

# Welcome to the Well Bean Community Café

A Pay-What-You-Can Community Gathering Spot



The Harpenden Trust is delighted to announce the official opening of The Well Bean Community Café, a vibrant community hub dedicated to fostering connection, conversation, and a shared love of a mid-morning cup of tea or coffee.

The Well Bean Café is serving patrons five mornings each week, creating a warm welcoming environment. Located at the Harpenden Trust's new premises directly above the Co-op on Southdown Road, the Well Bean Café aims to create a space where everyone feels at home.

Whether you're seeking a peaceful moment alone or looking to engage in friendly conversation, our doors are open to all. From 10.30am to 12.30pm, five days a week (Mondays, Tuesdays, Wednesdays, Thursdays and Fridays), visitors can drop by and experience the warmth and comfort that our Café offers. We encourage our patrons to take a moment, relax, and connect with others. Our Well Bean Community Café volunteers are here to chat, share stories, and make you feel like part of our extended family.

At other times of the day, the Well Bean Café will also act as a focal point for

various Harpenden Trust Wellbeing initiatives, including the recently formed Ribbon Cancer Support Group and the Frazzled Café, amongst others.

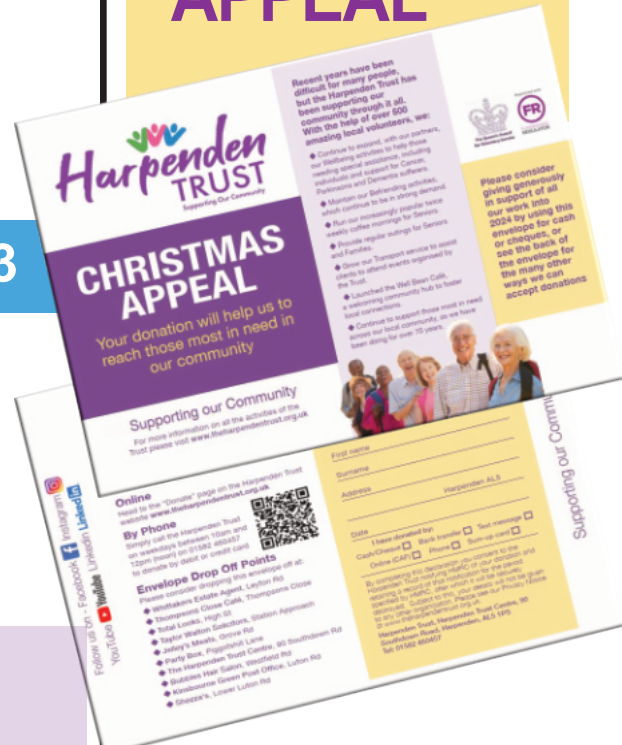
The Well Bean Café operates on a simple model that relies on the generosity of our patrons. Rather than setting fixed prices, we simply ask for donations based on what individuals can afford to contribute towards the cost of their drinks and snacks. This approach ensures that our Café will remain inclusive and accessible to all members of our local community, regardless of financial circumstances.

Whether you're seeking solace, companionship, or simply a great cup of coffee, the Well Bean Café invites you to join us. We are grateful for the support we have received thus far and look forward to serving and welcoming our friends and neighbours for months and years to come.

You can read more about the Well Bean Café and what is going on there inside this issue (Pages 4 and 5).



## CHRISTMAS APPEAL



During December, our distinctive purple and white envelope will drop through the letterboxes of most homes in the town. Please give generously, so that we can continue to support individuals and families in our local community. The money you donate makes a real difference to those most in need in our town.

It is easy to donate- by text, online, by phone or drop your envelope off to one of the many locations listed on the envelope. Take a look inside this newsletter to see just some of the many ways your donations are helping now and in to 2024.

## In This Issue

### Values of the Harpenden Trust (Pages 8 and 9)

Learn about the values which guide our thinking and our actions, and help us to truly define what is important, beautiful and worthwhile in the work of the Harpenden Trust

### Wellbeing (Pages 6 and 7)

Discover what we are doing with our partners to offer a wide range of support and opportunities for Harpenden residents of all ages

### Community Fund (Pages 10 and 11)

Find out about some of the enhanced facilities for community projects in Harpenden we have been able to support with finances from the Community Fund

### What's on at the Community Halls (Pages 12 - 14)

A guide to all the activities currently taking place in our Community halls- a huge variety covering all ages and many interests

## Introducing the Harpenden Trust

Supporting our local Harpenden community for over 75 years  
Currently involving over 500 volunteers  
Funded by the generosity of the people of Harpenden  
Providing support for individuals, families and young people  
And financial support for community projects.

Since our formation in 1948, the Harpenden Trust has sought to be a source of local support for anyone across our Harpenden community who needs help – whatever their age, whatever their background. So often, a small amount of



practical support can make a big difference.

The simple underlying principle is being that good neighbour. To local people, the Trust offers that degree of readily accessible, practical support – either accessing our range of core services and activities, or by the Trust signposting people towards relevant local expertise where they can find the support or advice they need. A significant aspect of more recent years had been the story of how the Trust responded in such a magnificent way to the global pandemic and related lockdowns, as over 500 local people stepped forward to support our Harpenden community.

We have witnessed no slowdown in the Trust's work and activity levels since then, quite the reverse in fact. As circumstances change and evolve, the Trust continues to seek to respond to the resulting growing local needs and challenges.



## How Your Donations Help The People of Harpenden

Your donations to the Harpenden Trust Christmas Appeal will really make a difference to residents of all ages in Harpenden. The Care Fund offers financial and practical support to individuals and families in Harpenden.

The Care Fund largely relies on the Christmas Appeal to be able to continue its work. All the money it spends is received from donations. Below you can see just some of the ways your donations to the Christmas Appeal have helped us to help residents of Harpenden.



technology, and sports kit; or if an essential appliance suddenly breaks down.

To help support those who find themselves in need in Harpenden the Trust has a team of Home Visitors. This group of dedicated volunteers visit people in their homes to assess their needs and provide them with immediate practical assistance in the form of advice, support, and financial help from donations made in the Christmas Appeal. This rapid response means the client can then relax- knowing they can now afford to feed their family for the coming week. The words of this client sum up what the help means to people: "Just wanted to say a huge thank you for helping us over the summer holidays. We really struggled and your help was amazing. We are truly grateful. Thank you"

In the past year we have made over 600 home visits, and we can already see the demand for our help is rising as the cost-of-living crisis affects more within our local community.

Your donations also help deliver a range of free trips and social events throughout the year to senior Harpenden residents facing social and other isolation, regardless of financial status. Two coffee mornings are held each week, as well as several day trips and shorter trips throughout the year. In addition, we run afternoon tea parties for those unable to travel.

The Harpenden Trust is also able to offer support for people and families living with dementia via the Memory Lane Café. The Frazzled Café and Wellbeing friends help support mental health in adults; whilst our partnerships with Youth Talk and Stormbreak are providing children and younger people with space and techniques to improve their mental health.

Please do help us to continue to help those who need it by donating to our Christmas Appeal.

## Family Outings

One of the ways donations to the Christmas appeal help those in need in Harpenden is by funding an annual summer family outing. This is for families with children who have received a home visit within the past year. Families who may well not be able to afford a trip out during the summer holidays can all enjoy a fun day together.



Team Leader, Julia told us about the day:  
Tuesday 22nd August dawned sunny and bright. The Outings team were waiting to welcome the families who were joining us for the trip to Wicksteed Park in Northamptonshire. We were soon all loaded onto the coach along with pushchairs, picnics, and the odd cuddly toy. When we arrived everyone was issued with a pink wristband which gave them the freedom of all the rides and attractions Wicksteed has to offer. Everyone had a great time and returned to the coach with souvenirs, memories, smiles and a few sunburnt faces!

At the end of the trip almost every parent and child thanked us individually. One mother told us how pleased she was that her daughter had the experience of a lovely day out which she could now share with her friends when they all talked about what they got up to in the summer holidays. One little girl, who seemed to be smiling all day, told us it was a real adventure as she had never been on a coach before.

Seeing how much enjoyment the families got from the trip and the chance to get out of Harpenden for the day made the whole thing so very worthwhile.

Harpenden is an affluent town with many local amenities. That does not mean, however, that people living in our community do not need our support.

With growing pressures on finances in the current "Cost of Living crisis" an increasing number of people in Harpenden are struggling. Many of those are in work but find their salaries have not risen in line with energy and food costs. Others maybe cannot currently work due to illness or disability, or they may have recently been made redundant. People who are budgeting and just about managing on a week-by-week basis can struggle when circumstances change, such a child going to a new school and requiring uniform,



## What is the Care Fund?

The Harpenden Trust Care Fund was established in 1948, totally funded by local residents. The fund was set up to help any Harpenden resident in need of support, both young and old. This continues to be how it is used today, 73 years on.

