

Summer
2021

After Lockdown

Redbourn's Guide to Healthy Living



Redbourn
Community Group



Produced in partnership with:

Connecting and supporting the village





This guide, developed by Active in Redbourn in partnership and supported by Redbourn Community Group showcases the many local groups, clubs and activities that help us to be healthy.

Exercise, nutrition, looking after our mental health and getting enough good sleep are essential to our wellbeing and living a healthier life. In this guide we have also mentioned some local practitioners, amongst many, who gave of their time for free during lockdown in 2020. This guide points towards many wellbeing “tips and tricks” and resources that each and every Redbourn can utilise.

Please accept our apologies for any group or individual we have omitted to mention in the guide – we did our best! Some activities will, of course, only resume as relaxation of COVID restrictions allow.

Redbourn coming together as a community can make a huge difference to our collective health, and fulfilling our ambition to be the healthiest village in Hertfordshire. As we return to normal your support is needed.

ONLINE RESOURCES

Some of us will always find using technology something of a challenge. Still, the reality is that there are vast resources available to us from local, national and global sources that are readily accessible online in various ways. There are plenty of people in Redbourn and around you only too willing to help you locate these resources.



Communicating on Zoom has become a feature of day-to-day life for so many during COVID and is likely to continue. Think of it as an alternative means to communicate, to talk to friends and family wherever they are. In Redbourn, we have learnt how to get a small group of people together, friends and strangers, for a “Tea and Chat in the Zoom Room” on Monday mornings, the Community Newsbite on Wednesdays and even Zoom Bingo. Details on www.activeinredbourn.co.uk



Literally, thousands of Redbourners have signed-up to the various local Facebook sites; namely Redbourners, Redbourn Community Network, Active in Redbourn and many others. Of course, there are “Facebook” critics, and sometimes it is misused, but it is a means for the community to have online conversations about things that matter in the village, to find out what is going on, articles for sale or “for free”.

It is a 21st century means to hold conversations. Not perfect, but arguably better than silence. Go to [facebook.com](https://www.facebook.com) and type into the search box the name of the group you would like to join or look at. For example, Active in Redbourn. Each week well over 100 residents join the Community Newsbite to keep up to date with the latest village news on a Wednesday – available via Zoom or Facebook (Active in Redbourn or Redbourners). All previous episodes are available from www.activeinredbourn.co.uk



YouTube is an excellent resource to find someone talking about any skill you need or task that has to be done. Whether it is fixing the vacuum cleaner or learning how to crochet, just ask YouTube “how to do” something and 3-4 people will pop up and give you a demo in just a few minutes. There are millions of animal videos to enjoy. Just go to www.YouTube.com and start searching.

On the Active in Redbourn YouTube channel, you can drop into over 75 videos, all created by local residents. Classes include Pilates, Yoga, Nutrition, Safe Cycling, Mindfulness, Sleep, Breathing, “Sit less move more”, even Puppy Training and many more. Take a look and be healthier!

Something for everyone in Redbourn



SPORT FOR ALL – PLAYING FIELDS TRUST AND LEISURE CENTRE

For over 50 years the Redbourn Recreation Centre and Playing Fields Trust has had a mandate to provide leisure facilities for the Redbourn Community and surrounding areas. The Leisure Centre, now managed by Everyone Active on the Trust's behalf, is visible evidence of this and there are exciting plans to both improve and extend the current offering to residents. The intention is that outdoor football, cricket, bowls, hockey and tennis will be on offer, whilst indoors gymnastics plus a whole range of team sports and individual fitness classes will be available for us to enjoy, whatever our age and level of physical capability.

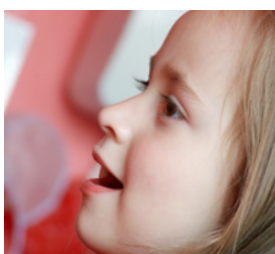


THINGS FOR THE KIDS TO DO – AN EXTRAORDINARY RANGE

SAADI gymnastics, Golf, Scouts, Guides, Brownies and Cubs, and team sports are all available including Junior-Cricket (Redbourn CC), Football (Harpenden Colts) and Netball (Redbourn Red Kites).

