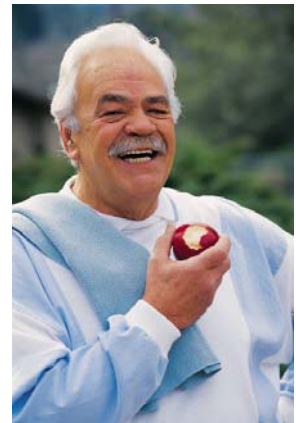




Helping local charities and voluntary organisations grow, thrive and be heard

THE REALLY USEFUL BOOK



**An information guide
for older or disabled people in St Albans City and District**

April 2010



Dear Reader

Welcome to our revised 2010 edition of The Really Useful Book.

This guide to local services for older people living in the City and District of St Albans was first produced in 2001 and enjoyed an update in 2005. We have done our best to check and verify the information it now contains but we rely on you to alert us about changes – please let us know when contact names, numbers, emails, web addresses etc change so we can keep the book current. Our phone number is 01727 852657 or you can email us at enquiries@cvsstalbans.org.uk, it would be helpful if you stated 'Really Useful Book update' in the subject line.

We found that the earlier printed editions quickly became out of date so we intend to publish this book on our web page for easy access to the information and for easy amendment. Please encourage interested people to view the information on www.cvsstalbans.org.uk. No access to a computer? The staff at the Centre for Voluntary Service at 31 Catherine Street, St Albans, AL3 5BJ invite you to call in to review the book on our computer and we are happy to print relevant pages.

Lastly, if you have knowledge of a local group or service that you would like included in The Really Useful Book please send full details, use the current pages as a guide to what we require, and we will gladly add your information.

Happy reading!

Laura Cronshaw
Chief Executive

Disclaimer

Every effort has been made to ensure the accuracy of the information used in this document. The CVS cannot vouch for the quality of the groups and services included.

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ACCOMMODATION

Sheltered Housing:

Sheltered housing is provided in the district by St Albans District Council, Housing Associations and on privately owned developments. If you are looking to purchase sheltered housing on a private development, properties are usually advertised and sold via estate agents. Some housing associations also provide leasehold sheltered accommodation and you should contact them for information and details of availability. Housing Associations with leasehold sheltered housing in the district include:

Aldwyck HA Tel 01582 869100
Homegroup HA Tel 0208 8689000

If you are interested in rented housing the council and housing associations provide sheltered housing for the over 60s. Applicants will need to fill in a housing application form, which can be obtained from the Council's Housing Department. Available properties are advertised via Herts Choice Homes – our choice based lettings scheme. Details of the Council's allocation policy and information about Herts Choice Homes can be found on the Council's website at:

<http://www.stalbans.gov.uk/housing/council-housing/Housing-allocations/>

If you have any queries or questions please contact the Housing Options Team on 01727 819412.

GRANTS FOR OWNER OCCUPIERS:

St Albans District Council is able to provide a range of grants to owner occupiers to improve, repair or stay in their homes. All such grants are means tested.

Disabled Facilities Grants are available if someone living in the property is disabled and that property requires the facilities to be adapted to enable the disabled person to continue living there.

Home Repairs Assistance Grants. This grant is targeted at elderly people as it enables small scale work to be carried out with the minimum of paperwork so that the person can remain happily in their own home. Examples of such work are rewiring, plumbing repairs, replacement of rotten wood, roof repairs etc.

For more details about grants call 01727 819446 or visit St Albans City and District Council website

<http://www.stalbans.gov.uk/housing/housing-improvement-and-repairs/Housing-grants/>

Abbeyfield St Albans Society

Grace Muriel House
Tavistock Avenue
St Albans AL1 2NW

Tel: 01727 863327

Email: post@abbeyfieldstalbens.co.uk

Website: www.abbeyfieldstalbens.co.uk

Established for over forty years the Abbeyfield St Albans Society, Grace Muriel House, has a wealth of experience in caring for frail, older people. This registered care house is currently home to 37 older people.

Applications should be made to Annette Gibbons, Grace Muriel House, Tavistock Avenue, St Albans AL1 2NW Tel: 01727 863327 (Ansaphone)

Duchess of Marlborough Almshouses

Marlborough Buildings in Hatfield Road, St Albans, was built nearly 300 years ago by the Duchess of Marlborough for the benefit of the poor persons of the City. There are 36 flats and the location gives easy access to the City centre and local transport.

Applicants must be over 60 years of age and of limited means with little capital.

A Board of Trustees manages the Charity and application forms for consideration as an Almsperson are available from Michael Cross Tel: 01727 869254.

Anchor Staying Put Scheme

This scheme is funded by the Council and operated by Anchor Trust to help the elderly and disabled to stay put in their own home. Anchor will obtain estimates from builders, obtain drawings, complete applications for grant aid and apply to the Council for grant aid at no cost to the applicant. Anchor take all the hard work out of home repairs and improvements so that the householder does not need to worry.

Further details can be obtained by contacting Anchor on 01707 255 710 or look on St Albans City and District Website click [here http://www.stalbens.gov.uk/housing/housing-improvement-and-repairs/Housing-grants/](http://www.stalbens.gov.uk/housing/housing-improvement-and-repairs/Housing-grants/)

Shelter Hertfordshire

Queensway House
Queensway
Hatfield AL10 0LW
Tel: 0344 515 1944 Fax: 01707 263255
Email: Hertfordshire@shelter.org.uk
Website: www.shelter.org.uk

Confidential, independent advice and assistance to anyone who is homeless, has a housing problem or any housing related difficulty.

HOUSING ASSOCIATIONS

Aldwyck Housing Association Limited

6 Houghton Hall Business Park
Porz Avenue
Houghton Regis

Beds LU5 5UZ
Tel: 01582 869100 (Mon-Fri 9-5)
Email: info@aldwyck.co.uk
Website: www.aldwyck.co.uk

Cherry Tree Housing Association

Orchard Villa
Porters Park Drive
Shenley, Herts.
WD7 9DS
Tel: 01923 850580
Website: www.cherrytreeha.co.uk

Hightown Praetorian & Churches Housing Association Ltd

57 Perrycoste Court
Taylor Close
St Albans AL4 9XW
Tel: 01727 860100 – Dawn Hewlett

For more information about Housing Associations click [here](http://www.stalbans.gov.uk/housing/housing-advice/Local-Housing-Associations/)
<http://www.stalbans.gov.uk/housing/housing-advice/Local-Housing-Associations/>

ADVICE, INFORMATION AND SUPPORT SERVICES

Age Concern Hertfordshire

1 Silver Court
Watchmead
Welwyn Garden City
Herts AL7 1LT
Info Line Number: 0845 601 3446
E-mail: info1@acherts.org.uk
Website: www.acherts.org.uk

Services available:

Information and Advice schemes which are designed to help older people, their carers and relatives, including:

- Countywide information line 0845 601 3446 (local rate).
- Benefits Outreach, a mobile unit giving advice on claiming benefits.
- Advice Outreach, supporting individuals face to face to help clarify options, access services and claim benefits.
- Home Matters, helping people to organise and manage personal finances and home management.
- Advocacy in Care Homes, helping older people living in care home to resolve issues they may have.
- Hertfordshire Voice, giving older people the chance to have their say about local issues.

Independent Living schemes which are designed to give support to older people in the community, including:

- Hospital Discharge offering short term support to older people leaving hospital, including those with mild depression and early dementia.
- Visiting scheme and telephone club offering volunteers who make regular contact with older people, in person or by telephone.
- Carers' Support offering carers aged over 55 access to information, advice, emotional support and social activities.

InTouch phone support:

InTouch is a new countywide telephone support service being launched on 4th January 2010. This free service is tailored to support older people who are currently not receiving support from any statutory service because their needs may not require that level of support. It will ensure that non-medical specialist support, which is vital to health and wellbeing, is available to older people at a time that is convenient to them and when it is most needed. Trained staff and volunteers will provide telephone support, for example:

- Following a fall
- After a bereavement
- Following a stay in hospital
- When a move to sheltered accommodation is being considered or has recently taken place.

InTouch aims to help older people to live independently in their own homes for longer with increased health and wellbeing. The service will be available to people aged 50 and over and referrals can be made by statutory providers such as Adult Care Services, Hertfordshire County Council, GP practices and other voluntary organisations.

For more information call **01992 629358 / 634964**

Age Concern Dacorum

Hemel Hempstead Day Centre
Half Moon Yard
High Street
Hemel Hempstead HP1 3AE
Tel: 01442 259049
Website: www.ageconcerndacorum.org.uk

Age Concern St Albans

Welfare Centre
1a Hall Place Close
St Albans AL1 3SD
Tel: 01727 856741

For more details about **Age Concern St Albans** please click [here](http://www.acherts.org.uk/index.cfm?id=138)
<http://www.acherts.org.uk/index.cfm?id=138>

Alcoholics Anonymous in Hertfordshire

Phone(s) 0845 769 7555 (National Helpline, 24 hour service)
www.alcoholics-anonymous.org.uk

Alcoholics Anonymous (AA) is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The local groups in all parts of Hertfordshire provide support for sufferers and their families.

The only requirement for membership is a desire to stop drinking. There are no fees.

The national telephone helpline is: 0845 7697 555 (24 hour service). From this number you can be referred to local groups and make contact with local members.

Citizens Advice Bureau (St Albans)

64 London Rd
St Albans AL1 1NG
Telephone: 01727 811118
Fax: 01727 833855
Website: www.stalbans-cab.org.uk

St Albans Citizen's Advice Bureau offers advice on a broad range of subjects, including welfare benefits, consumer issues, employment, housing, legal procedures, family, and

specialist money advice. They have weekly referrals to rota solicitors and an employment specialist. If there is a subject they cannot cover, they usually know who will!

All advice is free, confidential, impartial and independent.

They have offices in St Albans and Harpenden, and outreaches in Wheathampstead and London Colney. They have disabled access or home visits can be arranged for the housebound. They give advice by phone, appointment or drop in.

For further information or to make an appointment ring 01727 811118.

For advice ring 01727 855269, 10am-4pm or 01582 769387 10am-1pm.

For telephone money advice, ring Debtline 01727 833855 9am-12pm Wednesdays only.

Good Neighbour Scheme, St Albans

Mrs Gill Bateman

55 Marshals Drive

St Albans AL1 4RD

Tel: 01727 830713

Website: www.sagns.org

The St Albans Good Neighbour Scheme offers help in various ways. Not only do they take people to doctors' surgeries and hospital out-patients but also on trips to visit a friend or to the hairdresser. They can take someone shopping, collect a prescription, move a bed downstairs, do minor jobs around the house or arrange to visit a lonely person on a regular basis. They aim to help anyone who may be elderly, unwell, lonely, disabled or facing a crisis and do not have family or a good neighbour to turn to. They do not need a third party referral, and are just one phone call away. The line is open 9.00 am- 4.00pm every day including weekends, Bank Holidays and Christmas Day! (See also under Transport).

Hertfordshire Alcohol Problems Advisory Service (HAPAS))

30 High Street

Welwyn

Herts AL6 9EQ

Tel: 01438 718374

Fax: 01438 841242

Email: admin.hapas@btconnect.com

A counselling network for Hertfordshire. Counselling is by appointment only, is confidential, free of charge, non-judgemental and is friendly and informal. Counselling is available to the drinker and to the family and friends of problem drinkers. All HAPAS counsellors are trained and supervised.

Hertsreach, Turning Point, St Albans

Vickers House

222 London Road

St Albans

Herts AL1 1PN

Phone 01727 893344

Fax 01727 842919

Email: hertsreachstalbans@turning-point.co.uk

Website: www.hertsmh-turning-point.co.uk

Hertsreach St Albans provides the following services from its access point on London Road:

- Advice, information and support
- Structured day programme
- One to one key working
- Counselling service

- DTTO – DRR – ATR provision
- Friends and family support group
- Needle exchange
- Complementary therapies
- Crack Cocaine Programme

These services are available to anyone aged 18 or over and resident in Hertfordshire. Referrals can be accepted from GPs, partner organisations and self referral.

HERTFORDSHIRE COMMUNITY MEALS

St Albans and District Council area.

Contact: Hertfordshire County Council Client Services.

Tel: 0300 123 4042

Hertfordshire County Council provides meals delivered to your home. (**This service is sometimes referred to as ‘meals on wheels’**).

Referrals for meals on wheels are made through Hertfordshire County Council’s Client Services: Tel: 0300 123 4042.

The service is available to any St Albans resident who has difficulty in preparing a cooked meal or is unable to obtain a meal from another source, and is also subsidised by St Albans City and District Council.

Meals are available 5 days a week and are delivered at lunchtime.

The service is provided by Hertfordshire Community Meals, a not-for-profit social enterprise.

The cost per meal is £2.75 (as from July 2009). This includes a main meal and a pudding. Payment is collected monthly in arrears. This can be by cheque, postal order, telephone payments by debit/credit card or direct debit.

The choice of meals:

There is a menu of five main meal options a day, including two vegetarian options. There is a choice of three desserts a day: hot dessert, cold dessert or fresh fruit. If a menu is not filled out then the customer will be provided with the meal and dessert of the day.

Ethnic and special diet meals are available:

These ethnic diets are catered for:

- Asian vegetarian
- Asian halal
- Kosher
- Afro-Caribbean

These special diets are catered for:

- Gluten free
- Diabetic
- Texture modified (pureed)
- Low salt
- Low fat

Bulk deliveries of frozen meals:

Frozen meals can be delivered in bulk to the customer’s home every two weeks. Each delivery will contain two weeks’ worth of meals and the minimum order is for 12 main meals and 12 desserts.

A table top freezer can be provided if the customer's own freezer is not big enough to store the food. A steamer or microwave can also be provided, if required, to help with preparing the meals.

Mediation Hertfordshire

3 Halsey Drive

Gadebridge

Hemel Hempstead HP1 3SE

Tel: 01442 268044 Tel/Fax: 01442 243402

Email: help@mediationherts.org.uk

Opening hours – Mon-Fri 9.30am-4pm.

Many people find that at one time or another they have a disagreement with their neighbours. Disagreements can be about noise, car parking, children, shared fences or rubbish. But they might be about almost anything.

Mediation Hertfordshire offers hope to those experiencing difficulties with their neighbours. It is a confidential service, independent from any other organisation, including the council and police, and is free to all residents of Dacorum and St Albans. It is also offered in other parts of Hertfordshire, where **costs** apply.

Family Mediation

Contact and Referrals: 01707 257400

Website: www.hfms.org/index.php

What is mediation?

- A process which helps those in family breakdown to reach their own decisions about all or some of the issues arising from that breakdown.
- The issues might be about children, finance or property.
- A mediator will help you to negotiate with your ex partner and reach good joint decisions about the future.
- The mediator will ensure that you both have time to speak, think and respond.

Relate, Herts Central

16 Marlborough Road

St Albans AL1 3XQ

Tel: 01727 837847

Email: enquiries@relatehc.plus.com

Website: www.relate-hertscentral.co.uk

Relate is there to help people improve their relationships. They offer other services such as Relationship Counselling, Family Counselling, Separation and Divorce Counselling, Sexual Problems Service and courses to help build a better relationship.

