

# Harpenden TRUST

Supporting Our Community

## CHRISTMAS APPEAL UPDATE

Thanks to the generosity of all our donors, the support of the local businesses who are envelope drop off points and the hard working team of volunteers who help the Harpenden Trust with the appeal, we raised a fantastic £60,000.

All this money goes towards the Trust's Care and Wellbeing Services that allow us to keep helping individuals and families in Harpenden.



**Harpenden TRUST**  
Supporting Our Community

**CHRISTMAS APPEAL**  
Your donation will help us to reach those most in need in our community

2020 has been a difficult year for many people, but the Harpenden Trust has been supporting our community through it all. With the help of some 400 amazing local volunteers:

- We established the Harpenden Cares Contact Centre (responding to over 2,000 calls).
- Supported partner groups with food assisted shopping and medication delivery services.
- Assisted our GPs by delivering oxygen monitors.
- Grew our Befriending activities substantially.
- Continued to support those most in need across our local community where we are able, as we have been doing now for over 70 years.

Please consider giving generously in support of all our work into 2021 by using this envelope or the many other ways we can accept donations. Please see the back of this envelope.

Supporting our Community also supporting Harpenden Cares



## NEWSLETTER SUMMER 2026

# Harpenden Trust helps parkrun come to town!

## A Saturday morning event open to everyone

The Harpenden Trust is delighted to support the launch of a new parkrun in Rothamsted Park. The event, which takes place every Saturday morning at 9am, is a free timed 5K run or walk. It is open to everyone in the community; there is no time limit to complete the course, and all are welcome.

Nick Clarke, Rothamsted parkrun event director, said “parkrun is a wonderfully inclusive and friendly event. You can run, walk, or jog the route, or you can volunteer to help in a range of roles.”



The Rothamsted parkrun is the result of a huge amount of work behind the scenes, as Nick explained, “We have had a lot of interest and support from the community, as well as local running clubs and individuals. And we were very lucky to have a dedicated core team that got the event launched. We are very grateful to the Harpenden Trust. Its backing has really helped us to get the Rothamsted parkrun off the ground.”

Richard Nichols, Chair of the Harpenden Trust said, “This is a wonderful event, and we are extremely pleased to support it through our Community Fund. The parkrun movement has a proven track record of having a positive effect on both mental and physical wellbeing, and we are sure that the Rothamsted event will bring huge benefits to everyone in our community.”

The first Rothamsted parkrun took place as a test run on 4<sup>th</sup> April with over 340 people running or walking and 30 people volunteering. The official first Rothamsted parkrun event was held on the 18<sup>th</sup> of April and since then it has grown to include hundreds of participants each week.

The parkrun starts just outside the Eric Morecambe Centre and takes in the Lime Tree Avenue as it weaves its way through the park. Anyone over the age of four can register for the parkrun, although children under 11 must be accompanied by an adult. All are welcome!

For more information, please go to:  
[www.parkrun.org.uk/rothamstedpark/](http://www.parkrun.org.uk/rothamstedpark/)



## CAROLS ON THE COMMON

Nearly 5,000 people gathered on Harpenden Common on Christmas Eve 2025, forming a record-breaking community choir and cementing Carols on the Common as a much-loved festive tradition. Led by Tim Sutton, the joyful event brought the whole town together in a magical atmosphere. Supported by local dedicated volunteers, it also helped the Harpenden Trust's Christmas Appeal raise an impressive £60,000, with plans already under way for an even bigger celebration in 2026.

## IN THIS ISSUE

### Growing wellbeing services and community spaces

The Well Bean Café and a range of support groups, exercise programmes, and social activities helping build connections and improve wellbeing across Harpenden.

### Community Fund supports local projects and facilities

Grants have funded schools, community initiatives, and accessibility improvements, with over £1.3m awarded to more than 260 local projects since 2008.

**INTRODUCING THE TRUST**



Supporting the Harpenden community for over 75 years.  
 Now with over 500 volunteers.  
 Helping adults, families & young people.  
 Providing financial support for community projects.  
 All thanks to the generosity of the people of Harpenden.

Since its foundation in 1948, the Harpenden Trust has provided support for local people in need, whatever their age or background. It is funded by and managed by Harpenden people to benefit Harpenden people.

The Trust can help you with practical support, activities and signposting. It has a range of core services available such as befriending and community transport and can provide financial aid through the Care and Community Funds. The Trust aims to be your good neighbour – and this was made clear when over 700 local people stepped forward to help out during the COVID pandemic.

Since the pandemic, the Trust's work and activity levels have increased. In 2025, it responded to over 600 calls for Home Visits, organised family outings, activities clubs, assisted local pupils with school trips and courses, and launched the Harpenden Wellbeing Hub in partnership with the Harpenden PCN, and more! This shows the Harpenden Trust is still very relevant and much needed in 2025 and beyond.



**The Harpenden Trust's Values**

**Harpenden TRUST**  
Supporting our Community

Supporting our local community with.....

**Care & Kindness**

- We aim to support any Harpenden resident in need.
- Warm, approachable, compassionate and respectful in every interaction.
- Committed to meaningful, positive community impact.

**Harpenden TRUST**  
Supporting our Community

Supporting our local community with.....

**Community Spirit**

- We act as the good neighbour Harpenden can rely on.
- Volunteering with professionalism, generosity and mutual support.
- Building positive partnerships with local organisations.

