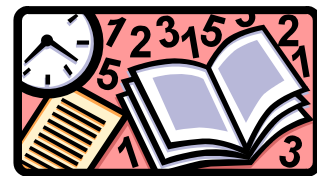


Your e-Guide to Learning for Adults & Families in Three Rivers

With **FREE** learning opportunities all year!

FREE FROM: www.3riverslearningptnrs.btck.co.uk



Look out for **FREE Learning Festival Taster Sessions**
& **FREE** learning activities across Three Rivers

Latest details: www.3riverslearningptnrs.btck.co.uk



Every **May**



Every **June**



Every **October**

Scan with your
QR Code reader



YOUR GUIDE TO ADULT & FAMILY LEARNING FOR THREE RIVERS

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INTRODUCTION

Use 'Your **e-Guide to Learning for Adults & Families in Three Rivers**' to help you to find local organisations that provide learning activities, support and **FREE** learning opportunities.

See the **A-Z of Local Learning Opportunities** for a wide range of organisations that offer courses and classes. Although not all are free, many offer free Tasters during the learning festivals and throughout the year.

- If you want help with Learning English or improving your reading, writing or numbers, please see pages 3 & 7.
- Please help or encourage someone you know to sign up.

Take part in the **Festival of Learning** held each **May through to June**; incorporating **Learning at Work Week**, **Volunteers' Week** and **Adult Learners' Week** with **FREE Taster Sessions** offered by local learning providers.

Join in the **Family Learning Festival**, held each **October**, for family and intergenerational learning opportunities.

- Our family learning definition is very flexible; including friends as well as family, reflecting the range of support relationships that individuals rely on today, and not necessarily involving more than one generation.
- Where children attend they must be of the age specified and adults must stay for whole session.

Three Rivers Learning Partnership with its Partners offers you **FREE Tasters of Learning** to celebrate the **Learning Festivals** providing a great opportunity to try something new.

- Most Tasters need to be booked but some are just turn up.
- We hope you get along to some Tasters but if you miss something of interest, do contact the provider, there's probably something similar on offer - just not necessarily free.
- We hope that you enjoy learning in Three Rivers.

Get the latest Festival information at: www.3riverslearningptnrs.btck.co.uk

Three Rivers Learning Partnership - Promoting Learning in Your Community

Contact details: Pages 16-19

YOUR GUIDE TO ADULT & FAMILY LEARNING FOR THREE RIVERS

WHERE TO GET HELP & SUPPORT: SKILLS FOR LIFE



Speaking English

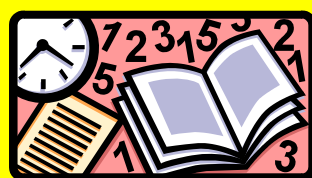
ESOL (English for Speakers of Other Languages):

- ASCEND
- Mill End Community Centre
- South Oxhey Children's Centre
- West Herts College
- Jobcentre Plus (refer people on benefits for free tuition)

Play & Language

with Your Child (under 5):

- Community Learning Partnership
- Mill End Community Centre
- Children's Centres: Abbots Langley, Ebury & Rickmansworth



Reading, Writing & Numbers

(Maths & English):

- ASCEND
- Community Learning Partnership
- Maple Cross JMI
- South Oxhey Children's Centre
- West Herts College



Book Groups & Literature:

- Oxhey Library Reading Group
- Three Rivers Learning Partnership, ASCEND & Oxhey Library (South Oxhey Quick Reads Book group)
- Three Rivers Learning Partnership, Mill End Community Centre & Rickmansworth Library (Mill End Quick Reads Book group)
- U3As: Chorleywood, Croxley Green, Rickmansworth & Sarratt
- WEA Chorleywood & Rickmansworth



Using Computers

(ICT: Information & Computing Technology):

- Abbots Langley Children's Centre
- ASCEND: run at ASCEND & Step Up
- Community Learning Partnership (Digital Arts & Crafts)
- Maple Cross JMI
- Mill End Community Centre
- Libraries: Abbots Langley, Croxley Green, Chorleywood, Oxhey & Rickmansworth
- Parmiter's School
- St Joan of Arc School
- U3As: Croxley Green, Chorleywood & Sarratt
- WEA (Herts Targeted Programme)
- Wenta (Website Design only)
- West Herts College



Free PC & Internet access (but no tuition)

- Children's Centres: Abbots Langley, Ebury & Rickmansworth
- Mill End Community Centre
- Watford Mencap in Rickmansworth
- Watersmeet

ONLINE:

- **BBC raw** provides materials & activities for adults who want to improve their reading, writing, numeracy at **BBC raw**, the place where you can develop your skills for everyday life: www.bbc.co.uk/raw/
- **Three Rivers Quick Reads Book groups** latest information: www.3riverslearningptnrs.btck.co.uk

LOCAL: RaW Friends at ASCEND see page 7 and ☎ 0208 420 1364

INFORMATION, ADVICE & GUIDANCE & JOB SEARCH

IAG (Information, Advice & Guidance):

- Abbots Langley Children's Centre
- ASCEND: run at ASCEND & Step Up
- Careers Advice Service:
<https://nationalcareersservice.direct.gov.uk>
- Connexions (help & support for all 13-19s)
- HCS Careers
- National Careers Service (people 19 & over)
- Rickmansworth Children's Centre
- TCHC
- Watford Mencap (people with learning disabilities)
- West Herts College
- Work Solutions (people with disabilities)



Skills training for those facing redundancy or newly out of work:

- National Careers Service (people 19 & over)
- TCHC
- West Herts College



Women Returners / Women Entrepreneurs

- TCHC
- Wenta

Pre-Retirement:

- HCS Careers
- National Careers Service (people 19 & over)
- TCHC

Advice & Mentoring Programme

- TCHC (people 16-18 not in education, employment or training)

Executive Coaching:

- HCS Careers
- National Careers Service (people 19 & over)
- TCHC

Financial Advice:

- CAB (budgeting advice)
- National Careers Service (people 19 & over)
- Mill End Community Trust (CAP Money Course)

General Advice:

- Integrating Advice in Three Rivers Project (Contact via CAB)

Job Search, CVs, etc.:

- Abbots Langley Children's Centre
- ASCEND
- Connexions (help & support for all 13-19s)
- Guideposts Trust (support for people with mental health issues)
- HCS Careers
- Jobcentre Plus
- National Careers Service (people 19 & over)
- Rickmansworth Children's Centre
- TCHC
- Watford Observer
- West Herts College
- Work Solutions (people with disabilities)

Apprenticeships (16-65s):

- National Careers Service (people 19 & over)
- TCHC
- West Herts College
- YMCA Woodlands

Traineeships

- HAFLS

Training For Work / Workplace Learning:

- ASCEND
- HCS Careers
- National Careers Service (people 19 & over)
- 9 Lives (Warehouse & Retail for people with mental ill health or learning disability)
- TCHC
- West Herts College
- Work Solutions (people with disabilities)

Training For Volunteering / Volunteers:

- Children's Centres: Abbots Langley & South Oxhey
- ASCEND
- Home-Start (Watford & Three Rivers)
- TCHC
- The Woodoaks Association (for those delivering sports, music & drama to local children)
- W3RT (Watford & Three Rivers Trust)
- WEA (Herts Targeted Programme)

See full details of:

- Help Get Back to Work Courses Page 8
- Local Job Clubs Page 10
- Volunteering Pages 10-11

WHERE TO GET LEARNING: A-Z OF LOCAL LEARNING OPPORTUNITIES: A-G

Arts & Crafts:

- ASCEND - Crafty Creations (**Embellishment, Needlecraft, Cushion Making, Advent Calendars, Gifts, Bags, Cards, Beads, etc.**)
- ASCEND - Art Classes (**Oil Painting, Pencil Sketching, Introduction to Drawing & Painting**)
- Community Learning Partnership (**Art & Crafts, Crochet, Felt-Making, Vintage Craft, Making Jewellery, Paper Craft, Patchwork, Digital Art & Craft, Art for people with special needs**)
- Ebury Children's Centre (**Knitting & Crocheting**)
- Mill End Community Centre (**Flower Arranging & Oil Painting**)
- The Mill (**Knitting, Photography**)
- 9 Lives - for everyone
- Parmiter's School (**Art /Pottery**)
- Three Rivers District Council - Everyday Active
- U3As: Chorleywood, Croxley Green, Rickmansworth & Sarratt
- Watford Rural Parish Council (**Pottery**)
- WEA Chorleywood & Rickmansworth (**Art, Architecture and Society**)
- West Herts College

Bird Watching:

- Maple Lodge Conservation Society
- U3As: Chorleywood & Sarratt



Boat Handling:

- Rickmansworth Waterways Trust, Batchworth Lock Canal Centre
- U3A Sarratt (**Dinghy Sailing**)

Book Groups & Literature - see page 3

Business:

- Wenta
- West Herts College



Childcare & Parenting:

- Children's Centres: Abbots Langley, Ebury, Rickmansworth & South Oxhey
- West Herts College



Citizenship:

- Children's Centres: Abbots Langley & South Oxhey (**volunteering**)

Community Learning Champions:

- Community Learning Partnership (CLP Angels & Heroes)



Computing / ICT - see page 3

Cookery & Nutrition:

- Children's Centres: Rickmansworth & South Oxhey
- Community Learning Partnership
- U3As: Chorleywood, Croxley Green, Rickmansworth
- West Herts College

Dance:

- Mill End Community Centre (**Ballet/Ballroom/Tap**)
- Rickmansworth Children's Centre (**Dinky Dancers**)
- U3A Sarratt (**Ballroom & Latin, Sequence**)
- West Herts College

Discussion & Philosophy:

- U3As: Chorleywood, Rickmansworth & Sarratt

Environment & Science:



- ASCEND - Dig Deep Allotment
- Ebury Children's Centre (**Outdoor Explorers**)
- U3As: Chorleywood, Croxley Green, Rickmansworth & Sarratt
- Maple Lodge Conservation Society

Family Learning:

- Community Learning Partnership
 - Children's Centres: Abbots Langley, Chorleywood & Loudwater, Ebury, Rickmansworth & South Oxhey
- For local family learning courses check with local school or HAFLS: ☎ 01992 588 756**

e: hafls@hertfordshire.gov.uk

First Aid & Home Safety:

- ASCEND (**Emergency First Aid & Pediatric First Aid classes**)
- Children's Centres: Abbots Langley, Ebury, Rickmansworth & South Oxhey

Financial Literacy:

- West Herts College

Furniture Restoration:

- 9 Lives (**for people with mental ill health or learning disability**)

A-Z OF LOCAL LEARNING OPPORTUNITIES: H-Z

Health & Fitness:

- ASCEND (Just for Men, Just for Women, Bread Making)
- Abbots Langley Children's Centre (Baby Massage, Child Health Clinics, activities for U5s)
- Countryside Management Service (Walking)
- Ebury Children's Centre (Family & Postnatal Fit Camps)
- Maple Cross Club (50+ Gentle Exercise, Football, Karate & Circuit Training)
- Mill End Community Centre (Exercise, Yoga, Zumba & Women's Running)
- Rickmansworth Children's Centre (Healthy Lifestyles, Run Around, Pregnancy Club, Stroller Fitness)
- South Oxhey Children's Centre (Let's Get Physical, Tiny Ballers, Cookery)
- Three Rivers District Council: Everyday Active
- U3A Chorleywood (Pilates, Tai Chi, Walking)
- U3A Croxley Green (Walking)
- U3A Rickmansworth (Golf, Keep Fit, Walking)
- U3A Sarratt (Cycling, Golf, Tai Chi, Walking)
- West Herts College
- YMCA Woodlands



History, Local History & Family History:

- Batchworth Lock Canal Centre
- Libraries: Abbots Langley, Chorleywood, Croxley Green & Oxhey
- Three Rivers Museum
- U3As: Chorleywood, Croxley Green, Rickmansworth & Sarratt
- WEA Chorleywood & Rickmansworth (Archaeology)



Languages:

- **English/ESOL:** ASCEND, Mill End Community Centre, West Herts College
- **British Sign Language:** Parmiter's School, West Herts College
- **French:** ASCEND, U3As: Chorleywood, Croxley Green, Rickmansworth & Sarratt
- **German:** U3As: Chorleywood, Rickmansworth & Sarratt
- **Latin:** U3A Chorleywood
- **Italian:** U3As: Chorleywood, Rickmansworth & Sarratt
- **Spanish:** Parmiter's School (Beginners), U3As: Rickmansworth & Sarratt

Music:

- ASCEND (Drumming)
- St Joan of Arc School
- U3As: Chorleywood, Croxley Green, Rickmansworth & Sarratt
- West Herts College



Personal Development:

- ASCEND
- Children's Centres: Abbots Langley, Rickmansworth & South Oxhey
- Community Learning Partnership
- WEA (Herts Targeted Programme)
- West Herts College



Help with course costs? In Three Rivers there are many free learning opportunities but where there are charges there may be discounts, so please ask.

Are you eligible for free tuition to help you get new qualifications?

If you don't already have GCSEs, A levels or equivalent qualifications, you may be able to study for them without having to pay any tuition fees. For learners starting their course in academic year 2015/16 the Government may meet the tuition costs for:

- a course which leads to your first full Level 2 qualification if you're under 24
- a course which leads to your first full Level 3 qualification if you're under 25

Getting a Level 2 qualification can help you develop skills suitable for a range of jobs - and a Level 3 qualification could get you into university or higher education.

A full Level 2 is equivalent to five or more GCSEs at grades A* to C, and a full Level 3 to two A levels. But you're not limited to just GCSEs and A levels. You could, for example, choose to do an NVQ or BTEC qualification that fits in with your career plans.

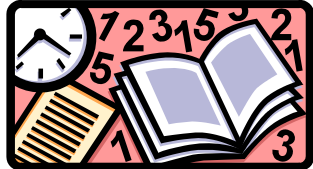

To receive free tuition you must meet criteria as set out by both Government and course provider.

- **If you're between 14 & 25**, without a job and not currently in education, The Prince's Trust may be able to help you overcome your barriers with a course and / or small cash grant. **Get in touch:** www.princes-trust.org.uk or ☎ Freephone: 0800 842 842

Also check:

www.skillsfundingagency.bis.gov.uk/training

FREE COURSES OF LEARNING

READING, WRITING & NUMBERS and ENGLISH / ESOL	WHERE & WHEN	CONTACT & BOOKING
<p>Sign up now:</p> <p>◆ COURSES FOR PARENTS WITH CHILDREN, LEARNING TOGETHER:</p> <ul style="list-style-type: none"> ▪ Literacy including: Once upon a time: (with Yr 1-6) traditional stories from a range of cultures ▪ Numeracy including Jungle Maths: (with Yr 1-6) ▪ Over Land and Sea: Numeracy (with 7-11s) ▪ Family Fun with Hartbeeps: (with 3-5s) includes singing and music <p>◆ COURSES FOR ADULTS (ONLY):</p> <ul style="list-style-type: none"> ▪ Entry level courses for adults with low literacy and/or numeracy skills. ▪ Art & Crafts: including •Crochet •Felt-Making •Vintage Craft •Making Jewellery •Paper Craft •Patchwork •Digital Art & Craft •Art for people with special needs; and also •Cookery ▪ Angels & Heroes: Community Learning Champions ** 	<p>At primary schools in:</p> <ul style="list-style-type: none"> ▪ Abbots Langley ▪ Maple Cross ▪ Mill End ▪ South Oxhey <div style="border: 1px solid orange; border-radius: 10px; padding: 5px; text-align: center; margin: 10px 0;"> <p>Plus many more tasters & courses including: with art, singing & cookery and arts & crafts</p> </div> <ul style="list-style-type: none"> ▪ Heavenly Arts & Craft Cafe ▪ Cafe in the Park Ricky (Seasonal) ▪ Step Up ▪ Community Centres 	<p>Community Learning Partnership Contact Cheryl on: ☎ 0208 421 5544 or ☎ 0757 616 7776</p> <div style="text-align: center;">  </div> <p>** See Page 12</p>
<p>Quick Reads Book groups: Do you or someone you know need encouragement to read more and/or to develop reading and/or discussion skills? These small, friendly groups welcome new members and discuss <i>Quick Reads</i> books.</p> <p><i>Quick Reads</i> are short, exciting books by bestselling authors & celebrities written for adults, who are new to reading, have lost the reading habit, or who prefer a quick read.</p> <p>Some people read <i>Quick Reads</i> because they are:</p> <ul style="list-style-type: none"> ▪ a great way to sample authors new to them ▪ a handy size for those on the move ▪ printed in a clear, large font 	<p>Groups in:</p> <ul style="list-style-type: none"> ▪ Mill End: Mill End Community Centre ▪ South Oxhey: Oxhey Library/ ASCEND/Step Up <div style="border: 1px solid lightblue; border-radius: 10px; padding: 5px; text-align: center; margin: 10px 0;"> <p>Each book chosen is available from the library; but you don't need to have read it to come along to join in. ☎ 0300 123 4049</p> </div>	<p>Jointly organised by:</p> <ul style="list-style-type: none"> ▪ Three Rivers Learning Partnership ▪ Hertfordshire Library Service ▪ ASCEND / Step Up ▪ Mill End Community Centre <p><i>For dates/details:</i> See Page 10 and Three Rivers Learning Partnership www.3riverslearningptnrs.btck.co.uk</p> <div style="text-align: right;">  </div>
<p>ESOL Classes (English for Speakers of Other Languages):</p> <ul style="list-style-type: none"> ▪ Beginners ▪ Entry Level Speakers <p>Free If: ▪Age 19 or Over ▪Live in Hertfordshire ▪UK Work Permit ▪Unemployed (JSA or other Benefit) ▪Work Less than 16 hours</p>	<p>Mill End Community Centre</p> <ul style="list-style-type: none"> ▪ Tuesday 1000-1230 ▪ Thursday 1000-1230 	<p>For further details and to join waiting list Mill End Community Centre: ☎ 01923 493 344</p>
<p>Enjoy Maths & Literacy: Obtain a qualification in Maths or Literacy. 30-wk course delivered by HAFLS.</p>	<p>South Oxhey Children's Centre Tuesday 0930-1130</p>	<p>Booking required, FREE crèche (limited places): ☎ 0208 700 2203</p>

LOW COST COURSES OF LEARNING

<ul style="list-style-type: none"> ▪ ESOL Classes (English for Speakers of Other Languages): covers speaking, listening reading & writing. ▪ RaW Friends: fun workshops & activities, meet new friends whilst you improve your reading & writing skills. 	<p>ASCEND Mondays & Tuesdays 1000-1200</p> <p>ASCEND Tuesdays 0930-1200</p>	<p>ESOL courses are ongoing. Book in advance with Alan or another adviser or for more information contact ASCEND. Admin fee £12.50 ☎ 0208 420 1364</p>
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FREE COURSES OF LEARNING

COURSES TO HELP GET BACK TO WORK	WHERE & WHEN	CONTACT & BOOKING
<p>West Herts College run the free training for Job Centre Plus customers who are resident in Three Rivers. Courses and training include: Work Skills (CV writing, online applications, team building, interview skills), Food Safety, First Aid, Health and Safety and ICT. Also working in partnership with a number local employers and JCP, West Herts College can offer tailored training, guaranteed interviews and work experience - supporting unemployed people in to jobs.</p>	<p>For those who sign at Watford Job Centre - training is based in Watford High Street.</p> <p>Job Centre can fund travel and child care costs.</p>	<p>To enrol on these courses you need to be unemployed and be booked on the courses by your JCP advisor.</p>
<p>Employability: This 5-wk course will help you gain confidence and give you hints and tips on how to successfully look for work.</p>	<p>Step Up</p>	<p>Book in advance or for more information contact ASCEND ☎ 0208 420 1364 www.ascend.org.uk</p>
<p>Get that job: practical course focusing on an individual's strengths. Activities include: Market place overview & competitiveness: Build your own personal branding; CVs, 'brag files', researching employers, the do's & don'ts of interviews, resilience & positivity, 3 characteristics of success.</p>	<p>Step Up 2-day courses</p>	
<p>Get That Job (Check dates) Bookable crèche.</p>	<p>Abbots Langley Baptist Church Mondays 1245-1445</p>	<p>Abbots Langley Children's Centre booking line: ☎ 01923 268 105</p>
<p>For people with mental ill health or learning disability: Furniture Restoration: 1 day negotiable*. Warehouse & Retail: 1 day. Hours & day negotiable.</p>	<p>9 Lives Furniture *Ongoing: Tues or Wed 1000-1430</p>	<p>Contact Marie for details: ☎ 01923 718 666 www.9livesfurniture.org.uk/</p>
BUSINESS		CONTACT & BOOKING
<p>◇ Let's Talk Starting in Business: a workshop to give you the tools to help your business take off and teach you how to start a business based around your business ideas, it guides you through the process of how to start your own company and it advises you on key issues you should consider when starting up in business.</p> <p>If you are yet to decide on a legal structure for your business or if you are a start up considering business support or just looking to improve your business skills, this course is appropriate for you. There's help, encouragement & support for:</p> <ul style="list-style-type: none"> •Writing a good business plan •Addressing your legal requirements •Sourcing finance •Taxation and VAT •Managing cash flow •Marketing the business <p>◇ My Incubator Ventures (MIV), Wenta's online business support portal offers live chat with a business mentor for FREE* at the click of a button.</p> <p><i>Business centre clients can:</i></p> <ul style="list-style-type: none"> ▪Instantly access experienced business mentors via live chat * ▪Exchange knowledge & chat with fellow Wenta Business Centre clients & other entrepreneurs ▪Access unlimited business factsheets & information ▪Find out details of seminars, events, training & development opportunities ▪Join & create their own community groups for discussions 		<p>The Wenta Business Centre, Watford</p> <p>Run in partnership with Barclays.</p> <p>For more information about these & other business courses or to book contact Wenta: ☎ 01923 691 364 or e: marketing@wenta.co.uk</p> <p>Wenta also run courses in Hemel Hempstead, Luton, Potters Bar, Stevenage and Bedford - See: http://www.wenta.co.uk/training-and-events</p> <p>https://miventures.co.uk/benefits</p>


FREE COURSES OF LEARNING

VARIOUS	WHERE & WHEN	CONTACT & BOOKING
<p>Learn to Drive online: Prepare for your driving test, improve your chances of employment. Work at your own pace, guided by an experienced driving instructor. This on-line training programme, gives answers to all key questions needed to pass the driving theory.</p> <p>Voice over option if you have difficulty in reading.</p> <p>No prior knowledge required; but basic keyboard skills needed.</p>	<p>ASCEND</p>	<p>Book in advance with Alan or another adviser</p> <p>☎ 0208 420 1364</p> <p>www.ascend.org.uk</p>
<p>Parenting Puzzle: understanding your child's behaviour, evidence based programme. Series of 10-week courses.</p>	<p>Rickmansworth and South Oxhey Children's Centres</p>	<p>Ricky: ☎ 01923 772 094</p> <p>S. Oxhey: ☎ 0208 700 2203</p> <p>www.hertschildrenscentres.org.uk/rickmansworth</p>
<p>About Boys: Series of 4-wk courses. For mums with sons (2-5). Practical support for communicating, development & motivation.</p>	<p>Abbots Langley & Rickmansworth Children's Centres</p>	<p>Abbots Langley:</p> <p>☎ 01923 268 105</p> <p>Ricky: ☎ 01923 772 094</p>
ARCHAEOLOGY, ART, ARCHITECTURE, SOCIETY, LITERATURE	WHERE & WHEN	CONTACT & BOOKING
<p>WEA Open Access Cultural Studies Programme:</p> <p>◆ Archaeology ◆ Art, Architecture and Society</p> <p>◆ Literature ◆ plus 2 Study Days</p>	<p>Tuesday, Wednesday & Thursday mornings</p> <p>September - March</p>	<p>WEA Chorleywood & Rickmansworth: Rosemary Warburg ☎ 01923 282 848</p>

On SFA funded courses, FREE if in receipt/dependent on someone in receipt of:
 Job Seekers Allowance, Employment Support Allowance in the Work Related Activity group, Council Tax Benefit, Income Support, Housing Benefit, Working Tax Credit, Pension Guarantee Credit, Asylum seeker.