St Albans Counselling Centre

1 College Yard

Lower Dagnall Street

St Albans AL3 4PA

Tel: 01727 856693

Email: admin@esacc.org.uk

Website: www.esacc.org.uk

The Centre offers confidential counselling sessions for a range of problems. To discuss an initial assessment appointment please phone our offices Monday to Friday from 10am to 1pm

The office operates a telephone answerphone service. Calls not taken personally are returned with discretion as soon as possible.

have to report a crime to the police to get our help and can get support at any time, whenever the crime happened. We are not a government agency or part of the police.

BEREAVEMENT SUPPORT

CRUSE Hertfordshire

Cruse Bereavement Care
Hertfordshire Area
The Old Courthouse
St Albans Road East
Hatfield AL10 0ES
Telephone 01707 278389
Email: crusebereavementcare@btconnect.com
Website: www.cruse-hertfordshire.org.uk

Cruse Bereavement Care in Hertfordshire offers a bereavement support service to all residents in Hertfordshire, whatever their age and regardless of:

- The relationship to the person who has died.
- The length of time since the person died.
- Whatever the cause of death.

The service is delivered by trained volunteers who have all been CRB cleared and work to strict codes of confidentiality.

The service is free at the point of delivery.

Grove House

Waverley Road
St Albans
Herts AL3 5QX
Tel: 01727 731000
Email: enquiries@grove-house.org.uk
Website: www.grove-house.org.uk

A well-established bereavement service is available for individuals, couples and families following a death from cancer.

(More information about Grove House in the Health and Disabilities Section)

The St Albans City and District Bereavement Network

PO Box 671
St Albans
Herts AL1 3ZX
Helpline: 01727 841841
Website: www.sabn.org.uk

If you have been bereaved, find it difficult to cope on your own, have feelings of anger, pain, frustration or just want someone to talk to, the St. Albans & District Bereavement Network exists to offer appropriate help – through a helpline, skilled visitor groups, social group or with trained counsellors where appropriate. We also offer a service for bereaved children, young people and their families. All calls are treated in strictest confidence.

FINANCE

This section provides basic details on Pensions, Benefits and Income Tax with contact details to obtain guidance and information. It cannot hope to provide a résumé of all the benefits available and readers must be aware that the Government can introduce changes each year. Help can also be sought from:

Citizens Advice Bureau
www.stalbans-cab.org.uk

Disability Information Service for Hertfordshire (DISH)
www.dishuk.info

Money Advice Unit at Hertfordshire County Council.
<http://www.hertsdirect.org/caresupport/bnftsadv/>

Useful government bodies and support organisations click [here](#)
http://www.direct.gov.uk/en/DI1/Directories/UsefulContactsByCategory/Over50sContacts/DG_10019272

Useful Websites for comprehensive information about **Pensions/Benefits/Taxation/Financial Help** are:
<http://www.direct.gov.uk/en/MoneyTaxAndBenefits/index.htm>
http://www.ageconcern.org.uk/ageconcern/income_pensions_information.asp

Leaflets and booklets containing information about Allowances, Benefits and Tax can be obtained from Beauver House, 6 Bricket Road, St Albans, AL1 3JS.
Or can be ordered by telephoning: 0845 3021458 Fax: 01234 224798
Website: www.hmrc.gov.uk

HOUSING

Council Tax Benefit:

If you're on a low income, whether you're working or not, and need financial help to pay your Council Tax bill, you may be able to get Council Tax Benefit. Find out more, including who is eligible and information about the Second Adult Rebate. For more information click [here](#)
http://www.direct.gov.uk/en/MoneyTaxAndBenefits/BenefitsTaxCreditsAndOtherSupport/On_a_low_income/DG_10018923

Housing Benefit:

If you're on a low income, whether you're working or not, and need financial help to pay all or part of your rent, you may be able to get Housing Benefit. Find out more, including who is eligible and how to claim – click [here](#)
http://www.direct.gov.uk/en/MoneyTaxAndBenefits/BenefitsTaxCreditsAndOtherSupport/On_a_low_income/DG_10018926

Application forms, further information and assistance with completing the form(s) regarding both housing and council tax benefit are available at St Albans City and District Council Offices, Civic Centre, St Peter's Street, St Albans AL13JE.
Telephone 01727 866100. Website: <http://www.stalbans.gov.uk/>

INCOME TAX

The Advice Centre for personal callers is on the Third Floor, Beauver House, 6 Bricket Road, St Albans. The office is open 8.30 am - 5 pm Monday to Friday except Wednesday when the office opens at 9.30 am. All visits are by appointment only.
Tel: 0845 3021458. For more information about Income Tax click [here](#)
<http://www.hmrc.gov.uk/pensioners/>

Income Tax and pensioners: This website will help you to understand how income tax affects you as a pensioner. It offers simple, straightforward answers to the sort of questions people ask about income tax when they reach retirement. It tells you about personal allowances, how these can be affected by income and what sort of income is taxable and what is not. For more information click [here](#)
<http://www.hmrc.gov.uk/pensioners/>

Inheritance Tax: This website will help you to work out if any inheritance tax will be payable on your estate after your death. Click [here](#)
<http://www.hmrc.gov.uk/pensioners/index.htm>

What to do About Tax When Someone Dies: This website will help you understand the tax consequences that arise when someone dies. It gives information about income tax, capital gains tax and inheritance tax. There are sections about the responsibilities of personal representatives and trustees, and about the tax treatment of beneficiaries.
<http://www.direct.gov.uk/en/Governmentcitizensandrights/Death/WhatToDoAfterADeath/index.htm>

PENSIONS

State Retirement Pensions:

For all state pension enquiries Tel: 0800 678 1132

The basic State Pension is a pension paid to you by the government when you reach State Pension age. It is based on the number of qualifying years gained through National Insurance Contributions (NICs) you've paid, are treated as having paid or have been credited with throughout your working life. For further information click [here](#)
<http://www.direct.gov.uk/en/Pensionsandretirementplanning/StatePension/index.htm>

State Pension Forecast:

This link will help to forecast how much State Pension you may get when you reach State Pension age. Find out how you can get a forecast and what information you will need before you apply. You can also get help if you have questions about the forecast you have received. For further information click [here](#)

http://www.direct.gov.uk/en/Pensionsandretirementplanning/StatePension/StatePensionforecast/DG_10014008

Or The Pension Service: <https://secure.thepensionsservice.gov.uk/statepensionforecast/>

Over 80 Pension:

The Over 80 Pension is a State Pension for people aged 80 or over who have little or no State Pension. Unlike other State Pensions, it's not based on National Insurance Contributions.

The Pension Service helpline –Tel: 0845 606 0265 Mon-Fri 8am-8pm.

For more information click [here](#)

http://www.direct.gov.uk/en/Pensionsandretirementplanning/StatePension/DG_10018948

Pension Credit:

Pension Credit is extra money to top up your income.

You can get it even if you have some savings, or if you have a second pension or your own home.

There are two parts to Pension Credit: Credit and Savings Credit.

Guarantee Credit – this may be paid to you if you're 60 or over. It tops up your weekly income to a guaranteed minimum.

Savings Credit – this is for those who have saved some money towards their retirement.

You may be able to get it if you're 65 or over.

So, if you're 60 or over, you may get Guarantee Credit. If you're 65 or over, you may get Savings Credit on its own, or with Guarantee Credit

For more information/or to use the online Pension Credit calculator click [here](#)

http://www.direct.gov.uk/en/Pensionsandretirementplanning/PensionCredit/DG_184357?CID=pension_credit&CRE=PensionsRHM

Or telephone the Pension Service 0800 731 4811

OTHER HELP:

80 + Annual Payment: If you are aged 80 or over and are entitled to a Winter Fuel Payment, you should also get the new 80 + Annual payment. Click [here](#)
http://www.direct.gov.uk/en/Pensionsandretirementplanning/Benefits/BenefitsInRetirement/DG_10018657

Attendance Allowance: Attendance Allowance (AA) is a tax-free benefit you may get if you're aged 65 or over and need help with personal care because you're physically or mentally disabled.

The information in this section is a guide only. Click [here](#)
http://www.direct.gov.uk/en/MoneyTaxAndBenefits/BenefitsTaxCreditsAndOtherSupport/Disabledpeople/DG_10018710

The office dealing with your claim can answer any questions you may have about claiming and getting Attendance Allowance.

Benefits Enquiry Line 0800 882200 (freephone) Mon-Fri 8.30-6.30pm Sat 9-1pm
0800 243355 (text phone)

Email: BEL-Customer-Services@dwp.gsi.gov.uk

Web: www.direct.gov.uk/disability-money

Bereavement Benefits: For more information click [here](#)
http://www.direct.gov.uk/en/MoneyTaxAndBenefits/BenefitsTaxCreditsAndOtherSupport/Bereaved/index.htm?cids=Google_PPC&cre=Money

'What to do after a Death in England and Wales.' Click [here](#)
<http://www.direct.gov.uk/en/Governmentcitizensandrights/Death/WhatToDoAfterADeath/index.htm>

Blind Person's Allowance: If you are certified blind and are on a local authority register of blind persons, or if you live in Scotland or Northern Ireland and are unable to perform any work for which eyesight is essential, you can claim Blind Person's Allowance. For more information click [here](#)
<http://www.hmrc.gov.uk/incometax/blind-person-allow.htm>

Carer's Allowance: The Carer's Allowance is a taxable benefit to help people who look after someone who is disabled. You do not have to be related to, or live with, the person that you care for. For more information click [here](#)
http://www.direct.gov.uk/en/CaringForSomeone/MoneyMatters/DG_10012522

The Carer's Allowance Unit provides information regarding Carer's Allowance, the main state benefit for Carers, including eligibility and how to make a claim:

Carer's Allowance Unit 0845 608 4321 Mon-Th 8.30-5pm Fri 8.30-4.30.
0845 604 5312 (text phone)
01772 899 354 (Fax)

Email: cau.customer-services@dwp.gsi.gov.uk

Christmas Bonus: You may be able to get Christmas Bonus, the one-off tax-free £10 payment made before Christmas. This is normally paid automatically to those customers getting a qualifying benefit in the qualifying week and who meet the residency conditions. For more information click [here](#)
http://direct.gov.uk/en/MoneyTaxAndBenefits/BenefitsTaxCreditsAndOtherSupport/On_a_low_income/DG_10018704

Cold Weather Payments: If you are on a low income, a Cold Weather Payment may be available to help you for each week of very cold weather in your area. To see if you are eligible click [here](#)
http://www.direct.gov.uk/en/MoneyTaxAndBenefits/BenefitsTaxCreditsAndOtherSupport/Inretirement/DG_10018668

Disability Living Allowance: Sometimes referred to as DLA - is a tax-free benefit for children and adults who need help with personal care or have walking difficulties because they are physically or mentally disabled. For more information click [here](#)
http://www.direct.gov.uk/en/DisabledPeople/FinancialSupport/DG_10011731
Or telephone Benefits Enquiry Line 0800 882200 (freephone) Mon-Fri 8.30-6.30pm Sat 9-1pm or 0800 243355 (text phone)

Funeral Payments: If you're on a low income and need help to pay for a funeral you're arranging, you may be able to get a Funeral Payment from the Social Fund. You might have to repay some or all of it from the estate of the person who died. Find out more information including how to claim click [here](#)
http://www.direct.gov.uk/en/MoneyTaxAndBenefits/BenefitsTaxCreditsAndOtherSupport/Beaved/DG_10018660

Going into hospital? The Benefits Agency wants to make sure you and your family get the right help, at the right time, in the right way. If you or someone you claim for has to go into hospital, the rules for some benefits you already get may also change. If you get any benefits, the most important thing is to let your social security office know the situation. For more information click [here](#)
http://www.direct.gov.uk/en/DisabledPeople/HealthAndSupport/Hospitals/DG_4000474

Help with Health Costs: Guidance about NHS charging arrangements in England. Information about who does not have to pay charges and about help available with the cost of the following for those on a low income: NHS prescriptions, NHS dental treatment, sight tests, glasses and contact lenses, necessary costs of travel to receive NHS treatment under the care of a consultant, NHS wigs and fabric supports.
For more information click [here](#)
http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_4078082

Help if You live in a Residential Care or Nursing Home: A permanent or temporary stay in a care home can affect your benefits. If you are receiving any benefits and your circumstances change, you need to tell the relevant government department. For more information click [here](#)
http://www.direct.gov.uk/en/CaringForSomeone/CareHomes/DG_10031411

The Social Fund: A scheme to help people with expenses that are difficult to meet on a low income. There are two parts to the Social Fund - **regulated** and **discretionary**.

The **regulated Social Fund** covers: Funeral payments, Cold Weather payments, Winter Fuel payments.

The **discretionary Social Fund** provides three types of payments: Community care grants, Budgeting loans, Crisis loans.

For more information about the Social Fund click [here](#)
<http://www.ageconcern.org.uk/AgeConcern/social-fund-and-sources-of-financial-help.asp>

Winter Fuel Payments: Helpline Tel: 0845 9 15 15 15
If you are aged 60 or over you may get a Winter Fuel Payment to help pay for keeping warm in winter. This can be between £125 and £400 depending on your situation. Find out if you are eligible for this payment and how to apply. Click [here](#)

http://www.direct.gov.uk/en/MoneyTaxAndBenefits/BenefitsTaxCreditsAndOtherSupport/Inretirement/DG_10018657

CREDIT UNION

St Albans District Credit Union (Main branch)

135 Hatfield Road
St Albans
Herts AL1 4JX
Tel: 01727 859135 Fax: 01727 859135
Email: Office@stadcu.org
Website: www.stadcu.org

Opening Hours – Monday, Tuesday, Thursday, Saturday 10am – 1pm

Harpenden

Rear of High Street Methodist Church
Harpenden
Tel: 07972 370857
Opening Hours – Tuesdays and Saturdays 10am – 12 noon.

London Colney

Caledon Centre
Caledon Road
London Colney

St Albans District Credit Union is a financial cooperative. Members' savings enables the Credit Union to provide unsecured loans at a fair rate to all members of the community. The purposes are to encourage saving, to prevent people being caught in high-cost debt traps, and to empower people to take control of their finances.

Members must live or work in the local government District of St Albans (i.e. Harpenden and the villages are included). In joining members may apply for a loan, which will be granted only after the Credit Union has assessed the members' ability to repay. Members may be required to save at the same time as they repay a loan.

Life insurance is provided on both savings and loans at no extra cost. Credit Unions are regulated by Government and members' money is as safe as with any bank or building society.

HEALTH GROUPS AND SERVICES (Voluntary)

Alzheimer's Society, St Albans and District Branch

22 Catherine Street
St Albans AL3 5BX
Tel: 01727 812035
Email: bernadettesimpson@tiscali.co.uk
Website: www.alzheimers.org.uk/BranchWebsites/stalbans/index.htm

The Alzheimer's Society is the leading care and research charity for people with dementia and their families. It is a national membership organisation and works through nearly 300 branches and groups. The Society provides information and education, support for carers, and quality day and home care. It funds medical and scientific research and campaigns for improved health and social services and greater public understanding of dementia.

The St Albans Branch supports carers in St Albans, Harpenden, Redbourn, London Colney, Wheathampstead, Bricket Wood and Colney Heath. Regular meetings are held for carers to come and share experiences and to offer support and friendship. They also arrange lunch and social outings.

Arthritis Care (St Albans Branch)

Chairman: Mrs B Macey, 9 Brecken Close, St Albans, AL4 9LF Tel 01727 760581
Secretary: Miss H Lence, 4 Rushcombe Drive, Park Street, AL2 2HG

Arthritis is the single biggest cause of physical disability in the UK. It affects eight million men and women, including one million under 46 and 14,5000 children. One in four visits to a GP concerns one or more of the nearly 200 types of arthritis and rheumatism – the main symptoms are pain and loss of movement.