**Harpenden TRUST**  
Supporting our Community

Supporting our local community with.....

**Creativity & Commitment**

- Valuing all input, continuously improving our work
- Committed to excellence and expanding our impact
- Acting with honesty and integrity in all relationships

The Harpenden Trust has a clear set of values which publicly define what the Trust stands for. These reflect our beliefs and guide our thinking and activities. They define what is important and worthwhile in the work we do.

**With Care & Kindness** - Whether we are supporting a client or working with a fellow volunteer, we always treat each other with respect and thoughtfulness, showing care and kindness in our actions towards others.

**With Community Spirit** - As a good neighbour, we give our time for the good of our community because we truly care about it. We partner and collaborate with many local organisations to support our local residents.

**With Creativity & Commitment** - With input and ideas from everyone, we do our best to solve any issues we are presented with. Our volunteers show commitment in abundance to their roles, clients and the Trust as a whole.

**NEWS SUMMARY**



**Celebrating with the Harpenden Trust**

The Harpenden Trust celebrated Volunteers' Week from the 1st to the 8th of June. During the week we highlighted a number of individual volunteers and groups on our social media channels. And it was wonderful to be able to show how people make a huge difference to our community in a range of different ways.

The Harpenden Trust is a local charity that has been supporting individuals, families, and the Harpenden community for over 75 years. It has over 500 volunteers who give their time and energy to support a huge range of projects. Volunteering can mean anything from giving an hour a week, to as much time as you can muster, and we welcome people aged 17 to 107! We also have roles that only run for a limited time throughout the year and long-term projects.



Over the next few months we will look at some of the ways people can get involved. These are just some of our volunteering opportunities available (there are more!)

- **Befriender**
- **Minibus and Car Driver**
- **Christmas Appeal Area Organiser and Appeal Collectors (from September to January only)**
- **IT Support and Development**
- **Organisation and Support for Activities (including Film Club, Lunches, Music Quizzes, Bingo, Men's Morning)**

If you have ever thought about volunteering, now is a great time to get in touch. Our friendly team will be delighted to talk to you about joining us at The Harpenden Trust.

For more information, please see our website, or contact [admin@theharpentrust.org.uk](mailto:admin@theharpentrust.org.uk)

**Afternoon Tea with the Trust**

The Harpenden Trust welcomed 50 guests to Afternoon Tea at Bennets on a beautiful sunny day in April. Our guests, who are all members of the Harpenden Trust Activities Club, enjoyed sandwiches, sausage rolls, and an amazing array of homemade cakes.



The hall buzzed with chat and laughter as our guests and volunteers enjoyed catching up and making new friends. "It's lovely to get out of the house and get together," said one guest, "It's just great".

After (most of!) the cakes had been eaten, the guests were led in a singalong by a choir of volunteers. There were enthusiastic renditions of classics from The Carpenters, The Everly Brothers, and Dusty Springfield, with a very rousing performance of Neil Diamond's *Sweet Caroline* being a particular highlight.

Lynn Henderson, a volunteer with the Harpenden Trust who helped organise the event said, "All the volunteers thoroughly enjoy the Afternoon Teas. It is hard work but so rewarding. The enjoyment we as volunteers experience is equally matched by the enjoyment of our guests. It's like a big family party and the icing on the cake is seeing everyone go home with big smiles."



The event was also supported by the Harpenden Trust Volunteer Transport Team, who made sure that all our guests were able to attend.

For more information about the Harpenden Trust Activities Club, please call 01582 363134 and leave a message, including a name and telephone number.

## The Well Bean Café; at the centre of the Harpenden Trust



**Harpenden TRUST**  
Well Bean Café

OPEN MONDAY TO FRIDAY  
10:00am-12:30pm

*Above the Co-Op,  
lift access via the car park*

Your community café serving barista coffee and home-made tasty treats!

ALL donations go to the Harpenden Trust

Supporting Our Community  
Contact us today

www.theharpentrust.org.uk  
info@theharpentrust.org.uk

When the Well Bean Café opened three years ago, we had no idea how successful it would be, but we are delighted that it has now become a vibrant and integral part of the Harpenden Trust, and a key part of our commitment to wellbeing.

The Café, which can be found upstairs at 130 Southdown Road, is open to everyone from 10.30am – 12.30pm every weekday and is accessible via both stairs and a lift. It offers tea, coffee, and other hot drinks as well as a selection of delicious homemade cakes. And it is staffed by a wonderful group of volunteers who go above and beyond to make everyone feel welcome.

As the Well Bean Café has grown in popularity, we have been delighted to see it become a focal point for a range of community groups. Hall users can often be found enjoying a coffee before or after classes, and the Café volunteers have provided refreshments for a range of groups involved in various Harpenden Trust activities.

The Well Bean Café is also often the place where new volunteers have their first meeting with members of the Trust; many new volunteering opportunities have been discussed over tea and cake! And it is a great place for volunteers to meet up to have a chat about how their volunteering roles are going, brainstorm new ideas, or just have a good catch-up.

Indeed, one of the most positive aspects of the Well Bean Café is the relationships that have been made there. The Café has provided an inclusive space where connections can be made, people can make new friends, and everyone in Harpenden can be welcomed into the heart of the Harpenden Trust.



