



June 2022

theCAREbank

ASH VALLEY COMMUNITY HUB @ Little Hadham Village Hall
Helping inter-village social connection

FOREVER CYCLING EAST HERTS

Wednesday's virtual cycling tours 12:30 - 1:30pm will start again June 15th & 29th following a very successful 6 session pilot. **Contact Adam on 07538 706560**

COMMUNITY CAFÉ

For Breakfast and a chat with a very broad and ever growing local bunch of people who are thoroughly enjoying the opportunity for a lovely breakfast together. Next dates are Thursday June 9th & July 14th from 10am - **BOOK NOW**
Call Jan on 01279 771 272

Mums Matter at Little Hadham Village Hall

Mondays 10-11:30

Join a relaxed group of parents & carers along with their babies for a cuppa and some cake

Free to come along thanks to generous sponsorship from
The Ash Valley Community Hub

Little Hadham Village Hall - The Ford - SG11 2BP

QUESTIONS? MESSAGE: 07562433327



Bereavement Café

Do you feel able to start a conversation about Loss or Grief over a cuppa and cake? There have now been 5 very successful cafes and you are very welcome to join in anytime. The next dates are Thursday's June 16th and July 21st from 10am-12pm. **Contact Jan on 01279 771272.**



Let's Talk About it

Thursday evening sessions will be starting soon at Little Hadham Village Hall courtesy of our local NHS social prescribing team.

If you feel you would like to attend contact Claire on 07595 674241 for more details.

Meet & Eat Cookery Time

Wednesday 1st and 8th June 11am - 1.30pm will be the next fabulous cooking sessions with Sarah Scotland, local food and nutrition expert. You will get involved in helping to prepare a lovely hot meal , then enjoy sharing it over lunchtime and take home the ingredients to make it again courtesy of Waitrose. **Contact Sarah on 07706 576260, scl_scotland@yahoo.co.uk**
<https://www.wiseaboutfood.co.uk>

DIGITAL LEARNING CLINICS

Open to All - Every Wed 2-3.30pm

Come along with or without your smart phone, tablet or laptop to get your "digi-queries" and other "techy" questions answered for free, with a chat and a nice cup of tea.

Book with Jan 01279 771 272



www.carebank.uk

HOMES for UKRAINE

SUPPORT FOR UKRAINE

As we all do our bit in these terrible times some coordination is being organised to offer support and practical help to the people of Ukraine. To find out more about the 'Homes for Ukraine' scheme click on this banner or visit: <https://homesforukraine.campaign.gov.uk/>

There is now a very well established Bishops Stortford Ukrainian Guests Support group, with over 300 members helping to join dots on a full range of support for those who are being hosted with families in our locality. If you feel you want to help out in any capacity, get involved by emailing mione.goldspink@eastherts.gov.uk to join this Facebook group or find out more at <https://www.hertfordshire.gov.uk/about-the-council/news/ukraine-support/>

It's never too late to be active

So let's give it a go



Get a free 10 day activity pass
and discover local activities

Join this new Herts campaign to get more active if you are over 55 and receive a 10 day free pass to your local leisure centre between now to end of July. Check out the website below. <https://www.hertfordshire.gov.uk/services/health-in-herts/keep-active/never-too-late/>

Find what's right for you – enjoy a swim in the pool, try a class suited to your ability or explore the gym. Make a plan to help you stay on track with a free planner to get you started which you can download at:

<https://www.hertfordshire.gov.uk/media-library/documents/public-health/never-too-late/never-too-late-activity-planner.pdf>

Call 01992 555627 or email: nevertoolate@hertfordshire.gov.uk



Pimms and Cake to celebrate Her Majesty The Queen's Jubilee Lunch - Sunday 5th at The Bull Inn

Please come along for a free glass of Pimms or soft drink and delicious cake courtesy of our Sunday Lunch Club and WI ladies from 11.30 - 12.30pm on Sunday 5th June. Served by side entrance, and parking at the village hall if road closed for street party.

Useful website links for all of the above are available at www.carebank.uk