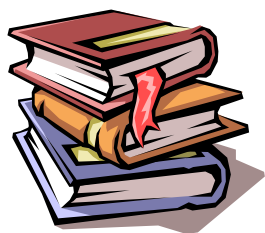


Working together:

Learning Families and **Three Rivers Learning Partnership**

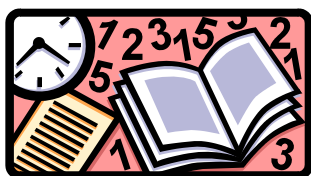
* Pick up this **FREE** Guide

or get it online: www.3riverslearningptnrs.btck.co.uk



Your Guide to Adult & Family Learning for Three Rivers

*With **FREE** learning opportunities all year!*



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

For latest details of Learning Festivals & **FREE** learning activities:

www.3riverslearningptnrs.btck.co.uk



Every May

Scan with your
QR Code reader



Every October

YOUR GUIDE TO ADULT & FAMILY LEARNING FOR THREE RIVERS

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INTRODUCTION

Use 'Your Guide to Adult & Family Learning for 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 & 9.
- Please help or encourage someone you know to sign up.

Adult Learners' Week held each **May**, it incorporates **Learning at Work Day**, with **FREE Taster Sessions** offered by local learning providers.

The **Family Learning Festival** held each **October** provides 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, 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
Venue addresses pages 16-19

YOUR GUIDE TO ADULT & FAMILY LEARNING FOR THREE RIVERS

WHERE TO GET HELP & SUPPORT: SKILLS FOR LIFE



Speaking English

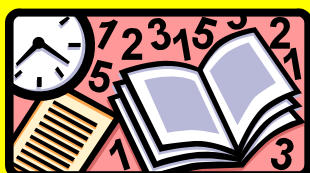
ESOL (English for Speakers of Other Languages):

- ASCEND
- Herts Trade Union Learning 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: Ebury & Rickmansworth



Reading, Writing & Numbers

(Maths & English):

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



Book Groups & Literature:

- ASCEND (Write Start - Creative Writing)
- 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)
- Three Rivers Learning Partnership, Maple Cross JMI & Libraries (Maple Cross 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)
- Herts Trade Union Learning Centre
- Maple Cross JMI
- 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: 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 9 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:

- Herts Trade Union Learning Centre
- National Careers Service (people 19 & over)
- TCHC



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)

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
- Herts Trade Union Learning Centre
- 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

Training For Work / Workplace Learning:

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

Training For Volunteering / Volunteers:

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

Details of local Job Clubs: Page 12

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

Arts & Crafts:

- ASCEND - run at Step Up (Embellishment, Needlecraft, Cushion Making, Advent Calendars, Gifts, Bags, Cards, Beads, etc.)
- ASCEND - run at The Centre (Oil Painting & Introduction to Drawing & Painting classes)
- 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)
- 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, Ebury, Rickmansworth & South Oxhey

For courses funded by Hertfordshire Adult & Family Learning Service check with local school or HAFLS

☎ 01992 588 756 e: HAFLS@hertscc.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:

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



Personal Development:

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



What about 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 2013/14 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.

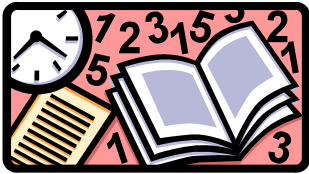

To receive free tuition you must meet criteria as set out by both Government and course provider.