## Exercise Programme RISE up for health

RISE Seated Sports is an exercise programme that supports those with mobility issues, long-term health issues or who are recovering from illness or surgery. Participants are referred to the class directly by Jo Pollard, the Harpenden Trust Health and Wellbeing coach, working with all three GP surgeries within the Harpenden Health Primary Care Network (PCN). These classes support the PCN's anti-frailty and rehabilitation work, allowing patients to build on the advice and exercise plans Jo provides to encourage new exercise routines and habits.

The programme is run in the Abbeyfield Hall at The Harpenden Trust at 130 Southdown Road. It has proved so popular that we now run a second session. It is a supportive and friendly group, and participants often meet up beforehand for coffee in the Well Bean Café.



## A Whole Host of Activities

The Harpenden Trust Activity Club holds a number of social activities throughout the year supported by the Well Bean Café.

Activities include the **Chatting Cafe** and **Men's Mornings** which run on Fridays in the Charles Hill Lounge next door to the Well Bean Cafe. Café volunteers provide filter coffee, tea, cakes and biscuits in the lounge so guests can enjoy the comfy chairs of the lounge and a quieter space to chat away from the noise of the coffee machine churning out cappuccinos and lattes.

Once a month our **Film Club** guests enjoy a cookie and a drink in the Café before the show which all adds to the 'day out at the flicks' experience.

**For a full list of the Activities and eligibility, please contact:**

[HTAC@theharpentrust.org.uk](mailto:HTAC@theharpentrust.org.uk)



## Frazzled Cafe in Harpenden

# FRAZZLED

Frazzled offers a supportive, non-judgemental and confidential space where people who are feeling overwhelmed or 'frazzled' can talk openly and feel heard. Each session begins with a cosy cuppa at the Well Bean Café, then trained facilitators allow people to talk or listen, without judgment or solutions.

Our participants have found that the simple act of opening up has the power to help not just the person sharing, but those whom they share with. Frazzled is a community-based initiative and a space where wellbeing is nurtured and encouraged.

**For more information on how to get involved,**

**please go to:**

[www.frazzledcafe.org/harpenden.html](http://www.frazzledcafe.org/harpenden.html)

## Cancer Support When You Need It




Ribbon Cancer Support Group is a dedicated, local support group for Harpenden residents living with or beyond any cancer diagnosis. It provides a safe, friendly space for conversation, information sharing, and social connection for local residents.

The group regularly invites guest speakers and hosts discussions on a range of relevant topics, and it is led by volunteers, many of whom have had a cancer diagnosis with support from an oncology cancer nurse. The group meets between 1.30pm and 3.00pm on Wednesdays in term time (with a shorter three-week break over the summer).

There is also a social element as the Well Bean Café opens for the group, giving people a comfortable space to chat and share while refreshments are served by two of our Café volunteers.

**For more information, please contact:**

 [rcsg@theharpentrust.org.uk](mailto:rcsg@theharpentrust.org.uk)

 **01582 363143 and leave a message**

## Compassion at the Well Bean Café



The Compassionate Café is run by the Harpenden Trust and the Rennie Grove Peace Hospice and provides a space for members of the community who have been affected by bereavement and would like to come along for a friendly chat and a chance to meet others over a cup of tea. It is a free drop-in session at the Well Bean Café and runs on the first and third Tuesday of the month between 2pm and 3.30pm.

**For more information, please contact:**  
[www.renniegrovepeace.org/stores/well-bean-cafe-harpenden/](http://www.renniegrovepeace.org/stores/well-bean-cafe-harpenden/)

## What is the Community Fund?

The Harpenden Trust Community Fund was established in 2008 and relies entirely on the 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 specifically designed to develop, improve or enhance their work or facilities. Since 2008 the fund has provided over £1,300,000 to over 260 projects.

## 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:

[www.theharpentrust.org.uk/how-we-can-help/community-fund](http://www.theharpentrust.org.uk/how-we-can-help/community-fund)

## Construction Support of Grove Infant School Play Equipment

The Harpenden Trust Community Fund are delighted to have been able to support the construction of new play equipment at Grove Infant School which has proved very popular with the pupils and provides a valuable addition to the existing facilities at the school.



## How have we helped

During the second half of 2025, the Community Fund approved grants for specific requests designed to develop a wide range of activities for Harpenden residents. The applications have come from a wide range of community initiatives.

### Residents Support Network Pottery:

This popular facility is being used by more and more people, and a grant was provided for an additional pottery wheel to meet the increasing demand.

### Community Groups parkrun:

This very popular activity sees weekly 5K runs take place all around the country, but until now an event had not been available in Harpenden. The Community Fund contributed towards the start-up costs with the first run taking place at Rothamsted Park in April. For more information on parkrun, see the separate article on the front page of the newsletter.

### Youth and Schools Young Enterprise:

This annual project is a long-standing national initiative which supports school children to establish their own businesses and run the company for an academic year. Last year Roundwood Park school reached the national final where they won an award for building strong community and business links. A tremendous achievement. The Community Fund are very pleased to continue to support this excellent project.

### Lea Primary School:

The school needed artificial grass and an improved surface for their playing area. The support given by the Community Fund will ensure these items are installed to provide pupils with an essential facility that will be very well used.

### Sauncey Wood Primary School:

The school also needed improvements to their play area. The Community Fund have made a contribution towards the work required.

