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The Waresider Winter 2020

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Princess Alexandra, Hamstel Road, Harlow		01279 444455
The Samarit	ans, 1 Cross Street, Ware	464099
Citizens Adv	ice Bureau (please see in side)	

- 101 Use to contact local police about non-emergency crimes or concerns
- 111 Use if you need non-emergency medical help

Wareside Community Website: https://wareside.org.uk

Advertisement rate is £45 per ¼ page advert per year (4 issues). Any income from advertising remaining after deducting printing costs is donated to the Church.



www.gillandoshelda.com

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citizens advice

www.ehcas.org.uk

Hertford Office

East Herts Council Office Wallfields, Pegs Lane, Hertford, SG13 8EQ

Ware Outreach Office 20 Tudor Square, nr. Prezzo) West Street, Ware, SG12 9XF

Online advice : www.citizensadvice.org.uk Telephone advice : 03444 111 444

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Visit our website citizensadviceeastherts.org.uk

We have advisers ready to take your call and provide you with free, confidential, impartial and independent advice on any issue. Local message line (anytime): 01920 459944 (our response time is normally within 24 hours, however please note our advisers are not available Fri – Sun) Adviceline: 0800 144 8848 (Mon to Fri 9am to 4pm) For Universal Credit assistance call our Help to Claim service: 0800 144 8 444 (Mon to Fri, 9am to 5pm) For more information on our services and how we're helping our local community please visit https://citizensadviceeastherts.org.uk/

Dear Friends,

I write in the middle of "Lockdown Two", which, in keeping with the Hollywood tradition of producing sequels to films is similar to "Lockdown" but devoid of the novelty factor. If it actually were a film, it would be a sequel that nobody wanted to be made, and we would be an audience forced against our will to sit and watch it. Having said that, it would also be true to say we would be an audience that would be at risk if we stayed outside the cinema! As so often with life, we are left not with a choice between good and bad, but between bad and worse. And which is worse? A lockdown which saves life from the virus but risks life from economic collapse or a get-on-as-normal approach which saves life from economic collapse but risks life from the virus? I don't have the answer to that, so I am following the Government advice and praying it will be over soon.

The situation has raised some interesting questions about our national life. Some faith leaders, Christians in particular, have challenged the Government about the legality of their decision to prevent corporate gatherings for the purposes of worship; it has been noted that such action is usually associated with tyrannical regimes. We can enter church buildings for individual private prayer, of course, but crucially we are not allowed to pray <u>together</u>.

One thing that became quite clear during Lockdown One was that, though computer technology like Skype, FaceTime and Zoom has proved to be positive for both institutions and friendships, human flourishing requires "in-person" interaction. Notwithstanding the effects they have on the economy and all that follows from those effects, lockdowns are particularly difficult precisely because they stand in the way of in-person interaction. And this is surely why "saving Christmas" is such a focus for the Government – because at Christmas, families make a special effort to <u>gather</u> and spend time <u>together</u>

Continues over leaf

Retailers may focus on the season as the time they make 80% of their profits, and children may get excited about the presents, but underpinning Christmas for most people is the love that lies at the heart of family life and the opportunity to express it <u>in person</u>. That's why it is so important for the Government to "save" Christmas. People do strange things for love – otherwise lawabiding citizens may break the law (as Nicola Sturgeon apparently told one newspaper). Their love for their own may lead them to act in a way that puts them, their loved-ones and others at risk, but they may see these risks as worth taking for love.

Christmas, of course, is all about love; not the love that families share but the greater love that God has for all of us. In Bethlehem's manger, we see the immortal God of creation clothing himself with mortal flesh; we see God not so much <u>risking</u> as <u>giving</u> his all for us. Jesus was God coming to be with us in-person – not simply watching and communicating from a distance, but physically right alongside us in our joys and sorrows, to bring us light in the darkness, forgiveness for our wrongdoing and the hope of heaven. There is no risk to us in drawing close to him – rather the offer of eternal life. Yet his drawing close to us cost him everything. In him we see love in all its glory. Whether the Government "saves" Christmas or not, we should remember it is because of Christmas that we can be saved.

This Christmas, may you know the love of God and his comfort and joy,

Mark Dunstan

The United Benefice of Hunsdon with Widford and Wareside Three <u>Church of England</u> churches in the <u>Diocese of St Albans</u> working together to Live God's Love. Rectory, Acorn Street, Hunsdon, Ware. SG12 8PB



Most red phone boxes have now been decommissioned although a few, like the one in Anstey, still operate as a pay phone. Many villages have used the box to house a defibrillator; others have inventively turned them into informal book exchanges and information points.