Arthritis Care is now the UK's largest voluntary organisation working with and for all people with arthritis from every section of the community. For over fifty years, it has been working with people with arthritis to promote their health, well-being and independence through services, support and self-help, information and influence.

St Albans branch is one of about 600 local branches of this National Charity. Head office is there to provide advice, help, stationery etc., and produces various publications. The Magazine, Arthritis News, goes to all members about 6 times a year and has done some very good work lately in raising awareness of the difficulties and problems facing sufferers.

As a Branch we work independently and aim to provide social contact and a break from four walls for those who could not get out otherwise. are mostly of retirement age and meetings are held once a month on a Wednesday afternoon, at Christ Church Centre, St. Albans. They particularly enjoy meeting each other and many friendships have been made. We have a speaker on a subject of general interest as a rule - perhaps a slide show - and about once a year aim to have a meeting relating to Arthritis. We do not give any medical advice as such, but the Welfare Officer has details of avenues for help, be it medical, social or for benefits, and a busy programme visiting members ill at home or in hospital, aiming to keep in touch with anyone who is unable to attend.

Asthma UK

Summit House
70 Wilson Street
London EC2A 2DB

Supporter & Information team: 0800 121 6255 and email: info@asthma.org.uk

Asthma UK Adviceline: 0800 121 62 44

Website: www.asthma.org.uk

Asthma UK is the charity dedicated to improving the health and well-being of the 5.4 million people in the UK whose lives are affected by asthma.

British Red Cross

Barton Way
Croxley Green
St Albans
Herts WD3 3PA
Tel: 01923 720485 (General Enquiries)

Barbara Davis 01923 775106 (Centre Organiser)
Eileen Lincoln 01923 720485 (Welcome Club Leader)

The British Red Cross Medical Loans Centre, for short-term loan (six weeks) covers such items as wheelchairs, commodes, walking and bath aides, etc.
The British Red Cross also run first aid classes for the public.
The Welcome Club (for over 55's) meets Monday-Saturday 2.00-4.30pm for various activities including dancing/Bingo, etc. Darts on Friday mornings.
For more information please contact 01923 720485.

British Tinnitus Association

Ground Floor Unit 5
Acorn Business Park
Woodseats Close
Sheffield S8 0TB

Tel: 0800 018 0527 free of charge from within the UK only

Tel: 0845 4500 321 local rate – from within the UK only

Minicom: 0114 258 5694 Fax: 0114 258 2279

Email: info@tinnitus.org.uk

Website: www.tinnitus.org.uk

There is no local branch in the St Albans District, but the Association will send information about services that can support tinnitus sufferers.

Diabetic Support Group

Mr Derek C Beatty

22 Penman Close

St Albans AL2 3DJ

Tel: 07956 624698

Email: Astonderek@aol.com

Website: www.diabetessupportstalbens.org.uk

Although diabetes can affect all age groups, the large majority (around 75%) are Type 2, which is often known as 'maturity onset' and affects older people.

The St Albans & District Diabetic Support Group offers various services along with support, help and education about the condition to local people.

Meetings with a speaker about a specific aspect of diabetes care are held on the first Tuesday of each month (except January and August) at the Post Graduate Medical Centre of St Albans City Hospital starting at 7.30pm.

'Starter packs' of information for the newly diagnosed are supplied through general practitioners and are funded by the Primary Care Trust.

For further information about the group — which has no membership list or fee — from 07956 624698.

Guide Dogs for the Blind Association

Hillfields

Burghfield Common

Reading RG7 3YG

Tel: 0118 983 5555

Fax: 0118 983 5433

Email: guidedogs@guidedogs.org.uk

Website: www.guidedogs.org.uk

Guide Dogs' mission is to provide guide dogs', mobility and other rehabilitation services that meet the needs of visually impaired people.

The Hertfordshire Society for the Blind

The Woodside Centre

The Commons

Welwyn Garden City

Herts AL7 4SE

Sight-Line: 01707 324680 (Operates from 10am-1pm Mon-Thurs)

Email: office@hertsblind.com

Website: www.hertsblind.com

Normal Office Hours: 10am-4pm Mon-Thurs.

Equipment & Services:

The Society runs a Resource Centre in The Woodside Centre, Welwyn Garden City where there is a selection of equipment and gadgets to help visually impaired people with their daily living needs.

You are most welcome to come and visit the Resource Centre which is open on Tuesday and Thursday from 10am-1pm. **Visits are by appointment only**, so please ring and book an appointment on 01707 324680.

Sight Information Points:

These are held at 8 locations once every month to give information on:

- Support services to people with low vision.
- Equipment to assist with daily living.
- Information on benefits and concessions.
- Social and educational opportunities.

No booking necessary, just come along.

The locations are:

- **Cheshunt:** Wolsley Hall, Windmill Lane; 4th Tuesday in each month; 10.30-12.30.
- **Stevenage:** Stevenage Resource Centre, Chells Way; 3rd Tuesday in each month; 10.00-12.00.
- **Hemel Hempstead:** Social Centre for the Blind, Alston Road, Boxmoor; 2nd and 4th Monday in each month; 10.00-12.00.
- **Ware:** Ware Road Day Service Unit, corner of Ware Road/Stanstead Road; 4th Wednesday in each month; 10.00-12.00.
- **St Albans:** St Albans Library, upper level Maltings Shopping Centre; 3rd Wednesday in each month; 10.30-12.30.
- **Letchworth:** Hertfordshire Multiple Sclerosis Therapy Centre, 30 Campus Five, Letchworth; 2nd Wednesday in each month; 10.30-12.30.
- **Watford:** Social Centre for the Blind, Cross Street, 3rd Monday in each month; 10.00-12.00.
- **Royston:** Royston Library, Market Hill, 1st Wednesday in each month; 10.00-12.00.

Home Visiting:

We have around 90 volunteers who visit blind, partially sighted or deaf and blind people in their homes to help with daily living needs, such as small practical tasks (e.g. reading, responding to mail, paying bills etc) or just providing some welcome social contact.

Hospital Information:

We service Information Points including upkeep of information trolleys, through staff and volunteers, in 6 eye clinics in the county. (Lister, QE2, St Albans, Hemel Hempstead, Hertford County and Watford). The purpose of the service is to assist patients in eye clinics with support and information and to help eye clinic staff with activities.

Sight Line:

The Sight-Line is a help/advice line for blind and partially sighted people, their families and/or carers, as well as health and other professional staff. It can give information about

equipment and HSB services as well as signpost callers to other sources of information and help. (Operates from 10.00-1.00 Mon-Thurs – 01707 324680)

Herts Hearing Advisory Service

Garry Appleby
The Woodside Centre
The Commons
Welwyn Garden City AL7 4SE
Tel: 01707 324582 Text:01707 375486
Email: volunteering@hhas.org.uk
Website: www.hhas.org.uk

This is an independent charity, which with the support of the local hospitals, social services and generous donors and sponsors, offers practical help and advice to people experiencing hearing difficulties.

Hearing aids should be used properly and need regular maintenance to obtain the best possible benefit from them. Technical equipment can also assist people to hear much better at home and at work. Trained volunteers visit residential homes, sheltered accommodation, day centres and people in their own homes by prior arrangement. The Charity's Mobile Technician visits St Albans every month, please phone the Woodside Centre for details.

Herts Wheelchair Service

The Hertfordshire Wheelchair Service provides support for adults and children, living in and the Hertfordshire area, who have a long-term disability. We aim to give a professional yet personal service, providing mobility and postural equipment to enhance an individual's independence through greater mobility.

We have a range of therapists to assess requirements and to provide on-going care in helping people with their mobility needs including Wheelchair Therapist, Mobility Technicians, Rehabilitation Engineers, Physiotherapists and Occupational Therapists. (As part of the NHS we also work with other clinical specialists like paediatricians and neurologists to provide a complete service).

West Herts Wheelchair Service

Harperbury
Harper Lane
Shenley
Radlett WD7 9HQ
Tel: 01923 427262 Fax: 01923 427484
Email: Jacqueline.solomons@herts-pcts.nhs.uk
Website: www.wherts-pct.nhs.uk/wheelchairs

East & North Herts Wheelchair Service

Unit 17 & 19 South Mundells
Welwyn Garden City
Herts AL7 1EP
Tel: 01707 382000
Fax: 01707 383092
Website: www.enherts-pct.nhs.uk/wheelchairs

Motor Neurone Disease Association (South Herts Branch)

Yvonne Dawson
Tel: 01923 858115
Email: yvonedawson77@hotmail.com
National Office Helpline, MND Connect Mon-Fri 9am-5pm and 7-10.30pm
Tel: 0845 7626262
Website: www.mndassociation.org

The South Herts Branch of the Motor Neurone Disease Association was started 16 years ago to help those living with Motor Neurone Disease and their carers. The Branch provides support and advice for local people with Motor Neurone Disease through our specially trained, but voluntary Association Visitors who develop a relationship with those people. We work with Occupational Therapists, Doctors, and Adult Care Services to assess if help is needed.

We at the South Herts Branch do all our own fundraising. We help towards providing equipment or care that people with Motor Neurone Disease cannot obtain from the NHS or local social care services. We also contribute towards funds for scientific research to find a cure for MND through the Motor Neurone Disease Association.

Motor Neurone Disease is a rapidly progressive and fatal illness which can affect any adult at any time.

It affects the muscles and symptoms can include: loss of mobility, inability to use the limbs, to speak to swallow, to breath. The intellect and senses remain unaffected. People with Motor Neurone Disease can still think and feel, but their muscles refuse to work.

'We at the South Herts Branch of the Motor Neurone Disease Association would welcome volunteers to join our committee. They do not have to have any particular skills or previous experience.'

Multiple Sclerosis (MS) Society (West Hertfordshire Branch)

General Information:

Tel: 01442 268269

Editor: whms@ntlworld.com

We offer support and information for those affect by MS in our area.

For example:

- Support and Benefits issues.
- Branch Newsletter.
- Information about MS – this includes publications, person-to-person contact and information events.
- Monthly social gatherings.
- Financial Assistance.
- Exercise Sessions at Charters Leisure Club in St Albans.
- Amberwood Holiday Home.

The West Herts Branch welcomes all contact from people affected by Multiple Sclerosis.

National Association for Colitis & Crohns Disease

4 Beaumont House

Sutton Road

St Albans AL1 5HH

Tel: 01727 830038

Email: nacc@nacc.org.uk

Website: www.nacc.org.uk

The National Association for Colitis and Crohns Disease (NACC) is a registered charity providing support and information for patients and families living with these conditions. The Association was founded in 1979 and now has over 30,000 members and 68 area groups throughout the United Kingdom. Since 1984 NACC members have raised over £2.5 million into the causes and research of Inflammatory Bowel Disease. Membership is open to patients, relatives, and health professionals and to anyone interested in the activities of the Association.

Activities: Annual grants to researchers, individual welfare funds, NACC-in-Contact listening service, DLA Benefit Support Line, booklets, quarterly newsletters, publicity and fund-raising. Area, local and national group meetings. NACC membership costs £12 for the first year and £10 p.a. thereafter.

National Osteoporosis Society (NOS)

Camerton
Bath BA2 0PJ
Tel: 01761 471771
Helpline: 0845 450 0230
Support Groups: 01761 473 122
Email: info@nos.org.uk
Website: www.nos.org.uk

NOS are the only national charity dedicated to fighting this fragile bone disease. There is no local group at present but the NOS provide information and support for people with osteoporosis and their carers by promoting education for the public and health professionals. For more information call 01761 471771 or visit the website at www.nos.org.uk.

Parkinsons Disease Society (West Hertfordshire)

Tracey Tucker
Information & Support Worker – West Hertfordshire
Tel: 0844 225 3779 (calls charged at local rate)
Email: ttucker@parkinsons.org.uk
Website: www.parkinsons.org.uk

Up-to-date information about Parkinson's plus support to access local services and other services provided by the Parkinson's Disease Society such as the Helpline, website and local branches and support groups.

St Albans & District Talking Newspapers

Dawn Wheeler (Hon Secretary) Tel: 01727 865652
Robin Christoforou, Chairman. Tel: -1727 866725
Email: Dawn.Wheeler54@btinternet.com

Provides a weekly tape recorded by volunteers using items from the "Herts Advertiser" and "Review". Cassettes of local news are distributed free in St Albans and surrounding areas, for blind and partially sighted people (a signature from either the GP or Optician will be needed if unregistered).

The area covered includes St Albans, Harpenden, Redbourn, Wheathampstead, Park Street, London Colney, Colney Heath, Chiswell Green and Bricket Wood.

CARERS

Break Away for Carers

Tel: 01442 454280 Fax: 01442 454290
Email: breakaway@hertscc.gov.uk

Breakaway for Carers is a free sitting service for carers in Dacorum (including Berkhamsted, Bovingdon and Tring) and St Albans City and District (including Harpenden and surrounding villages). The service is provided through Adult Care Services, but referrals can be made through GP surgeries, voluntary agencies or you can contact us directly. We enable relatives and friends looking after dependent adults to take breaks, by arranging for someone else to take over for a few hours each week in the person's home. If you think Breakaway for Carers could help or you would like further information please contact us.

Carers in Hertfordshire

22A High Street
Hemel Hempstead
HP1 3AE

Tel: 01442 253344

Email: west.team@carersinherts.org.uk

Website: www.carersinherts.org.uk

Carers in Hertfordshire supports unpaid, family carers of people of any age who rely on them for support, because of any type of disability, mental or physical, or who misuse drug or alcohol; whether that person lives with them or elsewhere. It provides information and support to enable carers to make choices about their lives and caring role and the opportunity to have their voices heard by the people who plan services that affect their lives.

Among the free services to carers are:

- Carer planning service – 1-1 support and advice on a range of issues related to caring and having a life outside caring; the options available and help to access services.
- Free workshops and training related to caring.
- Courses and learning events to help with life outside caring.
- Free quarterly newsletter.
- Opportunities to meet with other carers and contribute to a collective voice, speaking directly to service providers and planners.
- Young carers project for those aged 9 -18 and in a caring role. www.koolcarers.org.uk

Carers in Hertfordshire operates from centres in Hemel Hempstead (for carers in St Albans/Harpenden), Hitchin, and the head office is in Hertford.

Head Office:

The Red House
119 Fore Street
Hertford SG14 1AX
Tel: 01992 586969

Carers UK

Contact: Pat Callinin

Tel: 01727 855719

Carers first of all need to recognise themselves as carers, and to be recognised and valued by others for the work they do. They need to be able to speak up, and to be heard. They need support, ready access to services at the appropriate time, and accurate advice and information. Some of these needs are beginning to be met, but a great deal still remains to be achieved.

Carers National Association was formed to address these needs, to support carers, and to enable them to speak with a stronger voice. The Association aims to encourage carers to recognise their own needs, to develop appropriate support for carers, to provide information and advice for carers and to bring the needs of carers to the attention of government and other policy-makers.

For information about meetings contact Mr Callinin (above).