For both Lea Primary School and Sauncey Wood Primary School the Parent Teacher Associations (PTA) should be praised for their fundraising efforts.

## Installation of a Garden Ramp at Homedell House



Homedell House is a well-established Retirement Housing Complex in Harpenden where some of the residents are disabled and getting into the garden has proven difficult. The Community Fund is delighted to have provided a grant contributing towards the installation of a ramp into the garden making access that much easier.

## Harpenden Mencap Batford Support Hub



The construction of a support hub in Batford has been supported by the Community Fund allowing improved support to be given to their clients who have a learning disability. The Community Fund were pleased to provide funding to allow the construction of a second hub at their premises in Carlton Road, improving the support for the residents there.

2026 is a special year for Harpenden Mencap as it marks the 80<sup>th</sup> anniversary of the founding of Mencap by Harpenden resident Judy Fryd to support children who, like her daughter, had a learning disability. The support group set up by Judy grew into a national organisation and to recognise this fantastic achievement, a blue plaque was installed in March on the house in Westfield Avenue where Judy lived.

Victoria Collins MP and Harpenden Mayor Beth Fisher alongside Steve Pryor representing the Harpenden Trust.

## CanThrive Exercise Rehabilitation Sessions

The Wellbeing Team and the Community Fund have been delighted to work together to bring this impactful new project to life. CanThrive is a new initiative offering specialist exercise rehabilitation sessions for Harpenden residents diagnosed with cancer.

Participants may be at different stages of their diagnosis, but the classes are designed to support everyone safely and effectively, delivering clear physical and mental benefits. The programme was created and is led by Lauren Caisley, with weekly sessions held at the Harpenden Trust premises at 130 Southdown Road.

Alongside the physical benefits, the sessions are also great fun, with a strong sense of community and support. Participants are often seen singing and dancing as they exercise, creating a welcoming and uplifting environment for all.

The classes have been incredibly well received, with participants sharing positive feedback including:

*“These exercise classes are of great benefit to me mentally and physically. Lauren makes them both challenging and enjoyable.”*

*“I’m so glad I came along! The class caters for a variety of fitness levels and really helps. I’m already looking forward to next week.”*

Participants have also expressed their gratitude for the support behind the programme:

*“Please thank the Harpenden Trust on our behalf for supporting this initiative. We all thoroughly enjoy the sessions and truly feel the benefits.”*



## Carols on the Common Christmas Eve 2025

Were you there? At 6pm on Christmas Eve, standing on Harpenden Common as Tim Sutton and his band launched into the unmistakable opening chords of *All I Want for Christmas Is You*? Just under 5,000 of us were - twice last year's crowd, and quite possibly the largest spontaneous choir Harpenden has ever produced. Carols on the Common isn't just becoming a tradition: it's becoming the way Harpenden warms up for Christmas.

There is something magical about that moment when the first carol begins and suddenly, you're part of a sea of voices - families wrapped up warm, small children on tricycles, couples arm in arm, and returning students who clearly haven't forgotten the words, nor the way back to their favourite pub. With the Christmas lights twinkling around us, it felt like the whole town had stepped into its own festive film - *Harpenden Actually*?

Tim, ever the showman, had upped the game this year by recruiting singers as well as band members, ensuring we all knew which verse we were on - a small detail, but one that saved many of us from confidently belting out the wrong line. The sound was richer, fuller, and wonderfully joyful - but we'll aim to go bigger again in 2026.



And then there were the volunteers. Spare a thought for the army of people who had spent days watching the weather forecast with the intensity of professional meteorologists, hoping for a White Christmas in theory but not in practice. Song-sheet distributors, marshals, bucket shakers - all connected by radio to the unflappable Maciej, who seemed to be everywhere at once. Richard, Tim and the musicians kept the atmosphere buoyant, but it was the volunteers who kept the whole event running smoothly, warmly and safely.

Their efforts mattered. The Harpenden Trust Christmas Appeal raised £60,000 for local projects - an extraordinary achievement. We will never know exactly how much of that came from Carols on the Common, but an event created by the community, enjoyed by the community and shining a light on a community appeal can only help.

**Put Christmas Eve 2026, from 6pm to 7pm, in your diary.**

**Carols on the Common will be back - bigger, brighter and even more joyful.**

## Shout out to our Sponsors - old and new

Planning for Carols on the Common 2026 is already under way, and we're delighted that all of our current sponsors have committed to stick with us. A huge shout out to Bradford and Howley, Harpenden Building Society, Harpenden Springs Care Home, Lumin Wealth Management and Taylor Walton.



