



Giving people in North Herts and Stevenage confidence to live well and enjoy life to the fullest.



Join us for a chat, meet new people and get some support and advice.

Wellbeing Hubs

What can I expect from a Caring Herts Wellbeing Hub?

- * A welcoming, friendly space run by amazing volunteers
- * Join us for a cup of tea and a chat
- * Talk and be listened to by one of our team members
- * Join us in a seated exercise group
- * Take part in creative and fun activities that promote health and wellbeing
- * Feel more in control and live life to its greatest potential.



Find your nearest Wellbeing Hub

Mondays

Stevenage

Location: Symonds Green Community Centre, Filey Close, Stevenage, SG1 2JW

When: 10.00-12.00

Contact: Sally Ryan, 07540 064172

Location: Community Arts Centre, Roaring Meg Retail Park, Stevenage, SG1 1XN

When: 10.30-12.30

Contact: 07355 130969

Hitchin

Location: Blueharts Hockey Club, Lucas Lane, Hitchin, SG5 2JA

When: 13.30 - 15.30

Contact: 07355 130969

Tuesdays

Letchworth

Location: Norton Methodist Church, 9 North Avenue, Letchworth, SG6 1DH

When: 10.30-12.30

Contact: 07355 130969

Royston

Location: Coombes Community Centre, Burns Road, Royston, SG8 5PT

When: 10.30-12.30

Contact: 07355 130969

Willian

Location: All Saints Church, Church Lane, Willian, Letchworth, SG6 2AF

When: 13.30-15.30

Contact: Mike Eve, 07504 957032

Wednesdays

Hitchin

Location: St John's Community Centre, St John's Road, Hitchin, SG4 9JP

When: 13.30-15.30

Contact: 07355 130969

Knebworth

Location: St Martin's Parish Centre, 1 Saint Martin's Lane, Knebworth, SG3 6ER

When: 14.00-16.00

Contact: 07355 130969

Wilbury

Location: St Thomas of Canterbury Church, 103 Bedford Road, Letchworth, SG6 4DU

When: 14.00-16.00

Contact: Peter Clark, 01462 675674

Thursdays

Healthy Memory Café

Location: Norton Methodist Church, 9 North Avenue, Letchworth, SG6 1DH

When: 10.00-12.00

Contact: Lucy Cosgrove, 07399 113044 or 07355 130969

Stevenage

Location: Stoneyhall Community Centre, Worham Avenue, Stevenage, SG1 3UG

When: 10.30-12.30

Contact: Jo Hooper, 07851 091469

Ashwell

Location: Ashwell United Reformed Church, High Street, Ashwell, SG7 5NL

When: 14.00-16.00

Contact: Ruth ten Hove, ruthtenhove1@gmail.com or call the Parish Office on 01462 743922

Fridays

Letchworth

Location: Norton Methodist Church, 9 North Avenue, Letchworth, SG6 1DH

When: 10.30-12.30

Contact: 07355 130969

Weston

Location: Weston Village Hall (the Reading Room), Maiden Street, Weston, SG4 7AA

When: 1.30-3.30

Contact: Sarah Richardson, 07734 815929

Letchworth

Location: Norton Methodist Church, 9 North Avenue, Letchworth, SG6 1DH

When: 14.00-16.00

Contact: 07355 130969



**See you
there!**

Contact Caring Herts CIC

Call: 07355 130969

Email: ch@caringhertscic.co.uk

Website: caringhertscic.co.uk



**Scan
me ←**



Notes



Building Caring Communities

Do you have an hour a week to offer friendship and a listening ear to someone who is lonely and/or socially isolated?

We're looking for new volunteers! Contact us to find out more.



Donate to help us do more

Scan the QR code to donate via Good Hub



Caring Herts CIC