The Care Fund is made up of 12 specialist teams. Each offers a valued service from weekly coffee mornings to substantial help for families struggling with the cost of school uniforms, or essential appliance breakdown.

## Can we help you?

If you know of a friend or neighbour that you think would benefit from our help please get them to call 01582 460457 or email:

[help@theharpentrust.org.uk](mailto:help@theharpentrust.org.uk) where our office staff will be able to assist.

## How have we helped?

We've had a very busy summer, with many plans coming to fruition including outings, afternoon teas and activities galore at our newly refurbished Community Halls. We are working hard to support our local community- in particular deal with some of the challenges thrown up by the cost-of-living crisis. Home visits have been very busy, with record number of calls in the last couple of months. We continue to receive over 55 calls a month for our help. We have carried out over 350 visits in last 6 months, assisting with aspects such as food costs, school uniform and essential appliances. We have awarded 11 grants this financial year for essential educational trips grants. This has enabled local students to take part in school trips or courses they would otherwise not have been able to take advantage of.

We have run two Seniors trips with more mini trips planned for the winter and spring. We also held two tea parties this summer for clients who are unable to attend the outings. A fun day out at Wicksteed Park was also enjoyed by our Home Visit families.

Both Senior Coffee Mornings (Tuesday at The Trust Centre and Thursday at the Salvation Army) are proving very popular with 30-40 guests attending weekly at each location. Our transport team, now 27 drivers, has been

instrumental in boosting attendance at many Trust events, assisting with bringing guests who might otherwise struggle to attend.

The Befriending team remain active, over 90 clients currently matched with a befriender. The Wellbeing Hub continues to grow with over 100 residents across all age groups benefiting from their various activities (see more on our Wellbeing pages). Wellbeing Friends are currently supporting some 45 referrals. Yoga is established as a Wellbeing activity and growing in popularity. Mind in Mid Herts Harpenden Wellbeing initiative continues to develop. Memory Lane Cafe remains a great success with a wide range of activities. The sensory projector has been a huge hit. The intergenerational dementia choir with Clover Singing Group and Sir John Lawes students is also proving to be a great success. Work from the Arts on Prescription group was recently on display at Harpenden Library. 20 people are signed up for the Autumn course. The Youth Talk trial group counselling pilot was successful. Regular group sessions started in October. The Ribbon Cancer Support Group is proving popular, with weekly activity and information sessions alongside the peer support offered. The number of people using the Library on a Wednesday afternoons continue to be very healthy. The Well Bean Café, our community café, is now up and running and providing a wonderful space for all to relax and enjoy.

## Senior Outings

The Senior Outings Team have been very busy over the summer, organising several very successful trips and events. The trips are designed to help clients who find it difficult to get out and about and give them a chance for a change of scenery and meet up with friends. Whilst mobility is an issue, they design the trips to make them as accessible as possible so as many as possible can come on the trips.



In June and August, they organised two river boat trips, each attended by over 30 clients. The trips ran on the Ouse River starting at Bedford on the John Bunyan Community Boat. The boat is operated on behalf of the Bedford and Milton Keynes Waterway Trust, a charity set up to give everyone a chance to enjoy the river and the scenery. Everyone also enjoyed a delicious fish and chip meal.

In July and again in September they laid on afternoon tea at Aldwickbury Golf Club for 34 guests. A choir entertained and led the guests in a good old sing song. Everyone had a wonderful, happy time.

The team has more mini trips planned for the autumn months. These will include to a local garden centre in the lead up to Christmas so the clients can buy some Christmas presents. As well as fun, this is helpful for those who might otherwise struggle to get out.



## Carols For The Trust

Christmas wouldn't be Christmas without carols! Every Christmas, local chamber choir The Lea Singers host a Christmas concert in the Eric Morecambe Centre.

This year's Lea Singers Christmas Concert will take place on Thursday 21 December at 8pm. They are supporting the Harpenden Trust by donating all proceeds from the raffle.

The Lea Singers told us: "The concert starts sensibly enough, with Christmas choral favourites and audience carols. After the interval and the odd mince pie, out come the silly hats, Christmas croons and soaring descants, to send the audience home humming their personal favourites."

We try to persuade every single audience member to buy a strip of raffle tickets, to give them a chance to win a fabulous Lea Singers Christmas Hamper and support The Harpenden Trust. Do come!"



Thursday 21 December 8pm  
Eric Morecambe Centre  
Christmas wouldn't be Christmas without carols!  
Join local chamber choir, The Lea Singers, for  
an evening of choral favourites, audience carols  
and mince pies.  
Tickets £15, under 18s £8 from the EMC box office

## Creating the Community Café

Sarah Holmes, Head of Wellbeing, was excited on her first walkaround the newly acquired Trust Centre at 130 Southdown Road. She recognised the perfect space and opportunity for a community café, an idea that had long been on the wish list to enhance the Trust's Wellbeing work. Now up and running the Harpenden Trust's Well Bean Café, run by and for volunteers, clients and guests, is a place she hopes all feel they can belong. A community café providing a place to meet and talk, offering friendship and support.

It is also providing space for other Trust partnership groups to meet outside of the café's regular opening times. Frazzled Café, Ribbon Cancer Support Group, PD Buddies (Parkinson's support group) and The Compassionate Café all use the space for their meetings. The Trust has also made the space available to Harpenden Health PCN Care Coordinators for a variety of meetings and initiatives to support their wider work in the community.



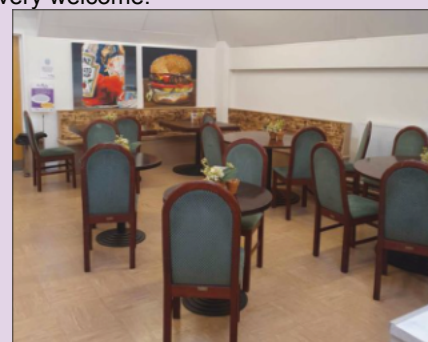
Once the plan for a café had been agreed the room needed to be transformed. Julia Pryor had always wanted to run a café so was delighted to take on the opportunity as Team Leader. By chance, a volunteer happened to discover Harpers café in Pepper stock was closing, and selling its coffee machine and accessories, tables, chairs, and some crockery. Another volunteer discovered a pub in Hitchin had surplus chairs, so a team of volunteers (including appropriately our 'Chairman,' Richard!) drove them back to Southdown where another team cleaned and repaired them for use in the café. We were delighted to be able to support another charity, as we purchased several wooden items for the café from the Carpentry workshop at HACRO (Hertfordshire Association for the Care and Rehabilitation of Offenders). Carol Pepper helped source flowerpot decorations for the tables, to create a friendly, welcoming atmosphere.

Wesleys Café were extremely helpful in guiding the team on set up and best

practice. Like Wesleys the Café has a card donation machine for those who want to donate but it is entirely voluntary, and all are welcome regardless.

We had a great response to the adverts for volunteers. We now have more than thirty-five volunteers, trained on the coffee machines and able to staff the café five mornings a week, welcoming, serving and chatting to guests. We also have a baking team, ensuring we always have a wide choice of delicious cakes. We always try to offer gluten-free and dairy-free options.

The café is proving a great success. Customers tell us the coffee is very good and the cakes are always tasty! There is a lovely, lively buzz when the café is open. We are very proud to have received a 5\* Hygiene rating from the Food Standards Agency. The highest recommendation is we are getting many repeat customers, and new customers who are coming after being recommended by friends. Do come and pay us a visit- you will be very welcome!



## Constructing the Café



The installation of the purpose-built café is the result of a lot of hard work from a small team of volunteers. There was an existing kitchen on the site, but this needed total upgrade to meet the needs of the community café. Colin Ratcliffe and the Property team were very helpful guiding us

throughout the project. Together with their help Julia Pryor, Carol Pepper and Bob Ring took ideas and an initial plan to Howdens Kitchens. They worked with the team to create a simple utilitarian layout and attractive style in the available space. Knowing we are a charity they also provided us with a competitive price.

Bob and Mike Gosling then worked extremely hard over a few weeks in the Spring to install all the cabinets and appliances to create the café- all at no cost for the installation work. The hard work and attention to detail has certainly paid off- it looks great and is a pleasure to work in.

Thank you so much for all the team involved in the café in any way – we are very grateful for all your hard work and are very proud of what we have created for the community with your help.

## Harpenden's latest Community Café

The Well Bean Café, run by the Harpenden Trust at their new premises above the Co-op in Southdown Road

A warm welcome will be extended to all between

10.30 and 12.30 on all weekdays

Tea, coffee, a range of cold drinks and refreshments including home made cakes will be served by our friendly volunteers. We simply ask you to donate what you can afford towards the cost of your snack.