There are so many things for the children to do and here is an incomplete list:

- Baby Sing and Play
- Dinky Dancers
- Kalma Baby and Toddler Yoga
- Pre-school Phonics with Robot Reg
- Rhyme Time
- Rosie's Rock and Roll
- Rugby Tots
- Signing Babies
- Starfish
- Story Time at the Library
- Tilly's Dance Factory
- Tiny Kickers Taekwondo
- Twinkle Toes Ballet
- Teddy Tots
- Well Baby Clinic



'THE ARTS' IN REDBOURN

The Arts, both as participants and as a means of enjoyment and stimulation, represents just one more component of healthy living and we are blessed in Redbourn to have:

- St Mary's choir
- Folk on the common
- Our love of reading is satisfied by multiple book clubs and the **Community Library**.

Go to "Redbourn Recommends" on the Active in Redbourn Facebook site to hear 1-2 minutes about a favourite book, film, TV series all nominated by residents.

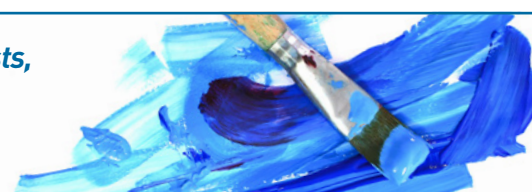


The **Redbourn Players** provide drama (including the weekly serial the "The SnatchUps".)



Join **U3A** and access one of many special interest groups. These include theatre, music appreciation, poetry, play reading, foreign languages and painting.

Did you know we have more than our fair share of artists, painters and craft experts amidst our numbers? Ask around to find out who they are!



Low Impact Activities: go easy on your body

Yoga, Pilates, Supple Strength and Seated exercises are excellent low-impact activities that provide substantial health benefits. Improving balance, flexibility and core strength is the primary focus alongside boosting mental health and wellbeing. A good instructor can adapt these exercises and make them accessible to all, irrespective of age or ability level. And you can always refer back to the brochure shared with every household in Redbourn at the start of the pandemic for pictures of valuable exercises.



LUCY HURLEY – YOGA

Lucy treats a wide range of patients from marathon runners to elderly patients, pre and post-natal ladies and office workers. She is also a qualified personal trainer and yoga teacher and is passionate about helping clients achieve pain-free movement off the massage couch. *“Every body and everybody is unique”*.

Contact: lucy@luliyoga.com



SARAH PARR PILATES

Spinal specialist physiotherapist and Pilates instructor who is now following other priorities. Her videos are still available on **Active in Redbourn** and <https://www.facebook.com/SarahParrPhysioPilates>



GEMMA JUNYENT – SUPPLE STRENGTH

Gemma is a wellbeing specialist and holistically helps her clients, allowing the mind and body to work in synergy. Her Supple Strength sessions focus on body alignment and mechanics to get people moving efficiently to avoid injuries or recover from existing ones.

Contact: gjunyent@yahoo.com Tel: 07939-104042



NICOLA JACKSON – HATHA AND YIN YOGA

“When you experience the benefits of something you want to pass it on” My hope is that people leave my classes feeling calmer, whilst gaining the many physical benefits that a Yoga practice offers.

Contact: Yoganick@btinternet.com Tel: 07932 655784



MOLYFIT – SEATED EXERCISE “A BETTER YOU IN LATER LIFE.”

John Molyneux, an award-winning sports therapist, specialises in fitness for the over 65's, focusing on mobility and strength with video tutorials and top tips.

Contact: johnmolyneux@molyfit.co.uk

For details visit: www.activeinredbourn.co.uk/home/low-impact-activities/

Helping Redbourners with friendly talks and walks

(see back page for further support we can provide or call us). Registered Charity No. 297955



Even the most introverted among us should seek out someone to talk to every day. Here are 3 reasons why this so important to us...

