

Channuka at Three Rivers



Praise from Batchworth



Leavesden HIVE



THREE RIVERS DISTRICT COUNCIL

Three Rivers Times

Spring 2019

New High Recycling Rate



Cllr Alex Michaels, Lead Member for Environmental Services, said: "I am extremely proud that Three Rivers are now ranked fourth out of 326 local authorities across the UK."

"I want to say a huge thank you to our hard-working teams, who have worked tirelessly with residents to make us one of the best recyclers in the country. Working with partners, and most importantly residents, we have achieved something of which we are all proud."

"The environment is vital to us as an administration, and a core part of our values. We would like to become even cleaner and greener in the future."

If you are uncertain about what can be recycled, either in your kerbside collections or at the local Household Waste Recycling Centres, there is a wealth of information here:

www.threerivers.gov.uk and
www.wasteaware.org.uk

Three Rivers District Council's recycling service continues to produce impressive results with the news that in 2017/18 our residents achieved a 62.4% recycling, up from 61.9% the previous year. The 62.4% means that we have the fourth highest recycling rate in the country, which is a fantastic achievement. The District is consistently top in recycling rates in Herts, and this is mostly due to the cooperation of its residents and the dedication of the Council staff.

The Council thanks all its residents for their continued efforts to recycle. While the recycling figure of 62.4% is a considerable achievement, the Council would like to encourage its residents to think about how they dispose of their waste, to ensure as little as possible is being placed in the refuse bin.

Play Rangers Awarded Community Project of the Year



In November 2018, the Play Rangers team, within the Leisure Department, were awarded Community Project of the Year at the Hertfordshire Service to Sports Awards for 2018.

They were awarded the following:

- Since January 2018, Play Rangers have increased their school sessions and now work in four schools throughout the Three Rivers District, with over 4000 attendances to their sessions across the year.

- They have developed an outdoor learning pack which links their activities to the school curriculum. This emphasises team building skills, how to take risks in a safe environment, socialising away from gadgets, and giving the children an opportunity to explore the outdoors while improving their wellbeing.

Parents have stated that Play Rangers allows their children to break

NO EXCUSE
to fly tip, if your local
Household Waste Recycling
Centre is closed, another
one will be open nearby
hertfordshire.gov.uk/hwrc

Let's S.C.R.A.P. fly tipping
hertfordshire.gov.uk/flytipping



down boundaries, with the freedom to play that they can't experience at home or in the classroom. Run by experienced, encouraging and highly professional staff, the children embrace the project, week-in and week-out.

The Council and their Play Rangers team are delighted at receiving the award, and look forward to continuing to offer free and fun outdoor activities to children across the district.

www.threeriversleisure.co.uk/play-rangers

Chanukah lights up Three Rivers House

The ceremony was led by **Rabbi Aron Zerbib** and included amongst the guests were: **Phil Williams**, Chairman of Three Rivers District Council; **Richard Thake**, Chairman of Hertfordshire County Council; **Robert Voss**, Lord Lieutenant of Hertfordshire; **Charlie Hall** Chief Constable of Hertfordshire; **Dr Steven Halls**, Chief Executive of Three Rivers District Council plus many councillors, representatives from the Metropolitan Police, the Christian, Jewish, Sikh and Muslim communities.



The Lord Lieutenant was presented with a beautiful contemporary menorah by the synagogue to thank him for his participation. In accepting it, he spoke about his pride in being the only Jewish Lord Lieutenant in the country and only the second ever in history.



Following the formalities, everyone enjoyed the traditional Chanukah food of doughnuts.

Cllr Debbie Morris, Councillor at Three Rivers and synagogue member, said: "As the principal coordinator of this wonderful celebration of Chanukah, it gave me enormous pride to witness the coming together of people from diverse cultural and religious backgrounds and across the political spectrum. It showed that there is more that unites us than divides us."

Road in South Oxhey named after Tom Lake



Tom Lake who was killed in Afghanistan in 2011 whilst serving in the Princess of Wales's Royal Regiment, has had a road named after him. The road, Tom Lake Way, in South Oxhey, will include Tom's regiment's badge on road signs.

Tom was a regular member of the Oxhey Jets football team. The Founder of Oxhey Jets, **John Elliott**, said: "Oxhey Jets are really pleased that Tom's memory is going to be honoured in this way, and I am delighted that Tom's memory will live on through this naming. In particular, it means a lot to us that his regimental badge will be included on the signage.

"Many thanks to our Parish Council who

put the idea for this forward, and to the District Council for really getting behind it as well and authorising the naming."

Manor House Grounds: all of a spin

The final phase of the park enhancements are underway. Following the successes of the play area, new tennis courts, multi-use games area, table tennis and seating area, the skating facility will now be developed.

This is a hugely exciting project and has been developed through public consultation to ensure that the skaters, scooters and BMX riders have the facility that they want.

A user group forum, established by Abbots Langley Parish Council, has also enabled the regular users of the old facility to have an input into the design. Freestyle, the park designers, have taken all of the consultation feedback into consideration to create the new skating park.

It will include grind rails, quarter pipes and jump boxes aimed at providing a skate park for beginners to experienced riders.

Our thanks to both Abbots Langley Parish Council and the user group for their involvement.

Leavesden Country Park Play Area

Thanks to all those who contributed to the public consultation for the new Leavesden Country Park Play Area refurbishment recently.

This play area design also takes into consideration the heritage and wildlife in Leavesden, reflecting the Minds, Movies and Machines themes in the Heritage Trail in the park.

It'll be packed full of equipment to cater for all abilities.

There is a fantastic plan showing how it will be built, flying carpet swing, the stage and ticket office, impressive hilltop play tower, the peaceful planting and willow tunnel.

Please bear with us while we remove the old and install all the lovely new equipment for everyone to enjoy in May 2019.

PCC David Lloyd visits the District

David Lloyd, The Hertfordshire Police and Crime Commissioner (PCC) has an annual Community Safety District Day in Three Rivers to find out what local initiatives are taking place.

PCC, David Lloyd, said: "I am always delighted to visit the different areas of Hertfordshire on my District Days and to see the hard work that drives community safety and crime reduction."

"On my recent visit to Three Rivers, I was particularly interested to hear from the Mill End Methodist Church volunteers, the work the District Council is doing on mental health interventions, support for at-risk young people via Youth Connections and how crime is being designed out as part of the South Oxhey regeneration initiative."

His recent District Day involved visiting Mill End Methodist Church to meet with Mill End Community Trust about the work they're doing in the area and the needs of the community they have identified.

The PCC met with staff from Three Rivers District Council, police and Thrive Homes to discuss cases where vulnerable residents have been exploited and cuckooed, and to find out what strategic plans the Community Safety Partnership has in place.

The Police and Crime Commissioner contributes to the Community Support Service in Three Rivers. This service provides practical and holistic support

and information to people who are experiencing mental ill health or need help with their mental wellbeing. His meeting with this team showed the range of support that is offered within the service.

The final part of the day took the PCC to South Oxhey to visit Youth Connexions at the Centre and the regeneration site.

Three Rivers District Council praised by Batchworth Community Council



Batchworth Community Council extended their sincere thanks and appreciation of Three Rivers.

They said: "Thanks to the Council for their expertise, support and advice on many ongoing projects ranging from the BT Phone Box which was handled by the Council's Planning Services department and the Parish Notice Board to their planned Community Event held in Eastbury on 29 November."

They also passed on their thanks for the way the Council's Leisure Services has helped at Bury Gardens and the new CCTV camera for Rickmansworth which the Community Safety Officer arranged.

Mike Kennedy, Batchworth Community Council, said: "It is good to see that the working relationships between our two Councils grow stronger."

"I recall when we first met that I mentioned the importance of partnership working and Batchworth adding value to the already excellent work you undertake on behalf of our communities."

"We are moving together in the right direction."

Dr Steven Halls received personal thanks for the suggestion that Three Rivers undertake the clearance of Northway Triangle, which Batchworth Council supported and were pleased to commission to Three Rivers.

He added: "We are working in partnership, working together to create a great future for the Three Rivers District and its residents. We want to carry on making a difference through every opportunity when wanted and needed."



The Swillett and Cassiobridge Play Areas

Three Rivers District Council is currently consulting on proposed designs for refurbishment of The Swillett Play Area in Chorleywood and Cassiobridge Play Area in Croxley Green

The Play Companies were asked to develop a design, which reflected the demographics of the surrounding area, provides a natural flow of play within the space and uses equipment with particular focus on childhood development for children of all abilities.

There are different designs to look at and select your preferred option.

Visit www.threeriversleisure.co.uk to complete the survey and view the designs.

The deadline for survey completion is: noon on Monday 25 March 2019.



Hertfordshire gets £11m boost from Business Rates

Last year Hertfordshire County Council joined ten district and borough councils and applied to be a Business Rates Retention Pilot area. The Local Government Finance Settlement team announced that Hertfordshire would be part of a second wave of councils of the new business rate retention pilot.

As a result of the successful application, Hertfordshire's local authorities will now keep 75% of the growth of local business rates, estimated to be worth £11.3m. Usually, 50% of business rates growth would go to central government.

Being part of the pilot gives the 11 Hertfordshire councils a year's head-start in preparing for the national roll-out of business-rate retention policies, which are expected to be applied to all English local councils from April 2020.

David Williams, Leader of Hertfordshire County Council, said: "Being accepted into the pilot means that we are keeping an additional 25% of the growth of business rates within the county. This is expected to equate to an additional £11.3m which will be used to fund public services across Hertfordshire.

"Being one of 15 successful pilot applications is an endorsement of the strong partnership working we have across local government in Hertfordshire."

The settlement, which also sets out the allocation of central government funding for county council services, was delayed due to the ongoing Brexit negotiations.

Herts County Council consulted residents on how it should spend its budget and the amount that Council Tax will be set next year was agreed by the Council in February 2019.

David Williams continued: "We are committed to finding innovative ways of getting the best value for residents' money and we are working more closely than ever before with our public-sector partners to achieve this.

"This pilot will provide us with a greater

opportunity to support local businesses and invest in local growth, not least by allowing us to retain more of the benefits arising from future economic growth within the county."