- **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 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 & ESOL	WHERE & WHEN	CONTACT & BOOKING
<p>Sign up now:</p> <p>♦ COURSES FOR PARENTS</p> <p>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 <p>Plus many more tasters & courses including: with art, singing & cookery and arts & crafts</p> <ul style="list-style-type: none"> ▪ Heavenly Arts & Craft Cafe ▪ Cafe in the Park Ricky (Seasonal) ▪ Step Up ▪ Community Centres 	<p>Community Learning Partnership</p> <p>Contact Cheryl on:</p> <p>☎ 0208 421 5544 or</p> <p>☎ 0757 616 7776</p> <p>♦ Find out about Learning Families project Tasters including Artist trading cards</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?</p> <p>These small, friendly groups welcome new members and discuss Quick Reads books.</p> <p>Quick Reads 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 Quick Reads 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"> ▪ Maple Cross: Maple Cross JMI ▪ South Oxhey: Oxhey Library, ASCEND, Step Up ▪ Mill End: Mill End: Community Centre <p>Each book chosen is available from the library; but you don't need to have read it to come along to join in.</p> <p>☎ 0300 123 4049</p>	<p>Jointly organised by:</p> <ul style="list-style-type: none"> ▪ Three Rivers Learning Partnership ▪ Hertfordshire Library Service ▪ ASCEND / Step Up ▪ Maple Cross JMI School ▪ Mill End Community Centre <p>For dates/details:</p> <p>Three Rivers Learning Partnership</p> <p>www.3riverslearningptnrs.btck.co.uk</p> 
<ul style="list-style-type: none"> ▪ English and Literacy - various levels ▪ ESOL (English for Speakers of Other Languages): covers speaking, listening reading & writing. 	<p>Herts Trade Union Learning Centre</p>	<p>Contact Eileen</p> <p>☎ 01923 201 948</p>
COMMUNITY LEARNING CHAMPIONS	WHERE & WHEN	CONTACT & BOOKING
<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:</p> <p>☎ 0208 421 5544 or</p> <p>☎ 0757 616 7776</p>
USING COMPUTERS (ICT)	WHERE & WHEN	CONTACT & BOOKING
<p>Online Basics: helps you search & explore the Internet, keep in touch with email and stay safe online. You will need to sign up on the GO ON website for the 6-short modules showing how to use a mouse & keyboard, email, search, stay safe online & use online public services.</p>	<p>Herts Trade Union Learning Centre</p>	<p>Contact Eileen</p> <p>☎ 01923 201 948</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. Voice over option if you have difficulty in reading. No prior knowledge required; but basic keyboard skills needed.</p>	<p>ASCEND</p>	<p>Book in advance with Jane or Sue ☎ 0208 420 1364 www.ascend.org.uk</p>
<p>ASCEND can also offer volunteer placement and support, training, funding advice, information and guidance concerning good practice and a range of opportunities for networking.</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>
<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 S. Oxhey: ☎ 0208 700 2203 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: ☎ 01923 268 105 Ricky: ☎ 01923 772 094</p>
ADULTS & CHILDREN TOGETHER	WHERE & WHEN	CONTACT & BOOKING
<p>Family Fit Camp: 6-week fitness courses for parents/carers with child in buggy. Meet at centre. Courses ongoing.</p>	<p>Ebury Children's Centre Monday 1330-1430</p>	<p>Book with Ebury Children's Centre ☎ 01923 255 054</p>
BUSINESS	WHERE & WHEN	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. 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: •Writing a good business plan •Addressing your legal requirements •Sourcing finance •Taxation and VAT •Managing cash flow •Marketing the business</p> <p>Enterprise Clubs - My Incubator: group meetings to support local people into self-employment, designed for those considering starting a business. Can also offer direct access to business advice from experienced advisors in a relaxed environment. Topics include: •Help with developing your business idea •Networking with other entrepreneurs •Writing your business plan.</p>	<p>The Wenta Business Centre, Watford Let's Talk Starting in Business: 0930-1530 •15 May •11 June 2013</p> <p>My Incubator: 0930-1100 •22 May •12 June •10 July •7 Aug •4 Sept •2 Oct •6 Nov •4 Dec 2013</p>	<p>Run in partnership with Barclays.</p> <p>For more information about these & other business courses or to book contact Wenta: ☎ 0845 371 0891 or e: admin@wenta.co.uk</p> <p>Wenta also run courses in Hemel Hempstead, Luton, Potters Bar, Stevenage and Bedford. www.wenta.co.uk</p>