## Café Showcases Talented Young Artists

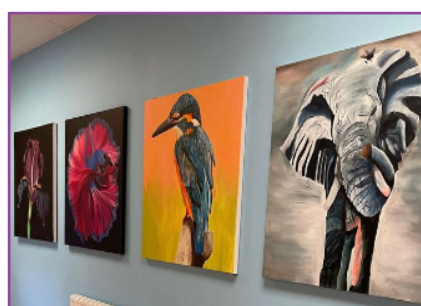


The Well Bean Café, is thrilled to have made an arrangement with St Georges School Art Department to showcase a captivating rolling art exhibition featuring fourteen stunning paintings on loan from budding Year 10 & Year 11 artists of St George's School, Harpenden. This exciting collaboration between the café and the school aims to celebrate the creativity and talent of young students in our local community.

The collection showcases a diverse range of styles and subjects, reflecting the unique perspectives of the school's pupils. From vibrant abstract compositions to serene landscapes and captivating portraits, the exhibition promises to captivate visitors with its charm and creativity. "We are thrilled to have the opportunity to display these

fabulous paintings from the talented students of St George's," said Richard Nichols, Chair at the Harpenden Trust. "Fostering a sense of community engagement has always been at the heart of our Café's mission. This exhibition allows us to showcase the incredible talent on our own doorstep, while also creating a welcoming space for all our visitors to the Café."

The collaboration between the Well Bean Café and St George's School not only provides an enriching experience for café visitors but also serves as an inspiration for the students themselves. The students' artworks are prominently displayed throughout the Café, allowing them to receive recognition and encouragement from a wider audience.



"We are immensely proud of all our young artists and thrilled to see their talents showcased in such a meaningful way at the Well Bean Café," said Rory Browne, Head of Art at St George's School. "This collaboration exemplifies the importance of nurturing creativity and providing opportunities for our students to shine. We hope this rolling exhibition of our work inspires and encourages our students to continue exploring the world of art with confidence and passion."

It has been lovely to meet some of the artists when they have visited the café, to proudly show off their artworks to family and friends.

All are welcome to come in when the café is open any weekday morning 10.30am-12.30pm to see the art exhibition.

## Compassionate Café launches in Harpenden

The Harpenden Trust and Rennie Grove Peace Hospice Care are delighted to announce the launch of a new Compassionate Café, at the Harpenden Trust's Well Bean Café. The cafés will take place on the 1st and 3rd Tuesday of each month, from 2.00pm to 3.30pm.

The Compassionate Café, which will be open to people from the AL5 area, will provide a space for local people who have been affected by bereavement or any kind of loss to meet others by coming together for a cuppa and a chat. Each session will be run by volunteers who are on hand to welcome and speak to attendees. Each session will be informal in structure, guided by the needs of the people attending.

Rennie Grove Peace Hospice Care have been running several successful Compassionate Cafés in Watford, Three Rivers and Hertsmere areas since December 2021, and are delighted to be bringing the model to Harpenden area. The hospice charity is working in partnership with Harpenden Trust, and their volunteers have been trained up by the hospice to help provide a welcoming space.

Sara, one of the volunteers at the Rennie Grove Peace Hospice Care Compassionate Café says: "The cafes are a friendly and safe environment for people to meet others and have a chat. They are a great way of making friends or being signposted to local events of interest. I find that the sessions

give people an opportunity to talk about their loss or bereavement and how they are coping. People really benefit from the peer support of sharing with others who are going through something similar. Compassionate Cafés are open to everybody – you don't need to be referred to them or book a space in advance - you can just come when you want, stay for as long as you need and go when you want."

Sarah Holmes, the Head of Wellbeing at Harpenden Trust, said: "The Harpenden Trust is delighted to partner with Rennie Grove Peace Hospice Care to open our Well Bean Café as a Compassionate Café twice per month. Anyone experiencing loss, bereavement or affected by life limiting illness themselves is welcome to chat over a cup of tea and cake. Our trained volunteers aren't there to give official advice, but offer support, company and a friendly ear."



## Macmillan Coffee Morning



On Friday 29th September the Ribbon Cancer Support Group hosted a wonderful coffee morning in conjunction with the Well Bean Café, raising money for Macmillan Cancer Support.



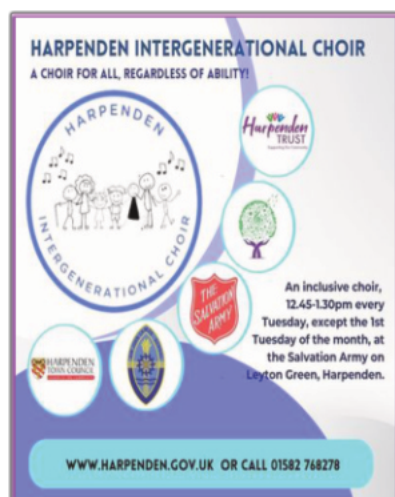
The event was very well attended, with more than sixty people coming through the doors during the course of the morning. They were treated to delicious cakes, which had been baked by volunteers. Our guests made very generous donations, with the total raised being £337. Huge thanks to the coffee makers, the cake bakers, the organisers and those who helped clear up! Guests who came along said they will visit the Well Bean Café again, now they know how lovely it is.

## Wellbeing Partnerships

Sarah Holmes Head of Wellbeing told us: "The Trust works with Harpenden Health Primary Care Network, Mind in Mid Herts and a number of charities on a range of initiatives across Harpenden supporting the wellbeing of AL5 residents of all ages. Partnering with charities working in specific health sectors works well for the Harpenden Trust. It ensures our volunteers are equipped with the right skills and reassures anyone attending a partnership activity that it is a safe and understanding place for them to come".

On these two pages you can read more about some these partnerships and how they are supporting local residents of all ages.

### Invitation to Sing for Wellbeing:



Music can lift our spirits, reduce anxiety, boost confidence and connect us to

memories. Come and sing with us, bring your friends and make new ones.

The Intergenerational Choir is an inclusive group and we offer a special invitation to people living with dementia and their carers. Thank you to the students from local school Sir John Lawes and members of the Clover Singing Club who join us each week. Our Harpenden Memory Lane Café volunteers also join the singing, as well as offer a friendly welcome.

We sing a variety of music from different genres, something for everyone. Words and music are provided for those who would like them but humming along to the tune or singing from memory is just as welcome.

The Intergenerational Choir meets at 12.45-1.30pm every Tuesday, except the first Tuesday of the month, at the Salvation

### Exercise for Parkinson's



Do you know someone with Parkinson's? The Harpenden Trust and PD Buddies, a local support group of Parkinson's UK, have formed a partnership to provide exercise classes twice a week at Everyone Active in Harpenden. These are held Mondays 3-4pm and Sundays 2-3pm.

For people living with Parkinson's, exercise is one of the most important things you can do to help slow down progression of this neurological condition. Harpenden Trust and PD Buddies applied to Parkinson's UK and were awarded a grant of £3000 to help provide appropriate exercise. These classes have been running twice a week since August this

year and have proved very popular. They have received excellent feedback with around 16 to 19 people attending each class. A new initiative of table tennis sessions is also planned in the near future.

Co-leaders of PD Buddies, Christine Walden and Symon Vegro both live with Parkinson's, and set up the group when they realised there was a need for support locally.

For further information please email [christinewalden@live.co.uk](mailto:christinewalden@live.co.uk)



### Frazzled Café facilitators meet founder Ruby Wax

Facilitators from the Harpenden Trust x Frazzled Café in Harpenden were delighted to meet and talk with Ruby Wax OBE in September, when she brought her play based on her latest book 'I'm not as well as I thought I was'



on tour to The Eric Morecambe Centre. Ruby founded Frazzled Café as a means of creating peer support for people struggling with their mental health. Trained Harpenden Trust volunteer facilitators hold weekly Frazzled Café sessions at the Trust Halls at 130 Southdown Road, every Monday from 7.30-8.45pm. People who are feeling overwhelmed by the stresses of life can talk openly, connect, and feel heard. It's free and all are welcome.

To book a space please visit: <https://www.frazzledcafe.org/harpenden/>

**It's OK to not be OK.**

### Vaccination Support

The Harpenden Trust has once again partnered with the Harpenden Health PCN in helping the GP surgeries deliver the Autumn Covid and Flu vaccinations during September and October.

Trust volunteers have been welcoming and registering patients, who tell us they are delighted to see the purple tabards and the smiles when they come for their vaccinations.

Thank you to all those who have volunteered their time.



## Stormbreak – How it is helping children's mental health in Harpenden.



Two years ago, Harpenden Health PCN thanked our volunteers for their support during the pandemic, with a donation which The Harpenden Trust used to fund the Stormbreak activity programme, supporting positive mental health and resilience for primary school children. Stormbreak supports children's mental and physical health by through daily 'Stormbreaks', mentally healthy movement activities for in primary schools. These are whole-school, preventative approaches that support primary aged children to develop a toolkit of skills and knowledge around their own wellbeing that will support them now, and in the future. Initially piloted in Hertfordshire, schools by the NHS's Clinical Commissioning Group, the Stormbreak Teacher training programme was funded for only 2 Harpenden Primary

Schools - both rating it highly. Now 6 more primary schools have benefitted from the programme thanks to this donation. The schools chose to deliver concepts around Hope and Optimism; Resilience; Self-worth; Relationships, and Self-care.