**As Carols on the Common gets bigger, brighter and more successful, we'd love to find some more sponsors to help us cover the increased costs of the event.**

**If you'd like your business to be associated with Harpenden at its happiest, please get in touch with Miriam McKay at [miriam.mckay@gmail.com](mailto:miriam.mckay@gmail.com).**

**WHAT'S ON IN THE COMMUNITY HALLS**

**WHAT'S ON AT THE HALLS – JUNE 2026**

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 3-18 years <a href="http://www.hurstchildrenstheatregruop.com">www.hurstchildrenstheatregruop.com</a> <a href="mailto:hctg@live.co.uk">hctg@live.co.uk</a> Tel: 07568 363104 <b>Wednesday &amp; Friday afternoons/evenings</b></p>	<p><b>Girlguiding Southdown &amp; Wheathampstead District</b> <a href="https://www.girlguiding.org.uk/southdownguidingwaitinglist@gmail.com">https://www.girlguiding.org.uk/southdownguidingwaitinglist@gmail.com</a> Brownies 7-10yrs <b>Thursday evenings</b></p>
<p><b>Mini Professors</b> Science Classes for Pre schoolers 2-5 years <a href="http://www.miniprofessors.com/stalbans">www.miniprofessors.com/stalbans</a> <a href="mailto:stalbins@miniprofessors.co.uk">stalbins@miniprofessors.co.uk</a> Tel: Professor Tash 07921 172382 <b>Monday &amp; Friday mornings</b></p>	<p><b>Ballet with Zoë</b> Fun and friendly ballet classes for all children 2-5 years Watch from the side or join in with your little one <a href="mailto:balletwithzoe@gmail.com">balletwithzoe@gmail.com</a> <b>Friday afternoons</b></p>
<p><b>Little Kickers</b> Fun filled football classes for 18 months - 3.5 years <a href="http://www.littlekickers.co.uk">www.littlekickers.co.uk</a> / <a href="mailto:jjustigman@littlekickers.co.uk">jjustigman@littlekickers.co.uk</a> Tel: 020 8440 6195 <b>Monday mornings</b></p>	<p><b>Acro Dance Class</b> Acro Dance is the perfect blend of dance and gymnastics. No experience needed – just come ready to move! Ages 6 – 13 years <a href="http://www.harpendendance.com">www.harpendendance.com</a> <b>Thursday afternoons</b></p>
<p><b>Drama Tots</b> Award-winning music, movement and drama classes for children aged 18 months - 5 years. <a href="http://www.dramatots.co.uk/st-albans-and-harpenden">www.dramatots.co.uk/st-albans-and-harpenden</a> <a href="mailto:zara@dramatots.co.uk">zara@dramatots.co.uk</a> Tel: 07816 084246 <b>Thursday mornings</b></p>	

**ACTIVITIES FOR CHILDREN & ADULTS**

<p><b>Penny Waterman School of Dance</b> Ballet and Street Dance/Jazz classes for ages 3 – 8 years <a href="http://www.pennywaterman.com">www.pennywaterman.com</a> <a href="mailto:admin@pennywaterman.com">admin@pennywaterman.com</a> <b>Monday afternoons</b></p>	<p><b>The Dance Studio</b> Ballet, Tap, Modern, Jazz &amp; 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> <b>Monday and Thursday afternoons/evenings &amp; Saturday mornings</b> <b>Tues &amp; Weds evenings &amp; Saturday mornings</b></p>
<p><b>Qi Kwan Do Harpenden</b> Learn self-defence techniques Ages 8+ <a href="mailto:adam@qkduk.com">adam@qkduk.com</a> <b>Wednesday evenings</b></p>	<p><b>Jado Kuin Do Harpenden</b> Martial Arts classes Ages 3+ <a href="http://www.jadoherts.uk">www.jadoherts.uk</a> / <a href="mailto:info@jadoherts.uk">info@jadoherts.uk</a> <b>Monday evenings</b></p>

**EXERCISE & DANCE CLASSES FOR ADULTS**

<p><b>Movement for Memory - Imagination Dance CIC</b> Gentle dance-based sessions for those living with memory loss or cognitive impairments <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 <b>Monday mornings</b></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 07958 921291 <b>Tuesday &amp; Thursday mornings</b></p>
<p><b>Flow &amp; Ashtanga Yoga</b> <b>Flow Yoga Monday mornings &amp; Tuesday afternoons</b> <b>Ashtanga Self Practice Wednesday mornings</b> <a href="mailto:celiacaplan@gmail.com">celiacaplan@gmail.com</a> Tel: Celia 07952 525297</p>	<p><b>Zumba Harpenden with Jennifer Davies</b> Latin inspired cardio dance workout <a href="mailto:jen_papple@me.com">jen_papple@me.com</a> Tel: Jen 07825 892890 <b>Tuesday evenings &amp; Saturday mornings</b></p>