Crossroads Caring for Carers

Suite 8, Intech House

Wilbury Way

Hitchin SG4 0TW

Tel: 01462 455578

Email: hertfordshirenorth.east@crossroads.org.uk

Crossroads (North West and North Herts) is a major voluntary organisation offering help to carers and people with care needs. We provide care workers for a specific period of time to do tasks those carers normally carry out; in order to give them much needed time off. We help people with care needs to live as independently as possible. Our service is confidential. We adhere to the National Crossroads Equal Opportunities Policy and have a comprehensive complaints and audit procedure.

This service is available to carers of all ages, carers of people with disabilities, carers of the elderly or frail, carers of children with special needs, carers of people with mental health problems and carers of people with terminal illness.

HOSPICE

Grove House Hospice (St Albans)

Grove House
Waverley Road
St Albans AL3 5QX
Tel: 01727 731000
Fax: 01727 832755
Email: enquiries@grove-house.org.uk
Website: www.grove-house.org.uk

Grove House supports patients, families and carers living with cancer or life-threatening illness. Our skilled team ensures that people receive the support they need. Our services are available free of charge to patients of GPs in St Albans, Harpenden and the Dacorum area.

You can refer yourself for a specific service by phoning Grove House directly. Referrals can also be made by GPs, nurses, consultants, or any other healthcare professional.

Our Services:

The Robert Runcie Day Hospice is a nurse-led service providing specialist palliative care, support and interventions. Patients who attend receive ongoing individual assessment and monitoring around their physical, emotional and spiritual needs. The Day Hospice team aims to assist patients in maintaining independence, managing symptoms and developing coping strategies.

Family Support Services offer individual counseling and support groups for patients, families and carers. The service is also for anyone who has been bereaved through cancer. Family Support offers advocacy, welfare benefits advice and information for health professionals.

Grove House at Home is for patients who would benefit from support at home. Trained volunteers offer home sitting, befriending and complementary therapies. The service is offered from Monday to Friday from 8am to 8pm and at weekends, depending on volunteer availability.

The **CANCER-I Centre** provides a wide range of information and support on a drop-in basis to anyone concerned with, or affected by cancer or other life-threatening diseases. Patients, families and carers can access the right information at each stage of illness – whether they want to know more about cancer or are looking for practical information about support groups or benefits. Information can also be given over the phone 01727 843401
CANCER-I is open from Monday to Friday from 10am to 4pm.

The **Cancer the Next Step** programme is offered to newly diagnosed people up to the age of 60. During the 8-week programme, the team helps patients through the physical and emotional effects of cancer.

The **Spiritual Care** provides a safe space to explore unsettling questions about the meaning and purpose of life; to re-evaluate hopes for the future; to search for inner peace or to help put ones affairs in order. Each person will be supported and valued whether or not they have a religious background.

The **Outpatient Clinics** are open to all patients and their families and carers. You can access a nurse or doctor as an outpatient for one to one advice and support.

Grove House offers a range of **Therapies, Physiotherapists** offer treatments to reduce swelling or pain, help mobility and make breathing easier. **Occupational Therapists** ensure that patients have equipment and adaptations at home so they can stay independent. **Complementary Therapies** can help with relaxation, anxiety, depression or pain.

Hospice at Home provides specialist nursing care to patients in their own homes 24 hours a day, 7 days a week. Trained nurses are available to provide pain control, symptom monitoring, medication plus vital emotional support to calm anxieties for patients and families. This service will eventually be available through all GP practices in St Albans and Harpenden.

Please contact for further information

Opening hours:

Monday to Friday 9.30am to 4.30pm.

Hospice of St Francis

Spring Garden Lane

Off Shootersway

Northchurch

Berkhamsted

Herts HP4 3GW

Tel: 01442 869555

Fax: 01442 879191

Website: www.stfrancis.org.uk

Follow us on Twitter at <https://twitter.com/hosfherts>

The Hospice of St Francis is an independent charity which cares for patients with a wide range of life threatening illnesses – heart disease, lung disease, neurological illness and cancer. Our catchment area extends from Amersham, Chesham and the Chalfonts to Tring, Berkhamsted, Hemel Hempstead, St Albans, Harpenden and surrounding villages.

Care is given in our brand new building which houses our Inpatient Unit, Day Hospice and Outpatient clinics. Our Home Care nurses work in the community where our care is available in the home, in local hospitals and nursing homes. Referrals can be made by any health care professional in our catchment area. This will usually be the patient's GP, district nurse, palliative care nurse or hospital team.

We currently have funding to open just eleven of our fourteen beds. Our ten single bedrooms all have their own en-suite facilities and have double doors opening onto our beautiful gardens. Up to now we have used our bigger rooms for patients with large families where many people want to stay close to the patient. These rooms also have doors opening onto the gardens.

Quote from a relative: "The Hospice is a beautiful place, sympathetically constructed for all the inpatients and relatives' needs. Our mother expressed her delight at being able to lie in her bed, feeling the breeze from the open patio doors. Something she could not have experienced at home."

Patients are admitted for many reasons and stay with us on average for 10 days with around 60 per cent returning home.

We admit patients in order to attend to their difficult symptoms such as pain, nausea or fatigue. We also admit patients who need to be in the Hospice because not enough care can be given at home, or as a positive choice if patients want to keep illness away from the home setting.

You can help support the Hospice of St Francis by making a regular donation, taking part in or holding your own fundraising event, shopping at or donating items to one of our six shops; getting your company to support the hospice or leaving a gift in your will.
PR Officer, The Hospice of St Francis Tel 01442 869555 ext 213 (Mon and Tues).

HEALTH AUTHORITIES / CLINICS / DOCTORS

NHS West Hertfordshire

NHS West Hertfordshire, previously known as West Hertfordshire Primary Care Trust (PCT) is responsible for working with local people to improve their health and to make sure that primary care services (for example those NHS services provided by your GP, community nurse, health visitor, therapist or school health advisor) are delivered to the highest possible standard. We also arrange healthcare for local people provided in:

- General and specialist hospitals.
- Care homes, clinics and community settings.
- Patients' homes.

We aim to help people to stay healthy by offering practical support such as:

- Running local sessions to help you give up smoking.
- Holding support groups for parents.
- Working with partner organisations to organise health services for people with specific medical conditions.
- We also hold the majority of the NHS budget locally.

By actively caring for your health, we aim to reduce chronic disease, increase life expectancy and promote healthy living in our community.

NHS West Hertfordshire – General Enquiries

Charter House
Parkway
Welwyn Garden City
Herts AL8 6JL
Tel: 01707 390855
Email: enquiries@herts-pcts.nhs.uk

Patient Advice and Liaison Service (PALS)
Tel: 01707 369699
Email: pals@herts-pcts.nhs.uk

Community Mental Health Centre (Hatfield)

North Place
82 Great North Road
Hatfield AL9 5BL
Tel: 01707 269335
Website: www.hertsparts.nhs.uk

Community Mental Health Team

Edinburgh House
London Road
St Albans
Tel: 01727 896328
Fax: 01727 832237

Hertfordshire Partnership NHS Foundation Trust (HPFT)

99 Waverley Road
St Albans
Herts AL3 5TL
Tel: 01727 804705

Hertfordshire Practitioner Services Unit

Charter House, Parkway
Welwyn Garden City AL8 6JL
Tel: 01707 390855

Principal Health Centre

Civic Close
St Albans AL1 3LA
01727 830130

St Albans Community Learning Disability Team

AP2110
Apsley 2
Brindley Way
Hemel Hempstead HP3 9B
Tel: 01442 454300
Fax: 01442 454333

GP SERVICES

Two new Health Centres are now available in Hertfordshire. They offer access to GP services with or without an appointment even if you are not registered there. They are open 8am to 8pm, 7 days a week.

Spring House Medical Centre (Opposite the QEII Hospital)

Ascots Lane
Welwyn Garden City
Herts AL7 4HL
Tel: 01707 294354

West Herts Medical Centre (located alongside the Urgent Care Centre at the hospital)

Jubilee Wing
Hillfield Road
Hemel Hempstead
Herts HP2 4AD
Tel: 03000 332233

GP out of hours Service (evenings and weekends)

Even though many GP surgeries have extended their opening hours recently a central out of hours service in Hertfordshire is still available. If you are registered with a GP in Hertfordshire please call 03000 33 33 33.

Experienced staff answers the call, take basic patient details and, if necessary, refer the caller to a nurse or doctor to assess health needs over the phone. The caller will then either:

- Be given healthcare advice over the telephone.
- Be referred to their nearest primary care centre.
- Make an arrangement for a doctor or nurse to make a home visit.

For 24 hour health advice ring NHS Direct on 0845 46 47 and please remember...
In a medical emergency dial 999 and ask for an ambulance.

DOCTORS SURGERIES

MAIN ADDRESS	PARTNERS	BRANCH ADDRESS	TEL NO
The Lodge Surgery Normandy Road St Albans AL3 5NP	Dr A Davies Dr P Griffin Dr M Bevis Dr R Williams	Highfield Surgery Jacob Court 61 Russet Drive St Albans AL4 0AY	Lodge 01727 853107 Highfield 01727 843484 www.lodgesurgery.co.uk
The Midway Surgery 93 Watford Road St Albans AL2 3JX	Dr James Fergusom Dr Jill Bartlett Dr Michael Cannell Dr Andy Cohen Dr Isabelle Favot Dr Elin Jones Dr Jenny Webster	N/A	01727 832125 Emergency: 01727 856511 Website: www.midway-surgery.co.uk
61 Hatfield Road St Albans AL1 4JE	Dr Giauri Sinha	N/A	01727 853079
Grange Street Surgery 2 Grange Street St Albans AL3 5NF	Dr I A McN Dow Dr Anne Allistone Dr H A D Martin Dr Gemma Carruthers Dr O Adali Dr Priya Upponi	N/A	01727 833550 Fax 01727 847961 Email: grange.surgery@gp-e82059.nhs.uk Website: www.grangestreetsurgery.co.uk
Colney Medical Centre 45-47 Kings Road London Colney AL2 1ES	Dr Pushpa Kedia Dr Kapil Kedia Dr Nitil Kedia	Bricket Wood medical Centre, St Luke's Church, The Crescent, Bricket Wood 01923 671746	Colney Tel: 01727 822138 Colney Fax:01727 822130
Parkbury House St Peters Street St Albans AL1 3HD	Dr Roger Sage Dr Amanda Platts Dr Bruce Covell Dr Philippa Mainwaring Dr Jonathan Freedman Dr Margaret Blanshard Dr Phil Sawyer Dr Richard Pile Dr Lisa Day Dr Lee David	18 Hopkins Crescent Sandridge AL4 9DB	Appts: 01727 851589 Fax: 01727 854372 Website: www.parkburyhouse.nhs.uk

The Lattimore Surgery 1 Upton Avenue St Albans AL3 5ER	Dr Itty Khan Dr Anita Davenport Dr Sian Edwards Dr Eason Krishnanandan Dr Lucy Chase Dr Angela Burstow	The Village Surgery 283 High Street London Colney A12 1EL 01727 823245 01727 827568 (fax)	01727 855160 Website: www.lattimoresurgery.co.uk
Harvey Group Practice Harvey House Surgery 13-15 Russell Ave St Albans AL3 5HB	Dr Jon Clegg Dr Ian Hamilton Dr Matt Parfitt Dr Sonia Elstow Dr Mike Walton Dr Jenny Parry Dr Palmyra De Banks Dr Wendy Molefi-Youri	Jersey Farm Surgery 2 St Brelades Place Jersey Farm St Albans AL4 9RG	Enq 01727 831888 Appt 01727 831810 Fax 01727 845520 Jersey Farm: 01727 837498 Website: www.HarveyGroupPractice.co.uk
The Maltings Surgery 8 – 14 Victoria Street St Albans Herts AL1 3JB	Dr Hilary Smith Dr Julian Godlee Dr Mark Allen Dr Alan Thomson Dr Sarah Dowling Dr Alison Davies Dr Grant Elias	The Hertfordshire Clinic (Private) Physiotherapy Audiology Scanning Hypnotherapy 01727 868933	Tel: 01727 855500 Fax: 01727 898164 Website: www.maltingssurgery.co.uk
Davenport House Surgery Bowers Way Harpenden AL5 4HX	Dr Alan Stranders Dr Charli Barber-Lomax Dr Andrew Chafer Dr Kirsten Lamb Dr Alka Cashyap Dr Mark Sandler Dr Charitha Thenuwara Dr Sneha Wadhvani	N/A	01582 767821 Fax: 01582 769285 Website: www.davenportsurgey.demon.co.uk
The Health Centre 1 Hawkes Drive Redbourn St Albans AL3 7LB	Dr Kathryn E Dexter Dr Nirmal Baguant Dr Rosemary Ramsey Dr Monica Debl		Tel: 01582 792356 Fax: 01582 793899 Website: www.thehealthcentreredbourn.co.uk
The Elms Medical Practice 5 Stewart Road Harpenden AL5 4QA	Dr Dylan Phillips Dr Jackie Impey Dr Cathy Argyle Dr David Hemi Dr Charlotte Allam Dr Sheila Loweth Dr Julian Smith Dr Bethan Rees		Tel: 01582 767444 Website: www.elmsmedicalpractice.co.uk

For a full list of local doctors click [here](http://www.hertsdirect.org/comdirectory/comvol/heal2y/hltauth3y/docsur3y/docsurstal/?view=Printlist)
<http://www.hertsdirect.org/comdirectory/comvol/heal2y/hltauth3y/docsur3y/docsurstal/?view=Printlist>

Prescription Service

Most pharmacies now offer a delivery service for prescriptions and the dispensing of repeat prescriptions. Patients should check with their local pharmacy for availability.

HOSPITALS

Queen Elizabeth II Hospital (A & E)

Howlands
Welwyn Garden City
Herts AL7 4HQ
Tel: 01438 314333

There is a dedicated children's A&E at the QEII which is open from 7.30am to 9pm. This service is run by specially trained nurses and doctors who are experienced at working with children. During the hours of 9pm and 7.30am children should go to the children's A&E at the Lister.

New and exciting changes are planned for the QEII, for further information please visit www.enherts-tr.nhs.uk and www.enherts-pcts.nhs.uk

Watford General Hospital (A & E)

Vicarage Road
Watford
Herts WD1 8HB
Tel: 01923 244366

Full A & E services are available at Watford General hospital and further developments are due in the near future. For more information visit www.westhertshospitals.nhs.uk

Hemel Hempstead Hospital (Urgent Care Centre)

Hillfield Road
Hemel Hempstead
Herts HP2 4AD
Tel: 01442 287087

New services are now available at Hemel Hempstead hospital at the Urgent Care Centre. This is a "walk in" service for those needing care for minor injuries or illnesses such as cuts, bites, fractures, strains and sprains and will treat children and adults. Those who require more specialist care will be assessed at the UCC and if necessary will be transferred to a specialist A & E department. This service is available 24 hours a day, 7 days a week and 365 days a year. Please note that there is no longer an acute A & E service operating at this site.

St Albans City Hospital (MIU)

Waverley Road
St Albans
Herts AL3 5PN
Tel: 01727 866122

The Minor Injuries Unit (MIU) at St Albans City Hospital offers quick treatment of minor injuries and is open from 9am to 8pm daily.

LOCAL GOVERNMENT

Hertfordshire County Council

County Hall
Pegs Lane
Hertford SG13 8DE
Tel: 01992 555555
Web Site: www.hertsdirect.org

Hertfordshire County Council is the only council with responsibility for services across the whole of the county. It works with central government and other local organisations to help improve and deliver a range of local services to more than a million people, who live, work and travel in the County. Services such as local schools, libraries, support for elderly and vulnerable and roads and pavements are all provided by the county council.