Stormbreak recently undertook an evaluation of the impact of the initiative so far, outlining staff evaluation of the programme and of children's outcomes. The results were very positive, with both staff and children identifying real benefits from the programme.

School staff said that the programme enhanced understanding and knowledge about the importance of mentally healthy movement. They saw the programme as a powerful approach that is fun, encourages positive interactions and enables children to feel calm to engage with learning and classroom activities. "Children are more aware about the importance of mental health and wellbeing. They understand more now about not bottling emotions up and seeking support."

Children also viewed the experience of the activities very positively. 97% of children said they enjoyed feelings of happiness when they took part in the Stormbreak activities. One said: "When we are distracted, we do Stormbreaks and they



help us to feel our energy and to feel much more focused."

Overall, the programme is succeeding in what it set out to do. As one teacher was quoted in the report: "Stormbreak makes a difference to children's lives. Children have learnt to talk about their feelings and importantly, to be supportive of each other as well."

The generosity of the Harpenden Trust volunteers, who gave up their time to help during the pandemic, has translated into practical support for children in the post pandemic period, when they all had so much adjustment to do after months and months of home schooling. We can all be very proud of that legacy for young people in our community.

## "How Pottery has helped my Wellbeing"



We have a very successful partnership with Mind in Mid Herts providing a programme of activities for patients referred by the PCN's social prescribing team to Mind in Mid Herts for support. All these activities are facilitated by a Mind in Mid Herts support worker, funded by the Harpenden Trust. One of the most popular is our Pottery group. Some of our clients told us how taking the course has helped them.

"The Pottery course has been fantastic for me- the most amazing thing I've done for my mental health and wellbeing for a long time. Gilly is such a lovely lady and the group has been so friendly and supportive. I've loved the whole process of creating something from scratch and every step I felt supported and affirmed. The whole setting is so

welcoming. I can't believe I've actually made some bowls that actually look like bowls! Amazing! I would snap up another space on a future course and drop anything I have planned. Thank you so much- I will forever be grateful!"

"The Pottery course provides me with a safe, fun space to reignite my creativity. The people are awesome, and they really help create a warm, friendly and supportive atmosphere. Being able to do what you want means you can go at your own pace with activities that are mindful. I often refer to Pottery as my safe space – creating a change from my isolation, PTSD, depression and anxiety. Thank you so much to everyone at the Pottery, Mind in Mid Herts and the Harpenden Trust for enabling this brilliant and transformative experience."

"Coming to the Pottery group over the past few months has been the highlight of my week. I have felt supported and safe and have been able to put my anxiety to one side for a couple of hours. The supportive, nurturing nature of the groups has allowed me to cope with one of the most stressful times of my life, and I would have been lost without it."

## Arts On Prescription Showcase



The Arts on Prescription (AOP) courses held at the EMC are a great success and work from the group was on display at Harpenden Library from 20 July to 1 August. Funded by the Harpenden Trust it's held free of charge at the Eric Morecambe Centre. Facilitated by an art therapist, it supports positive wellbeing for local people as part of the Trust's Wellbeing Hub partnership with Harpenden Health PCN. Eighteen local residents took part in the last course and were delighted to see their work on show. We received some wonderful feedback from some of the participants. "Bringing in all the different elements and materials gave me ideas and I've started painting at home again."

"I've been looking at my work and I can see how I've improved – I would love to do another course! I have my artwork up around the house and it lifts my spirits." One participant Sadie (pictured) is recovering from a brain injury. The class helped her recover motor skills in her right hand and was a great support during her sick leave from work.



## Introducing the Trust Values

Some months ago, we decided that we should set some Trust Values, values which reflect our beliefs, define our culture and standards and which would publicly set out what the Harpenden Trust stands for.

In defining US, we asked ourselves –  
What does the Harpenden Trust mean to us?  
What guides the decisions we make?  
What one thing do we want to be remembered for?  
Why do volunteers stay with us?

We came up with this set of Values that we think guides our thinking and our actions, and helps us to truly define what is important, beautiful and worthwhile in the work of the Harpenden Trust. Going forward, these Values will be embedded even more firmly in everything we do as well as in our organisational processes.

**With Care and Kindness** –Whether we are supporting a client or working with a fellow volunteer, we are all deserving of each other's respect and thoughtfulness.

Recently one of our client's returned home from a lengthy stay in hospital and a residential home. Her befriender helped her to cook a meal, another volunteer cleared overgrown brambles enabling the back door to be opened. Yet another volunteer came to replace a light fitting, found another not working, and replaced that one too.

**With Community Spirit** - We are being a good neighbour in a warm and professional manner, we are giving our time, not for personal gain, or begrudgingly, but because we care about our community. We partner and collaborate with many other local organisations, including the PCN (consisting of our 3 GP surgeries), Harpenden Library and the EMC, all working together for the good of our community.

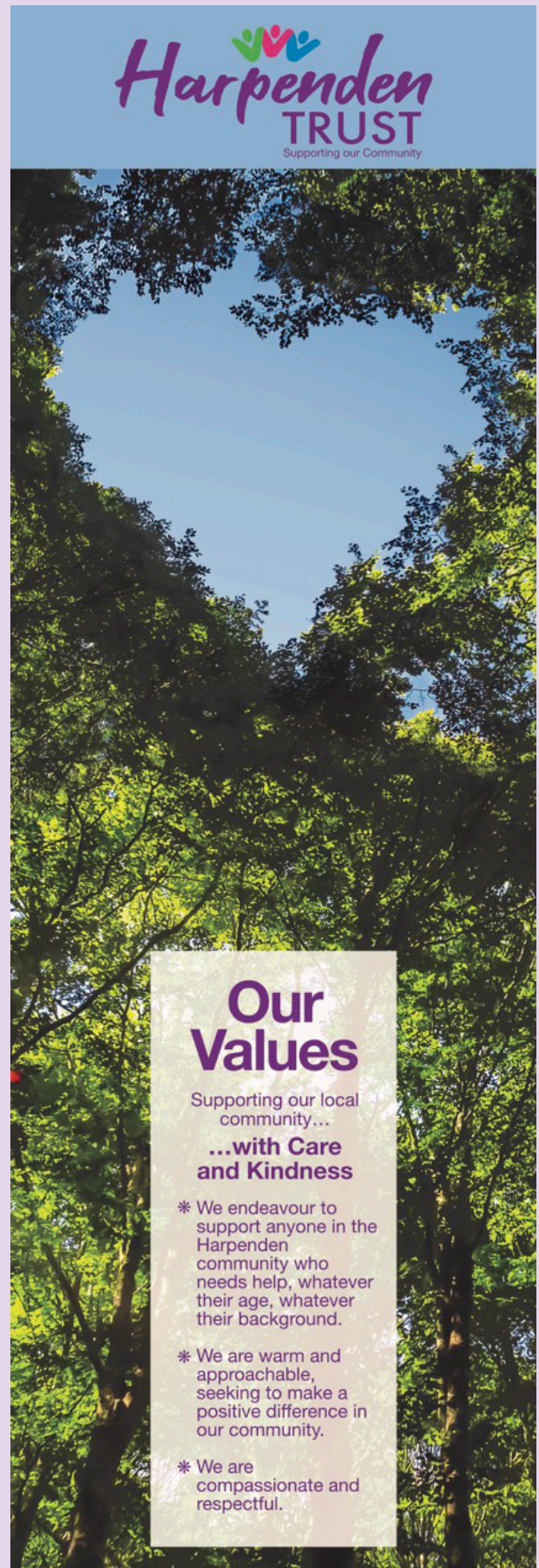
**With Creativity and Commitment** - With input and ideas from everyone, we try to find a way to solve the, often unusual, issues we are presented with.

A young client with no incentive or reason to leave the house, was partnered with a dog owning volunteer, giving them both a reason to go for a walk and also something to chat about. This worked beautifully and the upshot was that the young client loved the dog so much that he subsequently purchased his own dog, and now has been partnered with a young V1th form student volunteer to walk with. A win-win situation for everyone.

We have also been creative in our thinking and our planning of our new premises; using artwork on the walls from St George's GCSE students, tables and chairs from a café and pub closing down, (all with a little tweaking from handy volunteers of course!) Our creativity has provided a welcoming, warm, social space that everyone delights in coming to, being in, and being part of.

As for commitment, our volunteers show commitment in abundance to their roles, clients and the Trust as a whole. Without their commitment, the Trust would not be the wonderful organisation that it is today.

Please embrace our Trust Values!