Wellbeing

Conversation is really important for our wellbeing; even small talk is good for us. Studies have proved that passing the time of day with another person can improve our cognitive functions in the same way brain-teasing exercises do. Small talk makes us better problem-solvers so chatting about the weather or recounting our day could actually be as beneficial as doing a crossword.

Understanding

Take a leaf out of 19th-century philosopher, John Stuart Mill's book. By opening ourselves up to discussion of new ideas and opinions – even ones that we disagree with – we get a deeper understanding of topics and issues that we might otherwise take for granted. Information shared through conversation could change our points of view or validate our original stance. We can't be right about everything all the time and conversation reminds us of this.

Support

Conversation gives us social support. Whether you talk to your friends, colleagues and family members for information-sharing, advice-giving, or just to vent, this process helps you put things in perspective which helps build your resilience and cope better when things don't go to plan.

www.robertsoncooper.com/blog/3-reasons-why-conversation-is-important/

Friendly Talks

RCG has volunteers who love to talk and are looking for residents to talk to. If you want a conversation then do call us. We match volunteers with residents, anyone can request a Friendly Talk, so please just pick up the phone and ask.... Conversations in person tend to be a rare thing these days, especially with someone who doesn't live with you, so a phone call from an RCG volunteer can help.

Friendly Walks

The Friendly Walks and Talks service was created at the start of lockdown and is continuing, to help increased isolation and anxiety experienced by many people. If you would like to receive calls or get out and about on a walk with a volunteer, please call **01582 794550**.

NB. Walks will only be done in line with Government guidance. 1:1 Walks are being provided in partnership with Active in Redbourn (AIR).

www.redbourncg.org

E-mail: info@redbourncg.org Telephone: **01582 794550**
Weekdays 10am - 2pm



MUSIC for my Mind

Bringing music to people
living with dementia

Music for my Mind (Charity number 1167246) launches a free and simple way to create personalised playlists for people living with memory loss and dementia.

We are all aware that music can be a great help to families coping with memory loss and dementia.

This new App creates a personalised playlist that is relevant to musical preferences during the 'reminiscence bump' - now known to be the teenage era of the person living with memory loss. Help us improve the 15 minute process of creating a personalised playlist and then giving feedback as to whether it is affecting the wellbeing of the family.

Interested families can now sign up at:
www.musicformymind.com/app-landing-page/
or by contacting dimana@musicformymind.com.

Emotional Wellbeing: 5 things we easily neglect

Here are five topics that we so often don't pay attention to. They can help you live a healthier life and we encourage you to learn more about them. You will find videos for each of these topics at www.activeinredbourn.co.uk/home/wellbeing/

Sleeping

Sleep is so restorative and a vital prelude to every day. We want to be able to get to sleep, stay asleep and feel good in the morning. It is worth the investment in understanding a little more about how to achieve improved sleep.

Spirits

Lifting your spirits – singing, dance and laughter yoga are all wonderful ways to lift your mood. They take you out of yourself, invariably make you feel more positive and generate energy creating a sense of “life is better”. Try one or all three!

Immune System

We all have an immune system. Its primary function is to defend the body against intruders. It keeps a record of every germ it has ever defeated to recognise and destroy it more quickly if it enters the body again.

Breathing

is a necessity of life. Breathe in and out through your nose rather than your mouth; that's what your nose is for. It cleans, hydrates and warms the air we breathe, plus it improves airflow and destroys some unwanted invaders. It can reduce stress, anxiety, panic attacks, fatigue and other physical and emotional distress.

Visualising

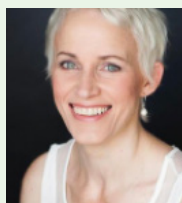
A natural skill that we all have in order to imagine things we want to be in the future. The more we repeat the visualisation in our heads, the clearer it becomes and the more likely it is to happen. Practice at stopping thinking about what is the worst that can occur and build pictures of the future we want, as if we have accomplished our goals, however big or small.



