



Autumn 2006

North Hertfordshire District Council



Newsletter



Here I am 'flying solo' and thoroughly enjoying the job! Amongst lots of other things I have been busy organising the next Lifestyle event (see below) working in partnership with the Fire Service and Age Concern please try to pop in and see me at Letchworth Settlement on 14th Sept.

I now have the technology to send the newsletter by email, if you would like to receive it in that format in future, please email me saying NEWSLETTER REQUEST and I will add you to my emailing list. Although I am only available for 3 days a week, I look forward to hearing from you with comments, suggestions and ideas, so please contact me by phone letter or email using the details at the end of the newsletter.

Claire

FREE Electric Blanket Testing & Lifestyle Day

Thursday September 14th
10.00am - 3.00pm
Letchworth Settlement
Nevels Road

Do you or anyone you know have an old Electric Blanket?

Electric Blankets can easily be damaged, when folded to be put away for the summer. If the internal wiring becomes broken this can cause a fire risk.

Make an appointment to bring your 'old' blanket in to be tested by the Fire Service. If it is found to be faulty you will be provided with a brand new one **FREE!**

A Health and Lifestyle Exhibition will also be available, with interesting and informative stands.



Drop in even if you don't want to check your Electric Blanket. But if you do please make an appointment with Age Concern on 01462 420911

50+ DANCE & SOCIAL COMMITTEE

Dates for your diary in 2006:

Autumn Dance October 28th
With Jimmy Timmins at Hitchin Town Hall

BIG BAND DANCE (Black Tie)
December 9th
At Spirella Ballroom, Letchworth

To book tickets please contact:
Jean 01462 683604
or
Kay 01462 624886

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



BALL ROOM & SEQUENCE DANCING

With the
NORTH HERTS GOOD COMPANIONS CLUB

Saturdays 7.30 pm till 10.00 pm

At the FREE CHURCH HALL
Norton Way North
LETCHWORTH

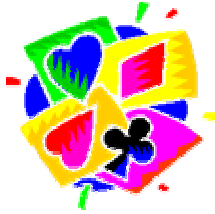
Social Dancing at a very friendly club

For further information contact
Jean or Ron 01462 637738
Email: ronald.air@ntlworld.com

Beginners Bridge Classes

Now is the time to plan what you will do after the summer. Why not learn a new skill? Learn to play bridge.

This fascinating game will improve your concentration and keep your mind active. Its also a great way to make new friends.



The **HITCHIN BRIDGE CLUB** starts a new

beginners course in September.

Lessons are held on Wednesdays in Bancroft Hall Hitchin at 7.30pm

Partners are not required.

Cost £6 per session

For more details contact **Audrey 01438 237 362**



Letchworth Short Mat Bowls Club....

.... is celebrating its 10th Anniversary this year. As part of the celebrations, they are holding a tournament on October 14th at the Letchworth Leisure Centre.

Taking part in this tournament will be teams from Wilstead, Elstow and Bromham in Bedfordshire also Cuffley Arkley, Wilbury and ourselves, in Hertfordshire.

You can join Letchworth Short Mat Bowls Club, by coming along to our sessions at the Leisure Centre, Wednesdays 1-4pm or Fridays 7-10pm

First Session is **FREE**, all you need is a pair of flat shoes. Please contact **Carol or Mick on 01462 685746** for further details

Need Advice or Support?

But want to stay in your own home?

The Community Support Service can help

The service provides support to people in their own homes by:-

- A regular visit from a Community Support Officer.
- Help with completing forms.
- A response to an emergency call in office hours
- Liaison with other agencies on your behalf.
- Help in an emergency with collecting prescriptions or pensions, shopping or arranging meals.
- Assistance with arranging transport to and from hospital.

Who can apply?

ALL North Hertfordshire residents over 55 who have a support need.

This service has been running for over 20 years

CALL **01462 704110** Supported Housing at North Hertfordshire Homes for further information.

North Hertfordshire Homes, Avenue One, Letchworth Garden City, Hertfordshire SG6 2WW
Chrissie.morrow@nhh.org.uk



North Hertfordshire
HOMES

What is a Health Walk?

A Health Walk is a group of people who join together to take part in regular exercise led by a trained walk leader. Walks last between 30 minutes and one hour and we are looking for people like you to join us!

There are huge health benefits to Walking, almost anyone can do it, you don't need special equipment and it's **FREE!**

For more information on Health walks or to get the latest programme Contact: Angela at **Countryside Management Service** on **01462 459395**.



DRIVING ADVANTAGE

The driving advantage course organised in partnership with the road safety team was a great success!

So popular in fact that we are aiming to run another course this year.