Some villages have been even more imaginative: the box in Standon has been transformed into a greenhouse full of colourful plants.

With Christmas in mind, the Society still has a limited supply

of its book *The Hundred Parishes: an Introduction*. The 400-page hardback with a thousand photos is available for £25 from tourist

information centres and good book shops, or by arrangement with me - 01279 813226.

The Society's trustees wish you all a very happy Christmas.

Ken McDonald, Secretary

Photos:

Hildersham phone box / library Standon listed phone box / greenhouse

Westmill listed phone box / defibrillator



THE HUNDRED PARISHES SOCIETY

www.hundredparishes.org.uk

With Christmas just around the corner we are thinking of calling friends and family but not, I suspect, from a red telephone box.

In 1924 the Royal Fine Art Commission invited three architects to submit designs for new telephone kiosks. The winner was Sir Giles Gilbert Scott who also designed Liverpool Cathedral where he is buried. Scott was at the time a trustee of Sir John Soane's



Museum and he topped his kiosk with a dome similar to that on the mausoleum Soane had designed for himself. It was produced in cast iron as GPO model K2, replacing the K1 concrete kiosk.

Later designs had a similar appearance. The most common, the somewhat smaller K6, was introduced for King George V's silver jubilee in 1935.

The colour red was chosen to make them easy to spot, although Scott had suggested silver. These robust and iconic survivors of the 20th century, found in almost every town and village, are worth preserving. At the last count, 51 within the Hundred Parishes had been listed.





Sue and her team are delighted to welcome you to the White Horse Free House. We are a traditional country pub nestled in the village of Wareside. Surrounded by fields the pub is perfectly positioned for walkers, cyclists, families and even our four legged friends. We offer a tantilising menu including Greek

dishes and traditional pub classics. On Sunday we offer our Sunday Roast. Outside you will find an array of benches and tables where you can sit, enjoy a drink and something to eat and take in the beautiful surroundings. There is a children's play area, including a slide and a swing and a large grass area for the little ones to run around and play. The White Horse is ready for whatever the weather brings, if it is sunshine the outside areas are perfect to relax and enjoy the weather, if it is cold then the beautiful log fires will keep us all warm. We look forward to welcoming you to the White Horse.



The White Horse Free House, Wareside SG12 7QX 01920 464433 www.whitehorsefh.co.uk



breadcrumbs 225 grams 225grams figs 170 grams shredded suet 170 grams sugar

2 eggs

- Pinch of nutmeg
- $\frac{1}{2}$ pint milk
- 1. Chop figs finely
- 2. Mix with breadcrumbs, sugar, suet and nutmeg
- 3. Add the beaten eggs and milk
- 4. Put the mixture into a greased basin
- 5. Cover with double layer of greaseproof paper and pudding cloth or foil and steam for 3 hours.



Monday to Friday from 7:30am to 6pm. - From Term time to full time contracts available. - Safe and caring home from home child care. Email waresidechildminding@gmail.com

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1. God Rest Ye Merry Gentlemen 2. Winter Wonderland hristmas 3. Silver Rells 4. Mary's Boy Child 5. The Coventry Carol 6. Chestnuts roasting on an open fire (The Christmas Sono) songs 7. We wish you a merry Christmas 8. Deck the Halls 9. Frosty the Snowman 10. In the Bleak Midwinter 0r 11. Angels from the Realms of Glorv carols 12. Hark the Herald Angels Sing 13. It Came Upon the Midnight Clear. 14. While Shepherds Watched their Flocks 15. White Christmas from 16. Good King Wenceslas 17. See Amid the Winter Snow 18. When Santa Got Stuck in the Chimney 19. The Holly and the lvv these 20. Rudolph the Red Nosed Reindeer 21. Little Donkey 22. The First Tree in the Greenwood lyrics (The Sans Day Carol) 23. Jingle Bells 24. Let it Snow, Let it snow, Let it snow 25. Wexford Carol answers

- 26. The Cherry Tree Carol
- 77 The First Noel
- 28. I Saw Mummy Kissing Santa Claus
- 29. Once in Royal David's City
- 30. O Little Town of Bethlehem

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Contact Hannah on 07532117871 hannahtakats@hotmail.co.uk Helham Green, Wareside

Looking for a maths or science tutor?