OLIVE HICKMOTT, HEALTH AND LEARNING COACH, TRAINER AND AUTHOR

Her coaching practice has led her into many complementary practices, with a particular interest in empowering people to improve their own experiences of health and learning challenges.

Contact olive@empoweringlearning.co.uk Tel: **07970-854388**



SAM NEEDHAM VIZE, OWNER OF DANCE2GETHER

Sharing the love of Ballroom and Latin American dancing to all ages, 5-85yrs! As a former International Champion, and a teacher in the Herts area for the last 10 years. Sam has a passion to pass on her trade, and the ability to share her love for dance to anyone willing to try, even those with two left feet! Dancing is a really great way to keep moving and having fun at the same time.

Contact: info@dance2gether.co.uk Tel: **07974 173020**

Gold stars to each of the following who played their very special parts
in promoting a healthy Redbourn during lockdown:



RACHEL MACKIE
RUN REDBOURN



TRACEY VAUGHAN
LAUGHTER YOGA



KATIE REIMANN
OUR LOVELY SINGING COACH

Active in Redbourn, through The Live Well with AiR initiative, offer contributions to emotional wellbeing and all for free.
Please visit: www.activeinredbourn.co.uk/home/wellbeing/

Nutrition: 'we are what we eat'

'We are what we eat' or so the saying goes. In Redbourn, we are lucky enough to have several experts who look at different aspects of this topic, that is so important to our health. They also have skills in how nutrition interacts with physical, mental and emotional wellbeing.

Food/Nutrition, Vitamins, Herbs and Supplements

It is very important to understand how food effects our whole body. Live well with AiR offers several videos from two local Nutritionists and a GP, with homeopathy, vitamin and herbal skills.

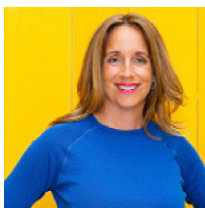
Herbal remedies are plants used as medicine. People use herbal remedies to help prevent or cure disease. They use them to get relief from symptoms, boost energy, relax, lose weight and most importantly, retain their health and wellbeing as they get older.



SAMMY COOPER (SCOOP NUTRITION), AN MNU CERTIFIED NUTRITIONIST

Sam is an MNU Certified Nutritionist and is studying to be a Certified Sleep and Recovery Coach. Taking a compassionate, empowering, evidence-based and collaborative approach to coaching, her goal is to help people take charge of their own nutrition and lifestyle, to allow their health and wellbeing to flourish.

Tel: **07599 800778** Email: scoop.nutrition.training@gmail.com Instagram: [@sammys.scoop](https://www.instagram.com/sammys.scoop)



KATHERINE HORSTMANN, QUALIFIED AND REGISTERED NUTRITIONAL THERAPIST

Katherine is a qualified and registered Nutritional Therapist who helps mums struggling with low mood and are generally overwhelmed, to feel more like themselves again. After managing to transform her own mental health, she uses her personal experiences, nutritional and lifestyle strategies to deliver personalised solutions that help women remember 'what good felt like'.

www.katherinehorstmann.com Tel: **07434 675354** F/book/Insta: [@Katherine Horstmann Nutrition](https://www.facebook.com/KatherineHorstmannNutrition)



DR. MICHAEL CANNELL (GMC 2493495) MEDICAL PRACTITIONER, PRIVATE DOCTOR

Specialising in Integrated Medicine, Nutritional Medicine, Homeopathy and Acupuncture. Dr Cannell offers a personalised holistic approach to healthcare loosely described as "functional medicine", alongside, as appropriate, complementary approaches.

Email (preferred): drmichaelcannell@gmail.com Text: **07801 557923** www.dr-michaelcannell.co.uk



THE NEW LEAF RECOVERY AND WELLBEING COLLEGE

The New Leaf Recovery and Wellbeing College runs short, free educational wellbeing courses, with a focus on recovery and encouraging people to draw on their own strengths. Free to everyone living in Hertfordshire.