The pilot will build upon successful local partnerships across councils including, for example, the Herts Property Partnership.

Following on from a successful Heritage Lottery Funding Bid, further development has been undertaken in Leavesden Country Park. You will notice that the park has a new feel, with signage and maps reflecting all the new facilities.

The Leavesden HIVE (Heritage, Information, Volunteers, Education) is now open.



Abbots Langley Leisure Project

A project for the community of Abbots Langley and Leavesden Country Park

Since funding was gained, the journey to enhance the parish of Abbots Langley continues, and the work done to date is already being enjoyed by many residents and visitors.

Three Rivers District Council is now two years into the project which has already seen vast improvements to Manor House Grounds including the refurbishment of the multi-use games area, resurfaced tennis courts and an exciting new skate park facility, with shaded seating and table-tennis tables.

These improvements follow (in partnership with Abbots Langley Parish Council) the new play area built in the Manor House. The final phase of the works will start soon as a state of the art skate park will be added alongside the multi-use area.

In the heart of Abbots Langley High Street is the refurbished Henderson Hub. Led by the Hub, the facility now boasts retractable theatre seating, improved lighting, a new sound system and a warm and welcoming café.

Working with the YMCA, the park has seen the Leavesden Cycle Hub open, providing a full cycling repair service and adult and children's cycling training for all the community. The Woodlands Café offers a relaxed environment to enjoy refreshments: look out for their new 'Pizza in the Park' menu, something special to enjoy in the park. The Community Activities Co-ordinator is running activities at the YMCA and delivering a community programme.

It has a full-time Park Ranger delivering a range of nature activities for the community and educational activities. The building is also a central meeting point for the Friends of Leavesden Country Park and local Historical Societies, who meet there regularly throughout the year, hosting events, walks and talks.

Alongside the Park Ranger-led activities a wider events programme is underway and will continue to expand over the coming years, offering varied activities from Tai Chi and Mindful Nordic Walking to Wildflower Identification and heritage-themed events for residents.

This spring will see the installation of the Heritage Trail: nine sculptures which will reflect the themes of Minds, Machines and Movies which are closely linked with the park.

These themes recognise the importance of the Leavesden hospitals, Leavesden Aerodrome and film studios. Further work around the restoration of the Lychgate, railings and font is being carried out and a Remembrance Garden has been designed in the south of the park.

A Heritage orchard will be planted on the site of the old workhouse/orphanage orchard and of tremendous excitement is the planting of some amazing dinosaur trees, unique to this area and sited in the Edwardian Garden.





More play in Skidmore Way

The newly refurbished play area in Skidmore Way is now open to the public. The play area has been specifically designed following the residents' public consultation feedback on draft plans. It has exciting play equipment for young children with comfortable seating and planting to keep a relaxing 'garden' feeling for all ages.

Phil Williams, Chairman of Three Rivers District Council, officially opened the play area on Tuesday 20 November, to celebrate the designs by HAGS Limited and the project management of Frankham Consultancy Group. He said: "The newly refurbished play area is fantastic. We wanted to make sure that children local to this area would have a lovely place to play in with comfortable seating so you can enjoy looking at the flora."

Councillor Chris Lloyd, Lead Member for Leisure, added: "It's good to see the newly refurbished play area. It reflects the community feedback for the play equipment and an enjoyable planted space for visitors.

"I thank all the residents who took part in the public consultation."

For more information email leisure@threerivers.gov.uk



24,000 Holes Potted in Herts

After a harsh winter last year, where the county's roads were severely affected by the repeated periods of freezing weather, Herts County Council's Highways team have repaired almost 24,000 potholes so far this year.

The Highways teams have been busy patching and resurfacing roads across the county to seal the surfaces and help stop potholes forming. By the end of October, they had:

- Fixed 23,802 potholes
- Jet-patched 36,000m² of road to fix smaller problems and prevent potholes forming
- Given 1,000 sections of road a new surface.

More maintenance and repair work was carried out during November and December.

Phil Bibby, Cabinet Member for Highways, said: "We know that the state of the county's roads really matters to our residents, and this work will improve road surfaces and help stop potholes forming if we get freezing weather again this winter. Our engineers and contractors have done a great job fixing potholes since last winter, but the priority for us is to prevent their forming in the first place."

"We're investing nearly £40m in maintaining and improving our highways network this financial year and while we can't do everything, this preventative work, along with other resurfacing and the regular repairs we do, will make a real difference to the condition of roads across the county."

Help Us Bring Back Swifts to Three Rivers

Our swifts are on a steep decline. They are with us in May, June and July, and bring spectacular action to our urban skies. But in the last 20 years their numbers have halved.

They fly low in screaming gangs at high speeds, in their search for nesting sites in our roofs, gables and walls. So that is the problem - we have blocked up all their nesting holes! They only nest on our buildings, and we are refusing to let them in.

If you have screaming bands of swifts in your street this summer, please let us know. It might be possible to help them by providing extra nest boxes.

It would be great if Three Rivers Council considered the lack of swift nesting sites when giving planning permission for homes in our area. After all, thousands of homes are due to be built here and in surrounding towns. If each new building had cheap swift bricks incorporated into their walls, the problem might be solved.

Swift bricks hold a nesting compartment which is accessed by a small hole. Swifts are clean nesters and leave no messy trace of their presence.

A group of residents has come together to find out how we can help. Please send your sightings of low flying swifts, in spring to 3riversswifts@gmail.com and include the date, road name and an approximate number of swifts seen.



Mill End Community Trust



The Mill End Community Trust, run exclusively by volunteers, operates primarily from the Mill End Methodist Church to support and help residents who need additional support.

They also provide a base for other agencies to engage with the local community.

Foodbanks are open in the following areas:

- Monday 1- 3pm, Croxley Baptist Church, Baldwins Lane, Croxley Green
- Tuesday 1.30 - 6pm, Methodist Church, Berry Lane, Mill End
- Friday 1- 3pm, Citizens Advice Bureau Northway, Rickmansworth
- Monday- Friday 9.30am - 3pm, St. Lawrence Church, High Street, Abbots Langley.

To contact the foodbank for help, call 07716 856 892.

Mill Café is run on Tuesdays (10-6) and Fridays (10-2) from the Methodist Church, which offers a Garden Project, low-cost lunch (suggested donation), a chance to meet other residents, and an opportunity to access support from CAB and Credit Union attending on Tuesday.



A men's workshop runs on Thursday evenings, from 7.30pm - 9pm. This takes place in the porta cabin in the car park at the Berry Lane Methodist Church.

In February this year the Mill End Community Trust provided an Emergency Night Shelter service for the first time.

New Dementia Group for Chorleywood



Hertswise is setting up a new group for people with dementia, memory loss or mild cognitive impairment and their carers in Chorleywood. It launched on Thursday 21 February at Chorleywood Common Room. This weekly group offers tea and conversation, games, quizzes, entertainment, seated exercise, and more.

It is recognised that symptoms of dementia may be delayed by maintaining physical and mental exercise, social contact and eating a healthy diet, and Hertswise aims to include these elements in their programmes.

Group members can find support from meeting and share with others in similar circumstances, as well as seeking advice and information from the worker and other professionals who regularly attend to give talks and updates about a wide range of issues, e.g. carers' support, hearing loss, home safety and much more.

The group meets every Thursday from 10.30am to 12.30pm. There is a cost of £5; carers come free of charge. For more information, please call 0300 1123 4044.

The Book Trade Charity (BTBS) at The Retreat

The charity established in 1837 has been at The Retreat, Kings Langley, since John Dickinson donated land and raised funds to provide housing for needy Book Trade people. The charity was formerly known as the Book Trade Benevolent Society, hence references to BTBS.

The original buildings, a terrace of seven almshouses opened in 1846 and the Lodge built in 1847, are still occupied today. The estate, over five acres, now comprises an additional twenty bungalows and four townhouses as well as 'The Foyle Centre' which consists of four flats, the charity's offices and a community centre. The age-range has expanded, so instead of just older adults, we cater for all ages, and a third are still working. Qualification for residence still

includes previous work in the book trade. The charity also helps over 200 people a year with direct financial support (across the UK) assisting in difficult personal circumstances due to illness, disability, carer situations, redundancy, debt and more.

It also supports young people, particularly from diverse backgrounds, in their efforts to join the trade by paying for interview travel expenses, costs of taking up internships (usually London-based, therefore expensive!) and subsidised accommodation, particularly at our sister project in Whetstone, North London. Their community room now houses famous book sales, held five (sometimes six!) times a year.

These sales offer an ever-changing range of over 20,000 books, all new or 'nearly new', donated by the book industry to support the work of the trade charity – a huge selection of fiction, non-fiction and children's books, all at very low prices, which always delight customers; do feel free to visit and see for yourself. The sales contribute much-needed funds to the work of the charity. Further details can be found via: www.btbs.org, or email info@btbs.org

The picture below shows Dillon Lodge, built in 1846, standing at the entrance to the estate.



Oxhey Chapel

Oxhey Chapel is recorded in the National Heritage List for England as a designated Grade II listed building. It is currently under the care of the Churches Conservation Trust.

The chapel was built in 1612 by Sir James Altham as a private chapel for his family and staff. The interior was restored in 1712, and the chapel was used for worship until 1799, and for storage after that.

In 1852 it was restored for worship by those living in the nearby hamlet and paid for by the owner of Oxhey Place at that time, Thomas Blackwell, co-founder of Crosse & Blackwell.



During the 20th century the fabric of the chapel deteriorated, and in the winter of 1962–63 part of the roof fell in.

Repairs were carried out, including complete replacement of the roof and the bellcote. Although the chapel returned to use, it was eventually declared redundant, and in 1977 was vested in the Redundant Church Fund, the forerunner of the Churches Conservation Trust.

It is still consecrated and is used at times for weddings.

Rickmansworth Waterways Trust's New Heritage Education Facility opens at Batchworth Lock

Established in 1991, local charity and organiser of the annual Rickmansworth Festival, Rickmansworth Waterways Trust (RWT), brings together people who are passionate about canals, their heritage, environment and the local community.