But it's not just about services: elected politicians run the council. Like the Members of Parliament at Westminster, local councillors are voted in by residents to act on their behalf. Subject always to legislation enacted by Parliament, it is local councillors who take the decisions on where money is spent, what council taxes will be charged and how local services will be developed.

Adult Care Services

Tel: 0300 123 4042

This Hertfordshire County Council Department arranges, develops and provides care and support in the community for older people and adults who have mental health problems, sensory, physical or learning disabilities. Working closely with the NHS, the aim is to help people live as independently and safely as possible. To contact Adult Care Services please ring the County Council's Customer Service Centre on 01438 737400 (textphone 01438 737599) Emergency duty after hours, same numbers, where a friendly team of operators are available to answer calls and handle enquiries from 8.00am to 8.00pm, Monday to Friday, and 9.00am to 4.00pm on Saturdays.

Website: www.hertsdirect.org/caresupport/

ST ALBANS CITY AND DISTRICT COUNCIL - CENTRAL INFORMATION SERVICE

The Council Offices are situated in the Civic Centre, St Peter's Street, St Albans, AL1 3JE.

Opening hours – excluding Bank Holidays:

Reception and switchboard - Mon - Thurs 8.45am-5.15pm, Fri 8.45-4.45pm.

Customer Contact Centre - Mon - Thurs 8.45am-5.00pm, Fri 8.45-4.30pm.

Tel: 01727 866100

Textphone: 01727 819570 (This service is for people with a hearing impairment.)

Website: www.stalbans.gov.uk

It is appreciated that everyone does not possess a home computer. However, free use for one hour a day is available at the Central Library in The Maltings. Membership of the Library is essential.

Another local website that is very useful is Hertfordshire County Council www.hertsdirect.org. There is a very wide range of information on this site and well worth a look.

Colney Heath Parish Council

Parish Clerk, Village Hall, 83 High Street, Colney Heath, St Albans AL4 0NS

Tel: 01727 825314 Fax: 01727 825327

Email: colney2heath@btconnect.com

Website: www.colneyheath.org.uk

Harpenden Town Council

Town Clerk, Town Hall, Leyton Road. Harpenden AL5 2LX

Tel: 01582 768278 Fax: 01582 760026

Email: Harpenden.town.council@harpenden.gov.uk

Website: www.harpenden.gov.uk

Harpenden Rural Parish Council

The Clerk, 17 Etna Road, St Albans AL3 5NJ

Tel: 01727 854080

For more information click [here](#)
<http://www.hertsdirect.org/atozofservices/twcoun3y/twypar4y/11731431>

London Colney Parish Council

Parish Clerk, Caledon Community Centre, Caledon Road, London Colney AL2 1PU
Tel: 01727 821314 Fax: 01727 822209
Email: parishclerk@londoncolney.com
Website: www.londoncolney.com

Redbourn Parish Council

Parish Clerk, The Village Hall, 63 High Street, Redbourn, St Albans AL3 7LW
Tel: 01582 794832
Email: redbournpc@talk21.com
Website: www.redbourn.org.uk

St Michaels Parish Council

Contact Parish Clerk
Tel: 01727 854080

St Stephen Parish Council

Parish Clerk, The Parish Centre, Station Road, Bricket Wood, St Albans, AL2 3PJ
Tel: 01923 681443
Email: ststephenparish@btclick.com
Website: www.ststephenparishcouncil.gov.uk

Sandridge Parish Council

Parish Clerk, Marshalswick Community Centre, The Ridgeway, St Albans AL4 9TU
Tel: 01727 831871 Fax: 01727 831871
Email: sandridgeparish@tiscali.co.uk
Website: www.sandridgeparishcouncil.org

Wheathampstead Parish Council

Parish Clerk, The Memorial Hall, Marford Road, Wheathampstead AL4 8AY
Tel: 01582 832541
Email: info@wheathampstead-pc.gov.uk
Website: www.wheathampstead-pc.gov.uk

POLICE

ST ALBANS POLICE STATION

Victoria Street
St Albans AL1 3JL

Telephone:

In an emergency dial 999.
Non emergency number for Police is: 0845 33 00 222.
To contact your local Neighbourhood Officer or PCSO in St Albans: 01727 796052 for local issues.

BURGLARY DISTRACTION GROUP

The Burglary Distraction Group no longer exists. If someone requires a crime prevention survey of their home or has been the victim of crime and would like some further crime prevention advice then dial 01727 796020 for the Crime Prevention Officer for St Albans District.

NEIGHBOURHOOD WATCH St Albans

Hertfordshire Constabulary employ Watch Liaison Officers to help manage Neighbourhood Watch Schemes for districts and boroughs. They meet regularly with their local Neighbourhood Teams and Neighbourhood Watch Community Co-ordinators to ensure that information is shared to help fight crime. The WLO for St.Albans & District is Stella Brimblecombe 01727 796087

If you need to contact a co-ordinator in your area or ward, please click on the appropriate link [here](http://www.neighbourhoodwatch.org/contact.htm) . <http://www.neighbourhoodwatch.org/contact.htm>

This will take you to the ward home page.

If you wish to report a crime - You should only call 999 in an emergency

For all Hertfordshire non emergency calls dial 0845 33 00 222.

For **Anti-social Behaviour** query contact:

Neil Kieran on 01727 819416, email: n.kieran@stalbans.gov.uk or

Tony Clarke on 01727 819566,email: a.clarke@stalbans.gov.uk

SAFE

62 The Quadrant
St Albans AL4 9RF
Tel: 01727 846856

SAFE is a multi-agency forum made up of organisations, which work on a daily basis with the elderly in and around St Albans to reduce violent crime and home burglaries. SAFE aims to improve the quality of life for local residents, and reduce their fear of crime.

In partnership with: Hertfordshire Constabulary, Anchor Staying Put and St Albans Victim Support, SAFE will contact all victims of burglary or robbery to offer advice and assistance, and where appropriate put them in contact with other agencies.

Repeat burglaries and distraction burglaries (sometimes called bogus callers) are also a concern for many and as part of SAFE's commitment, a police-vetted SAFE security technician can also visit elderly and more vulnerable people by appointment in their homes.

TRANSPORT

RAILWAYS

The most up to date information is available from www.nationalrail.co.uk or Tel 08457 48 49 50

Senior Railcards

Are available to anyone over 60 and give 1/3 off Standard and First Class fares. The current cost is £26 per annum and the railcards are available from local stations, or via the web at www.senior-railcard.co.uk A current passport and driving license will be required as proof of address and age.

Disabled Persons Travel Arrangements

To arrange special facilities for less able passengers call:
First Capital Connect Tel: 0800 058 2844

BUS PASSES

Free no-fare bus passes are available to all residents over 60. Application should be made to St Albans City and District Council, Civic Centre, St Peter's Street, St Albans, Herts. AL1 3JE
Telephone 01727 819213

SENIOR CITIZENS ANNUAL CAR PARKING PERMIT

Contact NCP at the parking shop Drovers Way. Tel 01727 855937. The cost is £40 for a year. You will need to provide proof of address (utility bill) and proof of age, licence/passport. The permit covers all car parks in St Albans and Harpenden, except Christopher Place, St Albans.

BLUE BADGE DISABLED PARKING SCHEME

You qualify for a Blue Badge, without further assessment, if you are an adult and:

- you receive the higher rate of the mobility component of the Disability Living Allowance, in which case the expiry date of the badge will be linked to the end date of the benefit, if this is less than three years.
- you receive a War Pensioners' Mobility Supplement.
- you are registered blind.

You qualify, but may need an assessment, if:

- you have a permanent and substantial disability which means you are unable to walk or have very considerable difficulty in walking.
- you drive a vehicle regularly, have a severe disability in both arms and are unable to operate, or have considerable difficulty in operating, all or some types of parking meter.

To apply for a badge or get further details, contact the County Council's Adult Care Services on **0300 123 4042**.

SHOPMOBILITY - ST ALBANS DISTRICT SCHEME

Provides battery powered scooters, electric and manual wheelchairs to help people who have limited mobility (either permanently or temporarily), to get to all that St Albans City Centre has to offer - from shops to banks to tourist and leisure attractions. There is no charge for the use of the scheme, however donations to help meet running costs, etc., would be more than welcome. The Shopmobility office opens between 9.30am and 4pm on Tuesdays, Wednesdays Thursdays, Fridays and Saturdays. Customers can book in advance to reserve a scooter, electric or manual wheelchair. For further information please contact The Shopmobility Co-ordinator, St Albans Shopmobility, Civic Centre, St Peter's Street, St Albans, Herts AL1 3JE. Telephone 01727 819339.

TAXI VOUCHERS

For further details, contact the District Council on 01727 866100

TRANSPORT SERVICES THROUGHOUT THE DISTRICT

Ambulance Service (Beds & Herts): Ambulance transport (including minibuses & volunteer car scheme) is arranged through GP's for first appointment, subsequently by hospital department.

St Albans, Watford and Hemel Hempstead Hospitals Voluntary Car Service

Provide transport to the three hospitals, transport is arranged by your doctor or the hospital clinic.

West Hertfordshire Hospitals

Run a bus service between Hospitals at Watford, Hemel Hempstead, and St Albans City Hospitals. For enquiries regarding these services please contact 01727 897484.

Dial-a-Ride

Provide door-to-door minibus transport for disabled and people over 70 for visiting friends, shops, library, places of entertainment and recreation, and visiting patients in hospital. Call 01707 343600.

VOLUNTARY CAR SCHEMES

Transport to local hospitals, doctors, dentists, shopping, or social visits are provided by:

St Albans Good Neighbour Scheme

(St Albans, London Colney, Park Street, Bricket Wood, Sandridge) 01727 830713

Harpenden Helping Hand

(tel between 10am – 6pm Mon-Fri) 01582 764599

Redbourn Care Group

(tel between 9.30-noon, Mon-Fri) 01582 794550

Wheathampstead Community Group

01582 833186

Wheelchair Accessible Taxis

St Albans District Council Taxi Licensing Office 01727 866100

MINIBUS SCHEMES

Wheelchair Accessible, Self Drive

Hatfield Community Car Scheme 01707 273875

Harpenden Day Centre 01582 622590

St Albans Association for the Disabled 01727 865060

Wheelchair Accessible, Driver Provided

Age Concern (St Albans) 01727 856741

Dial-a-Ride 01707 343600

Redbourn Care Group
(9.30-noon, Mon-Fri) 01582 794550

Herts Action on Disability 01707 375159

Shopper Coaches

Sandridge/Marshalswick

A shopping coach is provided on Wednesdays to St Albans City Centre, by the Parish Council, for elderly or disabled residents of Sandridge or Marshalswick.

Tel: 01727 831871

Wheathampstead

Somerfield Shopper Bus: Free bus every Wednesday from Wheathampstead to Somerfield Harpenden. Timetable from library or Somerfield 01582 769961. (Note: home delivery service available).

Colney Heath

A shopping coach is provided on Fridays to ASDA in Hatfield, by the Parish Council, for elderly or disabled residents of the village. Tel: 01727 825314.

OUT & ABOUT AND GENERAL LISTINGS

ARTS & ENTERTAINMENT

The Alban Arena

Civic Centre

St Albans AL1 3JE

Tel: 01727 844488 Fax: 01727 865755

Websites: www.leisureconnection.co.uk

www.alban-arena.co.uk

The Alban Arena is Hertfordshire's premier entertainment venue.

Conveniently located in the centre of St Albans, playing host to a varied programme of professional touring productions, including hit West End shows, comedy, children's entertainments, concerts, films, exhibitions and local productions, plus our large scale Christmas Pantomime.

Call the Box Office to be added to the mailing list to receive the latest brochure.

Art and Design Gallery

University of Hertfordshire

College Lane

Hatfield

Herts

Galleries Office: 01707 284290

Email: uhgalleries@herts.ac.uk

Website: <http://www.herts.ac.uk/about-us/arts-and-galleries/about-uh-galleries/home.cfm>

The Art and Design Gallery was constructed in 1998, as part of the School of Art and Design. It is a vast atrium space and also functions as the school's entrance.

With its vast front window and six-metre-high ceilings, the light-diffused gallery offers 100 metres of hanging space and 250 square metres of floor space. It works particularly well for site-specific and site-sensitive installations.

The Gallery is equipped with a substantial audio visual rig and screening system allowing the most innovative contemporary art and design to be exhibited.

Opening times Monday – Friday, 9.30am - 5.30pm. Saturdays, 9.30am - 3.30pm.
(Exhibition dates only)

The Company of Ten

Abbey Theatre

Westminster Lodge

Holywell Hill

St Albans AL1 2DL

Tel: Theatre Manager 01727 847472

Email: manager@abbeytheatre.org.uk

Office hours: 9.30-1pm except Thursdays, Sundays and Bank Holidays.

Tel: Box Office 01727 857861 (Open 9.30-12noon Mon-Sat & for phone bookings 8-9pm Mon-Fri on non-performance evenings).
Email: boxoffice@abbeytheatre.org.uk
Website: www.abbeytheatre2.org.uk

The Company of Ten is the resident amateur company of the Abbey Theatre. It was founded by ten people in 1934 and is now a company of hundreds, not all of them actors of course. The Theatre was designed and built with money raised by members and was opened in April 1968 by Her Majesty Queen Elizabeth the Queen Mother.

New members are always welcome, whether they are interested in acting, directing, writing plays, set building, lighting, sound, wardrobe, props, bar, selling tickets, coffee or ice cream, or any of the million-and-one other jobs that keep the Theatre operating efficiently. Membership entitles you to some reduced ticket and bar prices, a monthly newsletter, Prompt Corner, and the option of getting involved with a production and making new friends.

The Maltings Arts Theatre

Level 2, The Maltings
St Albans AL1 3HL
Box office/administration 01727 844222
Email: maltings.arts@stalbans.gov.uk
Website: <http://www.stalbans.gov.uk/leisure-and-culture/arts-and-entertainment/Theatres/mat.aspx>
MySpace: www.myspace.com/maltings

A small-scale studio venue presenting a programme including professional touring theatre, regular lunchtime classical concerts, children's theatre, film and music. Membership offers benefits such as 10% off tickets and courses, special members' events, advance information and member's newsletter with every programme. Telephone or call in to be put on the free mailing list.

The Maltings Café & Bar Our café is open 10am - 4.45pm Mon - Thu & Sat and 45 minutes before the start of each evening performance.

Trestle Arts Base

Russet Drive
St Albans AL4 OJD
Tel: 01727 850950
E-mail: admin@trestle.org.uk
Twitter: <http://twitter.com/trestletheatre>
Website: www.trestle.org.uk

Trestle was founded in 1981 by students from Middlesex University Sally Cook, Alan Riley and Toby Wilsher with the help of their course tutor, John Wright. They were soon joined by Joff Chafer and the Company developed a distinctive style of theatre using masks, puppets and music, and soon became one of Britain's leading touring theatre companies. Trestle collaborates with UK and international artists to create physical storytelling theatre with diverse cultural expression and has been touring devised theatre across the UK and abroad since 1981.

The Weston Auditorium

University of Hertfordshire
De Havilland Campus
Hatfield AL10 9AB
Box Office: 01707 281127
Email: uharts@herts.ac.uk

The Weston Auditorium - With its excellent technical facilities and 450 seating capacity, the visually stunning Weston Auditorium can stage high quality performing arts events.

