



Information about organisations in the Colney Heath Parish community including Colney Heath village, Highfield, Hill End, Oaklands, Roestock, Smallford, Sleapshyde, and Tyttenhanger

Issue No. 1 Spring 2019

# **INFORMATION ABOUT ORGANISATIONS**

Included is information about organisations received for this first issue. For a longer list of organisations and contacts use the following link: <a href="https://www.colneyheathvillagehall.com/parish-e-news.html">https://www.colneyheathvillagehall.com/parish-e-news.html</a>

Please contact <u>jackclemow@gmail.com</u> with information, comments, suggestions etc to add to the information about organisations and key contacts in our community.

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## **INSTITUTIONS**

## ST MARK'S CHURCH

www.stmarkscolneyheath.co.uk Church Office 01727 825175

St. Mark's has been a focal point in Colney Heath since it was built in 1845 and, 174 years later, still plays an important part in the life of the village and parish. We are part of the Church of England, informal in style, serving Colney Heath and the surrounding area, welcoming those of all ages (currently 1-93!) to be part of our diverse family. You are always welcome to join us, and, if you have any questions, or think we can help you in any way, please do get in touch as well.







As well as worship services on Sunday mornings, and some Sunday evenings, we hold a monthly 'Messy Church' for families – a lively mix of activities, worship time and meal together. We also hold a monthly meeting for older members of the community generally on the 2<sup>nd</sup> Tuesday of the month, and a number of events such as coffee mornings and craft evenings which are open to all.

Find out about more about the church at www.stmarkscolneyheath.co.uk

#### Sunday Services are held at:

8.30am A generally quieter and more reflective service usually

with Holy Communion

and

10.30am Family friendly and livelier. Children's and youth activities.

Holy Communion usually on the 3<sup>rd</sup> Sunday of the month.

and

7.30pm Evening Service (not every Sunday; please check website)

## Other regular events include:

#### **Smartees**

A toddler group for pre-school children and their parents/carers.

Every Wednesday during term time 10am-11.30am at St. Mark's Church Centre.

Snacks, toys, craft and singing. £1 donation per family (if possible)

#### Relax

At a loose end on a Friday evening? Aged between 11 and 16 years?

Why not come along to Relax? A youth social for school years 7 to 11.

Relax runs in St. Mark's Church Centre on alternate Fridays 7.30pm in term time.

#### **Church Centre**

This is available for hire. Please contact the Church Office on 01727 825175 for details.

#### COLNEY HEATH PARISH COUNCIL

(Copied from website)

Colney Heath Parish Council is the first and local tier of local government. The parish comprises of Highfield Park, Oaklands, Colney Heath, Smallford, Sleapshyde, and Tyttenhanger. It is a thriving community with a population of approximately 4,200 residents.

The parish council has an important role to play in the promotion of the parish, representing its interests and supporting the work of different groups within the community.

The purpose of a parish council is to meet to discuss and debate local issues. Colney Heath Parish Council usually meets on the first Thursday of the month. There is an opportunity for residents and members of the public to speak or comment on an item on an agenda, at every meeting the Council encourages it. At the meeting the Chairman will invite members of the public to address the council within public session.

Most meetings are held in the Village Hall, 83 High Street, AL4 0NS, however the Annual Parish Meeting in April is held at the Charles Morris Hall, Tyttenhanger Green, AL4 0RN. Colney Heath Parish Council is responsible for the following local services:

- Management and maintenance of open spaces, play areas and sports fields
- Maintenance of bus shelters
- Provision of allotments
- Provision and emptying of litter and dog fouling bins (shared with County Council)
- Funding towards Parish events Senior Citizens Christmas lunch, Larks in the Parks
- Publishing of a newsletter
- · Maintenance of St Marks closed churchyard

Residents elect nine parish councillors every four years in Wards

The Council elects a Chairman and Vice-Chairman annually at the Annual Parish Council meeting in May. Councillors are unpaid and commit their time to improving the parish and maintaining at an attractive and sustainable place in which to work, live and visit. Elections were last held in May 2015, the next elections will take place in May 2019.