By using the heritage assets at Batchworth Lock, RWT has been able to deliver a unique learning experience, "Learning at the Lock", to thousands of school children for over 20 years. A qualified teacher runs the programme and supported by trained volunteer presenters.

In April 2016 the future of their education work was challenged when Affinity Water informed RWT that the classroom in the



Batchworth Mill building they had been using for over 20 years was no longer safe to use. Following an evaluation of all the options to provide a better permanent home for their education work, the RWT Trustees decided to build a new Heritage Education Centre adjacent to the canal at Batchworth Lock.

Due to the location, the Trust consulted extensively with Three Rivers District Council, from whom they lease the land, and the Canal and River Trust to arrive at a suitable design and planning permission was obtained. After two years of hard fundraising in July 2018 sufficient money had been raised to start the building. RWT has been fortunate to get very generous grants from many organisations and Charitable Trusts, including two capital grants from Three Rivers District Council.

They have been humbled by the generosity of their many supporters, volunteers and friends who have helped raise a fantastic £350,000 to complete the building. The many thousands of visitors who kindly make a donation when visiting the Festival also made a significant contribution to the fund.



The building is a high-quality single storey wooden construction with a synthetic slate roof and is preserved with a white wood stain to make it blend in with the adjacent buildings. The building has full disabled access and a main teaching hall of around 100sqm to provide an ideal environment for delivering Learning at the Lock and other heritage education programmes for both adults and children.

The Trust would like to thank McDonald Construction, their main contractor, and Tec Architecture, their architects, for their incredible support in helping achieve an excellent new Heritage Education Centre for Batchworth Lock.

The building will be open and hosting exhibitions and activities over the weekend of the Rickmansworth Festival, which is on 18 and 19 May 2019, so if you want to take a look inside come along to the Festival.



Leading the Building Compliance Process

Many readers will be more familiar with the planning permission process than Building Control's role.

Whereas planning is about place, context and aesthetics we deal with the design and construction of new buildings and extensions to ensure compliance with national building regulations assessing factors such as their safety, energy efficiency, accessibility and security. Hertfordshire Building control also has additional responsibility for dealing with any dangerous structures in the County on a 24/7/365 basis.

The projects we survey include every type and size, from small kitchen extensions to large industrial projects or large-scale housing developments and everything in between. Throw in a 2am call out to stabilise a building with a lorry embedded in it and you have an idea why, when working at Hertfordshire Building Control, there's never a dull moment and why it provides such a rewarding career.

We have a committed team of over 40 surveyors with nearly 900 years of building control experience shared between them. We are owned by seven Hertfordshire Local Authorities including Three Rivers District Council, and are therefore truly independent: there to support residents and not just the interests of builders and architects. Indeed, many builders and architects insist on working with us because our independence is what their customers value, and in turn they value our professional insight and willingness to work collaboratively to achieve the best outcomes possible for our customers.

We believe in excellent customer service

Leading the compliance process

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Contact details:

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T: 01438 879990

W: www.hertfordshirebc.co.uk

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and have invested significantly in our systems and processes to ensure building control applications are easy to make, and that customer communication throughout the process gives people what they need in a timely manner. Our efforts have been rewarded by ISO 9001 accreditation.

We are also able to offer a 'one stop shop' of services including warranties, sound-testing, energy calculations and air-leakage testing.

If you are considering a building project in the near future, please do give our operations team a call on 01438 879 990, who will be happy to advise you or submit an online application through our website at www.hertfordshirebc.co.uk.

Also, remember that there are a few architects and builders out there who tend to forget that the selection of a building control service should be based on their clients' interests rather than their own; beware.

Settled and pre-settled status for EU Citizens and their families

In line with the Government's draft Withdrawal Agreement, if you are an EU citizen and want to stay in the UK beyond 31 December 2020, you and your family members will need to apply to the EU Settlement Scheme.

You may be able to stay in the UK without applying - for example, if you're an Irish citizen or have indefinite leave to remain. Learn more via: www.gov.uk/settled-status-eu-citizens-families/eligibility

The scheme will open fully by 30 March 2019 and the deadline for applying will be 30 June 2021. The Government has recently announced there will be no fee to pay for applying under this scheme.



Herts Embraced: a walk on the edge by Cllr Rupert Barnes



Home is somewhere you think you know, but to know Hertfordshire, it is not enough to watch it flash by through a car window. You need to feel it beneath your feet and blowing through your hair.

I have always wanted to encourage people to step outside and get walking, or cycling, for healthy exercise, to open the eyes, to build resilience, and for pure delight. Though I created wildthinguk.co.uk to host zoomable maps of walking routes, it's not my day-job. Anyway, I will not encourage people to get out of the house and get walking if my own hours are hunched at a computer. I should not expect anyone to do anything I am not prepared to do myself, so I switched off and pulled my boots on.

My objective was to pay tribute to Hertfordshire, so I devised a route around the whole county boundary, often on the very border itself, and always close to it. I was to follow the bounds of the traditional county, blessed by a thousand years of history, not the administrative entity currently borrowing its name: I went to embrace a county, not find the edge of bureaucratic interference.

I set off then from Chorleywood, out across the Common and north. In nine days and 180 miles, recorded on my WildpingUK blog, I discovered parts of our county I had never seen and became a part of it.

I crossed heathland, farmland, village streets in Hertfordshire's edgiest places. I climbed through the Chilterns and wandered green meadows; I trod Stone Age roads and modern farms: I walked beside rivers and isolated churches. Through a long conurbation, I passed

concealed in a green corridor. I strode through grand estates and beneath dark woods and into lost mediæval villages, I set coveys of partridges flying and triggered the haunting howl of foxhounds.



I met dog-walkers, joggers, paper-chasers, twitchers, cyclists, anglers, picnickers, fellow hikers, and those just going about their own business, and then I found places where I might not see another soul for hours on end.

Sitting in the south-west corner, we may be tempted to imagine all Hertfordshire to be clogged with pleasant suburbs trying not to be London, but there is far more to it than you can see stuck on the roads. A walk around your county may not be a challenge for all, but whatever you do, get out and see more of it.

The Leavesden Hospital History Association

The Leavesden Hospital History Association, working in partnership with Three River's Leisure Services, held their first Open Day in the new Leavesden HIVE building on Saturday 2 February 2019.



There was a constant stream of visitors with some from as far away as Kent. They visited the new building and left many favourable comments about the new facility and the work that both the Council and the Leavesden Hospital History Association had done to ensure that this part of the area's local heritage and history now had a permanent place

for everyone to come and take part in activities and see. One of the day's attendees even spotted a picture of her mother-in-law, who worked at the hospital, on one of the old documents on display "Which really made my day," she said.

Some of the items on display in the HIVE were the Stewarts Log Book from 1899, the Leavesden Asylum Payment Ledger from 1870, and the most unique and rarest of all the items, a 1950 architectural model of what the old Abbots Langley General Hospital could have looked like if the NHS had gone through with its construction.

Many of the items on display had not been seen in public since the closing of the hospital in 1995, and have waited 25 years to return to their original location.

The day also included the showing of a film of the 1937 sports day and fete and of the closing ceremonies of the hospital held on 31 October 1995. These videos were a big hit with many of the visitors, some of whom recognised former colleagues, bringing back some pleasant; but emotional memories for them.

Martin Brooks, Founder of the Leavesden Hospital History Association, said: "This was definitely the highlight of the day for me and many others. Being amongst all the artefacts, memorabilia and videos was definitely a trigger for people's memories which led to some great stories and conversations."



The Leavesden Hospital History Association will be holding more heritage-related events at the Leavesden HIVE, rotating the displays with new artefacts and memorabilia when obtained.

For more information about both heritage and wildlife activities within Leavesden HIVE or to find out more about the Heritage Lottery Funded Project that the Council is running, visit: threeriversleisure.co.uk

Pride Flag Raised to mark the start of LGBT+ History Month



Cllr Sara Bedford, Leader of Three Rivers District Council, raised the LGBT+ Pride Flag on Friday 1 February with members of Hertfordshire's LGBT+ Partnership to mark the start of 2019's LGBT+ History Month. She said: "It's important that we make clear that all members of our community in Three Rivers understand that we take our equality duty seriously, and that we want to improve the way the Council and all local agencies work together to address discrimination."

Andy Stovold, Head of Community Partnerships added: "The Hertfordshire LGBT+ Partnership has enabled the Council to work collaboratively with the LGBT+ Community and all public services in Hertfordshire to respond to the different needs of the LGBT+ Community. LGBT+ History month is about recognising the history of discrimination faced by this community in the UK and around the world, and learning from those experiences."

Parminder Sekhon, LBGT Community Activist, said: "I was delighted to join all at Three Rivers to raise the Pride flag for the start of LGBT History Month. With hate crime up in Three Rivers by 50% since the EU referendum, we live in very uncertain times and the need for strong alliances across all the equality strands is as important as ever.

"The distance travelled from the decriminalisation of homosexuality to equal marriage has been a long and hard road and LGBT History month is a time to remember the challenges we have overcome and celebrate our hard-fought achievements and also a time to reflect and organise to face the challenges, of racism, transphobia and the impact of Brexit on LGBT+ communities that are all still ahead of us".

Three Rivers remembers the Holocaust Memorial Day

Students from Three Rivers District participated in a unique programme (between 28 January and 7 February 2019) hosted by local synagogues, to mark Holocaust Memorial Day.

The Council shared links to stories from the Holocaust and genocides from around the globe on January 27 to mark the day.

Students participated in an educational workshop and had the rare opportunity to listen to a Holocaust survivors recounting their personal experiences of the Holocaust. The programme was also adapted for college students and sixth formers.



Sara Bedford, Leader of the Council, said: "The Holocaust was a dark time in human history. We must remember the Jewish lives lost and the millions killed. Let's work together to eradicate hatred."

This year's workshop theme was 'Torn from home'. It related historical facts about the Holocaust to contemporary issues such as racism, discrimination, persecution and citizenship. All the sessions concluded with closing reflections from each synagogue's rabbi and the lighting of a memorial candle.

Andy Stovold, Head of Community Partnerships said: "We live in a diverse society and it was great to see different cultures come together to mark the Holocaust Memorial Day.

"We must ensure younger generations get the opportunity to learn the history and learn valuable lessons from it."