Currently available on zoom. Contact: www.newleafcollege.co.uk

You can access all of our experts' important sessions by visiting:
www.activeinredbourn.co.uk/home/healthy-body-heathy-mind/

Physical wellbeing: Run, ride, roam

Whether your passion and interest is to cycle, jog or a leisurely amble, Redbourn and the surrounding countryside provides a perfect environment to “run, ride and roam”.



Run Redbourn! is a Run Together running group and - outside of covid restricted times - we have a dedicated Run Together website with full information on group runs.

Contact: runredbourn@gmail.com Go to: www.activeinredbourn.co.uk/home/running



RUN REDBOURN! is a running group and community for runners in and around Redbourn. Starting your running journey, getting back into running and those who run competitively, Run Redbourn! has something to offer everyone. The Run Redbourn! Facebook group is active with tips, motivation and facilitating finding others with similar goals. We also organise running groups on several days of the week - mornings and evenings - to suit all abilities. With 15 England Athletics qualified run leaders, there is plenty of choice.

RIDE - Cycling is fantastic low impact exercise and it's good for the environment too. From the very young to the very old, everyone benefits from cycling whether that is just for the joy of exploring the countryside or to get to work, school or the shops. British Cycling runs a programme of local leisure rides through its website www.Letsride.co.uk. There are also rides specifically for women as part of British Cycling's Breeze programme and in Redbourn Pam Calvert is the local ride leader. Contact pamcalvert@outlook.com. There are also several cycling clubs in the area including in St Albans, Hemel and Welwyn. Redbourn also boasts its own cyclists' cafe, The Hub, in the High Street which has become a famous local gathering place for cyclists to meet and have a coffee and cake. Its owner, Simon Barnes, gave us the benefit of his knowledge on Safe Cycling.

Go to: www.activeinredbourn.co.uk/home/riding/



LET'S ROAM - Many different walks centred on Redbourn, catering for all levels & dog walkers.

- 1-1 Friendly Walks (see the Redbourn Care Group)
- The “Redbourn Mile” around the common and the 1-2 mile Heritage walks all around the village itself and much longer walks around the surrounding countryside.

Go to: www.activeinredbourn.co.uk/home/walking/



WEST HERTS RAMBLERS is part of the national Ramblers organisation, the largest walking community in Great Britain. We are a friendly group with members based locally, including from Redbourn. New members are welcome to join us for a couple of taster walks before committing to membership. We walk in the beautiful countryside of Herts, Beds and Bucks, ranging from 3-15 miles, plus a social events programme including pub meals, a quiz, talks and two long weekends away each year.

Contact: westhertsramblers@hotmail.co.uk

THE NICKEY LINE

THE FRIENDS OF THE NICKEY LINE

Everyone has been walking more over the last year and enjoying our local network of paths. A lot of the maintenance of the Nickey line is done by volunteers, and the group has attended Redbourn Classics every year to promote the Nickey line and try to recruit more helpers for their work parties. They do a lot of cutting back, hedgelaying etc so maybe a slightly more strenuous volunteer workout, so certainly a chance to be active in Redbourn!

Call: **07788 198283** or **01582 622771** Email: DaveA@nickeyline.org Website www.nickeyline.org

Outdoor activities: Choose your sport ...



Tennis



REDBOURN TENNIS CLUB has four hard courts and a small clubhouse. This is village tennis at its best with friendly coaching and access to any level of player. The club prides itself on being relaxed and is keen to encourage new members.

We run several social mix-in sessions every week aimed at all levels of play so it's easy to meet similar standard players even if you join on your own. We welcome juniors and families with junior coaching sessions on Friday afternoons during term time.