ADULTS & CHILDREN TOGETHER	WHERE & WHEN	CONTACT & BOOKING
<p>Family Fit Camp: ongoing 6-week fitness courses for parents/carers with child in buggy. Meet at centre.</p>	<p>Ebury Children's Centre</p> <p>Monday 1330-1430</p>	<p>Book with Ebury Children's Centre ☎ 01923 255 054</p>

LOW COST COURSES OF LEARNING

USING COMPUTERS (ICT)	WHERE & WHEN	CONTACT & BOOKING
<p>IT Courses:</p> <ul style="list-style-type: none"> • Online Basics • Computer Basics • Digital Photography • Exploring Smart Phones & Tablets • Computing for Beginners • Internet & e-mail • Internet & e-mail Intermediate • ITSee (partially sighted) computer class 	<p>ASCEND & Step Up</p> <ul style="list-style-type: none"> • Thursday 1000-1200 • Thursday 1300-1500 <p><i>Courses run to meet demand, days subject to change</i></p>	<p>Book in advance or for more information contact ASCEND Admin fee £12.50</p> <p>☎ 0208 420 1364</p> <p>www.ascend.org.uk</p>
ADULTS & CHILDREN TOGETHER	WHERE & WHEN	CONTACT & BOOKING
<p>Toadstools Group: Variety of early learning activities for Parents & 1-3s.</p> 	<p>Rickmansworth Children's Centre</p> <p>Mondays 1345-1500</p>	<p>Rickmansworth Children's Centre: ☎ 01923 772 094</p>
ARTS & CRAFTS	WHERE & WHEN	CONTACT & BOOKING
<p>Crafty Creations: Come & learn new art & craft skills in a friendly atmosphere. Topics covered include:</p> <ul style="list-style-type: none"> • How to think up crafty ideas • Collage • Working with fabric and recycled materials • Card making 	<p>Step Up</p> <p>Thursdays 1300-1500</p>	<p>For more information contact ASCEND Admin fee</p> <p>☎ 0208 420 1364</p>

FREE LEARNING OPPORTUNITIES THROUGHOUT THE YEAR

HELP TO GET BACK TO WORK: INFORMATION, ADVICE & GUIDANCE & JOB SEARCH	WHERE & WHEN	CONTACT & BOOKING
<p>LEEP (Local Education & Employment Programme): Supporting families to get back into work or training. Working together: West Herts College, ASCEND, Job Centre+ and Rickmansworth & South Oxhey Children's Centres</p>	<p>Rickmansworth & South Oxhey Children's Centres</p>	<p>More information: ☎ 01923 772 094 ☎ 01923 204 716</p>
<p>① Citizens Advice Bureau: Drop-in advice session: Advice for all, especially on budgeting. ② Job Centre Plus: This service is for Parents with children under 5 who are looking to return to work.</p>	<p>South Oxhey Children's Centre ① 1st Monday 1315-1500 ② Pre-book: some Mondays 1300-1500</p>	<p>① Details /bookings: Sam Young ☎ 0208 700 2203 ② For dates/booking (required) Jaz: ☎ 01923 204 716</p>
<p>South Oxhey Job Club: includes help with CV writing & Internet research; use of office facilities; Online Careers Advice; support to apply for jobs and help & advice on interview techniques.</p>	<p>① Step Up: Fridays 1300-1600 ② South Oxhey Children's Centre: Last Wed 1030-1130:</p>	<p>Contact Liz or Angie at ASCEND for more information: ☎ 0208 420 1364</p>
<p>Mill End Job Club: Get support with: · Job searching · CV creating & updating · Completing application forms · Registering & applying for apprenticeships.</p>	<p>Mill End CC Wednesdays 1330-1530</p>	<p>Mill End Community Centre ☎ 01923 493 344 (Mon-Fri 0900-1200)</p>
<p>Traineeship: HAFLS offer a Traineeship scheme for Hertfordshire residents aged 19-24, with a focus on skills in business & administration. You will attend 4-5 days a week, for up to 12 weeks so that you can develop your workplace skills in employability, administration, maths and English. HAFLS also offer other courses to help you with employment.</p>	<p>http://www.countyofpopportunity.co.uk/job-opportunities/graduates-apprenticeships-paid-internships-work-experience/</p>	<p>For more information contact Hertfordshire Adult and Family Learning Service (HAFLS) on hafls@hertfordshire.gov.uk or ☎ 01992 588756 or ☎ 01992 556194</p>
<p>Apprentices Vacancies: See the West Herts College live Apprenticeship vacancies published on the National Apprenticeship Service website; updated regularly enabling you to see what current vacancies they have.</p>		<p>Apply to West Herts College via the NAS website: https://apprenticeshipvacancymatchingservice.lsc.gov.uk/Navms/Forms/Vacancy/SearchVacancyResult.aspx?</p>
<p>Citizens Advice Bureau: Monthly drop-in advice sessions: Advice for all, especially on budgeting.</p>	<p>1st Wednesday 1000-1200 Maple Cross Club</p>	<p>Maple Cross Club ☎ 01923 293 131</p>
<p>Courses via Jobcentre Plus: If you are unemployed, many courses are available via Jobcentre Plus. To join in, contact your Work Coach (formerly JCP Adviser).</p>		<p>Details of more Back to Work Courses on Page 8</p>
COMMUNITY LEARNING & VOLUNTEERING	WHERE & WHEN	CONTACT & BOOKING
<p>Volunteering is an excellent way to help others, get more out of life & to improve your own skills & job prospects at the same time.</p>		
<p>Angels and Heroes - Community Learning Champions: Have fun learning how to help others get involved with learning. Also • Confidence Building • Self Awareness.</p>	<p>Community Learning Partnership</p>	<p>Details from Cheryl on: ☎ 0208 421 5544 or ☎ 0757 616 7776</p>

