Three Rivers
Learning Partnership
Promoting Learning
in Your Community

FREE e-Guide: www.3riverslearningptnrs.btck.co.uk



Your e-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



Scan with your QR Code reader





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 now held each May through to June; 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

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):

- o ASCEND
- o Herts Trade Union Learning Centre
- West Herts College
- O Jobcentre Plus (refer people on benefits for free tuition)



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:

- 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



- o Community Learning Partnership
- o Mill End Community Centre
- Children's Centres: Ebury & Rickmansworth



Using Computers

Play & Language

(ICT: Information & Computing Technology):

- o Abbots Langley Children's Centre
- o 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)

- o Children's Centres: Ebury & Rickmansworth
- o Mill End Community Centre
- Watford Mencap in Rickmansworth
- o 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
- o ASCEND: run at ASCEND & Step Up
- Careers Advice Service:
 - https://nationalcareersservice.direct.gov.uk
- Connexions (help & support for all 13-19s)
- o HCS Careers
- National Careers Service (people 19 & over)
- Rickmansworth Children's Centre
- o 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
- o National Careers Service (people 19 & over)
- o TCHC
- West Herts College

Women Returners / Women Entrepreneurs

- o TCHC
- Wenta

Pre-Retirement:

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

Advice & Mentoring Programme

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

Executive Coaching:

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

Financial Advice:

- CAB (budgeting advice)
- National Careers Service (people 19 & over)

General Advice:

 Integrating Advice in Three Rivers Project (Contact via CAB)

Job Search, CVs, etc.:

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

Apprenticeships (16-65s):

- National Careers Service (people 19 & over)
- o 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
- o ASCEND
- CVS
- Home-Start (Watford & Three Rivers)
- o TCHC
- WEA (Herts Targeted Programme)
- The Woodoaks Association (for those delivering sports, music & drama to local children)

Full details of:
Back to Work Courses Page 8
and local Job Clubs Page 12

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)
- 9 Lives for everyone
- o Parmiter's School (Art /Pottery)
- o 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:

- o 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:

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

Dance:

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

Discussion & Philosophy:

o 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:

- o Community Learning Partnership
- Children's Centres: Abbots Langley, Ebury, Rickmansworth & South Oxhey

For local family learning courses check with local school or HAFLS: \$\alpha\$ 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:

- Abbots Langley Children's Centre (Baby Massage, Child Health Clinics, activities for U5s)
- Countryside Management Service (Walking)
- o 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 0
- U3A Chorleywood (Pilates, Tai Chi, Walking) 0
- U3A Croxley Green (Walking) 0
- U3A Rickmansworth (Golf, Keep Fit, Walking) 0
- U3A Sarratt (Cycling, Golf, Tai Chi, Walking) 0
- West Herts College 0
- 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 &
- WEA Chorleywood & Rickmansworth (Archaeology)

Languages:

- o English/ESOL: ASCEND, West Herts College
- o 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
- o Italian: U3As: Chorleywood, Rickmansworth & Sarratt
- Spanish: Parmiter's School (Beginners), U3As: Rickmansworth & Sarratt

Music:

- 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
 Courses for parents WITH CHILDREN, LEARNING TOGETHER 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 Courses for Adults (only): 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 	At primary schools in: Abbots Langley Maple Cross Mill End South Oxhey Plus many more tasters & courses including: with art, singing & cookery and arts & crafts Heavenly Arts & Craft Cafe Cafe in the Park Ricky (Seasonal) Step Up Community Centres	Community Learning Partnership Contact Cheryl on: © 0208 421 5544 or © 0757 616 7776 Find out about the Learning Families project Tasters including Artist trading cards
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 Quick Reads books. 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. Some people read Quick Reads because they are: a great way to sample authors new to them a handy size for those on the move printed in a clear, large font	Groups in: Maple Cross: Maple Cross JMI South Oxhey: Oxhey Library, ASCEND, Step Up Mill End: Mill End: Community Centre 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	Jointly organised by: Three Rivers Learning Partnership Hertfordshire Library Service ASCEND / Step Up Maple Cross JMI School Mill End Community Centre For dates/details: Three Rivers Learning Partnership www.3riverslearningptnrs.btck.co.uk
 English and Literacy - various levels ESOL (English for Speakers of Other Languages): covers speaking, listening reading & writing. 	Herts Trade Union Learning Centre	Contact: ☎ 01923 201 948
COMMUNITY LEARNING	WHERE & WHEN	CONTACT & BOOKING
Angels and Heroes - Community Learning Champions: Have fun learning how to help others get involved with learning. Also • Confidence Building • Self Awareness.	Community Learning Partnership	Details from Cheryl on: ☎ 0208 421 5544 or ☎ 0757 616 7776
Dig Deep Allotment Volunteers: Volunteers need to have attended a Dig Deep gardening or construction course to qualify and need to be committed to join the weekly volunteers.	ASCEND Thursdays 1000-1500	For information contact ASCEND © 0208 420 1364 www.ascend.org.uk