I am a local student who has just finished my A-Levels and am available to give online tutoring in science and maths. Lessons are delivered in a friendly, flexible and approachable way, tutoring primary age up to GCSE level. Qualifications: A* in all science/maths subjects at GCSE, and predicted A*A*A in my A-Levels. References available on request. Please email

maxxrobinsonn@gmail.com.

Wareside Parish Council

By any measure this has been a very difficult year and one which we suspect most of us will be very happy to see the back of.

The council has continued to work during the course of the year, carrying out the majority of its meetings online. This has involved a steep learning curve for most of us but there have been advantages as well as disadvantages.

Speaking of loss, Councillor Richard Northcote decided to resign his position earlier in the year. Richard served the Council and the parish for 18 years and during that time worked on many projects and most recently held the planning brief. Thank you again Richard for your dedication and for all your hard work. But we have gained too. Shusanah Pillinger has just joined us as a new councillor and we take this opportunity to thank her for agreeing to take on the role and we look forward to working with her in future.

Highlights during the year have included the completion of the acquisition of the land behind the Village Hall, known locally as Larkshill and the start of a new program for the regeneration of Little Oak Heath which includes work to improve access and biodiversity. We have also acquired the first of two defibrillators for the village and this has just been installed outside the village hall.

Despite the ongoing work and increasing costs we have managed this year without an increase in the precept, the money which the Council receives through the rates to fund its activities.



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Looking forward to the New Year we will be continuing the work on improvements to Little Oak Heath and, we hope, negotiating an extension to the lease on the land. We will also be making plans for the land at Larkshill and we will be canvassing opinions from parishioners on this so keep an eye out if you wish to participate in this discussion. We are looking forward to removing the Covid restrictions currently in force at the playground and we will be arranging training for the use of the defibrillators. We also expect to be re-engaging with the planning process for the Ware North development. This has been quiet since March but we expect the pace to pick up again in the new year and we will be working to try to ensure that the views of local residents are not ignored.

We hope that, despite the ongoing difficulties and restrictions, you all have a very good Christmas and a happy New Year.



ADHA

Identify the Christmas songs or carols from these lyrics

- 1, O tidings of comfort and joy
- 2. Sleigh bells ring are you listening?
- 3. City sidewalks, busy sidewalks
- 4. Long time ago in Bethlehem
- 5. Lully, lullay thou little tiny child
- 6. Jack Frost nipping at your nose
- 7. Now bring us some figgy pudding
- 8. Tis the season to be jolly
- 9. With a corn cob pipe and a button nose
- 10. Frosty wind made moan, earth stood hard as iron
- 11. Joyful all ye nations rise, join the triumph of the skies
- 12. Ye who sang creations story now proclaim Messiah's birth
- 13. The world in solemn stillness lay to hear the angels sing
- 14. The Angel of the Lord came down, and glory shone around
- 15. Where the tree tops glisten and children listen.
- 16. When the snow lay round about deep and crisp and even
- 17. See the gentle lamb appears, promised from eternal years
- 18. He began to shout, you girls and boys won't get any toys.
- 19. Oh the rising of the sun and the running of the deer
- 20. You know Dasher and Dancer and Prancer and Vixen
- 21. Ring out those bells tonight, Bethlehem, Bethlehem
- 22. Now the holly bears a berry as white as the milk
- 23. Oh what fun it is to ride in a one horse open sleigh
- 24. Oh the weather outside is frightful
- 25. Good people all this Christmas time consider well and bear in mind
- 26. Joseph and Mary walked through an orchard good
- 27. Was to certain poor shepherds in fields as they lay
- 28. Underneath the mistletoe last night, she didn't see me creep
- 29. Mary was that mother mild, Jesus Christ her little child
- 30. Above thy deep and dreamless sleep the silent stars go by.

News from Your Village School

On Wednesday 21st October, we had our whole school trip to Colchester Castle. Swallows were very excited to be inside a 'real life' castle and we learnt lots of things while we were there...Did you know that in Roman and Medieval times there were no tomatoes or potatoes in this country? Also, raw fruits and vegetables were never eaten



as the people believed it would poison them is they were not cooked. There was a well inside the castle but we found out that the water was usually too dirty to drink so most people (including children) drank beer!



Our most exciting part of the day was when we go to go up the giant spiral staircase onto the castle roof. We could see for miles! We had our imaginary bow and arrows



ready just in case anyone came to invade us.

During our science lessons the children in the Swallows class set up their own weather station in the school grounds to record the effects of the changing seasons. They will now collect data weekly, during this term to measure rainfall, wind strength and temperature



The youngest children made flags to see how strong the wind blowing.