FREE LEARNING OPPORTUNITIES THROUGHOUT THE YEAR

COMMUNITY LEARNING & VOLUNTEERING	WHERE & WHEN	CONTACT & BOOKING
<p>ASCEND can offer volunteer placement and support, training, funding advice, information and guidance concerning good practice and a range of opportunities for networking.</p> <p>Dig Deep Allotment Volunteers: Volunteers need to have attended a Dig Deep gardening or construction course to qualify & need to be committed to join the weekly volunteers.</p>	<p>ASCEND</p> <p>Thursdays 1000-1500</p>	<p>For information contact ASCEND ☎ 0208 420 1364 www.ascend.org.uk</p>
TIMEBANK and VOLUNTEERING	WHERE & WHEN	CONTACT & BOOKING
<p>Watford and Three Rivers Together Timebank is a vibrant and active community of people who share their skills and time to help and support each other. This might be by visiting older or lonely people, tidying up our neighbourhoods, helping our neighbours or teaching someone a new skill etc. Its aims include:</p> <p>To give opportunities to:</p> <ul style="list-style-type: none"> • use our skills to benefit others • use our skills as a form of self-development • learn new skills • take an active part in our community • feel supported by those around us • build trust and feel safer • get help with things that we can't do by ourselves • and to have fun together! 		<p>Together Timebank is delivered by Watford & Three Rivers Trust and is funded by Herts County Council and Thrive Homes.</p> <p>☎ 01923 216 950</p> <p>For the latest Volunteer roles see: www.w3rt.org/volunteering/searchopportunities</p>
USING COMPUTERS (ICT)	WHERE & WHEN	CONTACT & BOOKING
<p>Free Internet Access (no tuition) on PCs with basic office applications, supplied by Three Rivers District Council, available for 1-hour sessions.</p> <p>Clitheroe club - coming shortly.</p> <p>More sites soon.</p> <p>More partner venues sought - contact Kevin Snow.</p>	<ul style="list-style-type: none"> ▪ Mill End Community Centre ▪ Watersmeet (in Rickmansworth) ▪ MENCAP (in High St. Rickmansworth) 	<p>Mill End CC ☎ 01923 493 344 (Mon-Thur 0900-1200)</p> <p>Watersmeet ☎ 01923 727 391</p> <p>MENCAP ☎ 01923 713 627</p> <p>More info on scheme from Kevin Snow ☎ 01923 727 255</p>
<p>Computing for beginners in your local library:</p> <ul style="list-style-type: none"> • One-to-one • informal sessions • hands-on. FREE for members on income support/with disability status. 	<p>Libraries: Ask for details in your nearest library</p>	<p>Details & opening hours: www.hertsdirect.org/libraries ☎ 0300 123 4049</p>
VARIOUS	WHERE & WHEN	CONTACT & BOOKING
<p>More at Libraries: At your local library you can:</p> <ul style="list-style-type: none"> • Borrow books, maps, DVDs, music recordings, audio books, language courses, music scores & playsets • Find information • Read a newspaper or magazine • Use internet & computer facilities or WiFi • Hire a room • Attend storytime, baby rhyme time, homework club or a reading group • Print, photocopy or send a fax • Access on-line courses FREE through Herts Libraries 	<p>Local Libraries:</p> <ul style="list-style-type: none"> ▪ Abbots Langley ▪ Chorleywood ▪ Croxley Green ▪ Oxhey ▪ Rickmansworth 	<p>☎ 0300 123 4049 (textphone 0300 123 4041)</p> <p>For opening hours: www.hertsdirect.org/libraries</p>


FREE LEARNING OPPORTUNITIES THROUGHOUT THE YEAR

ARTS & CRAFTS	WHERE & WHEN	CONTACT & BOOKING
<ul style="list-style-type: none"> ❶ Embellishment, Needlecraft, Cushion Making, Advent Calendars, Gifts, Bags, Cards, Beads etc. ❷ Oil Painting & Introduction to Drawing & Painting ❸ Knit & Natter Stitch & Chatter: drop-in session 	<ul style="list-style-type: none"> ❶ Step Up ❷ The Centre ❸ Step Up: Monthly Thursday 	All classes coordinated by ASCEND. For more information contact ☎ 0208 420 1364
<p>Knit-Natters: Knitting & Crocheting with inter-generational Skill Sharing Group. Drop in to learn these new skills. Voluntary donation appreciated.</p>	<p>Ebury Children's Centre 2nd Wed 1000-1130</p>	<p>Ebury Children's Centre ☎ 01923 255 054</p>
HISTORY	WHERE & WHEN	CONTACT & BOOKING
<p>Three Rivers Museum: Displays include archaeological and historic background to area, featuring William Penn and temporary displays by local groups. Popular features: past & present photographs, items donated by local residents and retrieved from demolitions.</p>	<ul style="list-style-type: none"> ▪ Monday to Friday: 1400-1600 ▪ Saturday: 1000-1600 ▪ & by arrangement. 	<p>The Museum is at the front of Basing House, next to library & Watersmeet ☎ 01923 727 333 www.trmt.org.uk</p>
<p>Croxley Great Barn Tour: Visit one of Hertfordshire's oldest (c.1398) timber-framed buildings: a Grade 2*, 5-bay, aisled 'threshing' barn after 10-15 minute walk along footpath.</p>	<p>Meet: St. Joan of Arc School car park, Last Saturday 1045 for about 1½ hrs.</p>	<p>☎ 01923 772 325 Parking available in school car park. Groups welcome. April to October.</p>
<p>Batchworth Lock Canal Centre: leaflets & maps on walking & cycling in area, boat trips, plus 8 walks online.</p>	<p>Mon-Fri 1000-1600 Sat-Sun 1000-1700</p>	<p>☎ 01923 778 382 www.rwt.org.uk</p>
<p>Family History on the Internet: •one-to-one •informal sessions •hands-on •introduction to online resources (basic Internet searching ability required)</p>	<p>Libraries: Ask for details at your local library</p>	<p>☎ 0300 123 4049 (textphone 0300 123 4041) Opening hours: www.hertsdirect.org/libraries</p>
ADULTS & CHILDREN TOGETHER	WHERE & WHEN	CONTACT & BOOKING
<p>Getting Ready to Learn: Learn through play session for the over 2s & their parents, grandparents or guardians. Voluntary donations appreciated.</p>	<p>Chorleywood & Loudwater Children's Centre Wednesday 1330-1500</p>	<p>To book and for more details please call Chorleywood & Loudwater Children's Centre on: ☎ 01923 484 903</p>
<p>Saturday 2: Fun drop-in story & craft activity Sessions.</p>	<p>Chorleywood & Loudwater CC: 2nd Saturday 1000-1130</p>	<p>Chorleywood & Loudwater Children's Centre: ☎ 01923 484 903</p>
<p>Little Diggers Allotment Project: Drop in session for families with children under 5.</p>	<p>Allotment (Prestwick Rd by Hayling Rd roundabout) 2nd Saturday 1000-1200</p>	<p>South Oxhey Children's Centre Details: ☎ 0208 700 2203</p>
<p>Stay & Play Baby Clinic: A drop-in for all the family who have children under 5 (runs alongside baby clinic).</p>	<p>Maple Cross Club 1000-1200 4th Sat</p>	<p>Rickmansworth Children's Centre: ☎ 01923 772 094</p>
<p>Family Cookery Lessons: Meal preparation for cooking on a budget.</p>		<p>Rickmansworth Children's Centre Book & for more details Rickmansworth Children's Centre: ☎ 01923 772 094</p>
<p>FOR PARENTS & U5s: ❶ Positive Play: Interactive fun play & stay session ❷ Dinky Dancers: physical activity & exercise class (Free to outreach programme)</p>	<p>Maple Cross Club Wednesdays: ❶ Term time 1000-1130 ❷ 0945-1045</p>	<p>Call Rickmansworth Children's Centre: ☎ 01923 772 094 ❷ Book: ☎ 01923 772 094</p>

FREE LEARNING OPPORTUNITIES THROUGHOUT THE YEAR




ADULTS & CHILDREN TOGETHER Continued	WHERE & WHEN	CONTACT & BOOKING
Men @ Work: Stay & Play for Male Carers & U5s.	Ebury Children's Centre Last Wed	Ebury Children's Centre ☎ 01923 255 054
Pregnancy Clubs: Whatever stage in your pregnancy you are at come along to our relaxed discussion sessions with a qualified midwife.	Rickmansworth Children's Centre Tuesdays 1900-2150	Drop-in sessions. Information: Rickmansworth Children's Centre: ☎ 01923 772 094
Play and Stay: Session where you can learn about your Child's development through play.	Tanners Wood Hall Thurs 1330-1500	Just drop in. Information Abbots Langley Children's Centre ☎ 01923 268 105
Baby Rhyme and Tummy Time	St Saviours Church Hall Wednesdays 1100-1145	Information: Abbots Langley Children's Centre ☎ 01923 268 105
Story Song and Rhyme Time: Enjoy sharing rhymes and communicating with your baby (0-12 months) whilst learning the importance of Tummy Time.	Rickmansworth Children's Centre Tuesdays 1400-1445	Information: Rickmansworth Children's Centre: ☎ 01923 772 094
Child Health Clinic: Including New Mums Information Café & Play Session. Parents can get help and advice from the Health Visitors on health issues.	Tanners Wood Hall Mondays 1330-1500 All year ex Bank Holidays	Information Abbots Langley Children's Centre ☎ 01923 268 105
Funky Monkey Movers: Help develop your child's (18 mths-5 yrs) physical development and listening skills through this fun and lively music session. Just drop in.	Tanners Wood Hall Wednesdays 1400-1445	For more information call Abbots Langley Children's Centre on ☎ 01923 268 105
HEALTH & FITNESS	WHERE & WHEN	CONTACT & BOOKING
Outdoor Gyms for everyday active adults: These gyms offer you the opportunity to have fun exercising, whilst enjoying fresh air. 7 items of equipment provide a range of exercise opportunities, including toning of upper & lower body and fitness to heart & lungs. Whether you're out walking the dog or having a stroll in the Park or taking the children or grandchildren to the Play area, why not have a go!	<ul style="list-style-type: none"> Leavesden Country Park, Abbots Langley Barton Way Play Area, Croxley Green Ebury Play Area, Rickmansworth Hayling Rd Play Area, South Oxhey 	Details: Three Rivers District Council: ☎ 01923 776 611 www.threerivers.gov.uk
Gentle Activities 50+: with Age Concern. Talks about food, exercise and things to keep you active.	Maple Cross Club Tuesday 1030-1130	For more information and to book ☎ 01923 770 678
Tea Dances: Are you a Carer? When accompanying the person you care for, you get free admission.	Chorleywood Memorial Hall Monthly: 1330-1600	Details: Three Rivers District Council: ☎ 01923 776 611 www.threerivers.gov.uk
Play Rangers: Outdoor programme of activities across the district for children & young people aged 5 - 19 yrs.	Three Rivers - Various	Details: Three Rivers District Council ☎ 01923 776 611 or leisure@threerivers.gov.uk or www.iplayoutdoors.co.uk