Opened in 2003 on the de Havilland Campus, the Weston Auditorium is our principal and most prestigious arts venue. It hosts a diverse programme of events throughout the year, including comedy, drama and dance.

DAY CENTRES / LUNCHEON CLUBS / SOCIAL CLUBS

The list that follows is in no way complete and we apologise to those people who would have liked their group to be included. Please do let the CVS know where you are and when you meet so that you can be included.

DAY CENTRES

Day	Location	Coordinator	Telephone
Tuesday	Dagnall Street Day Centre, Age Concern Hall, St. Peters Street.	Brenda Passmore	01727 866629 01727 856741
Wednesday	Redbourn Day Centre, St Mary's Church, Hempstead Road, Redbourn.	Mrs Wendy Cruickshank	01582 792496
	St Albans Assoc for the Disabled, St Mary's Church Hall, The Quadrant, St Albans.	Mrs Evelyn Harrison.	01727 852883
	Homewood Road Day Centre, United Reformed Church, Homewood Road, St Albans.	Margaret Baker	01727 853471
Thursday	Armorall Hill Day Care Centre, Age Concern Hall, 1A Hall Place Close, St Peter's Street, St Albans.	Mrs Shirley Galsworthy	01727 835103 Mob: 07929 530614
	Day Centre for the Elderly, London Colney Adventure World	Mrs Margaret Carr	01727 767220
Friday	Hatfield Road Day Care Group, Hatfield Road Methodist Church	Mrs Sue Davey	01727 765839

LUNCHEON CLUBS

Location	Contact Number	Details
St Bartholomew's (Roman Catholic)	For information call 01727 850066/	Thursdays in school term time from 12 00 – 1.30 pm.

Church), 47 Vesta Avenue, St Albans.	01582 712245 www.saint-barts.info	
Homewood Road United Reformed Church, Homewood Road, St Albans.	Enquiries: 01727 853471 www.homewoodurc.org	Luncheon Club/Day Centre Wednesday 10am – 2pm. Lunch & activities for the elderly
St Luke's, The Crescent, Bricket Wood, St Albans.	01923 676401 (church office) www.st-lukes.org.uk	Lunch Clubs on Mondays.
St Mary's Marshalswick, Sherwood Avenue, St Albans.	01727 851544 www.stmarysmars.org.uk	Luncheon Club for the elderly, Thursday, 12:30. Must live within the parish, be over 60, live alone or attend St Mary's Church. Also open to couples in the parish over 70.
St Michael's Church, St Michael's Street, St Albans.	01727 835037 Email: admin.stmichaels@btconnect.com Website: www.stmichaels-parishchurch.org.uk	Luncheon Club, 2 nd Tuesday, by invitation only.
St Paul's Church, Blandford Road (on corner with Hatfield Road), St Albans.	St Paul's Church Office 01727 846281 Website: www.stpauls-stalbans.org	Luncheon Club meets on the 2 nd Thursday of the month at 12.30pm. Members mainly from the parish.
Italian Senior Citizens Luncheon Club, Fleetville Community Centre, St Albans.	Rocco Dilieto 01727 865174	2 nd Friday of Month.

SOCIAL CLUBS

Coffee morning for Over 60's – every **Tuesday** from 10am to 11.30am in the Church Hall of St Lukes, Cell Barnes Lane. Everyone welcome.

Contact - 01727 865399

Email: office@saint-lukes.co.uk

Frogmore Link-Up – A friendly group for over-65s meets **Wednesdays** 2-4pm at Holy Trinity Church, Frogmore. Tea, chat, talks, videos, musical entertainment. Transport Available.

For more information contact: Cynthia 01727 831589.

Church Office: Tel: Wed & Fri a.m. 01727 873974 Email: office@hotfrog.info

Rev. David Heath White – 01727 872172 Email: david@hotfrog.info

Website: www.hotfrog.info

50+ meet on 1st **Thursday** of the month, 2-4pm, at Christ Church Centre, High Oaks, St Albans, AL3 6HF. Contact Brenda Everest Tel: 01727 835550 or Church Office 01727 859806 open Tue-Fri 9.30-1pm.

Sandridge Silver Threads Over 60's Club – meets on alternate **Fridays** from 2-4pm in the Village Hall in Sandridge. All are welcome. Enjoy a cup of tea, speakers, entertainment, crafts etc. and occasional outings. Contact: Jacky England 01727-853218. Email: vic.hibbert@ntlworld.com

The Welcome Club at the British Red Cross, Barton Way, Croxley Green, (for over 55's) meets **Monday-Saturday** 2-4.30pm for various activities including dancing/Bingo, etc. Darts on **Friday** mornings.
For more information please contact 01923 720485.

ENVIRONMENTAL SERVICES & GARDENING

Countryside Management Service (CMS)

The Old Nursery Site
Hixberry Lane
St. Albans
Herts AL4 0TZ.
Tel: 01727 848 168 Fax: 01727 811797
Email: southwest.cms@hertscc.gov.uk
Website: <http://enquire.hertscc.gov.uk/cms/default.htm>

CMS provide opportunities for people to enjoy and help look after their local countryside. Volunteers can join work parties every Wednesday. See Wild Times publication for details. CMS also have a Health Walks Programme 'Walking the Way to Health' promoting the value of walking to improve fitness levels.

Earthworks St Albans

'West Lodge'
Hill End Lane
St Albans AL4 0RA
01727 847311 (Answerphone)
Email: earthworks@earthworksstalbens.co.uk

This is a non-profit making community organisation that welcomes people of all ages. Earthworks gives people hands-on involvement and experience in horticulture, conservation, building skills and garden work.

Herts & Middlesex Wildlife Trust

Grebe House
St Michael's Street
St Albans AL3 4SN
Tel: 01727 858901
Email: info@hmwt.org
Website: www.hertswildlifetrust.org.uk

Herts and Middlesex Wildlife Trust is the only local charity in Hertfordshire and Middlesex dedicated solely to protecting wildlife and wild spaces, engaging our diverse communities through access to nature reserves, campaigning, volunteering and education. manage 43 nature reserves, campaign to save important wildlife habitats and organise volunteering programmes and wildlife education work. We have 20,500 members and our professional staff are supported by hundreds of volunteers who give their time generously.

Highfield Park Trust (HPT)

West Lodge

Hill End Lane
St. Albans AL4 0RA
Tel: 01727 847242
Website: <http://www.highfieldparktrust.co.uk>

HPT develops and maintains a park for the benefit and enjoyment of the local community and residents of St Albans. Volunteers are needed to work in the park particularly in winter, normally on a Tuesday.

The National Trust: (St Albans and District Centre of the National Trust)

Mr P M Hughes, Hon Secretary
Tel: 01582 767685 or
M P Wilkins, Membership secretary
Tel: 01727 831423

Formed in 1971 to give local National Trust members the chance to meet each other and enjoy talks by experts on a variety of topics, travel by coach to various places of interest (not only NT properties), take part in group walks and other activities.

The group, which now includes volunteers, also promotes the work of The National Trust and provides help at local properties like Shaw's Corner and Ashridge, and assists in fund-raising for the Trust, which is a registered charity. For more information click here
<http://www.hertsdirect.org/comdirectory/comvol/herit2y/htgnat3s/698115>

GARDENING SERVICES

Earthworks Gardening Team

'West Lodge'
Hill End Lane
St Albans
AL4 0RA
Tel: Phil - 01727 847311
Email: earthworks@earthworksstalbens.co.uk
Free no obligation quotes are provided for garden maintenance.

St Albans Good Neighbour Scheme

Tel: 01727 830713
Provides assistance with gardening but not regular gardening maintenance.

Open Gardens & Parks:

The Royal National Rose Society
01727 850461
The Garden of The Rose
Chiswell Green Lane, St Albans
Tel 01727 850461
Website: www.rnrs.org.uk
For more information and opening times click [here](#).
<http://www.rnrs.org.uk/>

Disabled people welcome.

More Parks & Gardens:
<http://www.allaboutstalbens.com/directory/parks-gardens/2-18>

FITNESS AND SPORTS CENTRES

Batchwood Golf & Tennis Centre

Batchwood Drive
St Albans AL3 5XA
Tel: 01727 844250

Website: <http://www.harpersfitness.co.uk/gyms/batchwood-golf---tennis-centre/>

Batchwood Golf & Tennis Centre is set in the picturesque grounds of Batchwood Hall, only minutes from the centre of St Albans, and offers leisure and fitness opportunities for all. So if you are looking for gym facilities, tennis courts or golf courses in St Albans, Batchwood Golf and Tennis Centre is the ideal solution.

The Golf and Tennis Centre boasts one of the finest municipal 18 hole golf courses in Hertfordshire, a High Performance Tennis Centre (HPC) with 8 tennis courts and a comprehensive programme of tennis lessons and coaching opportunities.

The Centre also features one of the best Gyms in St Albans, boasting 24 state of the art gym stations plus free weights area, Fitness Class Studio, Squash courts, Bar and a Crèche facility.

The variety of activities offered caters for all abilities, fitness levels and ages and our team of fitness and coaching professionals will allow you in achieving your fitness and weight loss goals with true enjoyment.

Fitness First

Unit 17
Christopher Place Shopping Centre
St Albans
AL3 5DQ
Tel: 0844 5712937 Fax: 01727 869439
Website: <http://www.fitnessfirst.co.uk/>

At the world's largest health and fitness group, Fitness First helps thousands of people change their lives every day.

Our team of fitness experts take your fitness personally - and guarantee they'll help achieve the results you want.

We'll look at your motivations, help you set goals and guide you on a journey to improve health, fitness and change the way you feel about yourself.

London Colney Adventure World & Harpers Health & Fitness

Perham Way
London Colney AL2 1LB
Tel: 01727 822447
Website: <http://www.harpersfitness.co.uk/gyms/london-colney-adventure-world---harpers/location-and-contact/>

Our Harpers gym boast's a full range of fitness equipment and is the perfect place for new starters into the fitness world. Fitness classes are available for all levels, we recommend that you book in advance to avoid disappointment either by phone or via our on line booking system. Call now for more information or to book a tour of the facilities.

Call us now to make an appointment or better still come into the centre to speak to one of our customer advisors.

Nuffield Health

St Albans Fitness and Wellbeing Centre

Highfield Park Drive
St Albans AL4 0AH
Tel: 0845 2413895
Website: www.nuffieldhealth.com

Sopwell House Hotel, Country Club and Spa

Cottonmill Lane
St Albans AL1 2HQ
Tel: 01727 864477
Website: <http://www.sopwellhouse.co.uk/>

The Sopwell House Country Club offers some of the finest leisure, health and beauty facilities in Hertfordshire. There is something for everyone whether you feel lively, competitive or just want to keep fit.

Sweat it out in our cardio area using state-of-the-art Technogym equipment, then let time drift away in the art deco swimming pool before winding down in the sauna, steam room or spa bath.

A limited number of Club Memberships are available on an annual basis. If you are interested in becoming a member contact Eileen Gibson, Country Club Sales Manager at 01727 750423 or email eileen.gibson@sopwellhouse.co.uk

A warm welcome awaits you at **The Spa at Sopwell House** - a sanctuary of Georgian peace and tranquility set amidst 12 acres of picturesque gardens in the Hertfordshire countryside.

Nourish your soul with any one of our more than 30 spa and beauty treatments, from soothing massages to detoxifying wraps to therapeutic hot stones, all thoughtfully selected from some of the world's most prestigious range of spa products.

Complement your spa treatment with a relaxing dip in our swimming pool, or with a soothing moment inside our steam room. Sopwell House offers a full range of health and leisure facilities to make your spa experience complete.

To book a treatment, please call The Spa at Sopwell House at 01727 750427 or 510 or email spa@sopwellhouse.co.uk

Westminster Lodge Leisure Centre

Holywell Hill
St Albans AL1 2DL
Tel: 01727 846031

Website: <http://www.harpersfitness.co.uk/gyms/westminster-lodge-leisure-centre/>

Harpers at Westminster Lodge Leisure Centre is set in the beautiful surroundings of Verulamium Park in the heart of St Albans. The centre offers facilities to cater for all.

Westminster Lodge Leisure Centre offers some of the finest gym and sports facilities in St Albans and our discounted gym membership will help you to achieve your fitness and weight loss goals. With a wide range of activities available including a multi million pound gym, aerobics classes, swimming pool, crèche for the little ones and bar for you to relax in once you have finished, we have everything you need to kick start your healthier lifestyle.

The 33 metre pool boasts diving boards, flumes and inflatables with an additional teaching pool for those just starting out in the water. Our centre also features a relaxing health suite including a sauna, steam room and jacuzzi.

The Swim School Programme offers lessons to all ages and abilities based on the New ASA National Plan for Teaching Swimming. In addition we offer a Free Toddler Splash Park, set in the heart of Verulamium Park, open between May and September every year.

The gym has a wide range of equipment and a friendly team more than happy to assist you with your induction and progression throughout your fitness regime, including the option of personal training.

An aerobic studio with 36 classes a week ranging from aerobics, body pump, yoga and Pilates. The Studio is also available for hire to local clubs.

FURNITURE RECYCLING SCHEMES

A full range of recycling operators can be found [here](http://www.cvsstalbans.org.uk/cvsstalbans/DisplayArticle.asp?ID=3983)
<http://www.cvsstalbans.org.uk/cvsstalbans/DisplayArticle.asp?ID=3983>

Emmaus St Albans

Emmaus Community St Albans

Hill End Lane

St Albans

AL4 OFE

Tel: 01727 817294 Fax: 01727 817295

Email: communityleader@emmausstalbans.org.uk

Hill End Shop 01727 817297

Batford Shop: 01582 469564

Emmaus St Albans is a self-help community for previously homeless people. The community strives to be self sufficient through the recycling and redistribution of donated goods, through our two shops and also our wood recycling scheme, whilst providing a service to the local community.

Oxfam Furniture Shop

68/70 Market Street

Watford

Herts WD1 7AX

Tel: 01923 246209

LIBRARIES AND EDUCATION

The following libraries can be contacted through the Hertfordshire Library Customer Service Centre on 01438 737333:

Harpenden Library, Vaughan Road, Harpenden, AL5 4EN.

London Colney Library, Community Centre, Caledon Road, London Colney AL2 1PU

Marshalswick Library, The Ridgeway, St Albans AL4 9TU

Redbourn Library, Lamb Lane, Redbourn AL3 7BP

St Albans Central Library, The Maltings, St Albans AL1 3JQ

Free use of computers for one hour a day is available. Membership of the Library is essential and preferably 24 hours notice of intended use is advisable.