In KS1 the children continued exploring the how to make strong bridges in Design and Technology. They looked at



real world examples and experimented with different

materials and shapes to help them plan their design

The Amazons Class, Key Stage 2 children, learnt about the messy world of



the digestive system, which was the focus of one of their science lessons. Using various household objects the children saw the process of how the food we eat travels through our bodies and how waste material exits! The process is a long and complicated one in reality, but as you can see, the children had lots of fun learning all about it!



News from Your Village School

The children and staff are very busy preparing for the festivities of Christmas including a Christmas crafts day and decorating the Christmas tree. We always enjoy the delicious Christmas school lunch whilst wearing our Christmas jumpers. We have even managed to arrange a virtual pantomime! Oh no you haven't! Oh yes we have!



Here is a summary of the activities and events the children have enjoyed so far this Autumn term.

On a Monday in October, the children dressed in bee-themed costumes – there was yellow, black, a combination and various stripped outfits this was to promote the Diocese Harvest Appeal for bee keepers in Nepal.

The following Wednesday we held our Wareside Harvest service celebrated with Reverend Mark. Each class contributed their own presentations.

Swallows (Years Nursery to Year 2) gave us some facts about bees and showed us how bees visit flowers to collect pollen with their dance to The Flight of the Bubblebee.



Amazons (Years 3 - 6) shared with the rest of the school a little about the Nepal beekeeping project appeal as well as leading the children's prayer.

A number of children also brought in their entries of 'bee-safe' creations. This was in support of the Oak House competition and their fundraising endeavours for the Diocese Harvest Appeal.



Each child then collected a food item to bring out to the front bench. It was an incredible sight to see how much produce had been contributed by our small village school for the Harlow Food Bank.

During Black History Month the children learnt about Rosa Parks. They responded with writing and the

younger

children painted people of all skin colours as they talked about the importance of accepting everyone in our lives.

The older children learnt about the Windrush Generation and Claudia Jones the founder of the Nottingham Carnival.





Calling all Waresiders We would love having more contributions from people in & around the village, including editorial pieces, local news, matters of interest, events or suggestions as to how we might improve the parish magazine.

Have you any new, interesting or historic pictures of Wareside you would like featured, or you think could a make a front cover for The Waresider

If you would like to have your say, contact:

Waresider@gmail.com Villagers wanting to sell items privately can advertise in the Waresider for FREE!

WE are still unable to meet and rehearse. Here's hoping for 2022's pantomime

When we are able to start again WE will be happy to welcome new members either on or off stage. If you would like to join us please contact Judy King 01920 467223. Check out our web site. www.waresideentertainers.co.uk



Wareside Village Hall Booking Charges

	<u> </u>	
CATEGORY	TIME	FEE
CHILDREN'S PARTIES (under 12 years of age) Up to 3 hours, plus ½ hour before and after allowed free for setting up. Any extra time at hourly rate. Includes use of kitchen.	9.00am – 5.00pm	£25
Any Other Use	£10/hour	

For more information call Mrs Judy King 01920 467223

INFED LOCI Loore or in cager Call DENIF MITH 07402 930 765



Our Christmas Carol Service this year will be different because congregational singing is currently not allowed. We are putting together a special "Celebration of Christmas in Song and Story" that we hope will bring you comfort and joy. This will be held at 4:00pm on Sunday 20th December, and we look forward to welcoming you. Admission is free, but please book seats either via our website or by phoning Nicholas Buxton on 07766 402901.

I am also encouraging everyone to join in with the "Carols on the Doorstep" event at 5:30pm on 20th December, made possible by the national broadcaster, Premier Christian Radio which can be found on DAB Digital Radio or by tuning your TV to channel 725. A downloadable carol sheet for the words is available on our website. If you do not have a computer but would like a copy, please let me know.

Mark Dunstan, 01920 877276

Registers

Burial of Ashes

RICKETTS, Ernest Albert

8th Sept Wareside

A Celebral

Wareside Church

4:00pm, Sunday 20th December

Church Services

At time of writing, the nation is in lockdown and though the government has promised to lift the lockdown on December 2^{nd} , it is unclear what restrictions will remain in place at that point. This makes forward planning difficult, so I would encourage you to keep up to date with the latest information on church activities by looking at our website (www.waresidechurch.org), or by following our social media pages; we are on Twitter, Facebook and Instagram – just search "waresidechurch".

At present, we are planning to hold services in the church building at 9:30am on:

- 13th and 27th December
- 10th and 24th January, and
- 14th and 28th February.

