

## After the Clocks go Back.....2023



Last October we launched the first [After the Clocks go Back.....](#) booklet to help people to get through the darker winter days and nights, when we close the curtains early and turn the lights on an hour earlier. For some people, of all ages, winter can sometimes be a bit of a lonely time. But here in Sawbridgeworth there are so many opportunities to go out, mix with friends, have meals together and enjoy good company. Whilst sometimes

this may take a bit of effort, the benefits of being with other people are well known! Some people may be a bit nervous or anxious about going to a group on their own where they think that they might not know anyone. Perhaps [YOU](#) could be a Buddy and take a friend to go to a group that you already attend; or maybe go together to a new group!!

### [Why not get a Buddy or even Be a Buddy?](#)

These are some of the opportunities in and around our town.:



### [The Hailey Centre: 01279 721221](#)

<https://www.haileycentre.co.uk/>



The **Hailey Centre** is a warm and welcoming meeting place for over 55's. Our facilities are open to everybody with no priority being given to any one person or demand made for regular attendance at the Centre in order to qualify for our services.

We offer a Monthly Newsletter setting out activities for the month including: Art, Craft,

Bingo, Whist, Outings, Keep Fit, Yoga, Holidays, Nutritious Lunches, Refreshments, Shopping Trips, Cinema, Quizzes, Learning Computing, Photography and much more.....

## Sawbridgeworth Memorial Hall



<https://www.smht.org.uk/classes-and-clubs>

**FOREVER ACTIVE - DAILY PROGRAMME:** Keep fit and make friends at the same time These classes are organised by the Friends of SMHT as a not for profit activity. Any surplus money goes into the hall funds.

Prices are £5 - £6 dependent on activity and duration.

### TABLE TENNIS

Our Table Tennis club has 3 sessions a week:

Tuesday: 10:00 - 12:00 Free play

Wednesday: 10:00 - 12.00 Free Play

Thursday: 13:00 - 15:00 a mix of coach and freeplay



### KEEP FIT CLASSES

Monday

9.15 Medium to high impact

10.15 Low impact

### FITSTEPS

Monday 1.45-2.45



### LINE DANCING

Friday 13:15 - 14.15

### TAI CHI

Monday 11.30 to 12:30 Main Hall

### SHORT MAT BOWLS

Come and join in with our Short Mat bowls sessions

Tuesday 13.00 to 16.00 (Oct to May only)

Wednesday 13:00 to 16:00



### YOGA

Our Yoga sessions are held on a

Tuesday 13.45 to 14.45

### MULTI ACTIVITY

On **Wednesday mornings**, we have a mixed Table Tennis and Short Mat Bowls session. It is a very social session, with laughter and chatting! Time 10:00 to 12:00



In addition to all of that we have: <https://www.smht.org.uk/events-and-entertainment>

As well as: Sawbo Cinema SMHT Music Nights



**Sawbridgeworth Community Library:** **0300 123 4049**



Free Parking  
Opening Hours:  
Sawbridgeworth Library  
Monday: 9am-5pm  
Tuesday: Closed  
Wednesday: 9am - 5pm  
Thursday: 2pm - 5pm  
Friday: 2pm - 5pm  
Saturday: 10am - 1pm  
Sunday: Closed

**All of the following sessions will be available at our Library this winter:**

- **Baby Rhyme Time** every **Thursday at 10.30** - stay and chat afterwards with tea and coffee.
- **Healthy Hub Information** and advice service monthly on **2nd Wednesday 2pm**
- **Digital Skills** - monthly **4th Monday 10.30 am -12**
- **Needles and Pins** - **1st and 3rd Thursday 2pm-4**
- **Warm Hub** every day with tea and coffee starting **30th October**, newspapers, jigsaws and chat.
- **Library Book group** **1st Tuesday in the month 2pm**



If you are in Bishops Stortford, why not visit the **Isabel Hospice's Compassionate Café?**

It is open every Wednesday from 10.30am – 12.30pm, in Bishop's Stortford Methodist Church, South Street, CM23 3AG. Open to all for simple refreshments, chat and company.