## **COLNEY HEATH SCHOOL AND NURSERY**

www.colneyheath.herts.sch.uk

Our school is a one form entry primary school taking children from 3 years to 11 years old. Our aim is to Inspire, Encourage, Enthuse and Enable the children in our care.

We are proud to be a village school. We believe a successful school is a partnership involving children, parents and carers, staff, governors and the wider community. Information about admission to the school can be found via our website by visiting our Admissions Page. We have a morning Nursery which you can apply directly to us throughout the year.

Please visit our website at <a href="www.colneyheath.herts.sch.uk">www.colneyheath.herts.sch.uk</a> to see what the children are up to and all the amazing events they experience. We hope that you enjoy visiting this website, and that you find the information you are looking for. Please feel free to contact the school direct with any queries you may have.

High Street, Colney Heath, St. Albans, Herts. AL4 0NP

Telephone: 01727 823898

E-mail: admin@colneyheath.herts.sch.uk Website:<u>www.colneyheath.herts.sch.uk</u>

Headteacher: Mr. P. Rose

## **OAKLANDS COLLEGE**

abstracted from website www.oaklands.ac.uk

We are a large further education college in Hertfordshire with campuses in Welwyn Garden City and St. Albans, and a further training provision in Borehamwood. We are proud to successfully provide for 10,000 students and look forward to welcoming you.

Originally established in 1920, our St Albans Campus opened its doors to First World War ex-service men under the Officers' Agricultural Training Scheme and to the Women's Land Army members. Since then, the College has developed a wide range of learning opportunities, offering courses across a diverse range of subjects at different levels.

There are approximately 1,500 full and part-time courses offered to approximately 10,000 students who come from a wide variety of regions. These courses range from vocational courses with strong links to employers through to elite sports, the arts and a wide variety of A Levels. We are also nationally recognised for our outstanding provision for learners with mild and severe learning difficulties.

## ST ALBANS LIBRARY & CREATORSPACE

Marshalswick Library - https://www.facebook.com/MarshalswickLibrary/St Albans Library - https://www.facebook.com/StAlbansLibrary/

St Albans Central Library reopened on March 11<sup>th</sup> after a short closure to finish the refurbishment. The new library features:

- A modern redesign of all public and staff space
- A community meeting room
- A CreatorSpace
- New furniture, carpets and flooring throughout
- · Low level shelving and high-level benching to make the most of the views of the St Albans skyline
- Digital microfilm scanner
- 28 Public PCs (two in the children's area)
- Children's "Read" seat feature
- Extensive use of graphics and decals

Do call in when you are next in St Albans and let us know what you think.

Events for both children and adults include authors readings, creative week, and learning events.

## de-HAVILLAND AIRCRAFT MUSEUM

www.dehavillandmuseum.co.uk

Some people in the parish are not aware that the oldest aviation museum in the UK is just down the road from us at Salisbury Hall, London Colney.

The museum is based at this location as it was where the famous de-Havilland Mosquito (the wooden wonder) was designed and built in secret during the War. This aircraft went on to become a legend as it was remarkably fast and was used as a fighter, bomber and for reconnaissance. The museum has both fighter and bomber versions plus the only WW2 prototype aircraft left in the world.

Currently a new display hanger and car park are being installed funded by the Heritage Lottery Fund. The total cost will be in the order of £2 million.

There is a variety of de-Havilland designed aircraft on display many of which can be walked through or sat in by visitors. Most of the staff at the Museum are volunteers and you will even find that two are from Colney Heath.

Even if you have visited before it is worthwhile making another trip as all exhibits are constantly being worked on to improve the experience for visitors.

## **COMMUNITY FACILITIES**

## **COLNEY HEATH FOOTBALL CLUB**

www.colneyheathfc.co.uk

The "Magpies" were founded in 1907 and played their early football in the Hatfield District League and, after the 1st World War, joined the Mid Herts League, where the 3rd team played until recently. Earlier records indicate the winning of a Harcourt Cup but in is believed that this was Junior football some 18 month earlier, 1905-6.