The Northwood Holocaust Memorial Day Events aimed to educate students about the Holocaust, make a connection between the Holocaust and subsequent genocides and invite students to consider their personal responsibility to promote tolerance in today's world.

YC Herts "Better Choices"

This is a programme for young people aged 12-17 who live or go to school in Three Rivers District:



ELIGIBILITY
For young people aged 12-17 who live, or go to school, in the Three Rivers district.
The programme is fully funded but places are limited.
To find out more, email yc.threerivers@hertfordshire.gov.uk
visit www.ychertfordshire.org or call 01442 454060

Better Choices
A bespoke programme of support for young people
Making safe choices in forming & maintaining positive relationships

YC HERTFORDSHIRE

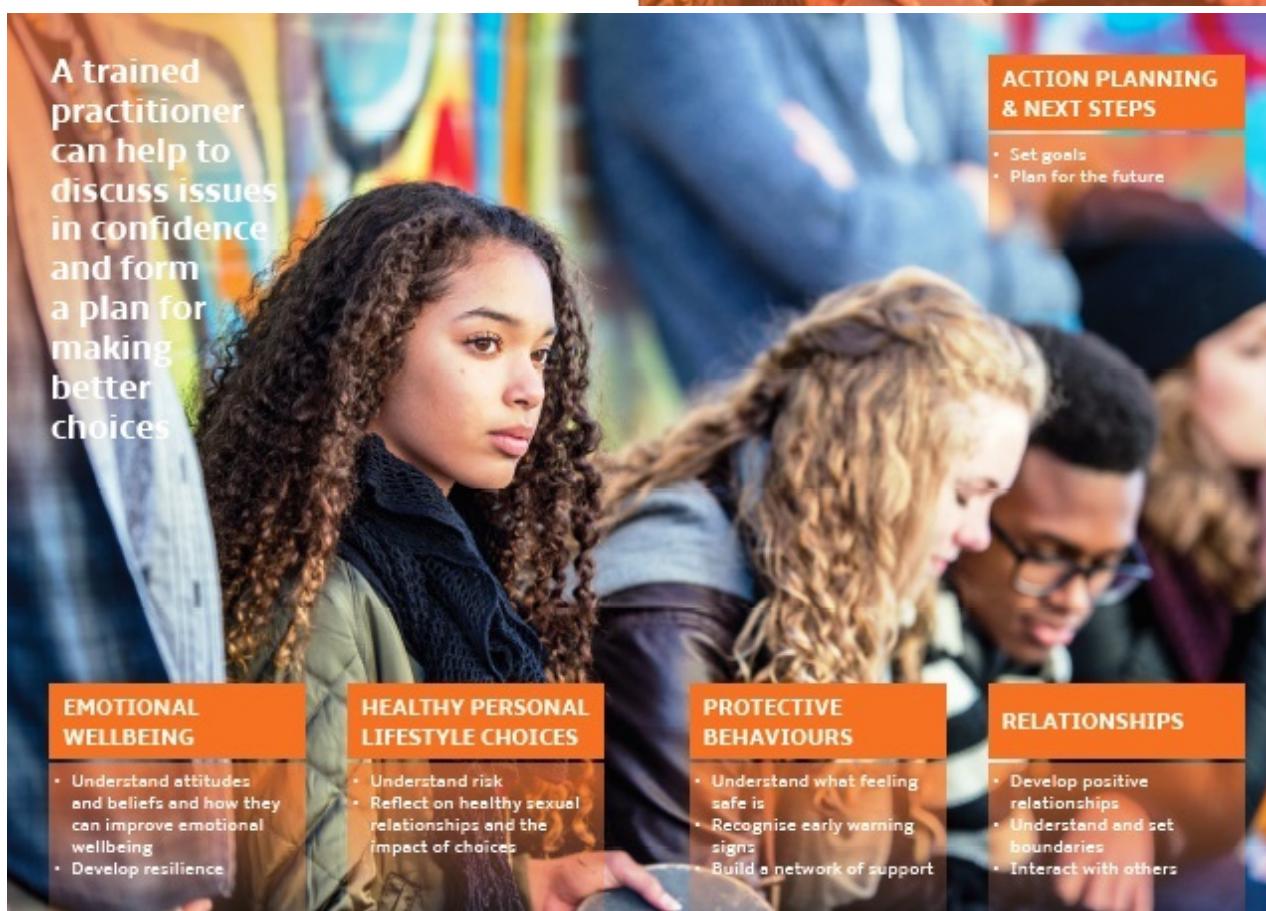
Three Rivers Community Safety Partnership

Hertfordshire

National Child Sexual Exploitation Awareness Day



Monday 18 March 2018, unite against child sexual exploitation.
www.stop-cse.org/national-child-exploitation-awareness-day/



A trained practitioner can help to discuss issues in confidence and form a plan for making better choices

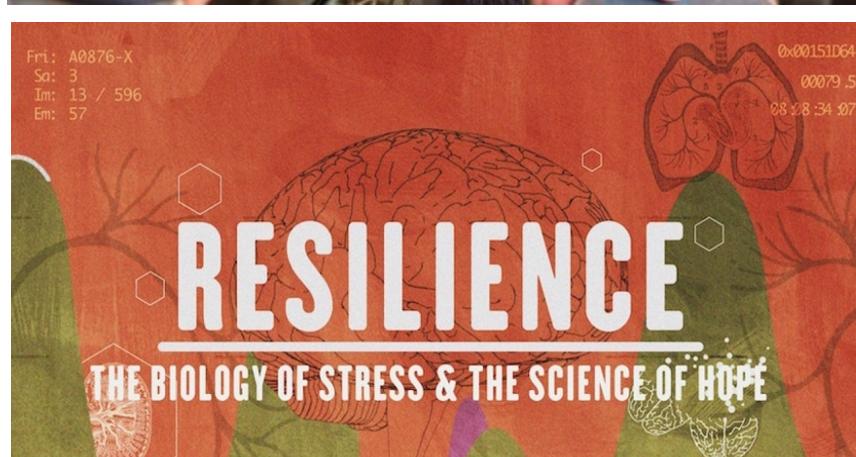
EMOTIONAL WELLBEING
Understand attitudes and beliefs and how they can improve emotional wellbeing
Develop resilience

HEALTHY PERSONAL LIFESTYLE CHOICES
Understand risk
Reflect on healthy sexual relationships and the impact of choices

PROTECTIVE BEHAVIOURS
Understand what feeling safe is
Recognise early warning signs
Build a network of support

RELATIONSHIPS
Develop positive relationships
Understand and set boundaries
Interact with others

ACTION PLANNING & NEXT STEPS
Set goals
Plan for the future



Fri: A0876-X
Sa: 3
Im: 13 / 596
Em: 57

RESILIENCE
THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE

Invitation to our workshop on Wednesday 3 April 2019. Come and learn about childhood emotional attachment and help people to be resilient to the challenges of negative experiences. To book visit: www.threerivers.gov.uk/egcl-page/building-a-resilient-community

Gang Crime & Exploitation

The Council is dedicated to protecting residents from exploitation.

Please tell us when you have any suspicions or concerns about one of your neighbours, family members or friends being "cuckooed" or recruited by gangs. The information you provide can remain anonymous.

You have the power to speak up for those who need protecting. Report concerns to us on 01923 776 611; the Police: 101 (non emergency) or Crimestoppers: 0800 555 111
www.threerivers.gov.uk/egcl-page/gang-crime-and-exploitation



Domestic Abuse Prevention

Three Rivers District Council has formed a partnership with Herts Mind Network and a number of other key stakeholders to provide a Domestic Abuse casework service based in Three Rivers House.

This provides residents of Three Rivers and Watford Community Housing Trust tenants, who are experiencing domestic abuse, with practical and emotional support to make informed decisions that are appropriate to their situations.

Three Rivers District Council has secured £19,000 from the Police and Crime Commissioner's Criminal Justice and Innovation Fund to launch a pilot aimed at supporting perpetrators of domestic abuse reducing their abusive behaviour.

Police and Crime Commissioner, David Lloyd, said: "The Criminal Justice Innovation Fund presents an opportunity to pilot new initiatives and learn about how we can improve the system for victims, witnesses and perpetrators. I am delighted to be supporting Three Rivers District Council with funding for a part-time domestic abuse worker to help perpetrators change their behaviour and reduce reoffending."

Cllr Roger Seabourne added: "We are delighted to receive this fund and put it to good use. We want to do everything we can to prevent domestic abuse from happening in the first place."

Three Rivers continues to provide support for victims of domestic abuse. An Independent Domestic Violence Advisor (IDVA) works with high-risk cases, and Domestic Abuse Caseworker (DAC) works with standard-to-medium risk.

www.threerivers.gov.uk/domesticabuse

Focus on Mental Health and Wellbeing

There has been a growing national dialogue over the last few years about the impact of mental health on the population of the UK. In Three Rivers we have been increasing our understanding of the effect on our local population.

In Hertfordshire, we know that 19% of the adult population aged 18-64 are affected by a mental health condition. We also know that in 2015, 4.03% of the population aged 65 and over was living with dementia. Dementia diagnosis is steadily increasing and predicted to rise over the next ten years.

We are aware that 9.6% of our child population aged 5-8 years are affected by mental health problems. Drug use amongst children and young people in Hertfordshire sits at about 5% of the population, higher than in London and the UK as a whole.

In Three Rivers the Local Strategic Partnership and Community Safety Partnership have been working to increase access to mental health and wellbeing services.

In 2015 it participated in a pilot project to provide services to adults with complex needs. At the end of the pilot Three Rivers District Council (TRDC) has been committed to working in partnership with Hertfordshire Children's Services for over

ten years to provide support to families with complex needs. At present, they jointly fund, an Intensive Support Family Intervention Worker who forms part of the Watford and Three Rivers Intensive Family Support Team, providing a direct link for the Hertfordshire County Council based service with Three Rivers ASB, Housing and Benefits services.

Through their collective work in the Families First Partnership, we support on average 121 families a year in Three Rivers. The most prevalent issues for these families are school absence, mental health and domestic abuse. Our services from Herts Mind Network work directly with parents in these families. The Watford and Three Rivers Families First Partnership is delivering work on adverse childhood experiences and is holding an event on 3 April at Watersmeet.