**WHAT'S ON IN THE COMMUNITY HALLS**

<p><b>Push Me Fit Pilates</b> Small group classes <a href="mailto:pushmefit.herts@gmail.com">pushmefit.herts@gmail.com</a> Tel: Marta 07769 661177 <b>Wednesday mornings</b></p>	<p><b>Clement Pilates</b> Matwork Pilates for all <a href="mailto:julieclementpilates@gmail.com">julieclementpilates@gmail.com</a> Tel: Julie 07801 967369 <b>Wednesday mornings</b></p>
<p><b>Classes with Rachel</b> Pure Stretch, Retro Aerobics &amp; Body Tone <a href="mailto:classeswithrachel@gmail.com">classeswithrachel@gmail.com</a> Tel: Rachel 07855 946555 <b>Tuesday, Wednesday &amp; Friday mornings</b></p>	<p><b>Zumba Gold with Andrea</b> Zumba Gold class for active older adults <a href="mailto:boggo1@mac.com">boggo1@mac.com</a> Tel: Andrea 07816 916756 <b>Monday mornings &amp; Tuesday Mornings</b></p>
<p><b>Vinyasa Yoga Flow</b> Transformative dynamic classes <a href="mailto:imogen@lunalondonyoga.com">imogen@lunalondonyoga.com</a> Tel: Imogen 07980 575454 <b>Monday &amp; Wednesday evenings</b></p>	<p><b>Line Dancing</b> Line Dancing for Improvers <a href="http://www.berniejes@icloud.com">www.berniejes@icloud.com</a> Tel: Bernie 07850 160294 <b>Friday mornings</b></p>
<p><b>Vinyasa Yoga</b> A dynamic and rhythmic style of yoga Tel: Julie 07525 051829 <b>Friday mornings</b></p>	<p><b>Awareness Yoga</b> Yoga classes available for men and women of all ages and abilities <a href="http://www.awarenessyoga.co.uk">www.awarenessyoga.co.uk</a> Tel: Frances on 01582 769368 / 07896 294243 <b>Thursday evenings</b></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 01582 713985 <b>Friday mornings</b></p>	<p><b>Bridge for Beginners</b> Learn to play bridge <a href="mailto:richard@templeandco.com">richard@templeandco.com</a> Tel: Richard 01582 762727 <b>Monday &amp; Thursday afternoons</b></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> <b>Wednesday mornings &amp; afternoons</b> <b>Thursday afternoons</b></p>	<p><b>Harpenden u3a</b> A variety of activities for individuals <a href="https://u3asites.org.uk/harpenden/home">https://u3asites.org.uk/harpenden/home</a> Tel: Roger on 07523 031454 <b>Tuesday afternoons</b> <b>Tuesday mornings &amp; Thursday afternoons</b></p>
<p><b>OTHER ACTIVITIES FOR ADULTS</b></p>	
<p><b>Creative Sewing</b> Come and join in the wonderful world of sewing email: <a href="mailto:shani.vermaak@gmail.com">shani.vermaak@gmail.com</a> / Tel: 07543 876992 <b>Tuesday mornings</b></p>	<p><b>Southdown Marquetry Group</b> Make a masterpiece with wood veneer Tel: John on 07981 142099 <b>Wednesday mornings</b></p>
<p><b>Sing with Tim - Men's Singing Group</b> Designed for everyone. Come along, sing your heart out and enjoy a cup of coffee in a no-pressure environment. No auditions or experience needed. <a href="https://www.singwithtim.com/singing-groups-1">https://www.singwithtim.com/singing-groups-1</a> <b>Tuesday mornings</b></p>	<p><b>Guitar Group</b> Guitarists simply enjoying the experience of playing together with acoustic, electric and bass guitars. Contact 07598 956976 <b>Monday evenings</b></p>
<p><b>FREE COMMUNITY DROP-IN CENTRES</b></p>	
<p><b>Citizens Advice St Albans &amp; District</b> Free, confidential and independent advice <a href="http://www.citizensadvicestalbins.org.uk">www.citizensadvicestalbins.org.uk</a> <b>Wednesday 10:30am - 12:30pm</b></p>	<p><b>Computer Friendly Drop-In</b> Find a solution to your Windows, Apple or Android issues. Appt or just Drop-in <a href="mailto:admin@cfsta.org">admin@cfsta.org</a> or Tel: 01727 617359 <b>Thursday 10:00am - 12:30pm</b></p>

## HARPENDEN TRUST COMMUNITY HALLS *For Hire*



- ✓ **Five halls** to hire for various sizes and capacity
- ✓ Available to hire for groups, societies, meetings, children's parties and other one-off events
- ✓ **Tables, chairs and kitchen facilities** included in hire charge
- ✓ At Harpenden Trust Centre (90 Southdown Road) and Harpenden Trust Halls (130 Southdown Road)

Visit our website for further information or contact us to arrange a viewing of the Halls




**Supporting Our Community**  
Contact us today

www.theharpentrust.org.uk  
halls@theharpentrust.org.uk

www.theharpentrust.org.uk



The Harpenden Trust halls are available to hire for

## CHILDREN'S PARTIES

on Saturday and Sunday afternoons



For more details email [bookings@theharpentrust.org.uk](mailto:bookings@theharpentrust.org.uk)

Registered Charity No: 1097080

### What Is The Care Fund?

The Harpenden Trust Care Fund, established in 1948 and funded entirely by Harpenden residents, supports local people in need regardless of age. 75 years on, this mission continues through specialist teams offering valued services from weekly coffee mornings to financial aid with school uniforms and essential appliance breakdowns for struggling families.

### Can We Help You?

If you know someone who might need help, encourage them to:

**Call:** 01582 460457

**Email:** [help@theharpentrust.org.uk](mailto:help@theharpentrust.org.uk) and our caring team will be delighted to help.

### The Harpenden Trust's Seniors Fair goes from Strength to Strength



**SENIORS FAIR**  
Wednesday 1<sup>st</sup> April  
10.30am - 1.00pm

**Showcasing local services and activities**  
Over 40 organisations attending including charities, voluntary & commercial organisations and social activities.

**Refreshments available**  
(donations to Rennie Grove Peace Hospice)

**FREE ENTRY**  
Come along & discover what's available at:  
**The Eric Morecambe Centre, Rothamsted Park, Harpenden.**

Supporting Our Community  
Contact us today

www.theharpentrust.org.uk  
admin@theharpentrust.org.uk  
01582 460457

It has been another great year for the Harpenden Trust's Seniors Fair at the Eric Morecambe Centre with over 40 exhibitors and over 380 visitors attending.