LOW COST COURSES OF LEARNING

ARTS & CRAFTS	WHERE & WHEN	CONTACT & BOOKING
Carnival Event: Let's celebrate carnival with a Carnival Arts Course for over 19s (by 1.8.12) with a focus on Health & Wellbeing & followed by Celebration Event .	ASCEND 6-wk course Starts: 3 June	Book ☎ 0208 420 1364 www.ascend.org.uk Course costs £15 (incl £12-50 admin fee)
USING COMPUTERS (ICT)	WHERE & WHEN	CONTACT & BOOKING
IT Courses: <ul style="list-style-type: none"> • Online Basics • Microsoft Basics • Digital Photography • Computing for Beginners • Internet & e-mail • ITSee (partially sighted) computer class <i>Courses run to meet demand, days subject to change</i>	ASCEND • Monday 1230-1500 • Tuesday 1230-1500 • Friday 1000-1200	Book in advance or for more information contact ASCEND. Admin fee £12.50 ☎ 0208 420 1364 www.ascend.org.uk
READING, WRITING & NUMBERS & ESOL	WHERE & WHEN	CONTACT & BOOKING
<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. ▪ 'Balancing Act': supporting people into adult learning and a route to study English locally or at college. 	ASCEND Mondays & Tuesdays 1000-1200 ASCEND Tuesdays 0930-1200 ASCEND Fridays 1000-1200	ESOL courses are ongoing. Book in advance with Jane or Sue or for more information contact ASCEND. Admin fee £12.50 ☎ 0208 420 1364
ADULTS & CHILDREN TOGETHER	WHERE & WHEN	CONTACT & BOOKING
Baby Massage: For parents & carers and babies aged 2-8 months. Learn how to massage your baby and about the value of Nurturing Touch. 21 June - 12 July	Abbots Langley Baptist Church Fridays 1330-1500	To book call Abbots Langley Children's Centre on: ☎ 01923 268 105
Save a Life First Aid: For parents & carers of children aged 0-5 yrs. Learn about resuscitation and managing emergency situations. Crèche available.	Abbots Langley Baptist Church 1245-1445 on 4 July	To book call Abbots Langley Children's Centre on: ☎ 01923 268 105
Brighter Futures: Identify your skills, develop confidence and create an action plan for your future employment opportunities.	Hillside Residents Office 0930-1130 3 June - 8 July	To book course & crèche call Abbots Langley Children's Centre on: ☎ 01923 268 105
Toadstools Group: Variety of early learning activities for Parents & 1-3s. 	Rickmansworth Children's Centre Mondays 1345-1500	Rickmansworth Children's Centre: ☎ 01923 772 094

FREE NATURE VISITS	TIME	WHERE	CONTACT & BOOKING
Walks & Talks: Sat 11 & Sun 12 May: Open Weekend: Learn about birds, flowers & local flora & fauna at this 40-acre nature reserve consisting of lakes, marsh, hedgerows & wooded plantation. Also: <ul style="list-style-type: none"> ▪ Sun 14 July: Summertime * ▪ Wed 31 July: Family: for 7-12 yrs (with Parent or Grandparent) * + ** ▪ Sun 4 August: Discovery Day - ML 30th Anniversary 1100-1630 (last Tour 1530) ▪ Sun 3 November: Autumn Fungi * 	1100-1700 (last tour 1600) *1400 for approx 2 hrs)	Maple Lodge 	Details: Maple Lodge Conservation Society www.maplelodge.org ☎ 07580 535 986 ** Booking required - contact Peter ☎ 01923 662 456 or Keith ☎ 07580 535 986 <div style="background-color: #90EE90; padding: 5px; text-align: center;">Members can learn conservation skills</div>