It aims to engage the local community and local professionals in a discussion about how to support people to be resilient to negative experiences such as domestic abuse, mental ill health, drug and alcohol abuse and child neglect and abuse. TRDC is funding the event.

TRDC has a long-term relationship with Signpost, the young people's counselling service based in Watford. We provide accommodation for the service in Rickmansworth in order that it should be more accessible to residents. The service also operates in South Oxhey out of the Otley Family Centre, where the Intensive Family Support Team is based. It has also been supporting the local delivery of the Hertfordshire Dementia Partnership, providing links to local premises where the service can operate and be accessible to our residents.

In 2017 the Council piloted its own Arts-on Prescription programme for people living with mental ill-health, with funding from Hertfordshire County Council's Public Health Service. We have developed this service further in 2018-19 and aim to continue to provide this into 2020.

In 2018 we developed our Physical Activity Referral Service for people with mental health needs, providing targeted classes for customers who find accessing our mainstream leisure offer too challenging. We are encouraged by the initial results of this pilot, funded by the Public Health Team, and aim to develop it further in 2019-20.

Domestic Abuse

Don't live in fear

**PHYSICAL VIOLENCE | CONTROLLING
EMOTIONAL ABUSE | HUMILIATION
FORCED SEX | FORCED MARRIAGE
HONOUR BASED ABUSE | STALKING
FEMALE GENITAL MUTILATION
ISOLATION | INTIMIDATION**

01923 776611
www.threerivers.gov.uk/domesticabuse



The service will offer advice and support to these perpetrators who are looking to change their behaviour.

The service will support clients to access relevant services in their area to decrease their abusive behaviour and to deal with any underlying factors or difficulties in their lives. The service will also try to raise awareness of their abusive behaviour so that they can identify it themselves and look for alternative options.

All advice will be based upon a thorough understanding of the dynamics of domestic abuse as well as an assessment of risk and its management.

TRDC has reviewed its role as an employer, training some staff as Mental Health First Aiders, to support colleagues challenged by mental health issues. We have signed up to 'Time to Change', adopting mental health champions in our services to increase our awareness of mental health issues for our staff and our residents.

Find out more about the services available to support people with mental health issues via www.threerivers.gov.uk or Herts Mind Network's website: www.hertsmindnetwork.org

* In September 2015, 8,069 people aged 65+ in Herts were known to be living with a diagnosis of dementia. This equates to a recorded prevalence of 4.03% among GPs of this age group

* Dementia diagnosis has been steadily increasing in Herts since 2010/11, when 5,319 people (from all age groups) were known to be living with the condition. This increase reflects the trend in England driven by improvement in the diagnoses rate. In 2013/14 it was estimated that 52.5% of people in England who were living with dementia had been diagnosed, compared with 37% in 2007/8.

Prevalence by mental health condition

Condition	Proportion of children with each condition (%)		
	Boys	Girls	All
Conduct disorder	7.5	3.9	5.8
Anxiety disorders	2.9	3.8	3.3
Depression	0.6	1.1	0.9
ADHD	2.6	0.4	1.5
Other	1.9	0.8	1.3
Any condition	11.4	7.8	9.6

Source: Centre for Mental Health³⁹

Levels of smoking, alcohol and drug use (from a 2009 survey of 253,755 children and young people in school years 6, 8 and 10 in 3,699 schools) show both alcohol and smoking are lower or the same as national percentages.

Drug use among children and young people is noted as 5% for Hertfordshire compared to 3.3% for London and 4% nationally⁴⁰ but when compared with the substance misuse admission rate (per 100,000) for under-18 year olds (HES/CHIMAT, 2011) is lower in Hertfordshire (27.8) compared to East of England (38.9) and England (63.5).

Staying Safe with Drugs By Jessica Simmonds from West Herts College

Drug use and abuse has been something that has concerned parents for decades. There are many horror stories about young adults dying due to taking an accidental overdose or taking a drug that was laced. Most schools in the UK have a drugs education module in Personal and Social Education, but how effective is teaching young people to "just say no"?

A study conducted by the NHS showed that 6% of 11 year-olds had tried drugs at least once, and when 15 year-olds were asked, this number increased to 25%. In another study, their findings showed that there were 15,074 hospital admissions with a primary diagnosis of poisoning by illicit drugs in 2016. Three out of five people aged 16-24 that I spoke to had tried drugs, and all five people knew someone who uses drugs frequently. As demonstrated, drug misuse is becoming a big problem in society today.



The call for drug-testing services is increasing following a trial at a festival called "Secret Garden Party" in 2016. The service allowed people to test their substances on-site to check whether they're safe. Freddie Fellowes, the founder of the festival, said that 18% of service-users chose to throw their substances away after seeing what was in them - they found anti-malaria medication crushed up and sold as cocaine and ecstasy pills that were 100% concrete.

Ecstasy is regarded as one of the most popular party drug, making it prominent at festivals and other similar events. In 2016, there were 63 ecstasy/MDMA related deaths, which was the highest in 24 years.

Some believe that presenting students with statistics similar to the figures above, simply for the "scare factor", with no guidance on how to use the information, is counterproductive. Out of the five people I interviewed before writing this article, four stated that the form of drug education they had received was inadequate. Three of them agreed that the basic components of the education was "don't do drugs", and I had not received any drugs education in school at all.

Despite the lack of studies referring to the success of different types of drugs education, experts believe that an educational approach is the best way to promote informed thinking in young people. It is clear that drugs are a significant part of the youth culture, and a "just say no" attitude can be seen as outdated.

Charities like FRANK and DrugWise provide free, factual, and unbiased resources on drug safety. You can also buy drug purity testing kits from drugkits.co.uk

Watch out for counterfeit cigarettes

Fake cigarettes containing dangerous chemicals such as arsenic, pesticides, asbestos and rat poison are being smoked in the UK. Fakes also contain higher levels of nicotine and cadmium.

Counterfeit tobacco products vary in quality and taste. They are unlikely to stick to the standards set down by the UK Government for levels of tar, nicotine and carbon monoxide.

While some are packaged like the main brands, many originate in the sweatshops of China, elsewhere in the Far East, Russia and Eastern Europe, made for as little as six pence a packet and containing floor sweepings.

All tobacco is harmful, but there is often no control whatsoever on the content or quality of illicit smoking material. The illegal trade in fake fags also has strong links to organised crime.

Potential dangers for smokers include higher levels of carcinogens and potentially harmful extra tar.

extinguish if not actively smoked. The sale of these cheap cigarettes undermines efforts to help people quit.

Do not buy from these rogue traders: help reduce crime and protect the health of our residents.



Friends Against Scams

Scams can take several forms and affect Three Rivers residents of all ages every year. Those who are scammed can often experience shame and social isolation as a result.

In Three Rivers all Citizens Advice Service staff have received training to understand what signs to spot and what support can be provided.

National Trading Standards has developed an initiative, Friends Against Scams, to empower you, local communities and organisations to tackle scams head on. This is done by providing information about scams and changing opinions of those who fall victim to them. It enables people to understand scams, talk about them and cascade messages throughout communities to prevent people from becoming victims.

Visit www.friendsagainstscams.org.uk to complete an online awareness session or find out where face-to-face sessions are taking place in your local area.



Nuisance vehicles seized by police

Police in Abbots Langley have seized several vehicles and issued warning notices to motorists following reports of anti-social riding and driving in the area.

Since September 2018, a number of vehicles - including cars and motorcycles - have been seized and more than 30 Section 59 warning notices have been handed out.

A Section 59 warning is issued in circumstances where vehicles are found to have been used in a manner which causes distress, alarm or annoyance. The warnings cover both the vehicle and the driver.

If the driver or vehicle is stopped again within the next 12 months for displaying the same behaviour, police have the power to seize the vehicle and possibly crush it.



Neighbourhood Sergeant Chris Simmons said: "Tackling anti-social use of vehicles is one of our current policing priorities in Abbots Langley. We have received numerous calls from residents about the issue and have been taking action against anyone caught acting in this manner. We will not hesitate to seize vehicles if people continue with this behaviour."

"Riding or driving in this way could lead to serious, or even fatal, consequences. It also causes misery for local residents and will not be tolerated."

Stalking

Stalking and harassment is a form of domestic abuse.

Stalking does not have a legal definition, but it's about fixation and obsession. When happening in isolation the behaviour may not cause concern, but in

particular circumstances and with repetition it can cause distress. Stalking includes behaviour such as:

- Contact or attempted contact
- Publishing statements or material about the victim
- Monitoring the victim – including online
- Loitering in a public or private place
- Interfering with property
- Watching or spying.

The independent charity Safer Places is launching a new service specifically for those experiencing stalking behaviours. The Independent Stalking Advocacy Service (ISAC) will be able to offer support, advice and advocacy, as well as risk assessing, safety planning and provide legal support.

Referrals to the ISAC can be either self-referrals or made by professionals by calling 0330 102 5811(open 24/7) or email: referrals@saferplaces.co.uk.

More information is available via threerivers.gov.uk/domesticabuse

**Independent
Stalking
Advocacy
Service**

Flu season strikes: protect yourself

After a slow start, winter illnesses are beginning to take hold, with confirmed cases of flu now being reported across the country.

Doctor's surgeries still have supplies of the flu vaccine so if you are one of the people who can get a free flu vaccine there is still time. Get in touch with them and arrange to have your vaccination or visit your local pharmacist. If you're not eligible for a free vaccine, then consider paying for a flu jab at your local pharmacy.

Call NHS 111 if you have an underlying health condition and or feel really unwell. <http://bit.ly/nhsfluENH>

Ways to Control Exam Stress, by Paris Reign from West Herts College

Are you a student at a school, college or university and worried about upcoming exams? Is it on the top of your mind or does it stop you from doing anything at all? Does your life so revolve around work that you have lost interest in activities?

If you do, don't worry about it. It will often mean that you are feeling under pressure and people often say the more you work, the better you will do. But, this is misinterpreted most of the time and overworking is the issue for many people. Whether you have an approaching exam coming up that you are studying for, or if you are preparing yourself for one in the future, our five prevention techniques will help you overcome exam stress and will allow you to be more at ease.