Earlier matches were played on two grounds in Coursers Road (the Meadow and the Warren).

In 1952 the switch was made from Fuzzen Field to the Recreation Ground and into the Herts County League.

Off the field, however, the club fought for permission to use its old clubhouse. This was secured with leases still running today. In August 1988 while modernising the building, the club burnt down. Without a clubhouse, the Magpies, playing from a Portacabin, regained entry to the Premier Division winning the Division 1 title.

A new clubhouse was built in 1989 and an extension added in 1993, along with post and rails. Floodlights were erected in February2000.

We are now in our 11<sup>th</sup> season and steadily improving picking up the Premier Division Cup in 2010/11 with a 2-0 win against Leverstock Green. Our last few seasons have continued with changes for the better with Ryan 'Tomo' Thompson installing a togetherness across the club and an FA Cup run that may take some beating in future years and the little reward of a second Charity Shield win. Our main aim is still promotion along with the continuing of ground improvements to the fore and the allure of Step 4 football. Turnstiles have been acquired and toilets within the ground are in readiness.

Main Contacts are as follows

Chairman Martin Marlborough martinmarlborough@btinternet.com

Secretary Paul Gleeson Paulgleeson999@icloud.com

Treasurer Richard Smith rs@colneyheathfc.com

#### HIGHFIELD PARK TRUST

www.highfieldparktrust.co.uk

Highfield Park Trust is a charity, established in 1996 following the closure and redevelopment of two mental health hospitals. The hospitals had extensive grounds, part of were developed in to Highfield Park rather than for housing. Hill End Hospital was on the northern side of Highfield Lane and Cell Barnes, the southern side. The Trust's aim is to provide a diverse rural park for the benefit of the local community.

#### **Creating Highfield Park**

Following the hospital closures, the planning authorities of St Albans City and District Council approved the redevelopment of the hospital sites with nearly 700 new housing units on the condition that 60 acres be set aside as public open space.

Instead of following the traditional route for developing a Park, St Albans City & District Council established the Highfield Park Trust as an Independent Charity and secured funding from the Secretary of State for Health. This

provided the Trust with an endowment to enable it to develop and maintain the Park. The Trust has a lease of 150 years from St Albans City & District Council.

In 2011 an additional 20 acres was leased from Oaklands College, on which was planted Hither Wood and new allotments were created.

The Park has many interesting features including parkland with fine mature trees, sports fields, orchards, wildlife ponds, woodland, several gardens and a maze.

Park Manager Richard Bull Tel: 01727 847242

Email: admin@highfieldparktrust.co.uk

Facebook: Highfield Park St Albans

Twitter: HighfieldParkTr www.highfieldparktrust.co.uk

## **COLNEY HEATH VILLAGE HALL**

www.colneyheathvillagehall.com

Located in Colney Heath Village High Street the Hall provides modernized facilities for meetings of local organsiations, pre-school child care, sports clubs, exercise and fitness classes, social events for residents and the public, and training services.

In 1936 permission was granted for the construction of a village hall on a part of the heath land donated by the Tyttenhanger Estate. Our Hall, completed in 1938, was built by volunteer labour and craftsmen from the village and funded by donations from the residents. Wartime Ration Books were issued at the Hall. The Home Guard kept rifles and a Bren gun under the stage where the target frames were mounted when the hall was used as a range for the Rifle Club until the 1960's.

The Hall was extended in 2000 to include the Community Room, Kitchen, the Parish Office and the store room. This was funded with grants and donations from the Colney Heath Parish Council, St. Albans District Council, the Countryside Agency, the Groundwork Trust, and Transco. Recent modernisations include the women's and men's toilet facilities with grants from Tarmac Landfill Communities Fund.

The Hall is the official local polling station for Colney Heath ward.