## Introducing the Trust Values



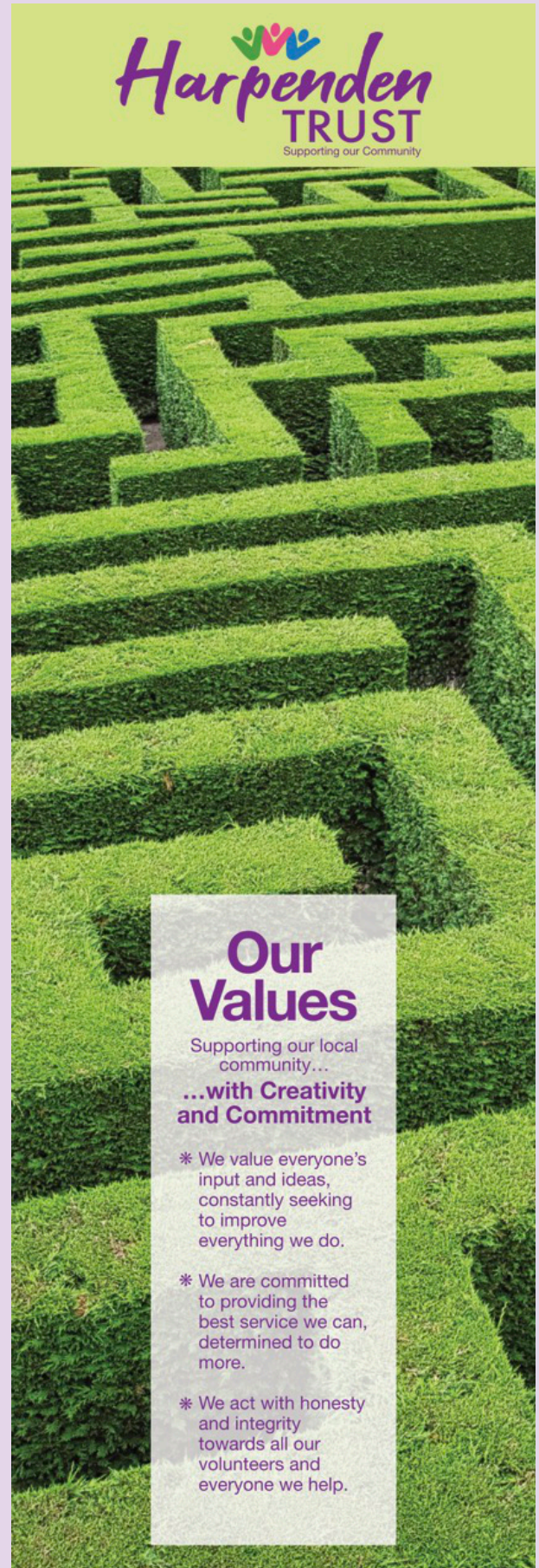
**Harpenden**  
TRUST  
Supporting our Community

### Our Values

Supporting our local community...

**...with Community Spirit**

- \* We are that good neighbour, making a positive impact, across our local Harpenden community.
- \* As volunteers, we give our time freely and generously, working together professionally and supporting each other in a warm and constructive working environment.
- \* We collaborate positively and partner with other local organisations.



**Harpenden**  
TRUST  
Supporting our Community

### Our Values

Supporting our local community...

**...with Creativity and Commitment**

- \* We value everyone's input and ideas, constantly seeking to improve everything we do.
- \* We are committed to providing the best service we can, determined to do more.
- \* We act with honesty and integrity towards all our volunteers and everyone we help.



## WINTER 2023

## COMMUNITY FUND

## What is the Community Fund?

The Harpenden Trust Community Fund was established in 2008 and relies entirely on income from a substantial capital donation made by the Abbeyfield (Harpenden) Society. None of the monies received from the annual Christmas Appeal are used.

We provide financial support for community projects in the Harpenden area with grants for specific projects designed to develop, improve or enhance their work or for facilities for their members.

Since 2008 the Fund has provided grants of over **£1,000,000** to over **230** recipients.

## Can we help you?

To find out more about the Community Fund or if you would like to apply for a grant from the Harpenden Trust, please visit:

<https://www.theharpendentrust.org.uk/how-we-can-help/community-fund>

## How have we helped?

2022/23 was a record year for grants provided by the Community Fund. Whilst the value of requests has reduced slightly in the current year, given the continuing financial pressures it is anticipated that demand for support from a wide range of local organisations will remain high. We are proud to say we have passed the milestone of providing over **£1,000,000** in grants to local community projects since 2008.

The backlog of projects delayed by COVID has now been cleared. Continuing support is being provided to local schools. A new library is being constructed in the Harpenden Academy, who will also be creating a new sensory garden, partly funded by the Community Fund. We have also enabled Wood End Primary School to fill their new library with books for pupils of all ages. The Fund has also supported a Pupil Wellbeing Hub in Lea School and a Sensory Garden at Sauncey Wood Primary School.

Supporting projects that seek to improve mental health continues to be a high priority. The Community Fund together with Harpenden Town Council have provided money for a sensory projector, which is being used in the Memory Lane

Café, situated at the Salvation Army. We are very pleased that this is also being used by Willow Court Care Home and is available for use by people living with dementia right across Harpenden.

Funding has also been provided to support continuing growth in visitors at the Hornbeam Hedgehog Sanctuary. The Fund has also provided money towards the purchase of new gym equipment at the Harpenden Leisure Centre, to allow more deprived children and families to have access to the facilities.

Finally, funding has been agreed for the Harpenden and Redbourn Girl Guides whose hall was in urgent need of repair. They can now enjoy with a meeting place which satisfies health and safety standards.

Looking forward, with a difficult economic situation likely to continue, support from the Community Fund is likely to be needed on an ongoing basis and we look forward to supporting a range of projects which will be to the benefit of Harpenden residents.

### New pupil Wellbeing Hub for Lea School



given their commitment to improve mental health of all ages.

Cathryn Egan (PTA Chair) told us "We are so grateful for the Harpenden Trust funding our new Wellbeing Hub! It has created a fantastic indoor space for our students to be able to use in a variety of ways. It flows nicely onto the outdoor space and will greatly benefit the children and staff at the Lea Primary School."

The Lea Primary and Nursery School in Harpenden have always given a high priority to helping pupils with mental health issues and assisting those who need extra support. The school had an old shipping container in the school grounds that was once used for storage, but now had no further use. They saw this as an opportunity to provide a new facility for the children. They proceeded to completely refurbish the container, making it able to be used as a Wellbeing Hub. This provides pupils from across the school with a quiet and calm learning environment, complete with lovely internal decorations.

The Community Fund of the Harpenden Trust were delighted to be able to support this project,



### Support for Learning Hub at Wood End Primary



The Community Fund were very pleased to contribute towards the building of a new Learning Hub at Wood End Primary School. The Learning Hub includes a new library. The library provides a lovely learning environment, and an attractive facility for children of all ages. The funding the Community Fund provided went towards the purchase of the books. Our support has been acknowledged by the school by stamping each book thanking the Harpenden Trust.

Headteacher, Richard Boulton said, "We are delighted with our new resource, and it will definitely further enhance reading for pleasure at Wood End. Our full-time librarian has ensured that children of all ages have a plethora of quality literature to choose from. We could not have achieved this without the constant support of FoWE (Friends of Wood End), our parents, governors and staff, and a significant contribution for books from The Harpenden Trust."



## WINTER 2023

## COMMUNITY FUND

### Singing for Charities- Clover Singing Club



A local community group, initially set up by a grant from the Community Fund, is now able to pay that forward by donating to its favourite local charities. The Clover Singing Club, a not-for-profit singing social club based in Harpenden, was delighted to host an event to mark the donation of £1,300 to Herts Musical Memories and the Hopper Bus.

The choir raises the money by singing at local community events and from sharing-out excess club funds.

During the event, which was held at the Harpenden Trust Centre, the choir sang some of their favourite pop and folk songs. Steve Pryor, Chairman of the Harpenden Trust's Community Fund, presented the cheques to the charities.

Charlotte Vickerstaff, the Clover Singing Club's Director of Music, said "We were set up with a grant from the Community Fund, so it's wonderful that we are able to help others now." The club, which sings, socialises, and goes on trips together, has nearly 90 members and accepts new members throughout the year. There are no auditions, and all abilities and ages are welcome.

### Sauncey Wood Primary opens new Sensory Garden



The Community Fund of the Harpenden Trust are delighted to have assisted Sauncey Wood Primary school in the construction of a new sensory garden at the school. Assistance was also provided by the Arts Society Harpenden Area. The children at the school were also actively involved in completing this great project by producing some beautiful paintings around the garden. A lovely environment has been created for the school which will benefit all pupils for many years to come.

Susan Dean, School Governor told us "The new garden has been a year in the making, from the initial plans being made, the landscaping undertaken, the garden preparation and planting, through to the finishing touches of paint made by the children on their colourful mural boards.