FREE COURSES OF LEARNING		
USING COMPUTERS (ICT)		
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.	Herts Trade Union Learning Centre	Contact: ☎ 01923 201 948
COURSES TO GET BACK TO WORK	WHERE & WHEN	CONTACT & BOOKING
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.	For those who sign at Watford Job Centre - training is based in Watford High Street. Job Centre can fund travel and child care costs.	To enrol on these courses you need to be unemployed and be booked on the courses by your JCP advisor.
VARIOUS	WHERE & WHEN	CONTACT & BOOKING
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.	ASCEND Book in advance with Jane or	
For people with mental ill health or learning disability: Furniture Restoration: 1 day negotiable*. Warehouse & Retail: 1 day. Hours & day negotiable.	9 Lives Furniture *Ongoing: Tues or Wed 1000-1430	Contact Marie for details: © 01923 718 666 www.9livesfurniture.org.uk/
Parenting Puzzle: understanding your child's behaviour, evidence based programme. Series of 10-week courses.	Rickmansworth and South Oxhey Children's Centres	Ricky: © 01923 772 094 S. Oxhey: © 0208 700 2203 www.hertschildrenscentres.org.uk/rickmansworth
About Boys: Series of 4-wk courses. For mums with sons (2-5). Practical support for communicating, development & motivation.	Abbots Langley & Rickmansworth Children's Centres	Abbots Langley: 含 01923 268 105 Ricky: 含 01923 772 094
ADULTS & CHILDREN TOGETHER	WHERE & WHEN	CONTACT & BOOKING
Family Fit Camp: 6-week fitness courses for parents/carers with child in buggy. Meet at centre. Courses ongoing.	Ebury Children's Centre Monday 1330-1430	Book with Ebury Children's Centre © 01923 255 054

For FREE learning throughout the year: www.3riverslearningptnrs.btck.co.uk		
BUSINESS	WHERE & WHEN	CONTACT & BOOKING
Let's Talk Starting in Business: a workshop to give you the tools to help your business take off and the you how to start a business based around your business, it guides you through the process of how to see your own company and it advises you on key issues you should consider when starting up in business. If you yet to decide on a legal structure for your business if you are a start up considering business support of just looking to improve your business skills, this could appropriate for you. There's help, encouragement support for: •Writing a good business plan •Address	The Wenta Business Centre, Watford ness start Let's Talk Starting in Business: 0930-1530 2013 dates:	Run in partnership with Barclays. For more information about these & other business courses or to book contact Wenta: © 0845 371 0891 or e: admin@wenta.co.uk
your legal requirements •Sourcing finance •Taxati and VAT •Managing cash flow •Marketing the busin Enterprise Clubs - My Incubator: group meetings support local people into self-employment, designed those considering starting a business. Can also offe direct access to business advice from experienced advisors in a relaxed environment. Topics include: • with developing your business idea •Networking with other entrepreneurs •Writing your business plan.	My Incubator: to 0930-1100 If for 2013 dates: er •2 October •6 November •Help •4 December	Wenta also run courses in Hemel Hempstead, Luton, Potters Bar, Stevenage and Bedford. www.wenta.co.uk
LOW COST O	OURSES OF LEARN	ING
USING COMPUTERS (ICT)	WHERE & WHEN	CONTACT & BOOKING
 Online Basics Computer Basics Digital Photography Internet & e-mail Internet & e-mail Internediate ITSee (partially sight computer class Courses run to meet demand, days subject to chair 	• 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
■ ESOL Classes (English for Speakers of Other Languages): covers speaking, listening reading & wr	ASCEND	ESOL courses are ongoing. Book in advance with Jane or another adviser or for more information contact ASCEND

