



What's On Near You?

This booklet is for anyone in the Bishop's Stortford area who may struggle to access information about what's on, either because they are living with a long-term condition, living alone or caring for someone.



Welcome

Although most of us may have access to the internet, sometimes it can be easier to find what you're looking for via a paper copy of a booklet or calendar.

Created to complement the calendar, this booklet offers additional information about the organisations that might be able to offer you an activity/talk/outing or general information.

There are dozens of things for older people to do across the Bishop's Stortford area, but finding out about them all can be a challenge. So, this first edition is simply to get the ball rolling, with further editions to come as you let us know more about the events that you think should be highlighted.

We welcome your ideas and feedback
Jill, CEO, Healthcare Charity, Kissing It Better
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Disclaimer

Great efforts have been made to ensure all the information is correct to the best of our knowledge at the time of going to print.

Compiled by volunteers, no responsibility can be accepted or liability undertaken for any error or omission in respect of any information contained in this publication.

Bad weather, Covid-19 and staff shortages are just some of the reasons an event can be cancelled at the last minute. So, we advise you to contact the organisation, using the information on the calendar/booklet, before you leave home.

Please let us know as soon as possible if addresses/phone numbers need to be updated or corrected.

Compiled and Published by
Kissing it Better www.kissingitbetter.co.uk
Contact: mail@kissingitbetter.co.uk

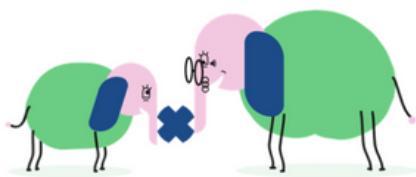
With special thanks to
Gopalee Patel, Social Prescriber with Stort
Valley & Village PCN for her incredible energy
and support.

Kissing it Better

Kissing it Better (KiB), began in 2009, as a way of sharing hundreds of simple, but powerful ideas that can make a world of difference to older, vulnerable people in hospitals, care homes and the community.

Years later and KiB's team of over 4000+ students are now actively volunteering through 100s of imaginative projects, to end the isolation of old age by bringing the generations together.

The volunteering programmes KiB has developed in partnership with healthcare experts offer a unique insight into the challenges of old age.



kissingitbetter.co.uk

Scan me with your
phone camera to
connect with us
through all of our social
media platforms.



COOPERS OF STORTFORD

Coopers of Stortford is a traditional Home, Lifestyle and Garden company based in the historic market town of Bishop's Stortford. We specialise in function-led products designed to make everyday life easier.

As well as the Coopers of Stortford shop, you can visit us online or give our friendly, Bishop's Stortford-based Customer Service team a call to place an order. If you would like to receive a copy of our latest catalogue, do get in touch.

For an exclusive 20% discount on your next order use code KIB20.

Order online: www.coopersofstortford.co.uk
Or call us: 0844 482 4400

11 Bridge St, Bishop's
Stortford CM23 2JX

*We are so grateful for the
continuing support of Coopers
of Stortford and delighted to
be their charity partner.*
Jill Fraser, CEO, Kissing it Better



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Some Key numbers

Bishop's Stortford Police Station	01707 354000
Fire Station	01279 696800
Non-Emergency Police	101
Healthwatch Hertfordshire	01707 275978
Hertfordshire County Council	0300 123 4040
HertsHelp	0300 123 4044
Samaritans	Call Free 116123
Citizen's Advice	01920 459944
Age Concern (Bishop's Stortford)	01279 504748
Hertfordshire Independent Living	0330 2000 103
Healthy Hub East Herts	01992 531560
Parkinson's UK	0808 8000303
Carers in Hertfordshire	01992 586969

Contributors

(in alphabetical order)

The Alzheimer's Society

Offers personalised information, guidance, emotional support, signposting, and referral to organisations that can help you, whether you have dementia or are caring for someone with dementia.

Dementia Hub

Bishops Stortford Methodist Church
34B South Street CM23 3AZ

If you need dementia support, we're here for you. Drop-in sessions are held on the 1st Monday of each month from 10am to 12pm.
No appointment necessary.

Contact: Emily.peel@alzheimers.org.uk

Advice Line: 01707 378365

Bishop's Stortford Fire Service

Patmore Close, CM23 2PY

If you do not have working smoke detectors or they are out of date, we can come to your home and complete a FREE Home Fire Safety Visit. We will fit smoke detectors free of charge and we'll also talk you through fire safety tips in the home for your peace of mind.

Telephone the station: 01279 696800

Bishop's Stortford Methodist Church

34B South Street, Bishop's Stortford,
CM23 3AZ

The church hosts a variety of events every week including coffee mornings, advice groups, bereavement support as well as a range of activities reflecting the many cultures and nationalities in the area.

Contact: manager.bsmc@gmail.com

Tel: 01279 501745

Carers in Hertfordshire

Providing advice, information & support to unpaid carers of all ages if they live, work or care in Hertfordshire.

Carer Support Hubs

Bishop's Stortford Baptist Church, Bishop's Stortford, UK

Offers the opportunity to meet with other carers, share information, support each other and chat over a cup of tea/coffee.

First Wednesday of the month.

10.30 to 12.30

contact@carersinherts.org.uk

Tel: 01992 58 69 69

Grange Paddocks Leisure Centre

Rye St, Bishop's Stortford
CM23 2HH

The centre runs weekly relaxing sessions for adults aged 50 and over. These sessions are generally quieter and so may be more suitable for those living with dementia, neurodivergence and/or other long term health conditions.