* Never overwork. Make a schedule for revision and make sure to put in reasonable time-slots, such as having a two-hour session in the morning and a two-hour session in the evening. This will then add up to four hours a day with some time to enjoy being young. We all know that sometimes it's hard to follow a schedule, so make sure it's flexible and you take breaks so that you have time to have some fun with your friends.

* Don't panic. The more you panic, the less work you will do, as your mind will be all over the place. Make sure that you do some activity to release the negative energy, such as going to the gym or listening to relaxing music while studying to put your mind at ease. Sometimes having a person to talk to will encourage you and make you feel positive.

* No to all-nighters. Any students thinking that staying up all night will get revision done, and they are right it will get revision done, but what they don't know is that when you work feeling exhausted and then go to sleep, your brain hasn't processed the information, and you often won't remember it the next day. The best way is to get at least eight hours of sleep a day and wake up with a fresh mind ready to get some work done.

* Stay healthy. Eating right and staying hydrated throughout the exam season can often be difficult due to a loss of appetite, from the stress.

Eating healthy and staying hydrated will not only make you a healthier person

but will help you keep your energy balanced. Remember, breakfast is most important for vitamins and minerals so never skip it.



* Stop comparing. Focus on yourself and stop comparing yourself to other people will only make you panic more, as someone may have more knowledge on the exam content.

Everyone has different paces when learning, so always revise using your own method and no one else's. Seek help and support from school and college.

Do not leave rubbish outside HWRCs

We would like to remind all residents that leaving items and rubbish outside closed Household Waste Recycling Centres (HWRCs) is classed as fly tipping and action will be taken against anyone dumping waste.

The Council has recently issued four Fixed Penalty Notices to people caught on camera fly tipping outside the HWRCs in Riverside Drive, Rickmansworth and at Waterdale, Garston. Investigations are ongoing with other cases.

Please check opening times via hertfordshire.gov.uk/hwrc. Remember if your nearest HWRC is closed another one will be open nearby. View live webcams before making a trip to check the queue. For information about the correct disposal of waste visit:

- hertfordshire.gov.uk/flytipping
- wasteaware.org.uk
- threerivers.gov.uk
- recyclenow.com



Join the Great British Spring Clean

Keep Britain Tidy are aiming to inspire half a million people to join forces to clear single-use plastic litter from our streets, parks and beaches, recycling as much as possible.

The Great British Spring Clean and Great Big School Clean are taking place from 22 March to 23 April 2019.

To sign up visit: <https://bit.ly/2XfMRpl>



Volunteers needed to lead Health Walks

Hertfordshire Health Walks



Do you want to get more active and make a difference in your community, meet new people and feel healthier? The Health Walk Team is looking for volunteers to lead our gentle First Steps walks in Mill End, Rickmansworth Aerodrome and South Oxhey.

Leading Health Walks is a great way to help others in your community to feel healthier and fitter by taking regular exercise. There's no expectation of time commitment – you can lead once a month, or once a week, it's up to you!

Helping us with our First Steps 20-30 minute walks by being a walk leader or backmarker is flexible, fun and rewarding. All leaders receive free nationally-certified walk leader training, and become part of a network of over 300 volunteer leaders helping thousands of people get active across Herts.

Find out more, via:
www.hertfordshire.gov.uk/healthwalks,
call 01992 588433 or email:
healthwalks.cms@hertfordshire.gov.uk



There's a buzz in the park coming from the Leavesden HIVE

The Carols in the Park annual event took place on 12 December and the doors were officially opened to Leavesden HIVE (Heritage, Information, Volunteers, Education).

Leavesden HIVE is hosting a wide variety of community, heritage and wildlife activities. This modular designed eco-building creates opportunities for outdoor learning and environmental citizenship.

It features a six-leaf bi-fold door system with a stunning 'wrap' image of the park in spring. One side of the building can be fully open, providing easy outdoor access for learning in the park. It also boasts a covered canopy area, providing shelter in all weather.

Leavesden HIVE provides a home for a wide range of nature activities for the community, educational activities for schools, a meeting point for the Friends of Leavesden Country Park and local historical societies, and a focal point for the heritage and wildlife activities throughout the year.

Phil Williams, Chairman of Three Rivers District Council, said: "It was good to see so many key stakeholders who have been involved in the development of Leavesden HIVE and have brought this project to life."

Sara Bedford, Leader of the Council, added: "It's been great working with so many partners to celebrate the heritage that is so important to the local community. Everyone is invited to come along to learn more about the wildlife and heritage of the park by taking part in the fantastic activities on offer to explore, discover and learn."

Three Rivers District Council would like to thank all their valued partners in the journey to achieve this exciting and innovative project, in particular, the National Lottery players without whom this great work would not have been possible.

Three Rivers District Council would like to thank all their valued partners in the journey to achieve this exciting and innovative project, in particular the National Lottery players, without whom this great work would not have been possible. For more information email: leisure@threerivers.gov.uk



Parking with emergency services in mind

In an age where residential parking is at a premium, it is essential that everyone is mindful of how and where to park. There are increasing incidents of emergency vehicles not being able to get to their destination due to vehicles parked either side of the road. Roads are provided for driving on, not parking on at all (unless marked bays are provided for that purpose).

It is an offence to obstruct or hinder emergency workers who are responding to emergency circumstances.

Emergency workers are defined as firefighters, ambulance workers and those transporting blood, organs or equipment on behalf of the NHS, coastguards and lifeboat crews.



The police already have powers to direct a vehicle be moved, and failure to do so would be obstructing a Constable contrary to s.89 Police Act 1996.

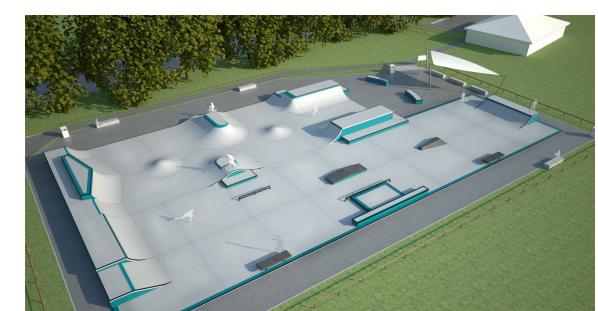
When parking, please ensure that there is enough space for emergency vehicles to get through the road and respond to any incidents. You could end up paying a maximum penalty for any obstruction, and be fined up to £5000.

Get your skates on!

The ever-popular Croxley Skate Park has had a much needed facelift with a complete refurbishment and is now open to the public. It includes an exciting mix of equipment such as grind rails, quarter pipes and jump boxes along with street sections, aimed at providing a skate park for beginners to experienced riders.

This project has been developed through public consultation so that past, present and future skaters, scooter and BMX riders have had the opportunity to contribute input into the design of the skate park. Freestyle, the park designers, and Three Rivers District Council Officers gathered feedback at sessions in the skate park, on-line and at Three Rivers House.

All the feedback received was taken into consideration to create the new skate park design to suit all types of users. Our thanks to all those who took the time to add their comments on the design. For more information on activities in and around Croxley Skate Park, visit: threeriversleisure.co.uk or email leisure@threerivers.gov.uk





Charity looking for volunteers

We are a disabled club with the aim of promoting, encouraging and supporting people with disabilities in the outdoors. We run kayaking, kaya-kanuing, rowing and sailing in a variety of boats. Volunteer with us: no previous skills or experience required, merely a willingness to learn, have a friendly manner and the ability to 'get stuck in'.

We run every Saturday from 27 April - 5 October 2019 from 10am - 4pm. The amount of hours you wish to commit is entirely up to you; all we ask is that you're available for either the morning set-up at 9.30am or the afternoon pack-down at 4pm.

Those who wish to volunteer will be appropriately trained and supervised by an experienced member of staff. Attending the Disability Awareness Course is useful if you have little or no experience working with those who have disability or special needs; this is free to volunteers of the club and can be used towards your bronze award in the volunteer award scheme.

The volunteer award scheme is designed to help you set goals, mark progress and be rewarded for your invaluable contribution. It's a national governing body scheme and is recognised by all Sailability sites.

For additional information email: Abby@hoac.net or call 01895 824171. You can find us at the Hillingdon Outdoor Activity Centre, Dews Lane, Harvil Road, Harefield, Middlesex, UB9 6JN
www.hoac.net

Become a Friend of Leavesden Country Park – We Need You!

As part of the project funded by the National Lottery and supported by Three Rivers District Council, the Friends of Leavesden Country Park group has been reinvigorated.

The Friends of Leavesden Country Park are a group of local people who enjoy spending time outside, like to get involved with all that goes on in the park and help to look after it. Together with Jess, the Park Ranger, the Friends group will experience Leavesden

Country Park throughout the seasons, taking on various tasks, all of which aim to care for the park. The group's tasks will range from bulb planting in the autumn to create a flurry of colour the next spring; caring for the orchards to allow the trees to fruit the following summer; and lending a hand during community events, ensuring everyone enjoys their park to the fullest!

As part of the Heritage Lottery Fund project, there will be a Remembrance Garden created, and we hope the Friends will play a part in caring and maintaining this beautiful new garden.

The Friends of Leavesden Country Park generally meet on the second Saturday of the month. Please see the website for updated details about each volunteer task: www.threeriversleisure.co.uk/volunteer.

Whether you have a couple of hours, or a couple of days a month, the Friends will welcome you.

Hertfordshire Health Walks



Health Walk leaders wanted!

Could you volunteer to lead Health Walks for your local community in Three Rivers?

Join our friendly team of walk leaders and help others to enjoy the benefits walking has to offer

We have new **Health Walks in South Oxhey, Mill End and Rickmansworth** and would like to introduce walks in **Maple Cross**

Health Walks last between 20-30 minutes up to 90 minutes and allow people to take their first steps to better health and wellbeing

The Countryside Management Service (CMS), part of Hertfordshire County Council, offer a nationally recognised **walk leadership qualification** (one day course), **first aid training, insurance, equipment and marketing** to fully support you.