FREE LEARNING OPPORTUNITIES THROUGHOUT THE YEAR

HEALTH & FITNESS Continued	WHERE & WHEN	CONTACT & BOOKING
<p>Swimming Offers:</p> <p>① For Carers: free admission when accompanying the person you care for.</p> <p>② For Under 19's: Free swimming in Easter & summer holidays at these leisure centres during specified dates & times for Three Rivers residents only.</p> <p>③ For over 60 Three Rivers Residents* Free. Advance registration required for new participants. Session times change during school holidays. Pool admission subject to availability.</p> <p><i>* Abbots Langley, Leavesden, Croxley Green, Chorleywood, Maple Cross, Mill End, Rickmansworth, Sarratt, Moor Park, South Oxhey, Carpenders Park</i></p>	<p>①</p> <ul style="list-style-type: none"> ▪ Sir James Altham Pool ▪ William Penn Leisure Centre <p>②</p> <ul style="list-style-type: none"> ▪ William Penn Leisure Centre ▪ Sir James Altham Pool ▪ Watford Woodside <p>③</p> <ul style="list-style-type: none"> ▪ William Penn Leisure Centre: Mon 1200-1300 Wed 0900-1000 ▪ Sir James Altham Pool: Tues 0900-1000 Thurs 1200-1300 ▪ Watford Woodside: Tues 0800-0900 Fri 1500-1600 	<p>Details: Three Rivers District Council: ☎ 01923 776 611 www.threerivers.gov.uk</p> <p>Further information available from participating venues: www.threerivers.gov.uk/Default.aspx/Web/SwimmingOffers</p> <p>Follow links to free swim and free gym information. These are for certain age groups and some restrictions apply: http://www.threerivers.gov.uk/Default.aspx/Web/IGymforFree</p>
HEALTH WALKS	WHEN & WHERE	INFORMATION
<p>Level 2 = easy/moderate walk, 45 mins, about 2-miles, moderate hills, no stiles.</p>	<p>Level 3 = moderate walk, about 3-miles, moderate hills, faster pace & possible stiles</p>	<p>Level 4 = moderate plus, up to 2 hrs, possible steep inclines & stiles</p>
<p>Three Walks in Abbots Langley:</p> <p>① Level 2 ② Level 3 ③ Level 4 (May-Aug)</p>	<p>Thursdays: ① ② ③ 1000-1100 Meet: WD5 0AY (Public car park off High St (opposite Methodist Church))</p>	<p>Health Walks are an ideal way of taking exercise:</p> <ul style="list-style-type: none"> ▪ Suitable for all ages & abilities ▪ Local, short and free ▪ Sociable - walk in groups and meet new people ▪ Strengthen your heart, muscles and bones ▪ Good for your wellbeing, de-stress and increase your confidence
<p>South Oxhey:</p> <p>① Level 2-3 ② Level 4</p> 	<p>Wednesdays: 1030-1115 Meet: WD19 7AG - Bridlington Rd end of Precinct (opp Library, St Andrews Rd)</p>	
<p>Chorleywood: Level 2 - Buggy friendly <i>In conjunction with Chorleywood & Loudwater Children's Centre</i></p>	<p>1st Thursday: 1000-1100 Meet: WD3 5SG Christchurch Car Park, Rickmansworth Rd.</p>	
<p>A choice of Walks in Croxley Green:</p> <p>Alternate Fridays:</p> <p>① Level 2 ② Level 3</p> <p>Opposite Alternate Fridays:</p> <p>③ Level 3 ④ Level 3</p>	<p>Alternate Fridays: ① & ② ① 1000-1130 ② 1000-1100 Meet 0950: WD3 3HN Artichoke Pub on The Green</p> <p>③ & ④ Meet 0950: WD3 3RX Harvester Baldwins Ln ③ 1000-1100 ④ 1000-1130</p>	<p>Before you walk, please complete simple form via www.hertslink.org/cms/healthwalks or turn up 10 mins early for your first walk.</p>
<p>Walks in Rickmansworth:</p> <p>① Not Summer: Level 3 ② Not Summer: Level 3</p> <p>③ Summer (May-Aug): Level 3-4</p>	<p>Saturdays: 1430 ① WD3 8SY Mill End Baptist Church, Field Way ② Sundays: 1430 Meet: WD3 8JN William Penn Leisure Centre car park ③ Wed evenings 1900 Meet: WD3 1AY Public car park adjacent to M&S, High St.</p>	<p>No special equipment needed just comfortable shoes! Check dates & get information from Countryside Management Service ☎ 01992 588 433 e: healthwalks.cms@hertfordshire.gov.uk</p>

ANNUAL FESTIVALS OF LEARNING: 2015 DATES

There are many learning festivals during the year, particularly in May and June and also in October

	<p>Every May</p>	<p>Museums at Night: 14-16 May 2015 - attracts visitors into museums, galleries and heritage sites by throwing their doors open after hours and putting on special evening events.</p> <p>Voluntary Arts Week: 15-24 May 2015 - celebrates creativity and inspiring more people to discover the joy of being creative.</p> <p>Learning at Work Week 2015: Monday 18 May - Sunday 24 May 2015</p>
	<p>Every June</p>	<p>Adult Learners' Week and Festival of Learning bring together a range of national activities.</p> <p>VQ Day: 10 June - celebrates and recognises those who take, support and encourage vocational qualifications.</p> <p>Volunteers Week: 1-7 June 2015</p> <p>Adult Learners' Week: Saturday 13 June - Friday 19 June 2015 More about Adult Learners' Week: www.alw.org.uk</p>
	<p>Every October</p>	<p>Family Learning Festival: 17 October - 1 November 2015</p>
	<p>Every October</p>	<p>Black History Month - October 2015</p>