 Online Basics Computer Basics Digital Photography Internet & e-mail Internet & e-mail Internediate ITSee (partially sighted) computer class Courses run to meet demand, days subject to change 	Monday 1230-1500Tuesday 1230-1500Friday 1000-1200	information contact ASCEND. Admin fee £12.50 ₱ 0208 420 1364 www.ascend.org.uk
READING, WRITING & NUMBERS & ESOL	WHERE & WHEN	CONTACT & BOOKING
 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. 	ASCEND Mondays & Tuesdays 1000-1200 ASCEND Tuesdays 0930-1200	ESOL courses are ongoing. Book in advance with Jane or another adviser or for more information contact ASCEND. Admin fee £12.50 © 0208 420 1364
ADULTS & CHILDREN TOGETHER	WHERE & WHEN	CONTACT & BOOKING
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
ARTS & CRAFTS	WHERE & WHEN	CONTACT & BOOKING
 Courses leading up to the Festive Season: Natural and Seasonal Crafts - Inspired by the Dig Deep Allotment Decorating with Glass Paints 	ASCEND	To book or for more information contact ASCEND. Admin fee £12.50 ☎ 0208 420 1364

LEARNING FESTIVALS:

WORK EXPERIENCE WEEK: MONDAY 14 TO SATURDAY 19 OCTOBER 2013

With more programmes than ever requiring work experience the need for more employers to offer good quality work experience is growing all the time. To raise the profile of work experience among employers and to help providers gain new employers prepared to offer good quality work experience, Fair Train, the GTA for the Third Sector, is organising the first, annual Work Experience Week.

There are many ways for you to get involved including offering new work experience places and publicising the success of young people who have undertaken work experience with you. A dedicated web site has been established to give your ideas and to record your activities in Work Experience Week. The more publicity that can generated the more opportunities there will be for young people and the providers who help them.

The Hertfordshire Chamber of Commerce is the major work experience provider for Hertfordshire and if you can offer work experience places in this academic year please email a confirmation to:

education@hertschamber.com so they can note your possible support.

Please also visit the national website: www.giveyouthachance.com or contact Fair Train at: www.fairtrain.org

LEARNING FESTIVAL FREE TASTERS



Saturday 19
October - Sunday
3 November
Theme: 'Fantastic
Journeys'

TUESDAY 22 OCTOBER

Maple Cross Quick Reads Book group: Need encouragement to read more and/or to develop reading and/or discussion skills? Discussion on: Quick Read: 'Twenty Tales from the War Zone' by John Simpson but you don't need to have read it to come along.

TIME

0900-1000 Available on loan from

Herts

Libraries

WHERE Maple Cross JMI

JOHN SIMPSON Ferry Take from the Way Type.

CONTACT & BOOKING

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

Jointly organised by:

More Quick Reads Book groups information on page 7 & www.3riverslearningptnrs.btck.co.uk

CONTACT & BOOKING

WEDNESDAY 23 OCTOBER

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: 'Lily' by Adele Geras - but you don't need to have read it to come along.

TIME 1100-

1200 Available on loan from Herts

WHERE

Mill End Community
Centre

Lily Adele Geras

Jointly organised by:

- Three Rivers Learning Partnership
- Hertfordshire Library Service
- Mill End Community Centre

More information on page 7 & www.3riverslearningptnrs.btck.co.uk

SATURDAY 26 OCTOBER

Maple Cross & Heronsgate Landscape Walk Landscape Camera Event: Discover how the landscape of Maple Cross & Heronsgate has changed embarking on a local walk to recapture a photographic landscape study taken in early 1980's. 5 of original photographic points can be found in area; will also look at old photographs & views taken further back in communities' history.

TIME

Libraries

1030- Maple Cross
1230 Meet: at small
of shope at tar

Meet: at small row of shops at top of Chalfont Road, just off the A412.

WHERE

CONTACT & BOOKING

Friends of The Colne Valley Park
Wear comfortable and sensible
footwear and clothing for a gentle
walk. Long trousers preferable as
may have to push through some
long vegetation. Contact Vicky
Tustian © 0773 904 9100