LEARNING FESTIVAL TASTERS



SATURDAY 18 MAY	TIME	WHERE	CONTACT & BOOKING
Construction and Carpentry Open Day: Come along to try plastering, carpentry and brickwork – get hands on and have a go! Find out about courses and help with funding.	1000-1300	Dacorum Campus	West Herts College ☎ 01923 812 345
Ricky Canal Festival: Courses/careers advice, student displays & clay modelling activities.	1030-1700	Environment Tent	West Herts College ☎ 01923 812 345
SUNDAY 19 MAY	TIME	WHERE	CONTACT & BOOKING
Ricky Canal Festival: Courses/careers advice, student displays & clay modelling activities.	1030-1700	Environment Tent	West Herts College ☎ 01923 812 345
MONDAY 20 MAY	TIME	WHERE	CONTACT & BOOKING
Managing on a Budget: One-to-One sessions.	From 1000	CAB: • Rickmansworth	Book with CAB (Citizens Advice Service) ☎ 0844 245 1296
TUESDAY 21 MAY	TIME	WHERE	CONTACT & BOOKING
Managing on a Budget: One-to-One sessions.	From 1000	CAB: • Oxhey • Abbots Langley	Book with CAB (Citizens Advice Service) ☎ 0844 245 1296
WEDNESDAY 22 MAY	TIME	WHERE	CONTACT & BOOKING
Mill End Quick Reads Book group: Do you or someone you know, need encouragement to read more and/or to develop reading and/or discussion skills? Book discussion on: 'All These Lonely People' by Gervase Phinn – but you don't need to have read it to come along.	1100-1200	Mill End: Mill End: Community Centre  Available on loan from Rickmansworth Library	Jointly organised by: ▪ Three Rivers Learning Partnership ▪ Hertfordshire Library Service ▪ Mill End Community Centre More Quick Reads Book groups information on page 7 & www.3riverslearningptnrs.btck.co.uk
Family Day with Advice Sessions on learning and improving your English, help with your maths and advice on part and full-time learning. Lots of activities for all, everyone welcome.	1200-1400	Asda Community Rooms (next to returns desk) Dome Roundabout	West Herts College
Want to find out about working in health and social care? Come to a dedicated open event to find out more about these courses and to get advice on entry criteria & help with fees.	1630-1830	Watford Campus	West Herts College ☎ 01923 812 345

THURSDAY 23 MAY

TIME

WHERE

CONTACT & BOOKING



Learning At Work Day: Is your employer participating? It's about workplaces making a public commitment to learning & skills by holding events & activities for their employees.

This year's theme is *Many ways to learn*. More information:

www.campaign-for-learning.org.uk/cfl/WorkplaceLearning/lawday

Maple Cross Quick Reads Book group: Do you or someone you know need encouragement to read more and/or to develop reading and/or discussion skills? Book discussion: **'Full House'** by Maeve Binchy and **'The Sun Book of Short Stories'** you don't need to have read either to come along.

0900-1000

Available on loan from Rickmansworth Library

Maple Cross JMI



Jointly organised by:

- Three Rivers Learning Partnership
- Hertfordshire Library Service
- Maple Cross JMI School

More Quick Reads Book groups information on page 7 &

www.3riverslearningptnrs.btck.co.uk

Want help with your career? Find out about college courses & the National Careers drop in advice sessions. Get help with improving your CV, a skills check & help with the way forward.

1200-1430 Drop in

Rickmansworth Library

West Herts College
☎ 01923 812 345

South Oxhey Quick Reads Book group: Do you or someone you know, need encouragement to read more and/or to develop reading and/or discussion skills? Book discussion on: **'Follow Me'** by Sheila O'Flanagan, but you don't need to have read it to join in.

1300-1430

Available on loan from Oxhey Library

Oxhey Library



Jointly organised by:

- Three Rivers Learning Partnership
- Hertfordshire Library Service
- ASCEND / Step Up

More Quick Reads Book groups information on page 7 &

www.3riverslearningptnrs.btck.co.uk

Guitar School: 2 one hour groups, time subject to ability level. Full course if enough interest. Also **Cake Icing** - phone for day & time.

1600-1800

ASCEND

Contact ASCEND for further information ☎ 0208 420 1364
www.ascend.org.uk

FRIDAY 24 MAY

TIME

WHERE

CONTACT & BOOKING

Sketching at ASCEND. This will be offered as a full course if there is enough interest.

1000-1200

ASCEND

Contact ASCEND for further information ☎ 0208 420 1364

Learn Online: There are lots of things to learn online. Drop in to this session offering access to online learning facilities.

1000-1300

Herts Trade Union Learning Centre

Information from Herts Trade Union Learning Centre:
☎ 01923 201 948

Want help with your career? Find out about college courses & the National Careers drop in advice sessions. Get help with improving your CV, a skills check & help with the way forward.