Get the latest information about all these Festivals at:

www.3riverslearningptnrs.btck.co.uk

**Three Rivers
Learning Partnership**

*Promoting Learning
in Your Community*

**THREE RIVERS LEARNING PARTNERSHIP
CONTACT DIRECTORY:**

**Organisations & Venues offering Learning
Information, Opportunities & Tasters**

Organisation/Venue	Address & email	Website & Telephone
Abbots Langley Children's Centre	School Mead, Abbots Langley, WD5 0LB e: jeanette.white@hertsmereleisure.co.uk	www.hertsmere-children.co.uk ☎ 01923 268 105
Abbots Langley Baptist Church	School Mead, Abbots Langley, WD5 0LB	
ASCEND	All Saints' Church Centre, Gosforth Lane, South Oxhey. WD19 7AX	www.ascend.org.uk ☎ 0208 420 1364
Batchworth Lock Canal Centre	Rickmansworth Waterways Trust, 99 Church St WD3 1JJ e: enquiries@rwt.org.uk	www.rwt.org.uk Education Programme Leader ☎ 01923 778 382
Boundary Way Community Room	Boundary Way, Garston, Watford. WD25 7ST	
Breakspere School	Gallows Hill Lane, Abbots Langley, WD5 0BU	
Bullsland Hall	Bullsland Lane, Chorleywood. WD3 5BH	www.chorleywood-pc.gov.uk/bullsland.htm ☎ 01923 282 568 or 285 594
CAB (Citizens Advice Service): • Abbots Langley • Oxhey & District • Rickmansworth	<ul style="list-style-type: none"> • The Old Stables, St Lawrence's Vicarage, High St, Abbots Langley. WD5 0AS. • 4 Bridlington Rd, South Oxhey. WD19 7AF • Northway House, High St, WD3 1EH 	Email advice service via website: http://threeriverscab.org.uk/ ☎ 0844 245 1296 (for clients who live or work in Three Rivers) Adviceline: ☎ 03444 111 444
The Centre & The Music Studio	Hertsmere Leisure, The Centre, Gosforth Lane, South Oxhey. WD19 7AX	www.thecentre-southoxhey.co.uk ☎ 0208 428 4954
Chiltern Sports & Social Club	Maple Lodge Close, Maple Cross. WD3 9SQ	☎ 01923 770 677 (M-Th 1630- 2300 F1400-2300 S&S 1200-2230)
Chorleywood Memorial Hall	Common Rd, Chorleywood, Ricky. WD3 5LN	☎ 01923 282 568
Chorleywood & Loudwater Children's Centre	Lower Road, Chorleywood. WD3 5LB	www.hertschildrenscentres.org.uk/clcc ☎ 01923 484 903
Chorleywood Primary Sch	Stag lane, Chorleywood. WD3 5HR	
The Clitheroe Club	37 Clitheroe Gardens South Oxhey, WD19 6RP	
CLP (Community Learning Partnership Ltd)	c/o St Martin's Church, Muirfield Rd, South Oxhey. WD19 6JD	www.clp.org.uk ☎ 0208 421 5544 / ☎ 0757 616 7776
CMS (Countryside Management Service)	Environment Department (CHG001) County Hall, Hertford. SG13 8DN e: healthwalks.cms@hertfordshire.gov.uk	www.hertsdirect.org/healthwalks/ ☎ 01992 588 433
Croxley Green Children's Centre	PO Box 695, Rickmansworth WD3 0DG e: admin.croxleygreen@hertschildrenscentres.org.uk	www.hertschildrenscentres.org.uk/croxleygreen/ ☎ 01923 805 110
Croxley Wellness Centre	129 New Road, Croxley Green WD3 3EN	☎ 01923 710 676
Ebury Children's Centre	Raglan Gardens, Oxhey Hall, Watford. WD19 4LL e: ebury@pre-school.org.uk	www.hertschildrenscentres.org.uk/ebury ☎ 01923 255 054
Guideposts Trust	Henry Smith House, 3-5 Estcourt Rd, Watford. WD17 2PT	www.guidepoststrust.org.uk ☎ 01923 223 554
HCS Careers	Delta House, Avenue One, Letchworth Garden City. SG6 2HU	www.hcsprovek.co.uk ☎ 01462 705 000

Three Rivers Learning Partnership - Promoting Learning in Your Community
Contact details: Pages 16-19

Organisation/Venue	Address & email	Website & Telephone
The Hertfordshire Chamber of Commerce	MacLaurin Building, 4 Bishops Square Business Park, Hatfield, Hertfordshire. AL10 9NE e: enquiries@hertschamber.com	www.hertschamber.com ☎ 01707 398 400 Fax: 01707 398 430
Hertfordshire Adult & Family Learning Service (HAFLS)	HAFLS works with partners to deliver adult and community learning opportunities across Hertfordshire. See website for information about HAFLS partners near you.	www.hertsdirect.org/services/edlearn/hafils/ e: hafils@hertfordshire.gov.uk ☎ 01992 588 756 / 556 194
HERTFORDSHIRE LIBRARY SERVICE: ▪ Abbots Langley Library ▪ Chorleywood Library ▪ Croxley Green Library ▪ Oxhey Library ▪ Rickmansworth Library	▪ High Street, Abbots Langley WD5 0AP ▪ Lower Road, Chorleywood WD3 5LB ▪ Barton Way, Croxley Green WD3 3HB ▪ Bridlington Road, South Oxhey WD19 7AG ▪ High Street, Rickmansworth WD3 1EH	www.hertsdirect.org Call ☎ 0300 123 4049 and ask for Library by name
Home-Start (Watford & Three Rivers)	7 Lord Street, Watford. WD17 2LL e: enquiries@home-startwatford.org.uk	www.home-startwatford.org.uk ☎ 01923 248 010
Job Centre Plus	Exchange House, 60 Exchange Rd. WD18 0JJ Textphone: ☎ 0845 6055 255 standard rate (M-F 8-6 S 9-1) www.jobcentreplus.gov.uk	www.worktrain.gov.uk ☎ 01582 685 200 for job points, training opportunities: Call centre jobseeker direct: ☎ 0845 6060 234
learndirect	National Advice Line ☎ 0800 100 900	www.learndirect.co.uk
Leavesden Country Park	College Road, Abbots Langley. WD5 0GN	
Maple Lodge Conservation Society	Maple Lodge Close, off Denham way, Rickmansworth. WD3 9SN	www.maplelodge.org ☎ 07580 535 986
Maple Cross Club	Maple Cross Club Ltd., Longcroft Road, Maple Cross, Rickmansworth. WD3 9TJ	☎ 01923 712 410 (After 1600 weekdays & 1200 at weekends)
Maple Cross JMI	Denham Way, Maple Cross, Rickmansworth, WD3 9SS e: admin@maplecross.herts.sch.uk	www.maplecross.herts.sch.uk/ ☎ 01923 773 189
Mill End Community Centre	Old School Building, Church Lane, Mill End, Rickmansworth. WD3 8HD e: millendcentre@btconnect.com	www.millendcc.co.uk ☎ 01923 493 344 (Mon-Fri 0900-1200)
Mill End Community Trust & The Mill Cafe & Rickmansworth Foodbank	Methodist Church, Berry Lane, Mill End. WD3 7HJ e: info@rickmansworth.foodbank.org.uk	rickmansworth.foodbank.org.uk www.millendcommunitytrust.org ☎ 07716 856 892
National Careers Service (for people 19 & over)	▪ HCS Careers, Delta House, Avenue One, Letchworth Garden City. SG6 2HU ▪ National Careers Service advisers (7 days/wk 0800-2200) ☎ 0800 100 900	HCS Careers: www.hcsprovek.co.uk ☎ 01462 705 000 Regional helpline: ☎ 0845 603 1059
9 Lives Furniture	25 Wharf Lane, Rickmansworth WD3 1HA e: marie@9livesfurniture.org.uk	www.9livesfurniture.org.uk/ ☎ 01923 718 666
Northwick Day Centre	Northwick Road, South Oxhey. WD19 6RS	☎ 0208 421 1891
Parmiter's School	High Elms Lane, Garston. WD25 0UU <i>Ask for Anne Green</i>	www.parmiters.herts.sch.uk ☎ 01923 671 424