Three Rivers Learning Partnership - Promoting Learning in Your Community

Venue addresses pages 16-19

For FREE learning throughout	t the yea	r: www.3riverslearni	ngptnrs.btck.co.uk
MONDAY 28 OCTOBER	TIME	WHERE	CONTACT & BOOKING
Job Fair and Recruitment Event: meet local employers; especially useful for lone parents.	1000- 1600	Oxhey Wood School Hall	Jobcentre Plus. Entrance via Children's Centre: ☎ 0208 700 2203
THURSDAY 31 OCTOBER	TIME	WHERE	CONTACT & BOOKING
Black History Month Celebration at ASCEND Timetable of Activities:	1100- 1500	ASCEND ② 0208 420 1364	BLACK HISTORY
1100-1200: Carnival Performance, story books, hair braiding, ethnic jewellery making			Celebrate with us Timetable of activities: 11:00am : 12:00 noon Carnival performance, story books, hair braiding, ethnic lewellery making
 1200-1300: Story books, hair braiding, ethnic jewellery making, art and crafts workshop, FREE FOOD 			12:00 noon -1:00pm Story books, hair braiding, ethnic jewellery making, dance workshop, FREE FOOD 1:00pm -2:00pm Doming workshop, hair braiding, ethnic leweller of the story hair braiding, ethnic leweller of the story hair braiding, ethnic per properties of the story hair braiding of the story hair bra
■ 1400-1500: Drumming Workshop, ethnic jewellery making, art and crafts workshop			Z-Uppm - 3-Uppm Drumming workshop, ethnic jewellery making, arts and crafts workshop? Thursday 31st October 2013, 11am to 3pm ASCEND, All Saints Church Centre, Gosforth Lane, South Oshey, Watford, W019 7AX Control of the Control
SUNDAY 3 NOVEMBER	TIME	WHERE	CONTACT & BOOKING
Walks & Talks: Autumn Fungi - Autumn is almost upon us. We can never predict which fungi will have sprung up overnight, but let's hope there will be a wide variety to discover. The customary tea and home-made cakes will be served in the clubhouse following the walk.	1400	Maple Lodge Learn about birds, flowers & local flora & forna at this 40-acre nature reserve consisting of lakes, marsh, hedgerows & wooded plantation.	Conservation Society www.maplelodge.org 707580 535 986 Members can learn conservation skills Booking required - contact Peter 701923 662 456 or Keith 707580 535 986
MONDAY 4 NOVEMBER	TIME	WHERE	CONTACT & BOOKING
South Oxhey Quick Reads Book group:	1400-	Oxhey Library	Jointly organised by:

Do you or someone you know, need encouragement to read more and/or to develop reading and/or discussion skills? Discussion on: 'Hello Mum' by Bernardine Evaristo, plus 'Lily' by Adele Geras; but you don't need to have read either to join in.

1515

Available on loan from Herts Libraries

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

More Quick Reads Book groups information on page 7 & www.3riverslearningptnrs.btck.co.uk

CONTACT & BOOKING

THURSDAY 17 NOVEMBER

'Get Online Week' free computer taster session. This event is hosted by Thrive Homes TIME

1000-1300

WHERE

& ASCEND and refreshments will be provided.

ASCEND

2008 420 1364

What's Next? Saturday 14 -Friday 20 June



May 2014 will see the start of the festival of learning - for adults, families and communities - and this will culminate in a week of activities during 14 - 20 June. It will encompass activities such as Learning at Work Day, VQ Day (a national celebration of vocational qualifications), and Volunteers' Week.

To find out more about Adult Learners' Week visit www.alw.org.uk

FREE LEARNING OPPORTUNITIE	S THROUGHOU	T THE YEAR
USING COMPUTERS (ICT)	WHERE & WHEN	CONTACT & BOOKING
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. Clitheroe club - coming shortly. More partner venues sought - contact Kevin Snow.	 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 · Access on-line courses FREE through Herts Libraries	Local Libraries: 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
 Citizens Advice Bureau: Drop-in advice session: Advice for all, especially on budgeting. 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 1st Monday 1000-1200 term time Monday p.m. Monthly	 Details /bookings: Sam Young 0208 700 2203 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
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
 Embellishment, Needlecraft, Cushion Making, Advent Calendars, Gifts, Bags, Cards, Beads etc. Oil Painting & Introduction to Drawing & Painting Knit & Natter Stitch & Chatter: drop-in session 	Step UpThe CentreStep Up:Monthly Thursday	All classes coordinated by ASCEND. For more information contact ☎ 0208 420 1364

FREE LEARNING OPPORTUNITIES THROUGHOUT THE YEAR		
ARTS & CRAFTS continued	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
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.	Monday to Friday: 1400-1600Saturday: 1000-1600& by arrangement.	The Museum is at the front of Basing House, next to library & Watersmeet 18 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.	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	
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: 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

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
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: \$\mathbb{T}\$ 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: \$\mathbb{C}\$ 01923 772 094 2 Book: \$\mathbb{C}\$ 01923 772 094