Wheathampstead Library, Memorial Hall, Marford Road, Wheathampstead, AL4 8AY

St Albans Mobile Library – for more information please phone 01438 737333 (Mon-Fri 0800 to 2000, Sat 0900 to 1600)

Weekly Timetable:

Monday: St Albans

- Sainsbury's Everard Close: 13.45 – 15.00
- King Offa Pub, Abbots Avenue, Cottonmill Estate: 15.15 – 16.30

Tuesday: St Albans

- Prae Wood, off Mayne Ave near Waitrose: 10.00 – 16.30

Closed for lunch 13.00 – 14.00

Wednesday: Park Street and Frogmore

- Frogmore, Veterinary Centre (formerly The Red Cow): 10.00 – 10.30
- Park Street Lane: 10.35 – 10.55
- How Wood, Ringway Road: 11.00 – 16.30

Closed for lunch: 13.00 – 14.00

Thursday: Chiswell Green

- Tennyson Road: 10.00 – 10.30
- Three Hammers (Chiswell Green Lane): 10.45 – 16.30

Closed for lunch: 13.00 – 14.00

Friday: Bricket Wood

- Old Watford Road: 10.00 – 10.30
- Victor Smith Court: 10.40 – 11.10
- Oak Avenue, Bricket Wood Social Club: 11.30 – 16.00

Closed for lunch 13.00 – 13.30

Harpenden Mobile. Route 3 (Wednesday Fortnightly) – for more information please phone 01438 737333 (Mon-Fri 8am – 8pm, Sat 9am to 4pm)

New Fortnightly Timetable from Wednesday 7th March 2007.

Dates of forthcoming visits:

- October 14, 28
- November 11, 25
- December 9, 23

Wednesday Route 3 St Albans

- Thirlmere Drive (near Junction of Grasmere Road: 11.00 – 13.00
- Morrisons Supermarket car park, Hatfield Road: 14.00 – 16.00

Home Library Service

c/o St Albans Central Library, The Maltings, St Albans. Will deliver books and recordings to your home if you are housebound, have a disability or care for someone at home.

Oaklands College

Hatfield Road

St Albans AL4 0JA

Tel: 01727 737080

Email: advicecentre@oaklands.ac.uk

Website: <http://www.oaklands.ac.uk/adult/default.aspx>

University of Hertfordshire

College Lane

Hatfield AL10 9PN

Tel: 01707 284800

Website: <http://www.herts.ac.uk>

University of the Third Age

Contact: Rosemary Knight, Membership Enquiries

Tel: 01727 864841

For more information [click here](#)

Email: stalbans_u3a@yahoo.co.uk

Website: <http://u3asites.org.uk/stalbans>

The aims of the U3A are to advance the education of the public, particularly middle aged and older people and to provide leisure and recreational activities for residents of St Albans and the surrounding area. Although designated "University of the Third Age" it has no permanent teachers or buildings and its members require no academic qualifications, nor does it issue diplomas or degrees. It is a mutual self-help group with members using their skills and interests for the enlightenment of others or to further their own studies.

Study Groups are self-motivating and self-financing, and can be formed on any subject or interest. They rely on the initiative and enthusiasm of their members providing opportunities to learn something new or to share ideas. In addition to lectures at St Saviours Church Hall, Sandpit Lane, St Albans on alternate Tuesdays, there are theatre and concert visits.

Workers Educational Association (WEA)

Mrs Sheila Bond

42 Cunningham Hill Road

St Albans

Herts AL1 5BY

Tel: 01727 851152

Email: mail@stalbanswea.org.uk

Website: <http://www.stalbanswea.org.uk/index.htm>

WEA is a charity, which was founded in 1903 to provide opportunities for adults of all ages to enjoy a broad further education. The St Albans branch has been putting on courses in the town since 1914.

We hold adult education classes in St Albans each term. WEA courses are designed for adults with enquiring and perceptive minds who want a stimulating and participative leisure activity. Each weekly session lasts for 1¾ hours including a break.

Learning with the WEA is a friendly, informal and enjoyable experience with students involved in the management of the sessions and bringing their own varied experiences to bear on the subject. No qualifications are required to attend and no examinations set.

PET CARE SUPPORT

The Blue Cross

Hertfordshire Adoption Centre

Kimpton Bottom

Nr Hitchin SG4 8EU

Tel: 01438 832232 Fax: 01438 833645

Email: info@bluecross.org.uk

Website: www.bluecross.org.uk

Opening Hours: Mon-Sat 10am-4pm

Weds :10am-3pm, Closed Sundays and Bank Holidays.

Animal welfare charity takes in unwanted pets and provides a re-homing service.

The Cinnamon Trust

10 Market Square

Hayle
Cornwall TR27 4HE
Tel: 01736 757900
Fax: 01736 757010
Email: admin@cinnamon.org.uk
Website: www.cinnamon.org.uk

The Cinnamon Trust is a charity that looks after older people, terminally ill people and their pets. People who feel they might not outlive their pets worry what will happen to them. The Cinnamon Trust puts people's mind at rest by taking care of pets when their owners die or go to live in residential care. Some homes allow pets to visit their owners but if this is not possible then they are sent letters and photos. Many elderly people whose pet has died contact the charity so they can have a bereaved pet. Volunteers help with regular dog walking, short term fostering and transport to vets.

Pets for Therapy
Mrs Pat Woodgate
St Albans Herts
Tel: 01727 860895

Volunteers with suitable friendly dogs or cats visit residential homes, hospitals and day centres to give the clients a chance to stroke and talk to the willing animals.

RSPCA Animal Sanctuary
Southridge Animal centre
Packhorse Lane
Ridge Near Potters Bar
Herts EN6 3LZ
Tel: 0300 123 0704
Website: www.rspca.org.uk

Care for animals rescued by RSPCA officers or handed over by owners who can no longer look after them. The care and attention that animals receive at the centre is first class.

The Friends of Southridge aim to raise money to help improve the quality of life for the thousands of animals, both cruelly treated and unwanted, which pass through the Centre each year. The Friends pay for the specialist treatment, equipment and food that may be required.

The Centre is always looking for people to offer homes for older animals. They would also like to hear from people who are interested in dog walking, home checking or doing voluntary work at the Centre.

PLACES OF WORSHIP

Details of all places of worship in the St Albans area are listed on the Herts Direct Website click [here](http://www.hertsdirect.org/comdirectory/comvol/relig2y/rechri3y/recchu4y/).

For information about the work of **Churches Together in St Albans**, please contact the following:

Website: www.ctstalbans.org.uk/ctsa/index.htm Lists churches who are members.
Secretary: Miss Joanna Field, 33 Pemberton Close, St. Albans AL1 2JS.
Tel: 01727 763205

SPORTS AND SPECIALIST CLUBS

SPORTS

Angling

Verulam Angling Club
Tel: 01502 471731 (before 9pm)
Email: secretary@veralum-angling.co.uk
Website: www.veralum-angling.co.uk

Badminton

Hertfordshire Badminton Association
Tel: 01992 584494
Website: www.hertsbadminton.net
For information about local clubs click [here](#)
<http://www.hertsdirect.org/comdirectory/comvol/sport2y/spbadm4y/badstalb/>

Bowling

Batchwood Hall Bowling Club
Tel: 01727 836300
Website: www.bowls-clubs.co.uk/BHBC/

Greenwood Park Short Mat Bowling Club
Greenwood Park Leisure Centre, Tippendell Lane, Chiswell Green
Mr Howard Seaton Tel: 01727 874867

Harpenden Bowling Club
Spenser Road
Harpenden AL5 5NN
Tel: 01582 766155
Website: www.harpendenbowlingclub.co.uk
Affiliation: HertsBA SADBA LSCBA

Harperbury Bowls Club
Harperbury Hospital
Harper Lane
Radlett
Herts WD7 9HQ
Tel: 01727 867732
Email: petemoden@ntlworld.com
Website: www.bowlsclub.org
Affiliation: HertsBA SADBA WADBA

St Albans Bowling Club
Clarence Park
Clarence Road
St Albans AL1 4NF
Tel: 01727 858573

Townsend Sports and Bowls Club
8 Waverley Road
St Albans AL3 5PA
Tel: 01727 846333
Website: www.townsendsports.co.uk
Affiliation: EBA HertsBA SADBA LSCBA

For more information/to find other local clubs click [here](#)
<http://bowlsclub.org/associations/lawn/GB/SADBA/99/>

Bridge

St Albans Duplicate Bridge Club
Jersey Farm Community Centre
Sandringham Crescent
St Albans AL4 9RG
Tel: Secretary - John Eyre – 01727 848537 / 07740 054726
Email: jdeyre@hotmail.com
Website: www.stalbansbridge.org.uk
Mondays 7.30pm.

Darts

St Albans District Darts Association
Tel: Mr R Skitt - 01727 750054
For more information click [here](#)
<http://www.hertsdirect.org/comdirectory/comvol/sport2y/snookpoola3/spdart4y/806674>

Golf

Abbey View Golf Course
Verulamium Park
Holywell Hill
St Albans AL1 2DL
TEL: 01727 868227
Website: <http://www.harpersfitness.co.uk/gyms/abbey-view-golf-course/>

Set in the historic and picturesque grounds of Verulamium Park, this challenging 9-hole golf course has been professionally designed with the beginner and intermediate golfer in mind. The PGA registered Professional is also on hand for lessons to improve your game or advise on changing your clubs.

For the more serious golfers there is the **Abbey View Golf Society** at Westminster Lodge. The Society was formed predominantly for men and women of 50-plus years although any one of any age, creed, colour or gender can join. You do not have to be a great golfer, golfing lessons from the club professional are available and our Society caters for all abilities including beginners.

Website: www.abbeyviewgolf.com

Aldwickbury Park Golf Club
Piggotshill Park
Harpenden
Herts AL5 1AB
Tel: 01582 760112
Website: www.aldwickburyparkgolfclub.com

Batchwood Golf & Tennis Centre
Batchwood Drive
St Albans
Herts AL3 5XA
Tel: 01727 844250
Website: <http://www.harpersfitness.co.uk/gyms/batchwood-golf---tennis-centre/>

Harpenden Golf Club
Hammonds End
Redbourn Lane
Harpenden
Herts AL5 2AX

Tel: 01582 712580
Website: www.harpendengolfclub.co.uk

Redbourn Golf Club
Kinsbourne Green Lane
Redbourn
Herts AL3 7QA
Tel: 01582 793493
Email: info@redbourngc.co.uk
Website: www.redbourngolfclub.com

Verulam Golf Club
226 London Road
St Albans
Herts AL1 1JG
Tel: 01727 853327
Website: www.verulamgolf.co.uk

Swimming

City of St Albans Amateur Swimming Club, Westminster Lodge
Tel: 01582 468435
Website: www.costaasc.org.uk

Salmon Swimming Club for Disabled People
Chris Bowles – Vice Chairman
Tel 01727 833350
Email: chris.bowles@salmon-club.org.uk
Website: www.salmon-club.org.uk
Westminster Lodge 10.30 – 12.00 Saturdays
Bricket Wood – 1.00 – 2.00pm Saturdays

Table Tennis

Table Tennis Club (St Albans)
Contact: Ian Thomas
Tel: 01582 769597 Email: ian@thomas7743.freemove.co.uk
Or
Contact: M Harber Tel: 01727 864951
The club meets at Westminster Lodge Leisure Centre, St Albans.

St Michaels Table Tennis Club (St Albans)
Contact: Richard Anderson
Tel: 01727 753424
Email: Richard.anderson3@ntlworld.com
Venue: Memorial Hall, Branch Road, St Albans.
Date/time: Every Tuesday and Wednesday from September to April, from 7.30pm.
The club is in its 68th year and is a member of the SHAW Table Tennis League. The club welcomes players of all standards whether wanting to play in the league or just socially. All ages are catered for and spare tables are always made available to those members wishing to have a social game or just for practice.
Fees as at Jan 09:
Social members: £30
League players: Senior £55, Junior £20; plus a match subscription for each match.
Date of AGM: April

For a list of other Table Tennis Clubs click [here](#)

<http://www.hertsdirect.org/comdirectory/comvol/sport2y/tennis3/sptabl4y/>

Tennis

Greenwood Park Tennis Club

Greenwood Park,
Tippendell Lane
Chiswell Green
Website: www.greenwoodtennis.com
(Coaching available)

St Albans Lawn Tennis Club

Email: info@stalbanstennis.co.uk
Website: www.stalbanstennis.co.uk
Situated in Jersey Lane, St Albans, AL4 9AE.

SPECIALIST CLUBS

Art

Broad Colney Art Group

Secretary - Mrs Betty Godfrey
Tel: 01727 826640
Email: denisgodfrey@aol.com
For more information click [here](#)
<http://www.hertsdirect.org/comdirectory/comvol/hobbi2y/hyart3y/artclubandsoc3/473269>

East Herts Decorative and Fine Art Society

Mr Malcolm Elliott
Tel: 01920460573
For more information click [here](#)
<http://www.hertsdirect.org/comdirectory/comvol/hobbi2y/hyart3y/artclubandsoc3/11662087>

St Albans Art Society

Membership Secretary - Mrs Janet Blackham
Tel: 01442 245321
Email: janetblackham@waitrose.com
Website: www.stalbans-artsociety.org.uk

For a comprehensive list of local Arts groups click [here](#)
<http://www.hertsdirect.org/comdirectory/comvol/hobbi2y/hyart3y/artclubandsoc3/>

Gardening

Gardener's Forum

Tel: Tony Bristow 01707 896196
Email: tony.bristow@ntlworld.com

Marshalswick Horticultural Society

Mrs H Haran - 01727 869437
Email: helenharan@mac.com
Venue: Marshalswick Baptist Free Church, The Quadrant, St Albans
For more information click [here](#)

<http://www.hertsdirect.org/comdirectory/comvol/hobbi2y/gardeninghorticulture/gardenhortsoc4/677680>

National Council for the Conservation of Plants and Gardens (Herts & Beds)

Contact: Mrs P Morgan

Tel: 01727 765420

Email: p.b.morgan@ntlworld.com

St Stephens Gardening Club

This club brings together local gardeners from Bricket Wood, Park Street, Chiswell Green and the adjacent area. It holds monthly meetings with guest speakers who have horticultural expertise, and organises outings to interesting and famous gardens. Members can purchase gardening goods at discounted prices from the club's trading store and participate in the annual horticultural show.

Open to young people, teenagers, adults and seniors.

Tel: 01727 872718 / 01727 872507

Email: via website

Website: www.communicate.co.uk/herts/sshs/

To belong to the Hertfordshire group you must also be a member of the

National Hardy Plant Society.

Annual national membership costs £17.00 single, £19.00 joint and membership of the Hertfordshire group is £5.00 single and £8.00 for joint membership. You are welcome to 'try us' as a visitor for £2 per meeting.

Join either through the national HPS website at www.hardy-plant.org.uk

Or contact the Administrator, Mrs Pam Adams, The Hardy Plant Society, Little Orchard, Great Comberton, Pershoe, WR10 3DP.

Tel: 01386 710317 Email: admin@hardy-plant.org.uk

For information about other local gardening groups and allotments click [here](#)

<http://www.allaboutstalban.com/directory/parks-gardens/2-18>

History

Bricket Wood Society

Contact: Mrs Anne Carter, Secretary, Tel: 01923 279870

Or

Contact: Mr Laurie Hart, Chairman

Email: hartlj@supanet.com

The Bricket Wood Society, which was formed in 1977, explores all aspects of the local area from pre-historic times, through to the Roman period, and on to the modern day, with an interest in the environment and natural history.

The Society holds quarterly meetings at the United Reformed Church Hall, West Riding, Bricket Wood, commencing at 8.00pm.

City & District of St Albans Tour Guides

Email: pauline.king@stalbanstourguides.co.uk

Website: www.stalbanstourguides.co.uk

A group of trained local volunteers who organise public guided walks in the summer and also provide privately guided tours. The St Albans City Guides now have available a series of fascinating talks on the History of St Albans. See website.