Organisation/Venue	Address & email	Website & Telephone
Rickmansworth Aquadrome	Frogmoor Lane, off Harefield Rd. WD3 1NB	
Rickmansworth Children's Centre	Shepherd's Lane, Rickmansworth WD3 8JJ e: support.rickmansworth@hertschildrenscentres.org.uk	www.hertschildrenscentres.org.uk/rickmansworth ☎ 01923 772 094
Rickmansworth Bowls Club	Basing Gardens Rinks, Northway, WD3 1HL	☎ 01923 449 917/ 773 108
Rickmansworth School	Scots Hill, Rickmansworth. WD3 3AQ	☎ 01923 773 296
Sarratt Village Hall	The Green, Sarratt, Rickmansworth. WD3 6AS	www.sarrattvillagehall.co.uk ☎ 01923 265 881
The Shepherd Centre	Middleton Rd, Rickmansworth. WD3 8JF	☎ 01923 354 616
Sir James Altham Pool	Little Oxhey Lane, South Oxhey. WD19 6FW	www.sirjamesaltham.co.uk ☎ 0208 421 0211
St Michael's Catholic High School	High Elms Ln, Garston, Watford. WD25 0SS	www.stmichaelschs.herts.sch.uk
South Oxhey Children's Centre	Northwick Road, South Oxhey. WD19 6NL Allotment: Prestwick Rd by Hayling Rd roundabout e: admin.southoxhey@hertschildrenscentres.org.uk	www.hertschildrenscentres.org.uk/southoxhey ☎ 0208 700 2203
South West Herts Partnership of schools	Kathy Buchannan & Germaine Matthews e: admin@southwesthertspartnership.org.uk	www.southwesthertspartnership.org.uk/
SoXtra Consortium of Schools	Primary Schools: Colnbrook, Eastbury Farm, Greenfields, St Joseph's, St Mary's, St Meryl, Oxhey Wood, Warren Dell, Woodhall.	www.soextra.org.uk
Step Up Learning & Wellbeing Centre	39 Oxhey Drive, South Oxhey WD19 7SD e: training@ascend.org.uk	www.ascend.org.uk ☎ 0208 428 6725
St Joan of Arc School	High Street, Rickmansworth WD3 1HG	☎ 01923 773 881
St Meryl School	The Mead, Carpenders Park. WD19 5BT e: admin@stmeryl.herts.sch.uk	www.stmeryl.herts.sch.uk ☎ 0208 428 1695
St Saviours Church Hall	96 Abbots Road, Abbots Langley WD5 0DS	
Tanners Wood Hall	Abbots Langley Parish Council, Langley Rd, Abbots Langley. WD5 0EJ.	☎ 01923 265 139
Three Rivers District Council	(Including Everyday Active) Three Rivers House, Northway, Rickmansworth. WD3 1RL	www.threerivers.gov.uk ☎ 01923 776 611
Three Rivers Learning Partnership	Hosted by: The Hertfordshire Chamber of Commerce, MacLarin Building, 4 Bishops Square Business Park, Hatfield. AL10 9NE	www.3riverslearningptnrs.btck.co.uk e: lyntelford@hertschamber.com
Three Rivers Museum	Basing House, 46 High St, Rickmansworth, WD3 1HP e: enquiries@trmt.org.uk	www.trmt.org.uk ☎ 01923 775 882
TCHC (The Consultancy Home Counties Ltd)	2 nd Floor, Suite A3, Gresham House, 53 Clarendon Rd. WD17 1LA	www.TCHC.net ☎ 01923 698 430
Together Timebank (See W3RT)	Holywell Community Centre, Chaffinch Lane. WD18 9QD e: timebank@w3rt.org	www.W3rt.org ☎ 01923 216 950

Organisation/Venue	Address & email	Website & Telephone
<p>U3A (University of the Third Age): The activities available to retired/semi-retired people, who join as members, include educational, creative & social activities for those wanting to keep mind & body active & widen their social circle. Study Groups are organised & arranged by members, some are taught by experts; others share experiences & knowledge of group members, following principle: <i>'Those who Learn shall also Teach and those who Teach shall also Learn'</i></p>	<p>U3A Chorleywood: www.u3asites.org.uk/chorleywood Georgina Barton e: bartongeorgina@hotmail.com ☎ 01923 284 755</p> <p>▪ U3A Croxley Green: www.u3asites.org.uk/croxleygreen Gerry Clark e: geraldinetclark@ntlworld.com ☎ 01923 441 664</p> <p>▪ U3A Rickmansworth: www.u3asites.org.uk/rickmansworth ☎ 07754 620674 e: enquiries@rickyu3a.co.uk</p> <p>▪ U3A Sarratt: www.u3asites.org.uk/sarratt Gillian Fay ☎ 01923 232 843 e: fay51@btinternet.com</p>	
Watersmeet Theatre	High Street, Rickmansworth. WD3 1HJ	Administration ☎ 01923 727 386 Box Office ☎ 01923 711 063
Watford & District YMCA Woodlands Centre	Leavesden Country Park, Linnet Road, off College Rd, Abbots Langley. WD5 OGN	www.ymca.org.uk ☎ 01923 662 222
Watford Credit Union Ltd	First Floor, 59 Clarendon Road. WD17 1LA e: info@watfordcreditunion.co.uk	www.watfordcreditunion.co.uk ☎ 01923 236 401
Watford Mencap	The Old Town Hall, 105 High St. Rickmansworth. WD3 1AN e: reception@watfordmencap.org.uk	www.watfordmencap.org.uk ☎ 01923 713 620
Watford Observer	Observer House, Caxton Way. WD18 8RJ	www.watfordobserver.co.uk/
Watford Rural Parish Council	Oxhey Drive, South Oxhey. WD19 7SB e: admin@watfordrpc.co.uk	☎ 0208 428 0449
W3RT (Watford & Three Rivers Trust)	Holywell Community Centre, Chaffinch Lane, WD18 9QD (Together Timebank - see above)	www.w3rt.org ☎ 01923 216 950/1
Watford Women's Centre	83 Market Street, Watford. WD18 OPT	www.watfordwomenscentre.org.uk ☎ 01923 816 229
Wenta	The Wenta Business Centre, Colne Way. WD24 7ND e: marketing@wenta.co.uk	http://www.wenta.co.uk/training-and-events ☎ 01923 247 373
<p>WEA:</p> <ul style="list-style-type: none"> • Open Access Cultural Studies Programme • Herts Targeted Programme 	<p>Chorleywood & Rickmansworth Branch provides a local Open Access Cultural Studies programme Herts Targeted Programme works in partnership with other Community & Voluntary organisations to provide learning opportunities for Parents, Carers and Volunteers. e: SGentleman@wea.org.uk e: rosemary.warburg@btinternet.com</p>	<p>Chorleywood & Rickmansworth Branch: Rosemary Warburg ☎ 01923 282 848 www.wea.org.uk/eastern Herts Targeted Programme: Sylvia Gentleman ☎ 01438 716 237</p>
West Herts College	<p>Dacorum Campus: Hemel Hempstead HP1 1HD Kings Langley campus: Langley Waters, Home Park, Kings Langley. WD4 8LZ Watford Campus: Hempstead Rd. WD17 3EZ</p>	www.westherts.ac.uk ☎ Learning Link 01923 812 345
William Penn Leisure Centre	Shepherd's Lane, Rickmansworth. WD3 8JN	www.williampennleisure.co.uk ☎ 01923 771 050
The Woodoaks Association	Woodoaks Farm, Denham Wy, Rickmansworth. WD3 9XQ e: danielmitchell@thewoodoaksassociation.co.uk	www.thewoodoaksassociation.com ☎ 0774 555 6453
Woodside Leisure Centre	Horseshoe Lane, Watford. WD25 7HH	☎ 01923 892 710 www.everyoneactive.co.uk
Work Solutions	Apsley One, Brindley Way, Hemel Hempstead. HP3 9BF	www.hertsdirect.org/worksolutions ☎ 01442 454 464

Three Rivers Learning Partnership brings together organisations involved in adult education in the district to promote learning opportunities for adults and families. Three Rivers Learning Partnership thanks all its Partners, sponsors and providers of free learning activities & venues.

More FREE learning: For breaking news about **Learning Festivals** & details of **FREE** learning activities throughout the year see: www.3riverslearningptnrs.btck.co.uk

Would your local learning organisation like to be listed in this Guide, or you can't find the contact details you need for a local learning organisation, then please contact Three Rivers Learning Partnership: www.3riverslearningptnrs.btck.co.uk

WHAT DO YOU THINK ... about learning opportunities in Three Rivers?
Are you a learner or prospective learner who would like to make your views known?
If so contact: www.3riverslearningptnrs.btck.co.uk