1200-1430 Drop in

North Watford Library

West Herts College
☎ 01923 812 345

Is FE for you? Find out about pathways to adult further education and Access Courses with Birkbeck University.

1400-1600

Herts Trade Union Learning Centre

Information from Herts Trade Union Learning Centre:
☎ 01923 201 948

ALSO: WEDNESDAY 29 MAY

TIME

WHERE

CONTACT & BOOKING

Step Up Open Day: demonstrations & displays:
• Crafts • African Jewellery* • Dig Deep Allotment • Job Club with ASCEND's Guidance Worker available to answer questions & provide information on job seeking & courses. *Other services include:* • Counselling Advice • Yoga • Health Talks • Art Work Display (from both ASCEND & HMN learners)

1300-1600

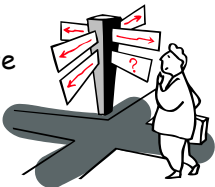
Step Up

Joint celebration event between Herts Mind Network & ASCEND


Contact ASCEND for further information ☎ 0208 420 1364

www.ascend.org.uk

*Full courses run if enough interest

FREE LEARNING OPPORTUNITIES THROUGHOUT THE YEAR		
USING COMPUTERS (ICT)	WHERE & WHEN	CONTACT & BOOKING
Free Internet Access with 1-1 support , laptop and self-help books.	Abbots Langley Children's Centre Mon-Fri 0900-1700	For more information contact ☎ 01923 268 105
Free Internet Access (no tuition) on PCs with basic office applications, supplied by Three Rivers District Council, available for 1-hour sessions. More sites soon. More partner venues sought - contact Kevin Snow.	<ul style="list-style-type: none"> ▪ Mill End Community Centre ▪ Watersmeet (in Rickmansworth) ▪ MENCAP (in High St. Rickmansworth) 	Mill End CC ☎ 01923 493 344 (Mon-Thur 0900-1200) Watersmeet ☎ 01923 727 391 MENCAP ☎ 01923 713 627 More info on scheme from Kevin Snow ☎ 01923 727 255
Computing for beginners in your local library: • One-to-one • informal sessions • hands-on. FREE for members on income support/with disability status.	Libraries: Ask for details in your nearest library	Details & opening hours: www.hertsdirect.org/libraries ☎ 0300 123 4049
Libraries: At your local library you can: • 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 • Attend storytime, baby rhyme time, homework club or a reading group • Print, photocopy or send a fax	Local Libraries: <ul style="list-style-type: none"> ▪ Abbots Langley ▪ Chorleywood ▪ Croxley Green ▪ Oxhey ▪ Rickmansworth 	☎ 0300 123 4049 (textphone 0300 123 4041) For opening hours: www.hertsdirect.org/libraries
INFORMATION, ADVICE & GUIDANCE & JOB SEARCH	WHERE & WHEN	CONTACT & BOOKING
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.	South Oxhey Children's Centre ① 1 st Monday 1000-1200 term time ② Monday p.m. Monthly	① Details /bookings: Sam Young ☎ 0208 700 2203 ② For dates/booking (required) Jaz: ☎ 01923 204 716
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	Rickmansworth & South Oxhey Children's Centres	More information: ☎ 01923 772 094 ☎ 01923 204 716
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.	 Step Up: Fridays 1300-1600	Contact Liz or Angie at ASCEND for more information: ☎ 0208 420 1364
Mill End Job Club: Get support with: • Job searching • CV creating & updating • Completing application forms • Registering & applying for apprenticeships	Mill End CC Wednesdays 1330-1530	Mill End Community Centre ☎ 01923 493 344 (Mon-Thur 0900-1200)
Citizens Advice Bureau: Monthly drop-in advice sessions: Advice for all, especially on budgeting, held in Maple Cross and Mill End.	1st Wednesday: ▪ Maple Cross Club 1000-1200 ▪ Mill End 1230-1400	Maple Cross ☎ 01923 293 131 Mill End Community Centre ☎ 01923 493 344 (M-Th 9-12)
ARTS & CRAFTS	WHERE & WHEN	CONTACT & BOOKING
Knit-Natters: Knitting & Crocheting with inter-generational Skill Sharing Group. Drop in to learn these new skills. Voluntary donation appreciated.	Ebury Children's Centre 2 nd Wed 1000-1130	Ebury Children's Centre ☎ 01923 255 054