Harpenden and District Local History Society

Contact: Miss D M Parrott, Acting Secretary Tel: 01582 764359

Or

Contact: Mr R A Staines, Chairman, Tel: 01727 859777

Speaker meetings once a month, usually on the last Tuesday of the month, September to June in the Southdown Room of the Harpenden Public Halls at 8.00pm. All are welcome. Exhibitions first Saturday of March, September and December, Park Hall, Leyton Road, Harpenden at 2.00pm – 5.00pm.

The Society aims to educate and inform the people of the History of Harpenden and the surrounding area.

<http://www.hertsdirect.org/comdirectory/comvol/herit2y/hthist3y/587461>

St Albans & Hertfordshire Architectural and Archaeological Society

Email: chair@stalbanshistory.org

Website: www.stalbanshistory.org

Music

Abbey Gateway Orchestra

Roger Martin - 01727 854886

Email: secretary@abbeygatewayorchestra.co.uk

Website: www.abbeygatewayorchestra.co.uk

St Michael's Primary School, St Michael's St Albans AL3 4SJ

Thursday 8.00 – 10.00 pm.

St Albans City Band

Website: www.stalbandsband.co.uk

Venue: St Albans Music School, Townsend Drive, St Albans, AL3 5RL

Wednesdays 8 – 10 pm. Contact via website.

Fleetville Community Band

Contact: Paul Olive Tel: 01727 844169

Email: paul.olive2@googlemail.com

Our core purpose is to sustain a community orchestra and choir in the Fleetville area of St Albans.

Members include players taking up instruments after many years, children learning music and music professionals volunteering to facilitate our activities.

We have held two community concerts with 50-60 players and have taken part in other community events, including "Larks in the Parks".

Hertfordshire Chorus

Email: info@hertfordshirechorus.org.uk

Hertfordshire Chorus, directed by David Temple, is one of the finest large choirs in the country, with over 120 members from across Hertfordshire, surrounding counties and London. We offer a high standard of music in a fun and friendly atmosphere.

People are welcome to attend public rehearsals on the morning of their concerts in St Albans Abbey which happen once or twice yearly. For the past eight years, this initiative has been supported by St Albans City and District Council. To find out the dates of the next public rehearsal, visit www.hertfordshirechorus.org.uk

Or contact St Albans CVS Tel: 01727 852657.

The New School of Organ Studies

Roy Meek

Email: roymeek@staugustine.fsnet.co.uk

Website: www.nsos.org.uk/sta

Venue: Marlborough Methodist Church, St Albans

Tuesday 12.30 – 1.15pm. Light buffet available 12-12.20 and after the recital. The suggested minimum donation is £2.50 for the recital and £2 for lunch.

For enquiries about tuition please contact the Trustees on 01582 575823

St Albans Chamber Choir

Ticket Secretary – Tel: 0845 6588982

Email: secretary@stalbanschamberchoir.org.uk

Website: www.stalbanschamberchoir.org.uk

St Albans Choral Society

Tel: 07884 231958

Email: stalbans@choralsociety.com

Website: www.choralsociety.com

St Albans Folk Music

Alison Macfarlane - 01727 852111

Email: Alison.Macfarlane@lineone.net

Website: www.stalbansfolkmusic.org.uk

St Albans Keyboard and Organ Society

New Greens Hall

High Oaks

St Albans

Contact: Margaret Beedie (Secretary) 01727 855629

Are you looking for something different to do one evening a month? Do you play the keyboard or organ or like listening to music? If so, the St Albans keyboard and organ Society could be just the place for you.

Members and visitors are invited to play the keyboard or organ or just sit back and enjoy the music. Our meetings are held in a warm and friendly atmosphere, set in modern comfortable surroundings. Tea and coffee are served during the evening and a full bar is available to members. Our Society meets at New Greens Hall the FOURTH Tuesday of each month at 8.00 pm. Whether a player or non-player you will be given a warm welcome. For further details please contact Margaret Beedie above.

St Albans Operatic Society

Jo Coleman – Membership Secretary

Email: jo_coleman_home@yahoo.co.uk

Website: www.saos.org.uk

St John Fisher School, Hazelmere Road, St Albans

Tuesday and Thursday 7.45 - 10:15 pm.

St Albans Symphony Orchestra

Tepo Din - Secretary

Email: secretary@saso.org.uk

Website: www.saso.org.uk

Venue: Homewood Road United Reformed Church, St Albans.

Wednesdays from 7.25 – 10.00 pm

Other Groups

Franco/British Society

Ms Rosemary Gough

39 Charmouth Court

Charmouth Road

St Albans AL1 4SJ

Tel: 01727 857596

The St. Albans Society has the objectives to promote friendship and understanding between France and Britain and has been in existence for about 40 years.

We hold monthly meetings on a French-related topic, either in French or English, and also currently have a monthly French conversation evening for those interested in keeping up their French.

We are affiliated with the "Friends of Nevers", the town-twinning organisation, and they hold regular exchange visits with the Amicale in Nevers, with members offering reciprocal hospitality.

We hold occasional outings, visits to French films and plays, and try to help, so far as they are able, with queries.

Enquiries to Rosemary Gough 01727 857596 (Franco-British Society) or Liz Delaney 01727 865658 (Friends of Nevers.)

Hertfordshire Anglo-Scandinavian Society

Mrs Birgit Thompson

11c Douglas Road

Harpenden AL5 2EN

Tel: 01582 763808

Email: info@hertsscandinavian.co.uk

Website: www.hertsscandinavian.co.uk

The Society meets at St Mary's church hall, 1 Sherwood Avenue, Marshalswick, St Albans, on the 2nd Wednesday of the month between September and May. Except for December when the meeting is usually on the 2nd Friday.

We welcome Scandinavians, their families and friends and anyone with an interest in Scandinavia. Most meetings consist of talks, slide shows, videos etc, on a mixture of Scandinavian and English topics, followed by light refreshments. The December meeting is the Christmas celebration, with a carol service, Santa Lucia procession and a light meal. We also arrange a summer outing in June to a local place of interest.

The Society has a long-standing link with Odense, one of St Albans' twin towns and the Mayors of St Albans and Odense are its joint presidents.

Philatelic

Beds & Herts Philatelic Society

Tel: 01582 769852

Email: p.mellor@btinternet.com

Venue: Childwickbury School Hall - 3rd Wednesday of Month 7.45 pm.

For more information click [here](#)

<http://www.hertsdirect.org/comdirectory/comvol/hobbi2y/hycoll3y/stampclubs4/446915>

Poetry

Ver Poets

Daphne Schiller – 01727 864898

Email: daphneschiller@ntlworld.com

Enquiries about meetings/programme contact Anna Avebury:

Tel: 01727 756911

Email: anna.avebury@ntlworld.com

Website: www.verpoets.org.uk

Radio

Verulam Amateur Radio Club

Tel: Ralph Nash 01923 265572

Email: g1bsz@aol.com

For more information click [here](#)

<http://www.radioclubs.net/verulam/>

Wine and Beer Making

Marshalswick Wine Circle

Mrs Grant – 01727 861173

Women's Groups

Chiswell Green Townswomen's Guild

Mrs V Cowan – 01727 850373

United Reformed Church Hall, Watford Road, Chiswell Green
3rd Thursday every month at 7.30 pm.

For a full list of local Townswomen's Guilds click [here](#)

<http://www.hertsdirect.org/comdirectory/comvol/hobbi2y/hysocl3y/hyswom4y/townsguild/?view=Printlist>

Priory Women's Club

Mrs E R Riddell - 01727 861585

Friends Meeting House, Upper Lattimore Road, St Albans Monday 8.00pm

Meeting place for members affiliated to the National Association of Womens Clubs. We meet every Monday at 8.00pm at the Friends Meeting House, Upper Marlborough Road, St Albans. Our aim; education, friendship and fun. New members are always made most welcome.

Writer's Circle

Verulam Writer's Circle

Kevin Tel 0771 3515868

Email: info@vwc.org.uk

Website: www.verulamwriterscircle.org.uk

St Michael's Church Hall, St Michael Street, St Albans Wednesday 8.00pm.

VETERANS ASSOCIATIONS AND SUPPORT GROUPS

British Korean Veterans Association (Herts & District Branch)

Don Dell – Branch Chairman Rbl

Tel 01727 831924

Email: d_dell_branchrbl@yahoo.co.uk

BKVA is a member of the International Federation of Korean War Veterans Associations, which promotes the interests of all who fought in the Korean War.

The present membership is about 4,000. The objective of the BKVA is to organise, and develop any endeavour for the benefit of men and women of all ranks who served in the Korean War (June 1950 - July 1953), and subsequent Peacekeeping Forces, or for the benefit of their widows and dependants, and generally to promote their welfare and the relief of distress.

The BKVA is non-political and offers comradeship to all those who served in Korea. There are currently fifty-five branches in Great Britain and one in Northern Ireland. New branches are formed as the need arises.

The Normandy Veterans Association St Albans

Mr Brewer
01923 853489

(The Normandy Veterans Association will be considering its future at the end of 2009. For up-to-date information call E.P.Brewer 01923 853489)

The St Albans Branch was formed in 1985 and is still open to welcome new members who were involved in the Normandy landings between June 5 and August 20 1944. The Branch meets every 3rd Wednesday of the month at the RAFA Club, 10 New Kent Road, St Albans. This is a very busy Association attending several services, the Annual Parade on Horse Guards every June and the Cenotaph ceremony in Whitehall to lay wreaths in Remembrance. Dinners and outings are arranged for members.

Royal Air Forces Association

Membership: Lorna Jones
Tel 0208 286 6667
Email: lorna.jones@rafa.org.uk
Website: www.rafa.org.uk

A charitable organisation that deals with RAF personnel and their dependants. Social meetings are held every Friday at 8.00pm at the RAOB HQ, 102 Ashley Road, St Albans, AL3 5TA.

Royal British Legion (St Albans Branch)

Headquarters
Mitchell Road
85 Verulam Road
St Albans
Herts AL3 4DJ
Contact: Mr. Donald Dell
Tel: 01727 851350
Email: don_dell_branchrbl@yahoo.co.uk

For more information click [here](#)

<http://www.hertsdirect.org/comdirectory/comvol/armforc2y/aforgs3y/royalbrit4/14150276>

To get help from the Royal British Legion you do not need to be a member. To qualify for membership one needs only to have served in the Armed Services. Members of the Merchant Navy need to have served in a theatre of war to qualify for help. The help offered is confidential and friendly.

Rest and convalescence care is provided on a two-week basis at Weston-Super-Mare. This and transport, coach or rail travel, is nearly always provided free of charge. It is stressed that rest and convalescence care is not a holiday scheme. There must be a medical or therapeutic reason to justify admission.

If you are ex-service personnel or an ex-service dependant and need help, write or telephone as above.

SSAFA Forces

Branch Contact Information:
Tel: 01923 222410 Fax: 01923 222805
Email: j.c@sabuk.co.uk

Office Hours – no set hours

Broxbourne & East Herts	Tel: 01279 659992	Email: delia.born@talk.21.com
Dacorum	Tel: 01727 751758	Email: patanmar@ntlworld.com
Welwyn & Hatfield	Tel: 01707 267366	Email: rwwwwoods@waitrose.com

SSAFA Forces Help is an amalgamation of Soldiers, Sailors and Airmen Families Association and the Forces Help Society. Its purpose is to help service and ex service personnel and their dependants who find themselves in need. Eligible people include all persons who have served in H.M. Forces and their wives, widows, former wives and partners and children under the age of eighteen.

The organisation is countrywide but divided into Branches (mainly counties) and further subdivided into divisions (districts). Each division has a secretary and caseworkers who visit the people who are in need. All information, financial or otherwise, given to the caseworker is treated in confidence.

VOLUNTEERING

MAKE A DIFFERENCE BY VOLUNTEERING!

Are you:

- Wanting to increase your career skills?
- Bored at home and need to get out?
- Needing a new challenge in life and wanting to learn a new skill?
- Wanting to switch off from the stress of your weekday job?
- Wanting to meet and help people in your community?
- Wanting to use your skills for the benefit of others?
- Lonely and wanting to take your mind off your own problems?
- Wanting to increase your confidence and self-esteem?
- Needing a structure for the day?

Then consider voluntary work. It can provide openings for all these situations and an opportunity to have fun helping others in your local community.

Four steps to get started:

1. Do come and see us in the St Albans and District CVS Volunteer Centre at 31 Catherine Street St Albans. We are the community's only volunteer recruitment service and as a charity support over 200 local organisations who need help. At present we have over 350 volunteer vacancies covering every need in the community.
We are open Monday to Thursday 10am to 4pm and Friday 10am to 1pm. You can drop in but we would recommend you phone 01727 852657 to book an appointment. You do not have to make a decision at the time and we are happy to provide information for you to take away to consider. We can contact the organisation whilst you are with us to get matters moving.
2. If you are unable to visit the Centre we are happy to discuss your interests over the phone and either send information to you or put you in touch with the organisation. You can also e-mail us on michelle@cvsstalbans.org.uk
3. Take a look at the National Volunteering website www.do-it.org.uk which lists all our volunteer openings and can be accessed through our website www.cvsstalbans.org.uk
4. Read our weekly article on volunteering in the St Albans and Harpenden Review. Over 40% of our visitors come having seen an interesting opportunity in this column.

The choice is yours!

Volunteering enables you to do what interests you the most. You can make a commitment that suits you – regular or one-off. You can volunteer alone, with a friend or as a group. Whatever you do you must enjoy it!



Helping local charities and voluntary organisations grow, thrive and be heard

If you have knowledge of a local group or service that you would like included in The Really Useful Book please send full details and we will gladly add your information

Please add/amend the following details for insertion into
The Really Useful Book

Name:

Organisation:

Address:
.....
.....

Telephone No:

Fax No:

E-mail:

Description of service provided:
.....
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.....
.....
.....

Category for entry:
.....

Please forward to:
Centre for Voluntary Service for St Albans District
31 Catherine Street
St Albans
AL3 5BJ

Tel: 01727 852657
Fax: 01727 852656
E-mail: enquiries@cvsstalbands.org.uk
Website: www.cvsstalbands.org/uk

Help lines / Useful Telephone Numbers

Organisation	Telephone Number
Emergency Services	999: (State the service required)
Police (non-emergency)	0845 33 00 222
Neighbourhood Officer	01727 796052
24 hour emergency numbers	
Gas – Transco	0800 111999
Water – Veolia Three Valleys Water	08457823333
Electricity – EDF Distribution	0800 783 8838
Samaritans St Albans	01923 233333
Alcoholics Anonymous	0845 769 7555
RSPCA	0300 1234 999
Travel Enquiries:	
National Rail	0845 748 49 50
Bus & Rail - Traveline	0871 200 2233
Hospitals:	
Queen Elizabeth II Hospital, Welwyn Garden City (A&E)	01438 314333
Watford General Hospital (A&E)	01923 244366
Hemel Hempstead Hospital (Urgent Care Centre) (No A&E)	01442 287087
St Albans City Hospital (Minor Injuries Unit) (No A&E)	01727 866122
NHS Direct (Healthcare advice)	0845 4647
St Albans City & District Council:	
Main Switchboard	01727 866100
Abandoned vehicles	01727 819391
Animal warden	01727 819371
Food complaints	01727 819440
Health & safety	01582 444200
Noise nuisance	01727 819406
Out of hours hotline	01727 866100
Highway Faults – potholes, faulty street lights	01438 737320/ 01923 471320
Refuse	01727 819285
Recycling	01727 819285