The Seniors Fair took place on 1<sup>st</sup> April. The range of exhibitors reflected the changing needs of Seniors in the Harpenden community, and included groups involved in a range of activities from sport to gardening, from art appreciation to exercise, and from local history to Scottish country dancing.

Also in attendance were professional organisations that could help with legal and financial concerns, as well as exhibitors that addressed health and care issues. The presence of the Hertfordshire Constabulary, the Harpenden Town Council, and a whole host of other organisations means that it's fair to say that the Seniors Fair had something for everyone!

Tea, coffee and a fantastic selection of homemade cakes (and the always popular sausage rolls!) were served by volunteers from the Harpenden Trust's Well Bean Café with donations for refreshments raising money for the Rennie Grove Peace Hospice.

Richard Nichols, Chair of The Harpenden Trust said, "The Seniors Fair is a great way for those in Harpenden to discover a range of services and opportunities that are open to them. There is always huge enthusiasm from the exhibitors who are keen to chat to our visitors, and it's wonderful to see the vitality and curiosity our visitors bring."



It was a very busy and successful day, and we would like to thank all the volunteers, exhibitors and visitors who made it such a wonderful event.

### Hertfordshire Chamber Orchestra

**Celebrating 60 Years**  
**Concert Conducted by Alex Fryer**

**Saturday 19 September at 7.30pm**

**St Nicholas Church Harpenden**

**Tickets: Adults £20 Under 18s Free**

Tickets on the door or from Harpenden Trust Centre 90 Southdown Road from mid-August (Mon-Fri 10am-12pm)

**Proceeds go to The Harpenden Trust**

### Minibus Get Around



The Harpenden Trust minibus continues to be well used by the Activities team. There are about 10 regular activities each month for which the minibus does a pickup and return service for our clients.

The bus is also used on occasions by the scouts and venture scouts and by Harpenden Golf Club. We have about 10 regular drivers who all enjoy helping to get people to the activities.

Hopefully this summer we will also be able to use the bus for further trips outside of Harpenden.

## Well Bean Café Favourite Recipe Chocolate Tiffin (with Gluten Free (GF) option) by Yvonne Wimbleton

This Chocolate Tiffin is a favourite in the Café! This recipe is ideal as a gluten free option. If you are preparing the gluten free version, be sure to carefully check all ingredient labels to confirm they are free from gluten. For home consumption, you may wish to halve the recipe.

### Ingredients:

- 400g Stork or butter
- 4 tbsp golden syrup
- 16 tbsp drinking chocolate
- 100g sultanas
- 800g GF digestive biscuits (or regular digestive biscuits if preferred)
- Large bar of milk chocolate for topping

### You will need:

This recipe fills a 15" x 10" tray bake tin – prepare it by lightly greasing

### Method:

1. Crush the digestive biscuits by placing them in a zip lock bag and using a rolling pin to break them into small pieces.
2. In a large pan, melt the Stork or butter and golden syrup together. Stir the mixture until it is smooth, then remove the pan from the heat.
3. Add the drinking chocolate to the melted butter and syrup. Stir thoroughly until the chocolate is fully combined.
4. Add the sultanas and the crushed biscuits to the chocolate mixture, ensuring all ingredients are well coated.
5. Pour the mixture into the prepared baking tin.
6. Melt the bar of milk chocolate and pour it evenly over the top of the mixture.
7. Chill the tray in the fridge until the tiffin is set. Leaving it overnight is recommended for the best results.
8. Once set, cut the tiffin into squares or slices for serving.



## Brownies Thinking Tree Helps Friendships Grow



The Harpenden Trust Well Bean Café was delighted to host a 'Thinking Tree' created by the 17<sup>th</sup> Harpenden Brownie Group.

The Tree was part of the celebrations of 'Thinking Day', an important milestone in the Brownie calendar as it marks the birthday of Olave Baden-Powell, a key figure in the Girl Guides and the wife of Robert Baden-Powell, the founder of the Scout Movement. This year marks 100 years of 'Thinking Day' and the theme for the year has been 'Friendship'.

The Thinking Tree was decorated with flowers created by the Brownies, and each one included a written message from an individual Brownie on the theme of friendship. The tree also had space for anyone visiting the Well Bean Café to personalise a flower with their own thoughts on Friendship and attach them to the tree.

Nick Lockett, Chair of the Care Fund said, "It was wonderful to see this beautiful tree right in the centre of The Harpenden Trust, and it is a testament to the Brownies' hard work and creativity." He added, "It's also lovely to see all generations contribute to such a positive celebration of friendship, which echoes the friendship between the Brownies and The Harpenden Trust."

This is not the first time the 17<sup>th</sup> Harpenden Brownies' imagination has enriched the Harpenden Trust; they have previously made a host of very popular Christmas cards which have been distributed to Befriending clients and other groups within the Trust. The Brownies hold their meetings in the Harpenden Trust halls every Thursday afternoon during term time.

## Why Volunteer



### Make the most of your spare time

Even a small amount of time can have a big impact. Whether you can offer an hour now and then or volunteer regularly, your support helps brighten someone's day and strengthens our community spirit.

### Use the skills you already have

Whether you enjoy chatting, organising, writing, designing, or helping behind the scenes, there's a role to suit you – from supporting clients to helping with events, fundraising, or administration/organising.