More details can be found on our website www.Redbourntennis.org.uk or contact us by email: info@redbourntennis.org.uk

Bowls



REDBOURN BOWLS CLUB was founded in 2005. The club has in the region of 50 members and welcomes more. Regular roll-ups for all are run on Monday and Friday mornings at 10.00, plus monthly weekend family days.

We play regularly from April until October. At weekend matches we have a buffet supper after the game and enjoy a drink and "a bit of banter". We have a BDA qualified Bowls England Coach to assist with our sport's "finer points".

Contact: margaretdavis@virginmedia.com

Cricket



It is said that cricket was first played on the common in Redbourn in 1666.

REDBOURN CRICKET CLUB was founded circa 1823, and is one of the oldest village cricket clubs in the country. We have four senior teams playing in the Saracens Herts Premier Cricket League on Saturdays and in 2020 our 1st XI played at Lord's in the final of the National Village Knockout Cup. Players of all ages and standard are welcome.

We have over 250 juniors from U8 - U17 age groups playing regularly and All Stars cricket for 5-7 year olds. We also have a girls' section with teams at U9, U11, U13 & U15 age groups, and run regular training sessions all year round.

Contact: juniors@redbourncricketclub.uk or secretary@redbourncricketclub.uk



Golf

Enjoy first-class facilities and a choice of 2 golf courses featuring stunning views of the Hertfordshire countryside. Enjoy our superb driving range and well-stocked golf shop, or relax in our friendly clubhouse. Contact **01582 793493**

Nature calling

Look up and around, listen ... Redbourn is awash with beautiful gardens, plants, birds, insects, trees, superb green fields and rivers.



REDBOURN IN BLOOM - ENHANCING OUR VILLAGE

A good flower display lifts everyone's spirits. Redbourn currently holds the silver-gilt standard award by Anglia in Bloom. We organise the "Grand Autumn Show." We are an active and friendly group who enjoy lots of events, talks, and trips, including an annual short holiday in May. We have a band of volunteers who help with our planting schemes and assist at our events.

Web: www.redbourninbloom.org.uk Email: hello@redbourninbloom.org.uk



REDBOURN ALLOTMENT ASSOCIATION

Our target is to ensure all 80 plots on the three allotment sites in Redbourn are fully occupied by village residents. Many properties in the village have very small or no gardens. Currently, we are engaged in developing raised beds so people with a disability can enjoy allotment gardening, accessible by wheelchair. We welcome all Redbourners.

E-mail: info@redbourn-allotments.co.uk Tel: 07801-708608



REDBOURNBURY FISHERY

We hold stocks of Wild Brown Trout. The Coarse Lake is stocked with Roach, Rudd, Perch, Chub, Bream, Barbel, Tench and various species of Carp weighing up to 22lbs. Redbournbury Fishery offers river and lake fly and coarse fishing.

Contact: www.redbournburyfishery.co.uk John Dunckley (owner) 07774 197411



VER VALLEY SOCIETY

Enjoy our lovely river (and rare chalk stream). Help to preserve it.

Riverbank working parties, great walks, captivating guest speakers, and much more.
Contact: www.riverver.co.uk



DOG TRAINING

With the increase in dog ownership and walking in Redbourn, Live well with AiR even added a few classes on dog training to our videos resources courtesy of a very experienced dog trainer.

<https://www.activeinredbourn.co.uk/home/movement-and-fun/>

Indoor Activities



SAADI We now have a permanent gymnastics facility at Redbourn Recreation Centre. We have invested in a competition sprung floor, new beams, new bars and much more, including a new website that tells you how to join this rapidly expanding, inclusive and exciting gymnastics club. SAADI is a registered member of British Gymnastics, and all our coaches hold British Gymnastics qualifications. With over 500 members, we are a leading provider of British Gymnastics endorsed coaching in the region.