For more information, please contact the Compassionate Communities Team on: 07703 808640 or

[compassionatecommunities@isabelhospice.org.uk](mailto:compassionatecommunities@isabelhospice.org.uk)



## **The Compassionate**

**Neighbour Scheme** is a community-led social movement

offering friendship and a listening ear to anyone who is lonely or at risk of Social Isolation and would like to make a new friend. Compassionate Neighbours matches local people, based on their shared likes, interests and experiences, either 1-2-1, by telephone or to a social group.

**Are you lonely or at risk of isolation and would benefit from a Compassionate Neighbour?**

**Or would you like to make a difference in your local community and become a Compassionate Neighbour?**

**Find out more:** 07703 808640 [kharlie.staves@isabelhospice.org.uk](mailto:kharlie.staves@isabelhospice.org.uk)  
<https://www.isabelhospice.org.uk/supporting-you/compassionate-communities/neighbours/>



## **All Sorts Dementia Group at the Cricket Club**



<https://www.allsortsdg.co.uk/> **01279 498938**

All Sorts runs fun & relaxed groups located in Ware, Sawbridgeworth & Essendon for people with mild to moderate Dementia who want to socialise in an understanding environment whilst loved ones gain much needed breaks from their caring roles. During the group people will be able to take part in Cognitive Stimulation Therapy (CST). This consists of a series of themed activities which when completed in a group has been evidenced as having a significant improvement in Memory, New Learning Skills, Language and Quality of Life. At All Sorts we aim to promote the health, wellbeing and positive living of people with Dementia and their families by providing support and advice for the future. We also provide a range of entertainment sessions, live music and exercise classes.



## Sawbridgeworth u3a

**u3a**  
learn, laugh, live



Sawbridgeworth has had a thriving **u3a** since 2016! There are monthly meetings in the Memorial Hall at 3pm on the 2<sup>nd</sup> Friday of every month. Come along and listen to a different and interesting speaker each month or join one of the many groups that are available:

Walking; Antiques; Chess; Croquet; Cycling; Gardening; Photography; Scrabble; Wine Appreciation; Art; Bridge; Creative Writing; Flower Arranging; History; Singing as well as our superb Trips & Outings.



Come along to the Monthly Meeting to find out more!!

<https://u3asites.org.uk/sawbridgeworth/events>

<https://u3asites.org.uk/sawbridgeworth/contact>



## **SAWBRIDGEWORTH LEARNING** **FOR PLEASURE CLUB**

We are a group of individuals who meet every Thursday morning from 10am to 12 noon in the Council Chamber, Bell Street, Sawbridgeworth for ten weeks in the Autumn and ten weeks in the Spring, with a half-term break midway.

Lectures are organised for these meetings on a ten-week or five-week basis, or sometimes we have a 'pot pourri' of 5 lectures with a common theme. Our lectures in the recent past have included Art History, the history of Education in Britain, the Rise of the Hollywood Studio, local history, and many other diverse subjects.

If you would like more information on SLfPC, please contact Sally Pribul at [sally@pribul.co.uk](mailto:sally@pribul.co.uk)



**Our Society was formed in 2016. Its aims are to research, collect, record, and preserve the heritage of our town and the surrounding area.**

**TALKS AND WALKS.** We organise evening talks on a range of subjects relating to all aspects of life in the town and beyond, past, and present and town walks (free leaflets available from the Town Council, library) and contributed to a Gt St Mary's churchyard walk at the May Fayre. All are welcome to attend talks, meetings, and walks. These are advertised on our website, social media, in the *Flyer*, *Link* and *Bishop's Stortford Independent*. as well as on posters in shops and town noticeboards. We have stalls at the May Fare, High Wych Scarecrow festival and organise the annual Nostalgia Day at the Memorial Hall each November.

**MEETINGS.** Usually held quarterly at the Cricket Club from 1000-1200. Talks are held at the Hailey Centre or the Memorial Hall, usually on the last Thursday of the month from 1900-2100.