FREE LEARNING OPPORTUNITIES THROUGHOUT THE YEAR

ARTS & CRAFTS continued	WHERE & WHEN	CONTACT & BOOKING
① Embellishment, Needlecraft, Cushion Making, Advent Calendars, Gifts, Bags, Cards, Beads etc. ② Oil Painting & Introduction to Drawing & Painting ③ Knit & Natter Stitch & Chatter: drop-in session	① Step Up ② The Centre ③ Step Up: Monthly Thursday	All classes coordinated by ASCEND. For more information contact ☎ 0208 420 1364
HISTORY	WHERE & WHEN	CONTACT & BOOKING
Three Rivers Museum: Displays include archaeological and historic background to area, featuring William Penn and Leavesden and Abbots Langley Hospital. Popular features: past & present photographs, items donated by local residents and retrieved from demolitions.	<ul style="list-style-type: none"> Monday to Friday: 1400-1600 Saturday: 1000-1600 & by arrangement. 	The Museum is at the front of Basing House, next to library & Watersmeet ☎ 01923 727 333 www.trmt.org.uk
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.	Meet: St. Joan of Arc School car park, Last Saturday 1045 for about 1½ hrs.	☎ 01923 772 325 Parking available in school car park. Groups welcome. April to October.
Batchworth Lock Canal Centre: leaflets & maps on walking & cycling in area, boat trips, plus 8 walks online.	Mon-Fri 1000-1600 Sat-Sun 1000-1700	☎ 01923 778 382 www.rwt.org.uk
Family History on the Internet: • one-to-one • informal sessions • hands-on • introduction to online resources (basic Internet searching ability required)	Libraries: Ask for details at your local library	☎ 0300 123 4049 (textphone 0300 123 4041) Opening hours: www.hertsdirect.org/libraries
WEA Open Access Cultural Studies Programme: <ul style="list-style-type: none"> • Archaeology - Romans to Normans • Art, Architecture and Society • Literature - Unconventional Characters 	Tuesday, Wednesday & Thursday mornings Sept '13 - March '14	WEA Chorleywood & Rickmansworth: Rosemary Warburg ☎ 01923 282 848
ADULTS & CHILDREN TOGETHER	WHERE & WHEN	CONTACT & BOOKING
Getting Ready to Learn: Learn through play session for the over 2s & their parents, grandparents or guardians. Voluntary donations appreciated.	Chorleywood Primary School Tuesdays 1330-1500	Chorleywood & Loudwater Children's Centre: ☎ 01923 484 903
Saturday 2: Fun drop-in story & craft activity Sessions.	Chorleywood & Loudwater CC: 2 nd Saturday 1000-1130	Chorleywood & Loudwater Children's Centre: ☎ 01923 484 903
Stay & Play Baby Clinic: A drop-in for all the family who have children under 5 (runs alongside baby clinic).	Maple Cross Club 1000-1200 4 th Sat	Rickmansworth Children's Centre: ☎ 01923 772 094
Family Cookery Lessons: Meal preparation for cooking on a budget. 	Rickmansworth Children's Centre	Book & for more details Rickmansworth Children's Centre: ☎ 01923 772 094
FOR PARENTS & U5s: ① Positive Play: Interactive fun play & stay session ② Dinky Dancers: physical activity & exercise class (Free to outreach programme)	Maple Cross Club Wednesdays: ① Term time 1000-1130 ② 0945-1045	Call Rickmansworth Children's Centre: ☎ 01923 772 094 ② Book: ☎ 01923 772 094