Contact: www.saadigymnastics.co.uk e-mail: admin@saadigymnastics.co.uk
Phone: **01582 794931**



REDBOURN REDKITES started out as a back to Netball team in 2014 and are proud to have almost 40 players who regularly train with us of all ages. Currently, we train at Redbourn Primary School on a Thursday evening and Sunday morning but we plan to return to an indoor venue again in time for Autumn and ultimately move back to the Recreation Centre where we started out. We play in two local leagues during the winter season along with summer league and friendly matches throughout the year. One of the annual highlights is the Netball tour (when circumstances permit). The aspect of our club that we are most proud of is our inclusivity - so whether you haven't played netball for years or are a superstar and can teach us some new moves, you would be made to feel very welcome if you wanted to join us for some exercise, friendship and fun. To find out more message us via our Redbourn Redkites facebook page or email: redbournredkitesnc@gmail.com



BOUNCE performed on mini trampolines, ((BOUNCE))™ makes exercise fun with choreographed dance routines. A one-hour class in Redbourn Village Hall features 45 mins of choreographed dance-cardio jumping routines and finishes with 15 minutes of toning. Sessions are programmed to achieve rapid weight loss by burning 700 calories per class.

Contact: www.bouncefitbody.com e-mail: charlotteambrose7@gmail.com



50+ SOCIAL BADMINTON at Redbourn Leisure Centre. It is open to anyone and everyone who wants to come and play on 'pay and play' basis. We are an all-ability, friendly group of people who have lots of fun playing badminton. Please come and join in the fun on Tuesday and Friday mornings when the centre fully re-opens.



THE REDBOURN SHOTOKAN KARATE CLUB is based in its twentieth year. We offer training on Mondays as well as an after-school club. Ideal for beginners and families, our instructors are a family of three, each with 30 years of experience. An excellent way to gain confidence and fitness.

Contact: www.tiskakarate-redbourn.co.uk Email: anthony.fripp@ntlworld.com



U3A is a national organisation with a very active local Redbourn branch. Many of our special interest groups and their monthly talks have run very successfully in the past year, via zoom. With the arrival of Spring and the easing of the lockdown we are cautiously rejoicing, at last we can socialise outdoors for serious or light-hearted debates. Our walkers and explorers are raring to go, and the re-opening of pubs soon, will bring a bigger smile on their face.

Contact: www.u3asites.org.uk/redbourn
or Email: redbournu3amembership@gmail.com

Redbourn Care Group is soon to become Redbourn Community Group.



Our Mission is to offer a person-centred approach, which enables villagers to participate in local, personal and community activities including medical and wellbeing appointments, helping to alleviate loneliness and promote independent living.

Our Vision is to improve social belonging and wellbeing to the community of Redbourn.

RCG has volunteers who can:

- help people with transport to get to medical and other health-related appointments
- help by shopping for essential items and collecting prescriptions
- chat with you on a friendly phone call at a time and frequency to suit or arrange a walk (within government guidelines) for anyone who need some companionship or fresh air
- signpost you to other sources of support

We have a network of street contacts in the village, covering 90% of the village. This network across the village proved to be very valuable in 2020, helping the charity to respond to the pandemic and set up new services to help households at this difficult time. We have produced a Welcome Pack with details of local services, which we deliver free to anyone moving into the village. RCG also has electric scooters, wheelchairs and Zimmer frames that are available on short or long-term loan.



The office is staffed **10am – 2pm every weekday** for any age, for anyone in need, this is for the whole community.
Call: **01582 794550** E-mail: info@redbourncaregroup.co.uk

be **Fitter**
Healthier
Happier



Help make Redbourn the Healthiest Village

For more information visit
www.activeinredbourn.co.uk
Call: 07770 863864 Email: info@activeinredbourn.co.uk



Look out for Active in Redbourn's regular publication 'Fitter, Healthier, Happier' featuring...

- Fun Day 3rd July
- AiR Fayre: 18th September
- Zoom Bingo
- Conkerthon – October
- Community Newsbite: 11am every Wednesday

Zoom: 878-2755-8461
(password: 123456)
or phone 0203-901-7895



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