The management of the charity that owns the Hall on behalf of the community is by trustees forming the Village Hall Council.

### **CHARLES MORRIS HALL**

Abstracted from website www.charlesmorrishall.org.uk

The Charles Morris Hall is a traditional village hall in the hamlet of Tyttenhanger Green, a couple of miles south east of the historic city of St Albans.

The Hall was built in 1974 at the behest of the residents of Tyttenhanger Green. The building was financed by the sale to the City & District Council of land left to the community by the late **Charles Morris**, a local businessman, after whom the Hall is named. A brief biography of Charles Morris may be viewed <u>here</u>.

We believe we have one of the best village halls in Hertfordshire and although we could keep this wonderful asset to ourselves, we are pleased to offer it for hire to individuals and organisations outside Tyttenhanger Green.

Editors note: Facilities include a main hall, committee/bar room, conservatory and kitchen. It provides an excellent venue for the many regular users and for casual hiring for parties and similar events.

## TRESTLE ARTS BASE

Abstracted from website www.trestle.org.uk

Trestle is a mask and physical theatre company: our mission is to inspire creativity through participation and dialogue and we do this by approaching opportunities with an open mind, playful approach and our ever surprising and engaging masks.

Trestle Arts Base is an ideal place to hold your function, whatever the occasion.

Whether it is a concert, workshop, business meeting or birthday party, our experienced staff can help you plan and deliver the perfect event.

Visit www.trestle.org.uk for information and upcoming events

## **COMMUNITY BUS**

Every Thursday morning to Asda, Hatfield.

Any adult in the community is welcome to use the service including able bodied and disabled persons. Due to the child-seat laws we cannot take children of any age on the bus. Also, we regret that we are not able to take motorised or battery wheelchairs.

We collect passengers from their homes or at the pre-arranged pick up point when booking. Currently we pick up passengers in Colney Heath village and in Smallford.

Pick up is around 9.45am returning around noon. The fare is £2.00 return. Limited space available so prior booking is essential.

For further information and to book your place please call Debbie on 01727 824 185.

## **COMMUNITY ORGANISATIONS AND CLUBS**

## **COLNEY HEATH BOISSY SOUS ST YON TWINNING ASSOCIATION**

www.colneyheathtwinning.org.uk

The CBTA runs an annual programme of social events for our community such quiz nights, Sunday breakfast, summer afternoon tea, BBQ and boules competition, dinner dance, and other special events. These help build friendships and community spirit, and provide local support. Members of the public are welcome to attend most of these events and to support the CBTA by joining the Association. Membership is free for the first year and then £7 per year per adult.

While friendships can be maintained virtually through social media, our events provide the opportunity to meet in person with time to chat, and to make and get to know new friends. Some members' families have lived in the area for generations. This provides a connection to the roots of our community for others who have come to live here more recently.

For those members who wish to be twinned with a French family we aim to pair members with a similar profile – age, children, etc. Close friendships have evolved from these pairings over the years. Many of our members speak little or no French, but manage to get along fine with their French family many of whom speak some or good English.

Around the end of May each year we organize a weekend exchange, alternating between Colney Heath and Boissy, a village of similar size about 20miles South of Paris. Members stay with their "twin" family in France and visa versa. These weekends include visits to local sights and a "Soiree" attended by all. Some UK and French members chose to additionally visit each other at other times of the year.

Our Association is not affiliated to any religious, political or other organization, and is open to people from all social and ethnic groups and nationalities.

Contact Lesley Lewis 01727 822086

## **COLNEY HEATH WI**

Colney Heath WI meets every second Thursday of the month (except August) in the Colney Heath Village Hall from 7.30 to 10.00pm. We are part of the largest voluntary women's organisation in the UK which plays a unique role in providing women with social and educational opportunities. Members have the opportunity to learn and develop new skills; take part in a wide variety of activities; and campaign on issues that matter to us and our communities.

We are a small friendly group of women who work together to improve our community, support each other and enjoy socialising.