FREE LEARNING OPPORTUNITIES THROUGHOUT THE YEAR

ADULTS & CHILDREN TOGETHER	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
Childminders & Nannies Group: Exclusively for childminders & their children to enjoy play in a stimulating environment (20 May, 10, 24 June, 8, 22 July)	Abbots Langley Community Centre Mondays 0930-1115	Information: Abbots Langley Children's Centre ☎ 01923 268 105
Pregnancy Clubs: Whatever stage in your pregnancy you are at come along to our relaxed discussion sessions with a qualified midwife. Also at Rickmansworth Children's Centre Tuesdays 1900-2150	Abbots Langley Baptist Church 2 nd Monday (ex Bank Holidays) 1900- 2130	Drop-in sessions. Information: Abbots Langley Children's Centre: ☎ 01923 268 105 Rickmansworth Children's Centre: ☎ 01923 772 094
Play and Stay: Session where you can learn about your Child's development through play. Speech & Language Therapy Assistant available on 16 May & 4 July.	Tanners Wood Hall Thurs 1330-1500 18 April-18 July ex: 2 May & 11 July	Just drop in. Information Abbots Langley Children's Centre ☎ 01923 268 105
Baby Rhyme and Tummy Time: Enjoy sharing rhymes and communicating with your baby (0-12 months) whilst learning the importance of Tummy Time.	St Saviours Church Hall Wednesdays 1100-1145	Information: Abbots Langley Children's Centre ☎ 01923 268 105
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	WHERE & WHEN	CONTACT & BOOKING
Swimming Offers: ① For Carers: free admission when accompanying the person you care for. ② For Under 19's: Free swimming in Easter & summer holidays at these leisure centres during specified dates & times for Three Rivers residents only. 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. <i>* Abbots Langley, Leavesden, Croxley Green, Chorleywood, Maple Cross, Mill End, Rickmansworth, Sarratt, Moor Park, South Oxhey, Carpenders Park</i>	① <ul style="list-style-type: none"> Sir James Altham Pool William Penn Leisure Centre ② <ul style="list-style-type: none"> William Penn Leisure Centre Sir James Altham Pool Watford Woodside ③ <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 	Details: Three Rivers District Council: ☎ 01923 776 611 www.threerivers.gov.uk Further information available from participating venues: www.threerivers.gov.uk/Default.aspx/Web/SwimmingOffers 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
HEALTH WALKS	WHEN & WHERE	INFORMATION
Level 2 = easy/moderate walk, 45 mins, about 2-miles, moderate hills, no stiles.	Level 3 = moderate walk, about 3-miles, moderate hills, faster pace & possible stiles	Level 4 = moderate plus, up to 2 hrs, possible steep inclines & stiles
Three Walks in Abbots Langley: ① Level 2 ② Level 3 ③ Level 4 (May-Aug)	Thursdays: ① ② ③ 1000-1100 Meet: WD5 0AY (Public car park off High St (opposite Methodist Church))	Health Walks are an ideal way of taking exercise: <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 Before you walk, please complete simple form via www.hertslink.org/cms/healthwalks or turn up 10 mins early for your first walk. No special equipment needed just comfortable shoes! Check dates & get information from Countryside Management Service e: healthwalks.cms@hertfordshire.gov.uk ☎ 01992 588 433
South Oxhey: ① Level 2-3 ② Level 4	Wednesdays: 1030-1115 Meet: WD19 7AG - Bridlington Rd end of Precinct (opp Library, St Andrews Rd)	
Chorleywood: Level 2 - Buggy friendly <i>In conjunction with Chorleywood & Loudwater Children's Centre</i>	1st Thursday: 1000-1100 Meet: WD3 5SG Christchurch Car Park, Rickmansworth Rd.	
A choice of Walks in Croxley Green: ① Level 2 ② Level 3  ③ Level 3 ④ Level 3	Alternate Fridays: ① & ② ① 1000-1130 ② 1000-1100 Fridays: meet at 0950 for: Meet: WD3 3HN Artichoke Pub on The Green Opposite Alternate Fridays: Meet: Meet: WD3 3RX Harvester (ex The Two Bridges), Baldwins Lane ③ 1000-1100 ④ 1000-1130	
Walks in Rickmansworth: ① Not Summer: Level 3 ② Not Summer: Level 3 ③ Summer (May-Aug): Level 3-4	Saturdays: 1430 ① WD3 8SY Mill End Baptist Church, Field Way ② Sundays: 1430 Meet: WD3 8JN William Penn Leisure Centre car park, Shepherd's Lane. ③ Wed evenings 1900 Meet: WD3 1AY Public car park adjacent to M&S, High St.	

