMERE PARK, POTTERS BAR

COME ANY ENJOY THE BRITISH WEATHER, SIT BACK AND RELAX WATCHING
SOME GREAT FAMILY FRIENDLY MOVIES ON THE BIG SCREEN

15:00 SCREENING

LION KING

AFTER THE MURDER OF HIS FATHER, A YOUNG LION PRINCE FLEES HIS KINGDOM ONLY TO LEARN THE TRUE MEANING OF RESPONSIBILITY AND BRAVERY. 2019 REMAKE



19:00 SCREENING

BOHEMIAN RHAPSODY

THE STORY OF THE LEGENDARY BRITISH ROCK BAND QUEEN AND LEAD SINGER FREDDIE MERCURY, LEADING UP TO THEIR FAMOUS PERFORMANCE AT LIVE AID (1985).



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AND FOOD STALLS**

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 **Park Events PRESENTS**
MOVIES
In The
Park
PRE BOOK **FREE ENTRY**

SATURDAY 24TH JULY
 MEADOW PARK, BOREHAMWOOD
 COME AND ENJOY THE BRITISH WEATHER, SIT BACK AND RELAX WATCHING
 SOME GREAT FAMILY FRIENDLY MOVIES ON THE BIG SCREEN

15:00 SCREENING
TROLLS 2
 AFTER THE BERGENS INVADE TROLL VILLAGE, POPPY, THE HAPPIEST TROLL EVER BORN, AND THE CURMUDGEONLY BRANCH SET OFF ON A JOURNEY TO RESCUE HER FRIENDS.

19:00 SCREENING
SCHOOL OF ROCK
 AFTER BEING KICKED OUT OF HIS ROCK BAND, DEWEY FINN (JACK BLACK) BECOMES A SUBSTITUTE TEACHER OF AN UPTIGHT ELEMENTARY PRIVATE SCHOOL, ONLY TO TRY AND TURN THEM INTO A ROCK BAND.

LICENSED BAR, MINI FUN FAIR AND FOOD STALLS

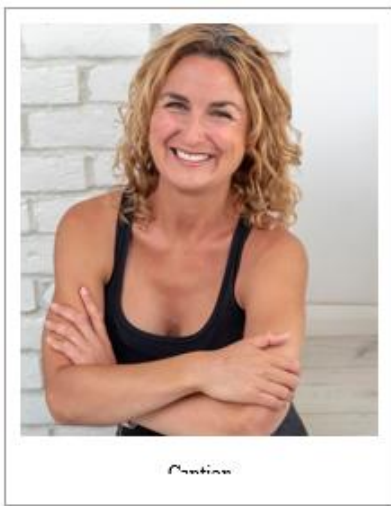
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Caroline

Yoga for mental health

As a community, we're thankfully starting to let go of the stigma attached to mental health. Managing life's challenges can be a huge burden but we are beginning to feel more comfortable sharing our emotional struggles with those around us.

So, can yoga really help? Extensive training and research has proven that yes, it can!

Yoga is so much more than simply making shapes with your body on a mat. Breath work and mindfulness also play a key part in trauma-sensitive yoga; blended together, these practices can significantly reduce emotional pain and suffering. Yoga provides us with a treasure chest of lifelong tools which improve quality of

life for so many people. With the right teacher, trauma-sensitive yoga can show you how to apply transformational techniques into your day to day life.

Anyone can practice yoga: men, women, young, old... it's definitely not just a 'bendy sport for bendy men and women'! It's adaptable to your unique needs: one-to-one yoga, provides a more bespoke service for individual guidance, for those who want a deeper practice with greater benefits.

Following the pandemic, our awareness of mental health is continuing to expand; more of us are trying holistic solutions such as yoga and meditation to ease the pain of emotional suffering.

If you would like to find out more about trauma-sensitive yoga or yoga for mental wellbeing please email Helen at helencooperyoga@gmail.com or visit the website: www.helencooperyoga.com



PLAY YOUR PART

I take a test while I'm getting ready to meet my mates. It helps keep the people around me safe, and it's free, quick, and easy
Tom, Hertford

COVID-19 is still here

This summer, let's look after each other

Remember:

	Hands Face Space Fresh air		Take a rapid test twice a week		Get vaccinated when you're called to
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Working with you, for you, improving our communities, our places.

Contact us

www.hertsmere.gov.uk

customer.services@hertsmere.gov.uk

020 8207 2277

Civic Offices, Elstree Way, Borehamwood, WD6 1WA.



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