In addition to monthly meetings we have a book club, a craft group and a drama group. We also have regular outings to places of interest, theatre and restaurants. Why not come along and see for yourself without commitment to join. Visitors and new members are always warmly welcomed and there will be tea and cake.

Our programme of speakers and demonstrations to our meetings for the remainder of 2019 :

April 11 Make delicious chocolates with 'Choccie Drop'

May 9 Annual Meeting

June 13 Dan Collins with tips on how to get a good night's sleep.

July 11 Protecting Hertfordshire Countryside, a talk from the CPRE.

August: (we do not have a meeting this month).

September 12 Express yourself through your wardrobe with Carol Hanson, image consultant.

October 10 Motorcycle drag racing with Anna Sasiak.

November 14 Craft evening make boxes and flowers.

December 12 Christmas party.

For more information find us on Facebook <u>www.facebook.com/colneyheathwi</u> or call Joanna on 01727 828003 or email <u>colneyheathwi@gmail.com</u>

#### **COLNEY HEATH OLD FRIENDS CLUB**

Colney Heath Old Friends Club meets on the first and third Mondays each month (but not on Bank Holidays) in Colney Heath Village Hall 2.00pm-3.30pm.

Our Club caters for the older members of the community (60+) and we can provide transport for the less mobile at a small cost. Members enjoy a social get together with four games of bingo, tea or coffee with biscuits followed by two raffles, one comprising of small prizes donated by members. We also arrange various excursions which are popular and open to non-members.

Membership is £4 per Year and £1 per meeting. At present we have forty members both male and female and look forward to meeting new members.

Contacts

Chris Brazier 01727 823 586 (Chairperson) Pam Whiting. 01727 822 000 (Treasurer)

## COLNEY HEATH SCOUTS ASSOCIATION,

Colney Heath Scouts Association, a charitable organization, was formed approximately 40 years ago when the parents of Colney Heath's children built a Hut on land at Roestock Park and paid for by the parents, local residents, and volunteers.

Our aim is to provide young people of the village with fun, adventure and skills for life, experience outdoors and to take part in a range of community and international activities, interact with others, make new friends, gain confidence and have the opportunity to reach their full potential.

The association's president is The Duke of Kent and its patron is Queen Elizabeth II.

Currently Cubs (aged between 8yrs and 10yrs 6 months) are held on Wednesdays and Beavers (aged between 5yrs 9 months and8yrs) are held on Thursdays. We wish to attract older children, both male and female, to our newly formed Scouts Group.

The Scout Hut is available for hire throughout the week (prices from £35 to £90), depending on the function.

Acting Group Scout Leader is Patricia Hall <a href="mailto:legnatic-com/legnatic-com/legnatic-com/legnatic-com/lewelling-sky.com/">lewelling-sky.com/lewelling-sky.com/lewelling-sky.com/</a>

#### SMALLFORD RESIDENTS ASSOCIATION

The purpose of the Smallford Residents Association is to inform village residents of issues concerning the locality, which includes those arising from substantial housing and quarrying development in our area, while making representations to planning authorities and others to improve or defend our environment.

The Association is represented by a committee which meets every other month. Craig Tallents chairs the Committee, Steve Ross is Secretary and Hugh Burrell is Treasurer.

We can be contacted by email at SRA@smallford.org

## **SMALLFORD STATION & ALBAN WAY HERITAGE SOCIETY**

#### www.smallford.org

We are a group of enthusiastic volunteers with a wide range of interests, knowledge and skills (around local history and heritage, railways, nature, walking...), all being put to good use including

- Researching the history of Smallford Station, the Hatfield- St Albans Railway it served (the track-bed now being the Alban Way) and the influence this had on surrounding communities.
- Sharing the following
  - o Our website www.smallford.org
  - o Our travelling exhibition and growing collection of memorabilia

- o \*Providing presentations to a wide range of interest groups\*
- o \*Arranging guided walks along the Alban Way sometimes with a return journey via a vintage bus!\*
- o \*Two downloadable publications -
  - \*Our Exhibition all 20 panels
  - \*Our Guided Walk Booklet

We have been supporting the Alban Way improvement work being undertaken by St Albans District Council and are currently putting together a plan to improve the environment around Smallford Station.