### Meet people and build new friendships

Volunteering is a great way to connect with friendly, like-minded people and often leads to lasting friendships.

### Feel appreciated and make a difference

Every role matters, whether public-facing or behind the scenes. Your time and effort genuinely help others.

### Build confidence and try something new

Gain new skills, enjoy new experiences, and develop a real sense of achievement along the way.

### Give something back to your community

Help make Harpenden a warm and welcoming place for everyone.

### Take pride in what you do

There's real satisfaction in knowing your contribution helps others and keeps vital services running smoothly.

## Volunteer Survey and Feedback

In January, we carried out our very first volunteer survey to better understand the experience of those who give their time to support our work. We wanted to learn what's working well, where we can improve, and whether anyone has concerns while volunteering.

We were delighted to receive a fantastic 50% response rate. Thank you to everyone who took the time to share their feedback.

The results show that volunteers are overwhelmingly positive about their experience, with no reports of dissatisfaction. This reflects the welcoming and supportive environment created by our volunteer community.

Some of the comments we received included:

- *"I think the Trust is exemplary in its support across a wide range of needs"*
- *"I enjoy all that I do with the Trust"*
- *"The value added by the Trust makes volunteering so worthwhile"*
- *"The interaction with the community is very rewarding"*
- *"Volunteering is a two-way thing"*

Encouragingly, 90% of volunteers feel well informed about their roles and about what is happening across the organisation. They also feel comfortable approaching colleagues or team leaders for support when needed.

Nearly 70% felt no improvements were needed in communication, although a few volunteers noted that adjusting to the new Teams system has been a little challenging. As one person simply put it: "Keep communicating."

Volunteers also rated the Trust's commitment to health and safety very highly, with 90% describing it as good or excellent. While no one reported feeling unsafe, a small number mentioned occasionally feeling uncomfortable in certain situations.

Most respondents said they feel confident or very confident about what to do in an emergency. Feedback also highlighted the value of training, with comments such as:

*"Thank you for the first aid training"*

*"More formal training sessions"*

This feedback is incredibly valuable. All comments have been shared with relevant team leaders so that we can continue to improve and enhance the volunteer experience.

We would like to extend our sincere thanks to all our volunteers for the time, energy and dedication they bring to the Trust and to the wider community.

**If you have a little time and a lot of kindness,  
we have a place for you.**

**No qualifications are needed – just  
willingness, compassion, and a desire to help.**

**Phone: 01582 460457**

**Email: [admin@theharpentrust.org.uk](mailto:admin@theharpentrust.org.uk)**

## OUR VOLUNTEERS

### Meet one of our Volunteers: Fahima



Fahima has been volunteering at the Harpenden Trust since August 2025 and has been a great addition to the team. She has thrown herself into a range of roles; “It has been lovely,” she says, “I’ve been able to do lots of things around the Trust.”

She has been particularly active in the Trust’s Activities Club. “I help out at Yoga, Pilates, and the RISE Exercise class.” However, it’s not just the fitness classes that interest her. “I’ve really enjoyed helping out with the Afternoon Tea (see page 3), and I’ve also been involved with the Chatting Café and Film Club.”

She explains that she really appreciates the chance to work with the Transport Team as a Courier. “It’s really important that we can help clients get to all the activities. So, as a Courier I travel on the minibus, and help people get in and out, and make sure that they have a really happy experience.”

Fahima has been struck by the positive reactions she gets from those helped by the Transport Team. “It’s great when you are greeted by someone who has been waiting for you,” she says. “They always have a smile on their face.” And her support does not end at the end of the journey; “It’s important to make sure our clients get into their classes and get settled. For example, for something like the Chatting Café, I always try to make sure that they are happy and then we can just relax and have a chat.”

Working in all these roles means that Fahima has built relationships with lots of other volunteers. “The communication is really good between all the volunteers, and I really enjoy working with other teams. You meet so many people, both clients and volunteers. I must admit I say yes to everything!”

So, what would she say to someone considering joining the Harpenden Trust as a volunteer? “You’ll really enjoy it,” she says. “There are lots of things to do.” However, when asked if she has a favourite role within the Trust she is stumped, “I don’t have a favourite, I like them all. I always have a smile on my face when I’m volunteering!”

## Our Reception Team are the Heart of the Harpenden Trust

Behind the purple doors at 90 Southdown Road the reception team of volunteers answer phone calls and emails from residents of Harpenden who need help and support and sometimes, just a listening ear.

Their requests are passed on to the Home Visit team, the Befriending team, the Care Fund Grants teams, the Community Fund team and the Transport team. There is a dedicated phone line for the Activities Club.

We also take calls from people who want to volunteer for the Trust or who want to donate or hire a room at one of our halls.

People drop in to the office to pick up NHS hearing aid batteries and drop off old ones. Wheelchairs, walkers and zimmer frames are also available free of charge from No 90, on a loan basis and donations are always welcome!

The office is open from 10am-12 noon every weekday.



## CONTACT US - WE'RE HERE TO HELP



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



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[minibus@theharpentrust.org.uk](mailto:minibus@theharpentrust.org.uk)



01582 460457



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 Harpenden, AL5 1PS.

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 text HARPT5, HARPT10 or  
 HARPT20 to 70085

Call in at the Trust Centre  
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