None of it would have happened without the support from the Harpenden Trust Community Fund which enabled the project to begin.

The grant was used to replace the old tarmac surface with gravel and bark, and pavers for the pathway. This initial work, plus the creative support from members of the Art Society Harpenden Area, has enabled the project to develop and come to fruition. The space has been transformed into a creative and inspiring garden to be used in various ways. It is especially important as an outdoor space supporting the teaching and learning within the Speech and Language Base at the school.

Thank you for your support for this valuable project which will be of great benefit to the whole school community."

### It's Goodbye (almost) to Jan Seager

Jan has been Secretary to the Community Fund for 15 years, previously volunteering for Abbeyfield before their linking with the Harpenden Trust in 2008. Her contribution to the Community Fund has been tremendous, providing the continuity required as members of the Fund changed over the years. Her involvement with the clients was always of the highest order and she was the natural point of contact for all the beneficiaries. Not only did she provide excellent service to the clients but also kept all the records of grants provided, which have increased significantly over the years and now total over £1,000,000. In addition, she acted as an excellent host for Community Fund meetings which were held in her house.

She decided to take well-deserved retirement in June, being replaced by Colin Brooker. I am delighted to say that she has not left the Trust completely as she continues to act as a volunteer driver. Long may this continue!! Thank you for all your hard work Jan.

Steve Pryor Chairman of the Community Fund



### Library for Harpenden Academy

The Community Fund were delighted to provide a grant to the Harpenden Academy for the provision of a new library. The school was in desperate need for a new library, providing a great environment for the children's' learning, as well as providing a great selection of new children's' books. Pupils at the Academy are aged 4 to 11 and a selection of books have been provided for all ages.



Head teacher, Lisa Davies said: "By donating money to our school to refurbish the school library, Harpenden Trust has made a dream come true. Our children at Harpenden Academy are so lucky to have this amazing space which will enhance not only their love of reading but also enrich their learning. Thank you."

### WHAT'S ON AT THE HALLS November 2023

Below is a list of activities which take place at the Harpenden Trust Community Halls.  
For information regarding timings, fees and availability please use the contact details shown

*Harpenden Trust Centre – 90 Southdown Road (opposite The Plough & Harrow)*  
*Harpenden Trust Halls – 130a Southdown Road (above The Co-op)*

#### ACTIVITIES FOR CHILDREN

<p><b>Hurst Children's Theatre Group</b> Theatre and Streetdance classes for children aged 3-18. <a href="http://www.hurstchildrenstheatrecompany.com">www.hurstchildrenstheatrecompany.com</a> <a href="mailto:hctg@live.co.uk">hctg@live.co.uk</a> Tel: 07568 363104 <i>Wednesday afternoons/evenings @ Trust Centre</i></p>	<p><b>Mini Professors</b> Science Classes for Preschoolers aged 2-5. <a href="http://www.miniprofessors.com/stalbans">www.miniprofessors.com/stalbans</a> <a href="mailto:stalbands@miniprofessors.co.uk">stalbands@miniprofessors.co.uk</a> Tel: Professor Tash on 07921 172382 <i>Monday &amp; Friday mornings @ Trust Centre</i></p>
<p><b>Girlguiding Southdown &amp; Wheathampstead District</b> Rainbows 5-7 years; Brownies 7-10 years and Guides 10-14 years. Please register your daughter at: <a href="https://www.girlguiding.org.uk/southdownguidingwaitinglist@gmail.com">https://www.girlguiding.org.uk/southdownguidingwaitinglist@gmail.com</a> <i>Tuesday, Wednesday &amp; Thursday evenings @ Trust Halls</i></p>	<p><b>NEW Socratots</b> Football inspired sports sessions for children aged 1-5. Introducing elements of football, improves balance and co-ordination skills, social interaction, cognitive skills &amp; educational development whilst having lots of FUN! <a href="http://www.socratots.co.uk">www.socratots.co.uk</a> <a href="mailto:stalbands@socratots.co.uk">stalbands@socratots.co.uk</a> Tel: 07341 148646 <i>Thursday mornings @ Trust Halls</i></p>

#### ACTIVITIES FOR CHILDREN & ADULTS

<p><b>Penny Waterman School of Dance</b> Ballet, Tap &amp; Streetdance classes. 18 months plus. <a href="http://www.pennywaterman.com">www.pennywaterman.com</a> <a href="mailto:admin@pennywaterman.com">admin@pennywaterman.com</a> Tel: Penny on 01727 858632 <i>Monday mornings &amp; afternoons @ Trust Halls</i></p>	<p><b>The Dance Studio</b> Ballet, Tap, Modern, Jazz and Acro dance classes. <a href="http://www.thedancestudioherts.co.uk">www.thedancestudioherts.co.uk</a> <a href="mailto:miriam@thedancestudioherts.co.uk">miriam@thedancestudioherts.co.uk</a> <i>Mon, Tues &amp; Thur afternoons/evenings @ Trust centre</i> <i>Saturday mornings @ Trust Halls</i></p>
<p><b>Qi Kwan Do Harpenden</b> Learn self defence techniques. 11 years plus. Facebook: Qi Kwan Do Harpenden <a href="mailto:benking007@hotmail.co.uk">benking007@hotmail.co.uk</a> <i>Wednesday evenings @ Trust Halls</i> <i>Saturday mornings @ Trust Centre</i></p>	<p><b>Jado Kuin Do Harpenden</b> Martial Arts classes. 5 years plus. <a href="http://www.jadoherts.uk">www.jadoherts.uk</a> <a href="mailto:info@jadoherts.uk">info@jadoherts.uk</a> Tel: Mark on 07545 464086 <i>Monday evenings @ Trust Halls</i></p>

#### NEW Boxercise

Fun fitness sessions with all the great benefits of boxing without having to be hit. Suitable for all fitness levels.  
[bennyp1210@gmail.com](mailto:bennyp1210@gmail.com)  
*Wednesday evenings @ Trust Centre*

#### EXERCISE & DANCE CLASSES FOR ADULTS

<p><b>Zumba Harpenden with Jennifer Davies</b> Latin-inspired cardio dance workout <a href="https://www.zumba.com/en-US/profile/jennifer-davies/696623">https://www.zumba.com/en-US/profile/jennifer-davies/696623</a> <a href="mailto:jen_papple@me.com">jen_papple@me.com</a> Tel: Jen on 07825 892 890 <i>Tuesdays evenings &amp; Saturday mornings @ Trust Halls</i></p>	<p><b>Harpenden Dance School</b> Adult Jazz dance classes <a href="http://www.harpendendance.com">www.harpendendance.com</a> <a href="mailto:info@harpendendance.com">info@harpendendance.com</a> Tel: 01727 856 521 <i>Thursday mornings @ Trust Centre</i></p>
<p><b>Keep your Fitness - for ladies 50+</b> Low-impact exercise classes <a href="http://www.harpendenfitness.com">www.harpendenfitness.com</a> <a href="mailto:susie.odell@live.com">susie.odell@live.com</a> Tel: Susie on 07958 921291 <i>Tuesday &amp; Thursday mornings @ Trust Halls</i></p>	<p><b>Rachel's Keep On Moving exercise classes</b> Gentle dance class for all ages and abilities. <a href="mailto:rkarbaron@yahoo.co.uk">rkarbaron@yahoo.co.uk</a> Tel: Rachel on 07931 543502 <i>Monday &amp; Thursday mornings @ Trust Centre</i></p>