**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 Street, Rickmansworth WD3 1JJ e: enquiries@rwt.org.uk	Michael Coleman, Education Programme Leader www.rwt.org.uk ☎ 01923 778 382
Boundary Way Community Room	Boundary Way, Garston, Watford. WD25 7ST	
Breakspeare 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	• 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: ☎ 08444 111 444
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, Rickmansworth. WD3 5LN	☎ 01923 282 568
Chorleywood & Loudwater Children's Centre	Lower Road, Chorleywood. WD3 5LB	www.hertschildrenscentres.org.uk/clcc ☎ 07966 584 824
Chorleywood Primary Sch	Stag lane, Chorleywood. WD3 5HR	
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
CVS (Watford & Three Rivers Trust)	Holywell Community Centre, Tolpits Lane. WD18 9QD	www.mywatford.net ☎ 01923 216 951
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 Road, Watford. WD17 2PT	www.guidepoststrust.org.uk ☎ 01923 223 554

Organisation/Venue	Address & email	Website & Telephone
HCS Careers	Delta House, Avenue One, Letchworth Garden City. SG6 2HU	www.hcsprovek.co.uk ☎ 01462 705 000
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/hafls/ e: HAFLS@hertscc.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
Herts Trade Union Learning Centre	27 Woodford Road, Watford WD17 1PB e: eileen.francis@unitetheunion.org	☎ 01923 201 948
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.jobcentrepplus.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-Thurs 0900-1200)
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 Ask for Anne Green	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
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 Lane, Garston, Watford. WD25 0SS	www.stmichaelschs.herts.sch.uk
South Oxhey Children's Centre	Northwick Road, South Oxhey. WD19 6NL 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: admin@stepup39.org.uk	www.ascend.org.uk www.Stepup39.org.uk (under construction) ☎ 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 Road, Abbots Langley, Hertfordshire, WD5 0EJ.	☎ 01923 265 139
The Centre & The Music Studio	Hertsmere Leisure, The Centre, Gosforth Lane, South Oxhey. WD19 7AX	www.thecentre-southoxhey.co.uk ☎ 0208 428 4954
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 & Industry, 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

Organisation/Venue	Address & email	Website & Telephone
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>	<ul style="list-style-type: none"> ▪ U3A Chorleywood: www.u3asites.org.uk/chorleywood Georgina Barton e: bartongeorgina@hotmail.com ☎ 01923 284 755 ▪ U3A Croxley Green: www.u3asites.org.uk/croxleygreen Gerry Clark e: geraldinetclark@ntlworld.com ☎ 01923 441 664 ▪ U3A Rickmansworth: www.u3asites.org.uk/rickmansworth Jeff Carter ☎ 01923 770 188 e: crtrjeff@yahoo.co.uk ▪ U3A Sarratt: www.u3asites.org.uk/sarratt Gillian Fay ☎ 01923 232 843 e: fay51@btinternet.com 	
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 Street, 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
Watford Women's Centre	Upper Mall, 29 Charter Place. WD17 2RU	www.watfordwomenscentre.org.uk ☎ 01923 816 229
Wenta	The Wenta Business Centre, Colne Way. WD24 7ND e: admin@wenta.co.uk	www.wenta.co.uk ☎ 01923 247 373
WEA: <ul style="list-style-type: none"> • Open Access Cultural Studies Programme • Herts Targeted Programme 	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: rdavis@wea.org.uk e: rosemary.warburg@btinternet.com	Chorleywood & Rickmansworth Branch: Rosemary Warburg ☎ 01923 282 848 www.wea.org.uk/eastern Herts Targeted Programme: Rita Davis: ☎ 01438 716 237
West Herts College	Dacorum Campus: Hemel Hempstead HP1 1HD Watford Campus: Hempstead Rd. WD17 3EZ	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 Way, 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. P3 9BF	www.hertsdirect.org/worksolutions ☎ 01442 454 464

Three Rivers Learning Partnership brings together organisations involved in adult education in the district to promote adult and family learning opportunities. 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

If your local learning organisation would like to be listed in this Guide, or if you cannot find the contact details you need for a local learning organisation, 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

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