**PUBLICATIONS.** We have published a wide range of articles on our website, [www.sbwhistory.com](http://www.sbwhistory.com), as well as books: *The Story of Sawbridgeworth; High Wych, Sawbridgeworth and the Great War; Sawbridgeworth Town Mill; Allotments in Sawbridgeworth, The Changing Face of Sawbridgeworth, Where the Lysanders Were* and most recently *High Wych History in Pictures*. A Sawbridgeworth photobook is planned for 2024

**MEMBERSHIP.** Individual membership is £10 a year; £15 for a couple. You can join via our website.

**CONTACT US.** Facebook:

<https://www.facebook.com/sawbridgeworth.local.history.society/about>

**Website:** <https://www.sbwhistory.com/>

Hazel Mead (Chair) [hazelmead404@btinternet.com](mailto:hazelmead404@btinternet.com) or David Royle [david.royle1@gmail.com](mailto:david.royle1@gmail.com)





## Sawbo Saplings

'A YOUNG CHILD, JUST LIKE A SAPLING, NEEDS TO BE NURTURED TO GROW INTO A HAPPY, HEALTHY & THRIVING INDIVIDUAL'

### Sawbo Saplings – for Mums & toddlers

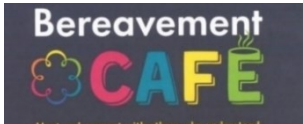
Sawbo Saplings is a weekly volunteer led stay and play session at Sawbridgeworth Memorial Hall each Friday during school term time. The sessions are suitable for all pre-schoolers from

babies to age 5. Come along from 9.30 to 11am to chat to other local parents, grandparents and carers, enjoy our toys and take part in our activities including a craft zone and nursery rhymes. £2 per family payable on the door which includes a squash and snack for your little ones during song time and craft items. Baby changing facilities, buggy park and car parking are available on site.

For further information contact Ria at [sawbosaplings@gmail.com](mailto:sawbosaplings@gmail.com) or check out the SawboSaplings Facebook and Instagram pages.

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### Bereavement Café: Our Bereavement Café project aims to connect



local people together, to support each other throughout grief. **Everyone is welcome** to access this free, community-led service – whether your loss was recent, or a long time

ago. Our Café events and our online communities (which we host through Facebook), offer a safe space to meet others; speak about our experiences; ask questions; share resources; and make new friends.

First Tuesday of Every Month, at the Hailey Centre, from 2-4pm [01279 967670](tel:01279967670)

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### Sawbridgeworth Sports Association



Sawbridgeworth has a thriving Sports Association and under their umbrella anyone interested in indoor or outdoor Sport can join one of



the following where they would be guaranteed to get a warm welcome, either as participators or spectators:

- Sawbridgeworth Football Club, Crofters, Sawbridgeworth CM21 0DE. 01279 722039
- Sawbridgeworth Cricket Club, Town Fields Main Ground, (Access is via car park at the end of Bell St.), Sawbridgeworth, Hertfordshire. CM21 9HJ
- Sawbridgeworth Bowling Club, Town Fields, Bell Street Car Park, Sawbridgeworth, Hertfordshire. CM21 9AN
- Sawbridgeworth United Services Club, 9-11 Station Rd, Sawbridgeworth, CM21 9AY  
[info@sawbridgeworthusc.com](mailto:info@sawbridgeworthusc.com) 01279 722310



## Sawbridgeworth Town Twinning Association

Sawbridgeworth Town Twinning Association is open to all who live in Sawbridgeworth and its environs. It is non-political and based on an interest in experiencing a different culture and in building and maintaining friendships. The Association celebrated its 50th anniversary in 2023. We sent a delegation to visit Bry-sur-Marne in May to coincide with the visit from Moosburg, our German twin town, for a tri-partite celebration. We continued the celebrations when we received our friends from Bry-sur-Marne in and when we visited Moosburg in October.

We have a Facebook page

<https://www.facebook.com/STTABryandMoosburg>

and a new website, which has coverage of our twinning history, and the history of Bry and Moosburg, plus a photo gallery etc:

<https://www.sawbridgeworthtowntwinning.co.uk/>. We have a stall at the May Fayre each year.