FREE LEARNING OPPORTUNITIE	S THROUGHOU	T 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 (9 & 23 Sept, 7 & 21 Oct, 11 & 25 Nov, 9 Dec)	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 O1923 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!	 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. *Abbots Langley, Leavesden, Croxley Green, Chorleywood, Maple Cross, Mill End, Rickmansworth, Sarratt, Moor Park, South Oxhey, Carpenders Park	 Sir James Altham Pool William Penn Leisure Centre William Penn Leisure Centre Sir James Altham Pool Watford Woodside 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: 10923 776 611 www.threerivers.gov.uk Further information available from participating venues: www.threerivers.gov.uk/Defaul t.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/De fault.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: Suitable for all ages &		
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)	abilities Local, short and free Sociable - walk in groups and meet new people		
Chorleywood: Level 2 - Buggy friendly In conjunction with Chorleywood & Loudwater Children's Centre	1 st Thursday: 1000-1100 Meet: WD3 5SG Christchurch Car Park, Rickmansworth Rd.	 Strengthen your heart, muscles and bones Good for your wellbeing, 		
A choice of Walks in Croxley Green: ① Level 2	Alternate Fridays: ① & ② ① 1000-1130 ②1000-1100 Fridays: **Took at 0050 form	de-stress and increase your confidence		
2 Level 33 Level 34 Level 3	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 31000-1100 1000-1130	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		
 Walks in Rickmansworth: ① Not Summer: Level 3 ② Not Summer: Level 3 ③ Summer (May-Aug): Level 3-4 	Saturdays: 1430 ① WD3 85Y 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	just comfortable shoes! Check dates & get information from Countryside Management Service e: healthwalks.cms@hertfordshire.gov.uk		
	Meet: WD3 1AY Public car park adjacent to M&S, High St.	會 01992 588 433		

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 OLB e: jeanette.white@hertsmereleisure.co.uk	www.hertsmere-children.co.uk ☎ 01923 268 105
Abbots Langley Baptist Church	School Mead, Abbots Langley, WD5 OLB	
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 <u>www.rwt.org.uk</u> ☎ 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 LangleyOxhey & DistrictRickmansworth	 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	Maple Lodge Close, Maple Cross. WD3 95Q	密 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 © 07966 584 824
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
CVS (Watford & Three Rivers Trust)	Holywell Community Centre, Tolpits Lane. WD18 9QD	<u>www.mywatford.net</u> ☎ 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 10 01923 255 054
Guideposts Trust	Henry Smith House, 3-5 Estcourt Road, Watford. WD17 2PT	www.guidepoststrust.org.uk 含 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
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/hafls/e: Hannah.Tiffen@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 OAP 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 Home-Start (Watford & Three Rivers)	27 Woodford Road, Watford WD17 1PB e: 7 Lord Street, Watford. WD17 2LL e: enquiries@home-startwatford.org.uk	
Job Centre Plus	Exchange House, 60 Exchange Rd. WD18 OJJ Textphone: © 0845 6055 255 standard rate (M-F 8-6 5 9-1) www.jobcentreplus.gov.uk	www.worktrain.gov.uk 10 01582 685 200 for job 11 points, training opportunities: 12 Call centre jobseeker direct: 12 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 95N	www.maplelodge.org 7 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 9S5 e: admin@maplecross.herts.sch.uk	<u>www.maplecross.herts.sch.uk/</u> 2 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) 80800 100 900 	HCS Careers: www.hcsprovek.co.uk 1 01462 705 000 Regional helpline: 1 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

Organisation/Venue	Address & email	Website & Telephone	
Parmiter's School	High Elms Lane, Garston. WD25 0UU Ask for Anne Green	www.parmiters.herts.sch.uk © 01923 671 424	
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.soxtra.org.uk	
Step Up Learning & Wellbeing Centre	39 Oxhey Drive, South Oxhey WD19 7SD e: admin@stepup39.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 Road, Abbots Langley, Hertfordshire, WD5 0EJ.	2 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, 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 @ 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	

Website & Telephone

Address & email

Organisation/Venue

Organisation/ venue	7,00,00	ss a eman	Website a 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: 'Those who Learn shall also Teach and those who Teach shall also Learn' Watersmeet Theatre High Street, Rickman		 U3A Chorleywood: www.u3asites.org.uk/chorleywood Georgina Barton e: bartongeorgina@hotmail.com	
Watford & District YMCA	High Street, Rickmansworth.WD3 1HJ Leavesden Country Park, Linnet Road, off		Box Office 2 01923 711 063 www.ymca.org.uk
Woodlands Centre	College Rd, Abbots Langley. WD5 OGN		图 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: 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 10923 282 848 1009
West Herts College	Dacorum Campus: Hemel Hempstead HP1 1HD Watford Campus: Hempstead Rd. WD17 3EZ		www.westherts.ac.uk Elearning Link 01923 812 345
William Penn Leisure Centre	Shepherd's Lane, Rickmansworth. WD3 8JN		www.williampennleisure.co.uk 10923 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 10 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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Three Rivers
Learning Partnership
Promoting Learning
in Your Community

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