A key goal is to renovate and restore Smallford Station and to create Community Heritage Centre.

You can sign up to receive correspondence, information and newsletters on www.smallford.org/membership

### **COLNEY HEATH THEATRE CLUB**

The Colney Heath Theatre Club is a not for profit organisation which has been running trips to the West End for the past twelve years. Over that time we have seen many shows including Mama Mia, The Lion King, Les Miserables, Cats, The Sound of Music and Wicked as well as occasional outings to locations such as Hampton Court, Buckingham Palace, Kensington Palace, Highclere Castle and Windsor Castle. In 2018 we saw The Play that Went Wrong, Tina - The Tina Turner Musical. Strictly Ballroom The Musical, and Snow White at the London Palladium.

With several convenient boarding points in the Colney Heath parish, the club provides a safe, comfortable and convenient way to enjoy an evening in the West End. To receive details of future theatre trips and outings, please email your contact details to colneyheaththeatreclub@yahoo.co.uk or telephone 01727 826522

### ST ALBANS KEYBOARD & ORGAN CLUB

The club meets on the fourth Tuesday of the month at 7.30pm at New Greens Hall , High Oaks , St Albans, Herts, AL3 6DL

The Society has always been one in which members and guests entertain each other on organ or keyboard. All who are willing to play are encouraged to take part whether they are beginners or accomplished musicians but those who prefer to sit and listen are free to do so. We have our own Yamaha EL900 Organ and Yamaha PSR - S950 keyboard. Help is always at hand in the setting up of the instruments. Keyboard players may bring their own instruments. Several of our members have formed a group to provide entertainment on our keyboard at local community associations, clubs and retirement establishments.

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. Each December we have our Christmas buffet . For further details of our meetings please contact the Secretary.

The Society was founded in 1968 as the St Albans Hammond Organ Society with the help of a local piano and organ shop. Meetings were held in one of the local pubs until 1976 when they were transferred to the present venue. Subsequently the Society's name was changed to its current title to encourage interest from the rapidly expanding number of keyboard owners. In 1993 the Society celebrated it's 25th Anniversary with a public concert given by John Beesley. For it's 30th Anniversary Concert, our members and guests were entertained by Chiho Sunamoto and Glyn Madden. On it's 50th anniversary they were wined, dined and entertained by Steve Hubble in the presence of the Mayor of St. Albans.

Subscription: £20 per member, Visitors £2.50

Contact name: Margaret Beedie Telephone Number: 01727 855629 Email address: jmmbeedie@talktalk.net

Website: www.spanglefish.com/stalbansorganandkeyboardclub

<sup>\*</sup>Everything we provide is free of charge – and we welcome contributions to support the work of our Society.

## **IRIS ART GROUP**

This is an informal group formed of amateurs, both beginners and intermediate level, who have an interest in, and enjoy, drawing and painting. Meeting normally fortnightly, we share ideas, techniques, sources for materials etc for painting in watercolours (with tea or coffee and biscuits). We paint both still life and subjects from reference photos and images.

We contribute £5 for only those sessions we attend. This covers the cost of the room and contributes to building up a fund to be used to have occasional tuition by a professional art teacher. As and when our group grows we will able to reduce the contribution.

We have space for more members to join our group. There is no commitment to attend a number of sessions, so contact Iris to find out when our next meeting is. If you don't have any materials these can be provided to get you started.

irisbond@yahoo.co.uk 07809 098 629

## **MIND AND BODY**

## **CHILD MATTERS**

www.child-matters.co.uk

#### **About Claire Street**

Hi. I'm Claire Street, founder of Child Matters, who provide paediatric first aid training, family first aid training and junior first aid training to childcare professionals, parents, carers and kids. I'm a specialist paediatric nurse, who qualified as a Registered Children's Nurse at Great Ormond Street Hospital London in 1998. I've worked continuously within roles in major London hospitals and community settings, which included working as a Senior Sister in A&E departments acquiring the skills to care for injured, sick and vulnerable children.