This continues our usual pattern and, as normal, Waresiders are encouraged to join with the congregation at Widford Church at 9:30am on the 1st and 3rd Sundays of each month, even as Widford's congregation is encouraged to join worship in Wareside on the 2nd and 4th Sundays. The buildings are Covid-secure – just bring a facemask and turn up in good time to get comfortable before the services begin.

In addition to these services, our midweek "home group" meetings will continue online via Zoom. You can use our dial-a-sermon phoneline at any time to catch up with the teaching (01279 967111), and worship materials will be published each week online. These materials include hymns, songs and prayers as well as Bible readings and talks, and are available to anyone. God's love is freely given and so are these!



A Happy Christmas and a **big thank you** to the volunteers who deliver the Waresider *John Massey, Christine Bonney, Claire Hosier,*

Victoria Buxton, Kim Piper, Mary and Keith Hicks, Evelyn Jarret, Bob Kerr and Pru Green



CARER AVAILABLE

Are you caring for a relative at home? Do you sometimes need a short break. perhaps to go shopping or

out with a friend for a coffee?

I am a carer with 25 years experience, NVQ qualified and DBS checked. I live in Wareside and can offer short breaks of up to 3hours. If I can help please call or email me to discuss. email Davidgoodman068@gmail.com or call David Goodman 07531 305712

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General

And more

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Our Nursery is open each school day from 8.45am until 3.00pm. We offer a high quality, nurturing environment including 30 hours of nursery provision for 3 and 4 year olds.



Childcare Costs All 3 to 4 year olds can receive 15 hours of free early education/childcare every morning. An additional free 15 hours for the afternoon sessions, totalling 30 hours per week, is available for eligible families. Please find out more here:www.gov.uk/30-hours-free-childcare

If your family is not eligible, the afternoon sessions cost £12.00 a day.



Dog

Please visit our website and view a new video introduction of our school.

Part of a GOOD school(Ofsted 2017)

Idyllic village just 5 minutes from Ware "Nursery and Reception children in the early years settle into their routines guickly and thoroughly enjoy their indoor and outdoor learning activities" (Ofsted 2017)

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Calling all Waresiders

Appeal for your support for the church

In a "normal" year, the Holy Trinity Church in Wareside has to go to great efforts to cover its running expenses.

The pandemic has made this even more difficult, with little opportunity for fund raising events, let alone collections during services.

With this in mind, we are asking villagers if they would consider making either a one-off donation, or better still, set up a standing order for a regular sum.

£5 or £10 a month would make a tremendous difference to the finances of the church and enable the church to continue at the heart of our community for years to come.

If you think you could make any sort of donation, I detail below the bank account for the church.

Account name : Wareside PCC

Sort code : 30-84-85

Account number : 23672560

If you are a UK taxpayer and are eligible to Gift Aid your donation, you can complete a form which will increase your gift by 25p for every £1 given at no extra cost to you or us. You can download it from www.waresidechurch.org/efficient-giving or if you email me I can send you a copy for you to complete.

Thank you.

Sarah Hart, Treasurer

waresidetreasurer@hwwchurch.org.uk



VOLUNTEERS NEEDED TO LISTEN TO CHILDREN READ IN LOCAL PRIMARY SCHOOLS www.schoolreaders.org

Can you spare an hour or two a week to listen to children read in a local primary school? **Schoolreaders** is looking for more volunteers in Hertfordshire to carry out this important role.

No qualifications are necessary, just a good command of spoken and written English. **Schoolreaders** is flexible and will match your availability to an appropriate, local school. **Please visit the website or call 01234 924111**



WARESIDE Allotment Association

2020 has been a variable year for the allotment association. COVID and lockdown brought a surge of interest in allotments and we have doubled the number of plot holders. The old fence was finally replaced and the fenced area extended to encompass all the new plots. Thanks to Lee for the fencing work. Additional water tanks have been purchased. Hopefully they will fill over the winter and help alleviate water supply issues during the coming year. Although most plots have a small compost bin a new communal compost area is planned. This should allow plot holders to compost bulkier waste from their plot.

A request to change a couple of the allotment association rules was discussed at Wareside Parish Council in October. Council agreed to the erection of one **communal** walk through polytunnel for use by plot holders. Allotment Association rules will be updated to reflect this.

The allotments and Little Oak Heath have been an asset during a difficult year; allowing people to meet, chat, walk, exercise and work while still observing social distancing requirements. When all the new plot holders have settled in and any spare areas identified it is hoped to be able to set aside a social area where plot holders can continue to meet for a chat and maybe a cuppa after COVID.