Advisable to check that individual sessions are suitable for your age and disability

www.everyoneactive.com

Phone: 01279 652332

Healthy Hub East Herts

East Herts District Council

A place or space where you can receive health, social and wellbeing support. Healthy Hub East Herts runs monthly drop-in sessions at Bishop's Stortford Library on third Thursday of each month. Topics include: stopping smoking, nutrition advice, and physical and mental well-being.

Email: healthyhubeh@eastherts.gov.uk

Contact: Ric Maraia 01992 531560

Hertfordshire Health Walks

All walks are FREE with no booking required.

Just turn up 10 minutes before a walk or 15 minutes before your first walk to register as a new walker or you can register and pre-book online if you prefer. Walks range from a gentle First Steps (20-30 minutes) and increase in length and time from Grade 1 (30 mins) up to Grade 4 (90 mins) unless otherwise stated.

www.hertfordshire.gov.uk/healthwalks

Tel: 01992 555888

Email: Healthwalks.cms@hertfordshire.gov.uk

Hertfordshire Independent Living (HILS)

We provide a range of services, including meals, medical prompts, home visits, home eye testing, dementia clubs, etc. to help older and vulnerable people stay happy, healthy, and independent.

Contact info@hertsindependentliving.org
Phone: 0330 2000 103

HertsHelp

A network of community organisations in Hertfordshire working together to help you find the independent support, guidance and information you need to get the most out of life. Help includes cost of living support, finding the right care, help to manage at home and support in a crisis

Tel: 0300 123 4044
Email: info@hertshelp.net
Text **hertshelp** to 81025

Home Instead East Herts and Uttlesford

G1 Allen House, Business Centre, The
Maltings, Station Rd, Sawbridgeworth,
CM21 9JX

Home Instead Charities, founded by Home
Instead offers lunch clubs, art clubs and
music therapy groups.

Email (Home Instead):
info.eastherts@homeinstead.co.uk

Home Instead Charities Tel: 01925 730273

Isabel Hospice

Caring for those, and their loved ones, living
with a long-term or life-limiting condition
across Eastern Hertfordshire, whether at our
In-Patient Unit, at home or at one of our
Community Hubs.

Tel: 01707 382500

www.isabelhospice.org.uk

Little Hadham Village Hall

Contact: 01279 771272

Chairvillagehall@littlehadham.org.uk

A variety of events across every month to suit
older people of all abilities

Including

Scrabble (all levels) 1st and 3rd Tuesdays 2-4

Welcome Café Wed 10-2

Digital Inclusion (free) Wed 2-4

Community Breakfast 2nd Thurs 10-12

Bowls Club Fridays 8.00-10.00pm

Membership Currently Full

(next page for more events)

Gardening Club (monthly)

Check availability

Please Check - Red Chair Community Cinema

Second Friday of the Month

Members-only film club

For details, contact

redchaircinema@littlehadhamvillagehall.com

Neighbourhood Chaplains

Hockerill Christian Centre
9-11 Dunmow Road, Hockerill,
Bishop's Stortford, Herts CM23 5HE

Neighbourhood Chaplain teams visit homes in the Hockerill area at anytime, offering help with small jobs in the home or garden, local errands or just a chat over a cuppa.

Café Connect

Thursday mornings from 10am
Offering tea, coffee, cakes, savouries, table tennis, pool, the day's newspapers plus great chat with local people and a light lunch served at 12.

FREE

Contact Steve: 07940 836141

Parkinson's UK Support Group

Grange Paddocks Café
Rye Street, Bishop's Stortford, CM23 2HH

Local groups are run by volunteers who usually have personal experience of living with Parkinson's. Groups run supportive activities and welcome people with Parkinson's, family members and carers to join in.

Contact: Claire Uwins
07595 674241

Social Prescribing

Social Prescribers support patients over the age of 25 by connecting them to local services to improve their physical and mental health.

Social Prescribers aim is to listen, support and explore what matters most to someone, and then to work with them to create a personal plan highlighting their needs

To get in contact, email:
svv.socialprescribers@nhs.net

TouchPoint Community Café

Crafton Green, 72 Chapel Hill, Stansted
Mountfitchet, CM24 8AQ

The aim of TouchPoint Stansted is to help connect people who need support with those that can offer it, in a friendly and welcoming place. Our community has so much to offer in terms of skills, knowledge and experience!

Email: info@thetouchpoint.org

Phone: 07572 114882

U3A - University of the 3rd Age

Bishop's Stortford Methodist Church,
34B South Street, CM23 3AZ

Annual Membership: £15

Contact: kath.hird@bsu3a.org.uk

01279 722399

Monthly Meeting

Meetings are held on the second Monday of
each month.

2:00pm for Group and Outing sign up

2:30pm for meeting and Speaker

The Welbeloved Club

Membership currently full

Sawbridgeworth Memorial Hall, The Forebury,
Sawbridgeworth, CM21 9BD

A monthly lunch club for people aged 65+
experiencing loneliness and social isolation

First Sunday of the month. Arrival 12.00

Booking Essential £10.00 for 2 courses

Email: info@thewelbelovedclub.com

Membership enquiries: 07873 546001