



Winter 2006

North Hertfordshire District Council



Newsletter



We hope you all had a good Christmas and would like to wish you all a Very Happy New Year.

I am sitting here looking at the snow which is very pretty to look at but dangerous to walk in—do take great care if you have to go out in bad weather.

Once again the Safety Calendar appears to have been greatly appreciated and we would like to thank those who rang or wrote

in thanking us for their copy. They are produced each year by the Community Safety Unit and we help with the distribution.

This edition of the Newsletter has quite a few activities for all abilities and interests so we hope that there is something for you. If you have ideas of anything new you would like to see happening in North Hertfordshire, please contact us and we may be able to help. Call Claire or Vi, 50+ Development Team on 01462 474226 or email:vi.sykes@north-herts.gov.uk or claire.morgan@north-herts.gov.uk

50+ DANCE & SOCIAL COMMITTEE

The next dance organised by the Dance and Social Committee will be on

**18th February 06
Valentines Dance**



St. Ippolyts Village Hall
Dancing to Peggy's Music
£4.00

To book tickets please contact:

Jean 01462 683604

or

Kay 01462 624886

Dates for your diary:

March 25; June 3;

December 9



Spirella Ballroom
Details available nearer the time

If you would like to help organise dances please contact
**Alan Gillman on
01763 243115**

ROYSTON LEISURE CENTRE ACTIVITY

The Royston Leisure Centre are organising some free 'taster' days aimed at people over 50 during the week of 23 – 27 January 2006.

Monday 23rd

- Morning Swim (10-11am)
- Lunchtime Badminton (1-2pm)

Tuesday 24th

- Relax & Stretch Class (11.30-12.30pm)
- Post Lunch Swim (2-3pm)
- Carpet Bowls (1-2pm)

Weds 25th

- Fitness Class (11.30-12.30pm)
- Lunchtime Lane Swim (12.30-1.30pm)

Thurs 26th

- Fitness Class (10.30-11.30am)
- Short Tennis (1.00-2.00pm)
- Swim (7-8pm)
- **Health Awareness Stalls throughout the day.**

Fri 27th

- Badminton (9.30 -10.30am)
- Badminton (7-8p)

**To book your place please call:
01763 255190**

EXERCISES FOR MATURE MEN AND WOMEN !

Do you feel the need to exercise but cannot do a vigorous workout? If so, then this class is for you. The sessions are held every

**Norton Methodist Church
North Avenue
Letchworth**

And are currently held every
Monday 10.30 – 11.30 am

The programme consists of gentle warm up exercises and stretches to improve/maintain movement in hands, arms, feet and legs. Most of the exercises are done sitting down.

It is ideal for those who have had various operations or suffer debilitating health problems.
For more details contact:
Pat Smith on 01462 811575

HITCHIN LEISURE GROUP

**Woodside Hall
Walsworth Road, Hitchin**

The above group is now up and running and proving very successful.

The group started in October and meet every Wednesday at Woodside Hall, Hitchin from 2.00 – 4.00 pm.

Current activities include short mat bowls, scrabble, quizzes, talks and theatre trips. Members are encouraged to participate in the organisation of the club's activities and events. Cost is just £1.50 per week plus 20p for refreshments. New members and new ideas are very welcome.

For more details contact the 50+ team or Pam Shields on 01462 631733.

DEALING WITH DOORSTEP CALLERS

How do you check that a person who calls at your home is who they say they are? Answer - check their identity card. You can do this by:

- looking up the phone number in the phone book and check it against the card the caller has given you. Do not be tempted to just ring the number on the card as it may be a fake.
- phoning directory enquiries. It will help to check whether the company is genuine.
- looking at a recent bill to check the phone number. You should also think about keeping a list of useful phone numbers, like gas, electricity and water services, in a handy place. Many companies now have free phone numbers to help you check the identity of their workers.

Only let callers in when you are absolutely sure that they are genuine. If you have any doubts **KEEP THEM OUT.**

But what should blind or partially sighted people do?

Some utility companies give their staff a larger identification card that they can show to people who find it difficult to read the small card. The writing on the large card is at least size 14 font and the photograph is larger too. You may want to ask your gas, water and electricity suppliers if they use large cards.

The RNIB offer this useful advice in their booklet "Keeping Safe".

When you talk to strangers don't give them personal information and if you are alone, don't tell them this. If you don't know the person at the door, or you are not expecting them then don't open the door.

Insist that anyone who needs to visit you makes an appointment, and that you know the name of the person who will be calling. If someone calls without an appointment, don't open the door. Organise passwords with your gas, electricity and water companies and with anyone else you expect to call.

Sometimes when it's dark or there is noise from the street it can be difficult to recognise people at the door. So, ask your relatives and friends to give you a quick phone call before they visit, and you won't accidentally let someone else in.