As we move into winter many plot holders will be planning for spring and deciding what they are growing next year. Don't forget that plot holders can benefit from a wider range and lower prices if they purchase seeds through the Association. If you wish to take advantage of this, a seed catalogue and information are available from Marian Sheriadah. <<u>marlibar@btinternet.com</u>>

Hope you all stay safe and well and have a very happy Christmas and New Year.



CommunityHelp Hertfordshire

A partnership of voluntary sector infrastructure organisations funded by Hertfordshire's public sector

HertsHelp – we're here for you! For Herts residents, carers & families general:

Need help and don't know where to turn? Have a question or problem? If you or someone you know are struggling this wintertime or any time, we're here to offer help and support.

This is available to you through HertsHelp - our countywide information, advice, signposting and support service - from 8am-8pm Monday-Friday (10am-6pm weekends/bank hols).

Just call HertsHelp on 0300 123 4044, visit <u>https://www.hertshelp.net/winter-health.aspx</u> , <u>www.hertshelp.net</u> or email <u>info@hertshelp.net</u>

For Partners/Districts etc.

As we move into the winter period, and at any time, support continues to be available for vulnerable residents, carers and families in Hertfordshire accessed through HertsHelp (HH) who will triage clients' needs taking and making appropriate referrals or signposting to relevant support services.

Our offer includes:

A broadened Crisis Intervention Service

HertsHelp will deliver a crisis intervention service for people and families in crisis to include food, energy costs and other essentials for those who are in ongoing crisis or who have come into crisis as a result of COVID 19.

Including linking to relevant District/Borough, as well as support to access relevant Government Schemes:

- DWP Winter Fuel Payment: <u>https://www.gov.uk/winter-fuel-payment/</u>
- Cold Weather Payment: <u>https://www.gov.uk/cold-weather-payment</u>
- Warm Home Discount: <u>https://www.gov.uk/the-warm-home-discount-scheme</u>

Referrals and support via Districts/Boroughs for Herts Warmer Homes or YES Energy Solutions for example.

Including all Citizens Advice in the Districts and Boroughs who offer mid to long term crisis intervention support, providing advice, information and support on debt, benefits, employment enquiries, legal issues relating to financial matters, housing enquiries, consumer issues, family and relationship issues as well as fuel affordability, supply, billing, meter issues, scams and general support plus Energy Schemes via website: <u>https://</u> www.citizensadvice.org.uk/consumer/energy/energy-supply/

There is also the HERT (Hertfordshire Economic Recovery Team) partnership where HCC's Money Advice Unit (MAU) and Citizens Advice Hertfordshire (CAH) have come together to enhance the finance, welfare benefits and debt management advice already available in Hertfordshire to vulnerable residents who have been most affected by the COVID-19 crisis, to aid their financial recovery and embed future financial security and literacy, complementing the work done by financial inclusion workers in District and Borough Housing teams, especially regarding complex cases. Hertfordshire Community Navigation Service (HCNS) which aims to improve health and wellbeing by supporting those vulnerable service users in their own homes and in moving from hospital to home, using Community Navigators and Link Workers and the HCNS Pathway which is built into the overall social prescription pathway.

VCS support, including:

- <u>Winter welfare checks and hot meals via Hertfordshire Independent Living</u> <u>Service (HILS), including distributing some of the Warm in Winter Gift</u> <u>Bags from Small Acts of Kindness.</u>
- Supporting the BAME community and Rural Support Networks via CDA Herts.
- Support to the Gypsy and Traveller community via GATE.
- Befriending, support and 'Keeping in Touch' calls via Carers in Herts for unpaid carers, Age UK, Mind in Mid Herts, lunch clubs and day centres.
- Countywide 'Reach Out Hertfordshire' hospital to home volunteering service offering companionship and practical support to help reduce loneliness and isolation.
- Volunteer support (including shopping, medication collection, befriending, dog walking) via the Community Help Hertfordshire (CHH) service model under which all the Hertfordshire CVS organisations and Volunteer Centres have come together to provide a unified response to support people in need. This network also acts as a support and co-ordinator for smaller but important community groups including mutual aid groups, foodbanks and good neighbour schemes, assisting with organisational development and fund raising.

To view opening hours and to access all of these services call HertsHelp on 0300 123 4044, visit <u>https://www.hertshelp.net/winter-health.aspx</u>, <u>www.hertshelp.net</u> or email <u>info@hertshelp.net</u>