To view the current walks programme in Watford & Three Rivers visit the website www.hertfordshire.gov.uk/healthwalks

To sign up as a **Health Walk Leader** email healthwalks.cms@hertfordshire.gov.uk or call us on 01992 588433

Countryside Management Service

Design ref 072605

www.hertfordshirehealthwalks.org

H H W
Hertfordshire Health Walks

LET'S S.C.R.A.P. FLY TIPPING!

Don't leave items outside a closed Household Waste Recycling Centre – this is **FLY TIPPING**

Check opening hours Hertfordshire.gov.uk/hwrc



Hertfordshire.gov.uk/flytipping



David Lloyd
Police and Crime
Commissioner
Hertfordshire Police

March 2019						
M	T	W	Th	F	S	Su
A				1	2	3
B	4	5	6	7	8	9
A	11	12	13	14	15	16
B	18	19	20	21	22	23
A	25	26	27	28	29	30
April 2019						
	M	T	W	Th	F	Su
B	1	2	3	4	5	6
A	8	9	10	11	12	13
B	15	16	17	18	19	20
A	22	23	24	25	26	27
B	29	30				
May 2019						
	M	T	W	Th	F	Su
B			1	2	3	4
A	6	7	8	9	10	11
B	13	14	15	16	17	18
A	20	21	22	23	24	25
B	27	28	29	30	31	

Your collection DAY has not changed

Collection Calendar 2018 - 2019

June 2019						
M	T	W	Th	F	S	Su
B				1	2	
A	3	4	5	6	7	8
B	10	11	12	13	14	15
A	17	18	19	20	21	22
B	24	25	26	27	28	29
July 2019						
M	T	W	Th	F	S	Su
A	1	2	3	4	5	6
B	8	9	10	11	12	13
A	15	16	17	18	19	20
B	22	23	24	25	26	27
A	29	30	31			
September 2019						
M	T	W	Th	F	S	Su
B					1	
A	9	10	11	12	13	14
B	16	17	18	19	20	21
A	23	24	25	26	27	28
B	30					
October 2019						
M	T	W	Th	F	S	Su
B					1	2
A	7	8	9	10	11	12
B	14	15	16	17	18	19
A	21	22	23	24	25	26
B	28	29	30	31		
November 2019						
M	T	W	Th	F	S	Su
B			1	2	3	
A	4	5	6	7	8	9
B	11	12	13	14	15	16
A	18	19	20	21	22	23
B	25	26	27	28	29	30

WEEK A Green bin (refuse) Black bin with green lid (recycling bin) Silver pod (food waste)	All bins should be on the boundary by 6am	Bank holidays: Collections following a Bank Holiday will take place a day later.	WEEK A Green bin (refuse) Black bin with green lid (recycling bin) Silver pod (food waste)
WEEK B Brown bin (chargeable garden waste) Black bin with green lid (recycling bin) Silver pod (food waste)	All bin lids should be closed If adverse weather affects collections, please check the website for updates	Report missed collections within 24 hours. To sign up for Garden Waste visit: my.threerivers.gov.uk	WEEK B Brown bin (chargeable garden waste) Black bin with green lid (recycling bin) Silver pod (food waste)
BANK HOLIDAYS (except Christmas) Collections following a Bank Holiday will take place a day later.			

WasteAware
THREE RIVERS DISTRICT COUNCIL
01923 776611 www.threerivers.gov.uk



WasteAware
Helping Hertfordshire

✓ Waste less ✓ Reuse more ✓ Recycle right

Recycling bin



Cardboard
(e.g. toilet roll centres, plain greeting cards, egg cartons, cereal packets)

Foil

Glass bottles and jars

Tins and cans

Aerosols

Drinks/food cartons

Paper (e.g. newspapers, magazines, telephone directories, junk mail, envelopes and shredded paper)

Rigid Plastic (e.g. bottles, pots, tubs, food trays etc)

No plastic carrier bags or other soft plastics
(e.g. cling film)

Place items in this bin loose

It is important to ensure our recycling is of the highest quality. Please remember to recycle right.



We suggest you put your house number on all your bins



Food pod



All food waste
(e.g. tea bags, bones, raw/cooked meats, vegetables/fruit peels, egg shells)

Kitchen tissue
(not the cardboard tube)

Food waste can be wrapped in plastic bags (no black bags) corn starch liners, or newspaper.



Refuse bin
ONLY waste that cannot be recycled (e.g. soft plastics) or waste that cannot be composted

No garden waste, food or recycling



Brown bin

Garden waste
(e.g. grass cuttings, wood prunings)

Real Christmas trees
(can be left next to the brown bin)

No soil, plastic carrier bags, cardboard or food waste
This bin is chargeable

Sign up to the Garden Waste service at my.threerivers.gov.uk

Remember your reusables!





watersmeet.co.uk

Films at Watersmeet

BOX OFFICE: 01923 711063 watersmeet.co.uk



A Star is Born 15

Thursday 21 March - 2pm & 7.45pm

MEMBERS
£3 adults
NON-MEMBERS
£5 adults
Concessions available



The Mule 15

Tuesday 26 March - 2pm, 5pm & 8pm

£5 adults
£4 concessions
£1 per ticket booking fee applies



Mary Queen of Scots 15

Thursday 28 March - 11am, 2pm, 5pm & 8pm

£5 adults
£4 concessions
£1 per ticket booking fee applies



Vice 15

Monday 8 April - 2pm, 5pm & 8pm

£5 adults
£4 concessions
£1 per ticket booking fee applies



Alita: Battle Angel 12A

Tuesday 9 April - 11am, 2pm & 5pm

£5 adults
£4 concessions
£1 per ticket booking fee applies



The Lego Movie 2 U

Wednesday 10 April - 11am, 2pm & 5pm

£3.50 adults/concessions
£2.50 children
£1 per ticket booking fee applies



The Happy Prince 15

Thursday 18 April - 2pm & 7.45pm

MEMBERS
£3 adults
NON-MEMBERS
£5 adults
Concessions available

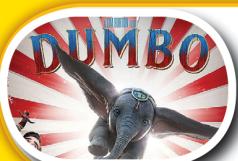


How to Train Your Dragon: The Hidden World PG

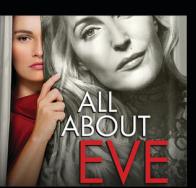
Monday 22 April - 11am, 2pm & 5pm

£3.50 adults/concessions
£2.50 children
£1 per ticket booking fee applies



	Boy Erased 15	Wednesday 24 April - 2pm, 5pm & 8pm	£5 adults £4 concessions £1 per ticket booking fee applies	
	If Beale Street Could Talk 15	Wednesday 1 May - 2pm, 5pm & 8pm	£5 adults £4 concessions £1 per ticket booking fee applies	
	Everybody Knows (Todos Lo Saben) 15 subtitled film	Tuesday 7 May - 11am & 2pm	£5 adults £4 concessions £1 per ticket booking fee applies	
	On the Basis of Sex 12A	Thursday 9 May - 2pm, 5pm & 8pm	£5 adults £4 concessions £1 per ticket booking fee applies	
	The Wife 15	Thursday 16 May - 2pm & 7.45pm	MEMBERS £3 adults NON-MEMBERS £5 adults Concessions available	
	Dumbo TBC	Friday 31 May - 11am, 2pm, 5pm & 8pm	£3.50 adults/concessions £2.50 children £1 per ticket booking fee applies	

National Theatre Live	£13.50 adults £11 students	BOX OFFICE: 01923 711063	 watersmeet.co.uk
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LIVE SCREENING Thursday 11 April 7pm TICKETS £13.50 adults £11 students		LIVE SCREENING Tuesday 14 May 7pm TICKETS £13.50 adults £11 students	ALL MY SONS ARTHUR MILLER
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watersmeet watersmeet.co.uk

Shows & Events at Watersmeet

BOX OFFICE: **01923 711063** watersmeet.co.uk

watersmeet



FRIDAY 22 MARCH 2019 8pm
£39.50 & £29.50 STRICTLY OVER 18s



THURSDAY 4 APRIL 2019 7.30pm
£28.50 ADULTS/CONCESSIONS



FRIDAY 5 APRIL 2019 7.30pm
£26 ALL TICKETS



FRIDAY 12 APRIL 2019 7.30pm
£25 ALL TICKETS



FRIDAY 26 APRIL 2019 7.30pm
£27.50 ALL TICKETS



FRIDAY 10 MAY 2019 7.30pm
£23.50 ADULTS £22.50 CONS. £17 UNDER 12s £14 BALLET SCHOOL



SATURDAY 11 MAY 2019 7.30pm
£19.50 ADULTS £18.50 CONCESSIONS



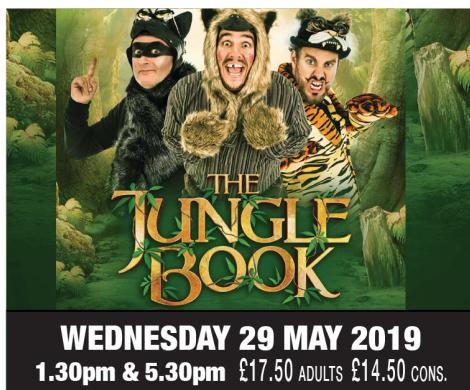
SUNDAY 12 MAY 2019 7.30pm
TWO SHOWS JUNIORS & ADULTS PRICE VARIES



24-25 MAY 2019 7.30pm & 2PM
£17/£16 ADULTS £15.50/£14.50 UNDER 16s



TUESDAY 28 MAY 2019 6pm
£16 ALL TICKETS



WEDNESDAY 29 MAY 2019
1.30pm & 5.30pm £17.50 ADULTS £14.50 CONS.



THURSDAY 6 JUNE 2019 7.30pm
£22 ADULTS, £20 CONCESSIONS, £16 UNDER 16s



" YES, YOU!!"

'SOUTH OXHEY CHOIR' NEEDS MORE SINGERS TO COME SING ALONG WITH THEM!

No audition necessary, just the joy of singing along with a wonderful community of people.

We meet once a week on Tuesdays (term time only) at Oxhey Wood School, Oxhey Drive, South Oxhey from 7pm to 8.30.