<p><b>Clement Pilates</b> Matwork Pilates for all <a href="http://www.clementpilates.co.uk">www.clementpilates.co.uk</a> <a href="mailto:julieclémentpilates@gmail.com">julieclémentpilates@gmail.com</a> Tel: Julie on 07801 967369 <i>Wednesday mornings @ Trust Centre</i></p>	<p><b>Push Me Fit Pilates</b> Small group classes <a href="http://www.Pushmefitherts.co.uk">www.Pushmefitherts.co.uk</a> <a href="mailto:pushmefit.herts@gmail.com">pushmefit.herts@gmail.com</a> Tel: Marta on 07769 661177 <i>Wednesday mornings @ Trust Halls</i></p>
<p><b>Harpenden Ballroom</b> Ballroom and Latin Dancing - All Levels Tel: Kim on 07720 068198 <a href="mailto:kim.danceclasses@gmail.com">kim.danceclasses@gmail.com</a> <i>Wednesday afternoons @ Trust Centre</i></p>	<p><b>Line Dancing</b> Line Dancing for Improvers Tel: Bernie on 07850 160294 <a href="http://www.berniejes@icloud.com">www.berniejes@icloud.com</a> <i>Friday mornings @ Trust Halls</i></p>
<p><b>Flow &amp; Ashtanga Yoga</b> Flow Yoga - A gentle flow class. <i>Monday mornings &amp; Tues afternoons @ Trust Centre</i> <b>Ashtanga Self Practice</b> <i>Wednesday mornings @ Trust Centre</i> <a href="mailto:celiacaplan@gmail.com">celiacaplan@gmail.com</a> Tel: Celia on 07952 525297</p>	<p><b>NEW Daoist Flow &amp; Qigong classes</b> Daoist flow incorporating somatics, soft vinyasa and qigong elements, and straight qigong classes <a href="http://www.markowenward.com/yoga">www.markowenward.com/yoga</a> <a href="mailto:flow@markowenward.com">flow@markowenward.com</a> Tel: Mark on 07545 464086 <i>Monday evenings @ Trust Halls</i> <i>Thursday evenings @ Trust Centre</i></p>
<p><b>Awareness Yoga</b> Yoga classes available for all ages and abilities. <a href="http://www.awarenessyoga.co.uk">www.awarenessyoga.co.uk</a> Tel : Frances on 01582 769368/ 07896 294243 <i>Thursday evenings @ Trust Centre</i></p>	<p><b>NEW Vinyasa Yoga</b> A dynamic and rhythmic style of yoga linking posture and breath in a seamless flow. Tel : Julie on 07525 051829 <i>Friday mornings @ Trust Halls</i></p>
<p><b>NEW Movement for Memory - Imagination Dance CIC</b> Gentle dance-based sessions for those living with memory loss or cognitive impairments. Perfect for those living with dementia, Parkinson's or MS. <a href="http://www.imaginationarts.co.uk">www.imaginationarts.co.uk</a> / <a href="mailto:info.imaginationarts@yahoo.com">info.imaginationarts@yahoo.com</a> Tel: 07394 934911 <i>Monday mornings @ Trust Halls</i></p>	
<p><b>EDUCATIONAL ACTIVITIES FOR ADULTS</b></p>	
<p><b>Harpenden German Class</b> For adults wishing to improve their German. <a href="mailto:brianwebb5nr@btinternet.com">brianwebb5nr@btinternet.com</a> Tel: Brian on 01582 713985 <i>Friday mornings @ Trust Centre</i></p>	<p><b>Bridge for Beginners</b> Learn to play bridge. <a href="mailto:richard@templeandco.com">richard@templeandco.com</a> Tel: Richard on 01582 762727 <i>Monday &amp; Thursday afternoons @ Trust Centre</i></p>
<p><b>Harpenden Learning for Leisure</b> Daytime, adult educational courses <a href="http://www.harpendenlearningforleisure.org.uk">www.harpendenlearningforleisure.org.uk</a> <a href="mailto:enrol@harpendenlearningforleisure.org.uk">enrol@harpendenlearningforleisure.org.uk</a> <i>Wednesday afternoons @ Trust Centre</i> <i>Thursday afternoons @ Trust Halls</i></p>	<p><b>Harpenden u3a</b> A variety of activities for individuals no longer in full time employment. <a href="https://u3asites.org.uk/harpenden/home">https://u3asites.org.uk/harpenden/home</a> Tel: Roger on 07523 031454 <i>Tuesday &amp; Thursday afternoons @ Trust Centre</i> <i>Tuesday mornings @ Trust Halls</i></p>
<p><b>OTHER ACTIVITIES FOR ADULTS</b></p>	
<p><b>Clover Singing Club</b> A singing social club for older ladies. No auditions, all abilities welcome. <a href="http://www.cloversingingclub.com">www.cloversingingclub.com</a> <a href="mailto:cloversingingclub@gmail.com">cloversingingclub@gmail.com</a> <i>Wednesday mornings @ Trust Centre</i></p>	<p><b>Southdown Marquetry Group</b> Make a masterpiece with wood veneer. Veneers and tuition provided. Tel: John on 07981 142099 <i>Wednesdays mornings @ Trust Halls</i></p>
<p><b>NEW Computer Friendly Drop-In</b> A free session, staffed with friendly and experienced technical volunteers, who will help you find a solution to your Windows, Apple or Android issues. Contact us to arrange an appointment, or just Drop-In. <a href="http://www.computerfriendlystalbans.org.uk">www.computerfriendlystalbans.org.uk</a> / <a href="mailto:admin@cfsta.org">admin@cfsta.org</a> Tel: 01727 617359 <i>Thursday mornings @ Trust Centre</i></p>	

## WINTER 2023

## COMMUNITY HALLS

### Ten months on

When we took over the Methodist Halls in January, we were faced with the task of refurbishing the halls. Ten months on and the halls are virtually unrecognisable. Despite ongoing works, we now have a total of 16 regular hirers running classes in the Trust Halls, double the number we 'inherited'. With the corridor in the Abbeyfield Hall now installed and acoustic works planned for later this year in both the Abbeyfield and Gibbons Halls, we can't wait to welcome more new hirers on board.

We want to say a big thank you to all our hirers who have stuck with us through our renovations.

The 'What's On At The Halls' section in our last newsletter proved so popular that we have updated this on pages 12 and 13. Due to the increasing number of new hirers, we cannot provide detailed descriptions for every hirer but we have provided full information about our newest hirers. As always please use the contact details given to find out more about any activity that catches your eye.

### Computer Friendly



Computer Friendly run a Drop-In, in the Randall Room at The Trust Centre, every Thursday morning between 10am and 12:30pm. The Drop-In is free (donations welcome), and is staffed with friendly and experienced volunteers, with experience in Windows, Apple and Android products.

The volunteers will be able to help find a solution to your technical issues. There's no need to book, though if you have an issue that needs specialist help, they advise booking a One-to-One session in advance, where they can dedicate someone to you for up to an hour.

[www.computerfriendlystalbans.org.uk](http://www.computerfriendlystalbans.org.uk)

To book a One-to-One session please call [01727 617359](tel:01727617359).

### Strictly Sparkle



If watching Strictly Come Dancing makes your toes tap and you feel like giving it a go why not try Ballroom & Latin dancing or even Jazz or Line Dancing! We have classes running for all of them at the Trust's Community Halls.

Wednesday afternoons you can settle in for an hour of Ballroom and Latin with Harpenden Ballroom, no partner required! If Jazz is more your style Harpenden Dance School's class on a Thursday morning is the one for you or if Line Dancing is your preference join Bernie's class on Friday morning. All classes are held at the Trust Halls and contact details for each can be found on pages 12 and 13.

Keep Dancing!



### HARPENDEN TRUST COMMUNITY HALLS FOR HIRE



We have a fantastic selection of five well equipped halls, ranging from 32 sqm to 118 sqm, offering the perfect venue for regular:-

- \* CLASSES
- \* MEETINGS
- \* GROUPS

Also for one-off events such as:-

- \* CHILDRENS PARTIES
- \* LECTURES
- \* CHARITY FUNDRAISERS

We still have some regular weekday slots available, but they are filling up fast.

Halls can be hired individually or together and kitchen facilities are available.

Available to everyone, the halls are conveniently situated at our two Southdown locations - the Harpenden Trust Centre (90 Southdown Road) and the Harpenden Trust Halls (130a Southdown Road).

Visit our website for information or contact us to arrange a viewing.

Email: [halls@theharpendentrust.org.uk](mailto:halls@theharpendentrust.org.uk)

Web: [www.theharpendentrust.org.uk](http://www.theharpendentrust.org.uk) Tel: 01582 460457

### Age Is Just a Number



To celebrate The International Day of Older Persons on Monday 2<sup>nd</sup> October, Everyone Active ran an event at the Eric Morecambe Centre. The Harpenden Trust supported this event, with Trust volunteers providing teas, coffees, and a delicious array of homemade cakes.

Volunteers also staffed the welcome desk and the fire doors, directing guests to the various activities on offer.

The purpose of the event was to showcase that 'age is just a number' and that anyone can get involved and active at any age. From Arts on Prescription workshops, fitness demonstrations, health checks and first aid tutorials to the Marquetry Group and Meet the Pickleballers, there was certainly something for everyone. Our sensory projector took pride of place in the foyer and proved very popular with the visitors. Computer Friendly and the neighborhood PCO team were also present to give advice. The wonderful Clover Singing Group and Redbourn Jazz Band provided super entertainment during the afternoon.

Thank you to all involved. Kirsty Jones, Area Active Communities Manager at Everyone Active said: "The Harpenden Trust volunteers were incredible on the day, holding the doors open and making it as accessible as possible for everyone who attended, as well as providing the most delicious cakes and teas downstairs!"

The Trust was proud to support this very worthwhile International Day of Celebration.

### Concert for The Trust



Our enormous thanks go to the Hertfordshire Chamber Orchestra who performed at St Nicholas Church, Harpenden in September. All proceeds from the evening, amounting to some £900, was donated to the Harpenden Trust.