RNIB Helpline 0845 766 9999: www.rnib.org.uk

STEVENAGE LADIES CHOIR

Stevenage Ladies Choir are holding their annual Welcome Evening starting at 8pm on Thursday 2nd February 2006 for any ladies out there who would like to have a go at singing with a Ladies Choir. There are no auditions or need to read music, just the ability to hold a tune and enjoy singing. The Choir rehearse once a week on Thursday evening at St Nicholas Primary School, Six Hills Way, Stevenage at 8pm. Subscriptions are £3.00 weekly or £2.50 weekly for over 60's, with the first three weeks free of charge. The Choir sing a great variety of music from popular songs from the shows to religious music and already have four concerts booked for 2006 with various Male Voice Choirs at different venues. The social side of the Choir is also very strong with outings and get-togethers regularly organised. If you are interested, please come along on the 2nd February where you will receive a warm welcome. For more information, please phone **Mary Sabine on 01438 223989** (evenings).



BRITISH SCHOOLS MUSEUM

Do you run a group or club. Then why not arrange a group visit to the British Schools Museum in Hitchin.

They can cater for groups of any size and can promise an interesting couple of hours.

For more details telephone **01462 452697** or e.mail: brsch@britishschools.freeserve.co.uk. or visit their website www.hitchinbritishschools.org.uk.

The British Schools Museum are always looking for more volunteers to help them. If you have some time to spare and think you would enjoy being part of this friendly team then please contact them on the number above.

HITCHIN HORTICULTURAL SOCIETY

The Hitchin Horticultural Society meets on the second Wednesday evening of the month at The Woodside Hall, Walsworth Road, Hitchin at 7.30pm

A good programme of speakers has been booked for the year, in addition to which, days out and holidays are arranged. Subscription is £3.00 per year, plus £1.00 entry to meetings.

We usually have 70 members attending the meetings but we are always looking for new members to join.

If you are interested in socialising with like minded gardeners then contact **Ken 01462 684473**

LEAGUE OF FRIENDS ERNEST GARDINER DAY HOSPITAL

Pearsall Close, Pixmore Avenue
Letchworth Garden City

Forthcoming events

Beetle Drive—Sat 4th Feb 7.00pm
Tickets £3
Phone Trudi on 01462 682488

Coffee Morning Sat 1st April 10am—12 noon
Cake stall, raffle.
£1 entrance
which includes coffee or tea and biscuits.

LETCHWORTH NATURALISTS' SOCIETY

The above club has a full list of activities for 2006 including Friday evening rambles, Sunday rambles and winter indoor meetings on the second Tuesday each month at the Letchworth Settlement until April - visitors are welcome.

Membership costs £6.00 per year.

During March and April why not help Alan Harding 'helping toads across the road'?

For further details and if you wish to get involved in conservation, please contact **Alan Harding on 01462 677298.**



HITCHIN & LETCHWORTH HEALTH WALKS

Following the successful training and recruitment of 19 Walk leaders Countryside Management Team are ready to start the pilot of the Hitchin Health Walks!

At present there are weekly walks every Tuesday starting 17th January meeting at 2pm at the Three Moorhens public house, Hitchin Hill.

Approximately every other Monday starting on 16th January there will be a walk from the same place starting at 11.00am

There will be 2 or 3 walks taking place each week and two weekend walks each month. For details of times and dates contact Countryside Management Service on **01462 459395**



The Letchworth Health walks are going from strength to strength. Thanks



to the dedication of volunteer health walk leaders Peter Deary and his wife Mary. There is a walk most weeks in Letchworth or the surrounding villages. The walks are usually attended by a group of approximately 15 very friendly people. For details of times and places to meet contact either the **50+ Team** or Wendy Herring on **01462 474837**

FREE HOME FIRE SAFETY CHECKS

Hertfordshire Fire & Rescue Service is offering a free fire safety check of your home, carried out by fire-fighters from your local station.

Visits are by appointment only, pre-arranged with you.

The Fire-fighters will **always** be in uniform, use an agreed password and show an ID card.

They will advise on the installation and maintenance of smoke alarms (where necessary they will supply and fit one free of charge).

Call the freephone number and arrange your free appointment—0800 587 3347

WORKING IN PARTNERSHIP



North Hertfordshire District Council works with the following partners to help improve the quality of life for residents aged 50+

- ◆ **Age Concern Hertfordshire**
0845 601 3446
- ◆ **Handyman Scheme**
01707 255711
- ◆ **North Herts & Stevenage Primary Care Trust**
01462 708470
- ◆ **Alzheimer's Society**
01462 433999
- ◆ **Hertfordshire County Council Money Advice Unit**
01992 556370
- ◆ **Adult Care Services**
01438 737400
- ◆ **North Herts Ethnic Minority Forum**
01462 440224
- ◆ **Howard Garden Social Centre**
01462 682524
- ◆ **Polish Over 60s Club**
01462 632933
- ◆ **Herts Society for the Blind**
01992 588145
- ◆ **Remap**
Bruce Carr 01462 673375 or
nhremap@ntlworld.com

NEXT EDITION

The next newsletter is April 2006. If you would like to mention your club, or you have useful information to share, send the details by the end of February to:

The 50+ team
Leisure & Community Development,
North Hertfordshire District Council,
Gernon Road, Letchworth SG6 3JF



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