My love for assessing and educating people have been consolidated through working in community based positions, most recently with Looked After Children in London's third largest borough. This role involved training foster careers and social workers about basic life support, first aid, child development and childhood injury and illnesses. My expertise has been strengthened by the undertaking of her Master's Degree in Child Protection and Complex Child Care at the Tavistock and Portman Centre in London in 2008.

I continue to keep my skills updated with various training courses PILS (Paediatric Intermediate Life Support, AIM (Acute Illness Management Course) and first aid related conferences, courses and study days. This growing body of experience has given me and my team the motivation and expertise unique to Child Matters.

## **About the course**

Child Matters' 12 hour paediatric first aid course is designed for anyone working with children requiring EYFS and OFSTED registration such as: nurseries, pre-schools, child minders, schools and activity providers. You can either spend 2 days in the class room or take a 2 day blended learning course, which is split by the first part being online and then just one day in the classroom.

If you work with children but do not require a 12 Hour Course for the full OFSTED register, then this course is for you, meeting the criteria of the reviewed EYFS guideline (March 2017) and the voluntary part of the Ofsted Childcare Register. We will cover a wide range of first aid topics to help you deal with any eventuality. You will be taught in a face to face learning environment with experienced professionals.

You will receive expert, qualified tuition by the team who are continuously working within a hospital or community setting for the NHS. You will receive a certificate valid for 3 yrs and a copy of all course material which you can refer back to, plus access to online resources and training videos.

#### **How to Book**

To reserve a place please contact us at <a href="mailto:contact@childmatters.info">contact@childmatters.info</a> or <a href="mailto:click here">click here</a>. Call me, Claire Street, for more details or advice on which course to book on 07788 720612

#### **Class Prices**

£65 for Blended 12hr Paediatric First Aid Course (6hrs classroom + additional £19.95 for 6hr online part) & £70 for 1 day 6hr course.

## A DIFFERENT DOG

#### www.adifferentdog.co.uk

A Different Dog provides positive, fun, ethical and effective dogs training to the local community.

Group classes are run from the Colney Heath Village Hall on most Sundays throughout the year, all of which must be booked in advance. From puppy classes and life-skills for adolescent dogs to tricks sessions and courses with a specific focus on improving your dog's recall, we keep the numbers at group classes small so that you can get the help you need.

Our instructors are well qualified and only use kind methods to teach your canine family member the skills you need them to have. We also offer 1:1 training and behaviour support at your home or other location.

Bookings can be taken online - please be aware that we tend to get booked up quite far in advance of some courses. Take a look at our website to see how we can help you and your dog.

## **ZUMBA® AND ZUMBA GOLD®**

www.zumba.com/en-US/profile/alison-chason/1465749

Join Alison for fun, fitness and laughter. Zumba® is an excellent way to keep fit, burn calories, make friends and keep your mind active.

Zumba® is an energetic dance class with music of all kinds. Dance exercises both mind and body so if you are looking to keep or get fit why not give us a try? We burn an awful lot of calories in our sessions as we smile and laugh throughout.

Zumba Gold® is a slower class with no jumping and less twisting than traditional Zumba®. It is aimed at anyone returning to exercise after a long break or those with a slightly more restricted range of movement whether through injury or age. It's less strenuous but definitely no less fun!

Both classes are pay as you go and you don't need to book. You will need a decent pair of trainers and exercise/loose clothing to dance in. Bring a water bottle to make sure you stay hydrated while we dance.

Current classes are held at Colney Heath Village Hall on Tuesdays Zumba Gold is 6pm to 6:45pm £4.50 per class Zumba is 7pm to 7:45pm £5 per class

Contact Alison Chason 07581 396 144