The Hertfordshire Chamber Orchestra's local summer concert, with guest conductor Edmon Colomer and solo violinist Benjamin Nabarro, featured a fabulous programme of music including Brahms's Violin Concerto in D Major (Op.77) and Georges Bizet's Symphony in C. It was a magnificent musical evening enjoyed by the many attendees.

We were also joined by members of the local Harpenden office of Taylor Walton, who have very kindly nominated the Harpenden Trust as their local charity this year. Their team served free interval drinks to all concert goers - very welcome on a hot summer's evening. All donations were added to the overall funds raised at the event.

Thanks also to Harpenden Trust volunteers - Helen, Sharon and Shirley - for welcoming concert goers at the main door and managing ticket sales on the day. A wonderful evening, enjoyed by so many local residents.

Thank you to all involved and for everyone's generosity on the night.



## SENIORS FAIR

Eric Morecambe Centre  
Rothamsted Park

**FREE ENTRY**

**Wednesday**  
**10th April 2024**  
**10.30am-1.30pm**

**Showcasing Local services and activities for Seniors**

Come and discover what is available for yourself, a family member, friend or neighbour.

Over 30 local organisations will attend including

- \* Charities
- \* Voluntary and commercial organisations
- \* Social activities

**Refreshments available**

Foodbank donations gratefully received



## WINTER 2023

## VOLUNTEERS

## Meet our volunteers

The Harpenden Trust has well over 500 volunteers in a huge variety of roles. Here we meet just two of them to find out what they do, why they volunteer and what they get from their work with the Harpenden Trust.

### Are you interested in joining us as a volunteer?



Would you like to make difference to your life and to the lives of those around you in Harpenden?

We have a range of opportunities for volunteers to get involved, for those of you who just have a few hours to spare and those who have time for a more regular commitment.

The Trust is always looking for opportunities to enable us to increase and improve the support we can provide to various sectors of the community. New projects will mean more volunteers, and in a variety of new roles too. At the Trust, we are always appreciative of the time that our volunteers give to help, and we respect that volunteering should fit in with their lives. We would love to hear from you if you feel able to give some time and you would like to get involved as we move into this new phase of community support.

**To find out more about how you can get involved please contact us by calling 01582 460457 or email us at [admin@theharpentrust.org.uk](mailto:admin@theharpentrust.org.uk).**

The Trust is committed to embracing diversity and promoting equality and inclusion when recruiting volunteers and welcomes applications from people of all backgrounds and skills. We provide appropriate training for all our volunteers and have adopted a range of policies to support them in their roles.



### David – Appeal Area Organiser



My name is David and I have volunteered in Harpenden for over thirty years, which I put down to having been brought up by community-minded parents. For most of this time, I volunteered with the Harpenden Lions Club, and more recently Sustainable St. Albans, both of whom I still support. As I approached retirement and was looking for additional opportunities, I was asked if I would help cover a few streets for the Harpenden Trust's Christmas Appeal. This was my gentle introduction to supporting the Trust, which ramped up with the advent of Covid and the call for Vaccination Centre volunteers. Very soon I was doing 2 or 3 sessions a week along with many others, for a full year. This was surprisingly enjoyable and really brought our community together in a positive way, despite the difficult time the virus brought to many.

Last year, when my Christmas Appeal Area Co-ordinator stepped down, I offered myself as their replacement. As an Appeal Area Organiser, I support my collectors by providing them with all the paperwork to deliver, suggesting to new volunteers how best to time deliveries, and more significantly when to collect envelopes, to try to see the most residents when they are home.

With 12 collectors my area is busy during the collection period, and I still do a few rounds with my wife, so that we know the dos and don'ts of collecting and can see the changes to the appeal as they happen. With over 40 years working experience with technology, I try to encourage and reassure Trust volunteers that technology, like card readers to collect donations and the Workplace app are genuinely useful. The Workplace tool is a very positive way of communicating with other volunteers if given time to learn, and I hope is part of my way of supporting the wider volunteer community.

Volunteering is not a one-way street. I believe that the friendships and interactions when supporting your community are as valuable to yourself as it is to the groups you may support. It has certainly given me more than one reason to get up in the morning!

### Nina – Well Bean Café Volunteer



Q & A :

1. Who are you?

Hi! I'm Nina. I am originally from the republic of Moldova. I moved to London in 2014, where I worked as a gymnastics coach until 2022, when I moved to Luton. Gymnastics was my life for many years. I worked as a coach for over eight years at different levels including the elite level. I have coached some gymnasts on the National team. However, when I became a mum, it was harder to continue coaching as the timings no longer really fitted with my life, so I have stepped back from my gymnastics career for now. In 2020 I applied to university for business management, and I am now in my final year.

2. How long have you been volunteering at the Trust?

I joined in June 2023. I was looking for an opportunity as I am a very active person, so wanted to do more in addition to university. I am keen to learn more about the area and the people where I live. I saw an advert on the internet and applied.

3. What inspired you to get involved?

I always like to help people to develop and get better. Also, I like being around people who have big hearts, and this is what I have found in the Trust. I was immediately made to feel welcome and felt it was a place I wanted to spend my spare time.

4. What role do you do in the Trust?

I work as a volunteer in the Well Bean Café. I try to make the best coffees and give a warm welcome to everyone who comes in. If they want to talk, I am proud I can give my time to someone who needs it that day.

5. What do you really enjoy about volunteering for the Trust?

I enjoy the flexibility of the role- it is fun, not pressurised. I also value the friendships the Trust gives me and the opportunity to be around people with beautiful hearts.

6. Finally- have you any words for anyone thinking of volunteering for the Trust.

The Harpenden Trust is an amazing team. It is that kind of team where you can ask for help and there is always someone to listen, advise and help you. When you join you will always feel supported and valued.

## Thanking everyone

### Extract from the Chairs' Opening Remarks at the Harpenden Trust 2023 AGM



The Harpenden Trust is a voluntary organisation, everyone giving so generously their time and experience in support of the Trust, wholly free of charge. The Trust could not achieve all it does without the kindness and generosity of its many volunteers - over 500 local people again during this last year! The Trust is a collective team effort - and I would hope, also an equally rewarding organisation to be part of, especially as one experiences the positive impact, we have witnessed across so many local people's lives.

At times, a simple "Thank you" feels somewhat inadequate. However, my Chair's Statement is my formal opportunity each year to thank more formally everyone who has assisted so many individuals, families, charities, and organisations across our local community. Everyone has played their part - from my colleagues on the main Trust Board; to the members of the Care Fund and Community Fund Committees; to the members of the various sub-Committees and teams that volunteer in all these areas; to those who have established the Harpenden Wellbeing Hub and the many related Wellbeing initiatives; to those who form the new Property Team and Facilities Team as our expanded footprint in Southdown

starts to take shape; to the over 30 Well Bean Café volunteer Baristas, enabling the Well Bean Café to open every weekday morning free of charge to any local resident seeking a coffee or a chat; to the Trust Office teams answering the phones each day, and those arranging the hall bookings; to the Care Fund Home Visitor teams - whose work is so often and necessarily anonymous and hidden from plain sight; to all those so kindly befriending local residents; to those members of the Audit, Risk and Governance Committee and Investment Committee who carefully monitor and oversee our assets and governance; to the Trust's annual Christmas Appeal team, involving Area Organisers and so many individual Street Collectors; to the volunteers at the Harpenden Library, to the Minibus Team seeking to provide additional resources to benefit local groups and local organisations; to the volunteers continuing to assist at our GP surgery vaccination centres; to the External Affairs team building awareness of the Trust's work through our Newsletter and our various media channels; and indeed to everyone else who has made such a difference to the Harpenden Trust over the course of the last year. Thank you everyone.

A special thank you also to the residents of Harpenden who support our Christmas Appeal each year, with such generosity. The Harpenden Trust's Christmas Appeal is an incredibly important source of revenue for the Care Fund.

And thank you also to our many valued partners. We are increasingly working with both national and local partners to assist in amplifying their work across our town.

- National valued partners include us working ...
  - with Macmillan, we have partnered to help establish the Ribbon Cancer Support group.
  - with Parkinsons UK & Everyone Active, we have partnered to help establish PD Buddies
  - with Frazzled and Ruby Wax, we have partnered to help establish Harpenden's very own Frazzled Café.
- And our more local valued partners, we are working...
  - with our three local GP surgeries and MIND in Mid Herts, partnering to establish the overall Harpenden Wellbeing Hub
  - with the Harpenden Town Council and the Salvation Army, partnering to help establish the Memory Lane Café
  - with Rennie Grove Peace, partnering to open a Compassionate Café

Personally, it has been a huge privilege over the last year continuing to work alongside so many wonderful local people, supporting local residents across our local Harpenden community. If we are going to make the world a better place, why not start in our own local corner.

**Richard Nichols**

## CONTACT US

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To keep up to date with what we are doing follow us on Facebook, Instagram and Nextdoor



## We're here to help

Please do get in touch if we can help you - or if you can help us



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