The course helps those who want to improve their confidence in driving and aims to keep you mobile for as long as possible.

If you are interested in taking part please contact Claire: **01462 474226** She will contact you with course dates as soon as they are finalised.



KEEP FIT

Seated Keep Fit sessions are taking place in many of the Sheltered housing schemes around the district.

You do not have to be unfit or unsteady on your feet to take part.

Seated Keep Fit strengthens your muscles, helps with Stamina and Balance, keeps your joints flexible and is great **FUN!** You don't have to live in a housing scheme to take part.

For details of your nearest class contact:
Claire 01462 474226

Your first class will be **FREE!**

Books are Walking from North Herts Libraries.



If you live in North Herts and cannot go to the library because you are housebound or disabled you can have books and recordings delivered to your door, free of charge. Simply contact the library and they will make up a collection of books, talking books or music recordings to

match your interests and these will be delivered/collected every fortnight or every month by a volunteer.

You can choose from large print books, novels, factual books, biographies, talking books and CDs and you can request items that you would particularly like.

The library also offers **Carer's Cards** which allow the main carer of a housebound person to take out up to 24 items at once (12 for the carer and 12 for the person cared for).

Reader's Friend (Individual Home Library Service) Cards are also available for those who are not the main carer but wish to borrow items on behalf of a housebound person.

To find out more about the Home Library Service or to become a delivery volunteer, contact Hitchin Library on 01438 737333 or email hertsdirect@hertsc.gov.uk. More details can be found on the website, www.hersdirect.org/libraries.

Home Library Service Volunteers Wanted

To deliver books and other library items to customers, who are 'housebound' and cannot come in to the library. The visit, usually fortnightly will include swapping the books, taking requests, relaying information between the customer and the library staff and having time for a chat. Some volunteers like to work in pairs .

Where ? Hitchin, Letchworth, Baldock and Royston Libraries all provide services to housebound people and would welcome new volunteers.



Skills/Qualifications

No qualifications needed, but people skills, especially relating to elderly/disabled persons are important. Ability to lift baskets of books and maybe climb stairs. Patience & trustworthiness essential. A cheerful friendly face is always appreciated. Driving licence and a car essential.

Interested? For more information or an application form:-

Telephone Sue Kewley. Assistant District Librarian, North. Based at Hitchin Library.

01438 737333

GRANDPARENTS' ASSOCIATION

The Letchworth Grandparent & Toddler Group are celebrating **Grandparents' Week (Sept 24th -30th)** by holding a



Teddy Bears' Picnic
On

Wednesday 27th September
9.45 - 11.15am

At Noel Family Support Centre
1 Norton Way North
Letchworth Garden City

All Grandparents, Senior Carers, Pre-School Children and Parents accompanying Grandparents are invited. Teddies (labelled with their owner's name) are especially welcome!

There will be lots of activities for under-fives with picnic food and drink provided plus the opportunity to meet other members of our group.

Entry is FREE.

Any enquiries contact:

Zena: 01462 686723

Heather: 01462 484292

50+ Badminton

Informal fun sessions

Tuesday evening

8pm - 9pm

At Fearnhill School,

Letchworth Garden City

For further information contact

Sue Webb 01462 437909

NORTH HERTS & STEVENAGE DIABETIC SUPPORT GROUP

Bi-monthly talks, providing support and information to people living with Diabetes.

The next event will be on

Monday September 18, 7.00pm - 9.00pm

'Food Glorious Food' at Corey's Mill,
Sainsbury's

£2 Entrance & raffle

Monday November 20, 7.00pm - 9.00pm

Seasonal Social Evening with Hand Bell Ringers

For information on the group and future events

contact: Alison Cotterall **01462 679823**

Email: dizzyfizzy45@hotmail.com

CHRISTCHURCH COMPUTER CENTRE

Would you like to learn computer skills.....

- For pleasure
- For business
- For the internet
- At home
- At work



At the Christchurch computer centre in Bedford Road Hitchin (opp Waitrose) they offer personal one-to-one help to gain skills in computing completely FREE of charge.

If you want to update your skills to return to work, undertake a refresher course in word processing, spreadsheets, learn to use the internet, send emails or do shopping on line, drop in and talk to one of their experienced helpers.

They are open 10.00am - 12.00 noon each Monday and 10.00am - 12.30 and 1.30 - 4.00pm Thursdays

For further information contact Ken: 01462 459646
Or John 01462 450957

Or just pop in, there is usually someone on the door to welcome you.

www.christchurchcomputers.org.uk

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 60's 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 January 2007. If you would like to mention your club, or you have useful information to share, send the details by the end of November to:

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



☎ **01462 474226**

✉ claire.morgan@north-herts.gov.uk