For further information contact David Royle: [david.royle1@gmail.com](mailto:david.royle1@gmail.com) or Sally Pribul: [sally@pribul.co.uk](mailto:sally@pribul.co.uk).





## **SUSTAINABLE**

**SAWBRIDGEWORTH:** Why not become involved in **Sustainable Sawbridgeworth** which started life in June 2019

as a plastic-free group, inspired by Gilly Squire's Brownies who, pre-Covid, tried to set up refill stations in Sawbridgeworth to reduce the use of plastic bottles? Since then they have widened their remit to cover a broad range of sustainability issues, working together with our town, district, and county councils as part of their sustainability agendas.

They have an established set of activities, for example:

- 'eco cafes' linked to international climate change events;
- a Repair Café at Bullfields every two months, usually on a Saturday, and
- 'Tidy Up Sawbridgeworth' litter picks, in addition to stalls on Bell Street and at the May Fayre.

They are also working with our District and County Councils on their air quality and anti-idling campaigns and have been active in promoting safe cycling and walking routes. They are awaiting East Herts Council's Local Cycling and Walking Improvement Plan, which they have contributed to.

- Other areas of interest include:
  - waste management and recycling,
  - water quality and saving water,
  - community and 'no dig' gardening,
  - local farming issues and the impact of climate change.

To find out more and how you can help, please contact:

[sustainablesawbridgeworth@gmail.com](mailto:sustainablesawbridgeworth@gmail.com)

and/or have a look at their Facebook page:

[www.facebook.com/groups/664281761043860/](http://www.facebook.com/groups/664281761043860/)



**Pishiobury Park** is a beautiful open space right on our doorstep. You always feel better after a walk in the Park! But it also has a history that spans from the Neolithic period, with evidence of Roman occupation, links to Henry VIII and evidence of ‘Capability’ Brown style landscape features. Some of the new

boardwalks take you to the wet woodland (The Osier Bed), grazed fields, flood meadows and the River Stort navigation. The parkland has been designated a County Wildlife Site and is laid largely to grazed pasture with scattered mature trees, roundels, hedgerows and woodland belts lining the perimeter.

**Friends of Pishiobury Park** was established in 2010 to provide valuable support on the ground and also ensure that local residents get the opportunity to be involved in the park's future. It is open to anyone interested in supporting the work and aims of the group. The Friends carry out practical tasks in the park and organise fun events for all the family.



Hertfordshire



Health Walks

**Herts Health Walks - Bishops**  
**Stortford**

|  |                            |  |
|--|----------------------------|--|
| <b><u>Thorley Health Walk</u></b> Meet at main Car Park opposite St. Barnabas Centre. Church of St. James the Great, Church Lane, Thorley, Bishop’s Stortford, Hertfordshire, CM23 4BE | Alternate Mondays 10 am    | Grade 3  |
| <b><u>Castle Park</u></b> Meet at the entrance to Castle Park by the Link Road car park, CM23 2EL  | Alternate Fridays 10:15 am | First Steps (Suitable for wheel chair and buggy users) |
| <b><u>Castle Park</u></b> Meet at the entrance to Castle Park by the Link Road car park, CM23 2EL  | Alternate Fridays 11:00 am | Grade 1  |

|  |                              |         |
|--|------------------------------|---------|
| <b>Castle Park</b> Meet at the entrance to Castle Park by the Link Road car park, CM23 2EL   | Alternate Fridays 12:00 noon | Grade 2 |
| <p>All walks are FREE with no booking is required. Just turn up 10 minutes before a walk or 15 minutes before your first walk to register as a new walker or you can register and pre-book online if you prefer. Walks range from a gentle First Steps (20-30 minutes) and increase in length and time from Grade 1 (30 mins) up to Grade 4 (90 mins) unless otherwise stated. Contact us: T: 01992 555888 E: Healthwalks.cms@hertfordshire.gov.uk or visit <a href="http://www.hertfordshire.gov.uk/healthwalks">www.hertfordshire.gov.uk/healthwalks</a></p> |                              |         |