The music is varied, from Classical Pop to Popular Classics. Any age, but under 16 years must be accompanied by adult, plenty of parking. You can "pop-in" any week and join us.

Want to know more then Contact: **Ann Cox** – 0208 428 9460 or mobile 07852 369935. Looking forward to your company and seeing you soon.

Friday 3 May 2019, 7.30pm

Rickmansworth Baptist Church, WD3 1EH.

LOUISE THOMSON HARP



"a consummate performer, with a fluid technique combined with beautiful artistry, compelling programmes, and a personality that audiences love"

Virtuoso pieces by Debussy, Fauré, Pierné, Nino Rota, Mary Ann Kennedy & Marcel Tournier.

Works include: Welsh Dance

Ekaterina Walter-Kühne: Tchaikovsky *Fantaisie*, Glinka's *Nocturne*, D. Scarlatti *Sonata in F minor*, Marcel Grandjany's *Rhapsody* & Haydn *Fantaisie*

Image: Jan Gamble

For more information, please visit www.TRMS.ELGAR.org



Tickets £16 on the door inc. free concert programme, pre-concert talk & refreshment. Reduced prices for TRMS Members/Patrons, online and advance booking. Free entry to all under the age of 25.



We're going on an animal hunt:

Join us on a journey and meet some amazing animals

Wednesday 10 April

Rickmansworth Library 11.00am
Berkhamsted Library 2.00pm

Monday 15 April

Hatfield Library 10.30am
Stevenage Library 2.00pm



Tickets £2.00 per person

available online at: www.hertfordshire.gov.uk/litfest
at your local library or by phone 01707 281533

Children under 8 must be accompanied by an adult



#hertslitfest19

Further details 0300 123 4049
www.hertfordshire.gov.uk/libraries

Lit fest



MOMENTUM PERFORMING ARTS ACADEMY PRESENTS

LIFE GOES ON

A JOURNEY THROUGH
SONG & DANCE
18TH & 19TH MAY | 8PM
WATERSMEET
RICKMANSWORTH
WWW.MOMENTUMPAA.COM/TICKETS

WORK BEGINS TO EXTEND AND IMPROVE THE SOUTH OXHEY LEISURE CENTRE



The project to extend and improve the South Oxhey Leisure Centre has begun, and by summer 2020 customers will be able to enjoy brand new facilities.

Work began to extend the South Oxhey Leisure Centre on 4 February and Everyone Active is making a number of significant improvements across the facility in a bid to get local people more active.

The extension to the facility has begun with the demolition of the front of the centre to make way for a brand new four-lane 25m swimming pool. Other brand new facilities that customers will be able to take advantage of at the end of the project include a new small learner pool, multi-purpose studio, new changing rooms and café.

The South Oxhey Leisure Centre has already seen the completion of the refurbishment of the small sports

hall where customers are enjoying an improved environment with new flooring and lighting.

Also the extension to the fitness suite has been completed and customers are able to enjoy the 55-stations of brand new state-of-the-art equipment which includes strength training apparatus. These areas will remain open throughout the main project build time. For more information on the facility and how to book on to classes, please visit www.everyoneactive.com/centre/the-centre-south-oxhey/

With the closure of the car park at the South Oxhey Leisure Centre, Everyone Active has worked closely with Three

Rivers District Council to create a green travel plan and alternative car park map to ensure customers have all the information they need to get to and from the facility. Please visit www.everyoneactive.com/news/threeriversrefurbs/#thecentre for more information.

Paul Christie, Everyone Active contract manager, said: "It's an exciting time for sport and leisure provision within South Oxhey. We are pleased to have got started on the project to provide local people and the surrounding areas access to a new state-of-the-art Leisure Centre."

"We want to take a moment thank the local community for their patience while we work on the South Oxhey Leisure Centre."

For more information on the development and to view the Green Travel plan please visit www.everyoneactive.com/ThreeRiversRefurbs

Everyone Active is working in partnership with Three Rivers District Council



How to Be a Councillor

Councillors are democratically elected to represent their ward and the people who live in it. To be a Councillor you must be:

- British or a citizen of the Commonwealth or European Union
- At least 18 years old
- Registered to vote in the area or have lived, worked or owned property there for at least 12 months before the election.

You can't:

- Work for the council you want to be a councillor for, or work for another local authority in a politically restricted post
- Have been sentenced to prison for three months or more (including suspended sentences) during the five years before election day
- Have been convicted of a corrupt or illegal practice by an election court.

Councillors can either represent a political party or stand as an independent candidate. If you want to represent a political group, please contact their local branch as soon as possible. They will advise you further about standing to represent them.

If you plan to stand as an independent councillor, contact the electoral services team at enquiries@threerivers.gov.uk



Whether you are standing as a member of a political party or as an independent councillor, you will need to be officially nominated.

This means getting ten people who are registered electors in your ward to sign your nomination papers.

The next local elections in Three Rivers District Council takes place on Thursday 2 May 2019. For further information, visit:

<https://www.gov.uk/government/get-involved/take-part/become-a-councillor>

All Go at Mill End Community Centre

Mill End Community Centre is located in a 100-year-old handsome, redbrick building which stands as a beacon of longevity and hope.

In 1974, several forward-thinking residents with a burning desire to improve life for the locals formed the Mill End & District Community Association charity explicitly to create a Community Centre.

Today, locals enjoy delicious meals here; jobseekers get assistance; children learn Maths and English; mums and toddlers have fun; ladies train to run a 5k and patrons relax at the social club or café on site.

At the heart of it all is Susan Gambula, visionary and indefatigable Centre manager of 12 years who believes she has no skill really except bringing people together. However, look more closely, and the real story emerges.

She delays her work to ask the jobseeker using a laptop seated to her right. Two or three interruptions follow the request to fix a faulty heater, yet she meets each with the same grace and attention.

When asked if they had any plans for the future, Susan says: "Yes, we expect to publicise our yearly Community Day better to be held on Saturday 8 June and hire a Community Liaison Officer."

In 12 years, Susan has created the heart of the community, but she is not done, as already plans are afoot for the expected influx of new residents due to government building plans for the next 15 years.

Susan explains excitedly details of a £500k building project to modernise and expand this ancient building to increase the Centres' capacity and create a bigger car park.

Ever the pragmatist, this community servant appeals: "We need all the help we can get, in terms of volunteers and any financial contributions, as every little helps."

Website: www.millendcc.co.uk

And to give:

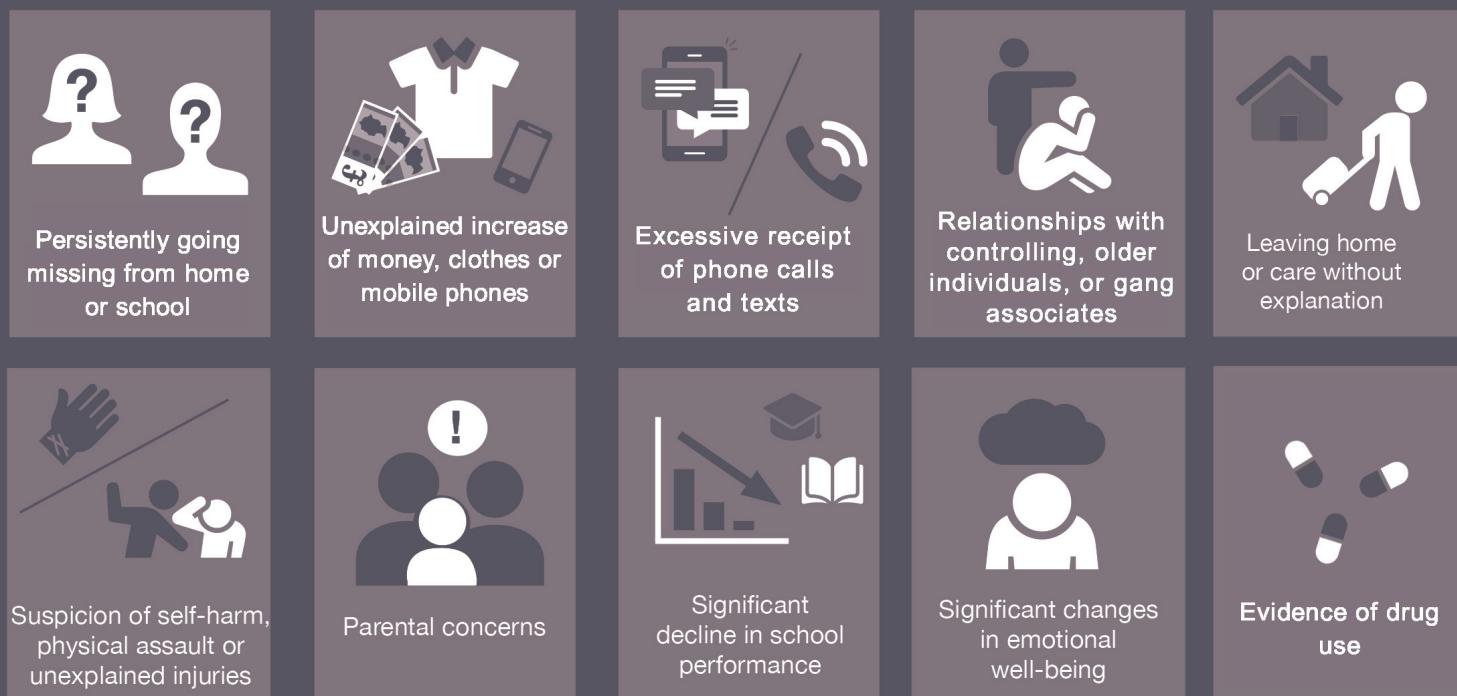
www.gofundme.com/mecc-building-project





Children are being exploited by gangs involved in drug crime. Know how to spot the signs.

County lines is the term used when urban gangs use children and vulnerable people in suburban areas to courier drugs and money. A young person who is involved in county lines activity might exhibit some of these signs:



Information you provide can be kept anonymous.

If you have any concerns call:

Three Rivers District Council 01923 776611 or my.threerivers.gov.uk

Police 101 or www.herts.police.uk/report

Crimestoppers 0800 555111 or crimestoppers-uk.org

In an emergency call 999

For more information visit www.threerivers.gov.uk/gangs