## **Further Afield**



If you are able to travel, either by bus or by car you can find a whole host of other regular activities to keep you busy during the winter in places like Bishops Stortford, little Hadham etc. Some of those are listed below for you and more information can be found at [mail@kissingitbetter.co.uk](mailto:mail@kissingitbetter.co.uk) or at

07831 136152

| <b><u>Day</u></b>       | <b><u>Activity</u></b>  | <b><u>Time</u></b> | <b><u>Venue</u></b>            | <b><u>Contact</u></b>        |
|-------------------------|-------------------------|--------------------|--------------------------------|------------------------------|
| <b><u>Monday</u></b>    | Punch & Pause           | 10:30-11:30        | Grange Paddocks Leisure Centre | 01279 652332                 |
|                         | Boccia Bowling          | 12:30-13:30        | Grange Paddocks Leisure Centre | 01279 652332                 |
| <b><u>Tuesday</u></b>   | Yoga (Booking required) | 09:30-11:00        | Touchpoint Community Hub       | 01279 815091<br>07572 114882 |
|                         | Senior Swim             | 09:00-10:00        | Grange Paddocks Leisure Centre | 01279 652332                 |
|                         | Knit & Natter           | 10:00–12:00        | BS Methodist Church            | 01279 501745                 |
|                         | Craft Social Group      | 13:30-15:30        | New Apton Centre               | 01279504748                  |
| <b><u>Wednesday</u></b> | Welcome Café            | 10:00-14:00        | Little Hadham Village Hall     | 07973 886806                 |
|                         | Seated Yoga             | 11:00-12:00        | Little Hadham Village Hall     | 07973 886806                 |

|                        |                                 |             |                                |                              |
|------------------------|---------------------------------|-------------|--------------------------------|------------------------------|
|                        | Quiet Swim                      | 11:00-12:00 | Grange Paddocks Leisure Centre | 01279 652332                 |
|                        | Digital Inclusion               | 14:00-15:30 | Little Hadham Village Hall     | 07973 886806                 |
| <b><u>Thursday</u></b> | Coffee & Cake                   | 10:00-12:00 | BS Methodist Church            | 01279 501745                 |
|                        | Easy Seated Exercise with Music | 10:30-11:30 | Havers Community Centre        | 01279 715004                 |
|                        | Nordic Walking                  | 13:00-14:30 | Grange Paddocks Leisure Centre | 01279 652332                 |
| <b><u>Friday</u></b>   | Board Games                     | 11:00-12:00 | BS Methodist Church            | 01279 501745                 |
|                        | Hertfordshire Health Walks      | 10:15-11:00 | Castle Park                    | 01992 555888                 |
|                        | Walking Football                | 14:00-15:00 | Grange Paddocks Leisure Centre | 01279 652332                 |
|                        | Bat & Chat                      | 14:45-15:45 | Grange Paddocks Leisure Centre | 01279 652332                 |
|                        | Indoor Bowls                    | 19:30-22:00 | Little Hadham Village Hall     | 07973 886806                 |
| <b><u>Saturday</u></b> | Coffee & Cake                   | 10:00-12:00 | BS Methodist Church            | 01279 501745                 |
| <b><u>Sunday</u></b>   | Touchpoint Cinema               | 13:00-16:00 | Touchpoint Community Hub       | 01279 815091<br>07572 114882 |



And our lovely **Sawbobus** will get you from many places in Sawbridgeworth to local activities within the town!!

Make use of it for just £1 per day, no matter how many times you use it, you will only pay once a day!!!

You can find the Sawbobus Timetable here or on the bus itself:

[http://www.sawbridgeworth-tc.gov.uk/uploads/files/Sawbo Community Bus Route Timings 0305 2022 Adding Oakridge.pdf](http://www.sawbridgeworth-tc.gov.uk/uploads/files/Sawbo%20Community%20Bus%20Route%20Timings%200305%202022%20Adding%20Oakridge.pdf)

Sawbobus to Oakridge Nursery  
New Daily Route

