

Hertfordshire Profile for Community Opportunities

This profile provides an overview of Community Opportunities available to adults with disabilities across Hertfordshire.

Community Opportunities are services based in the community that provide support and care, or training and enablement to adults with disabilities through activities such as daily living skills as well as leisure and recreational. These activities usually run during working hours, but some are also available evenings and weekends.

Community opportunities can offer respite to carers. However, this list does not include bed based short breaks / respite services.

Transport

[Community Transport](#)

Shared Lives – operates throughout Hertfordshire

www.hertfordshire.gov.uk/sharedlives

Shared Lives provides care and support to vulnerable adults in Hertfordshire. A Shared Lives carer opens up their home and family life to include a young person or adult who needs help, and together they share family and community life.

Shared Lives is a community based alternative to residential care and is regulated by the Care Quality Commission.

By living in a home environment, the adult is able to benefit from being part of everyday life and the need for them to live in residential care is dramatically reduced.

01992 588031

sharedliveshertfordshire@hertfordshire.gov.uk

Ware Road Day Centre

Hertford

Hertfordshire

SG13 7TG

Monday to Friday, 9am to 5pm

THREE RIVERS

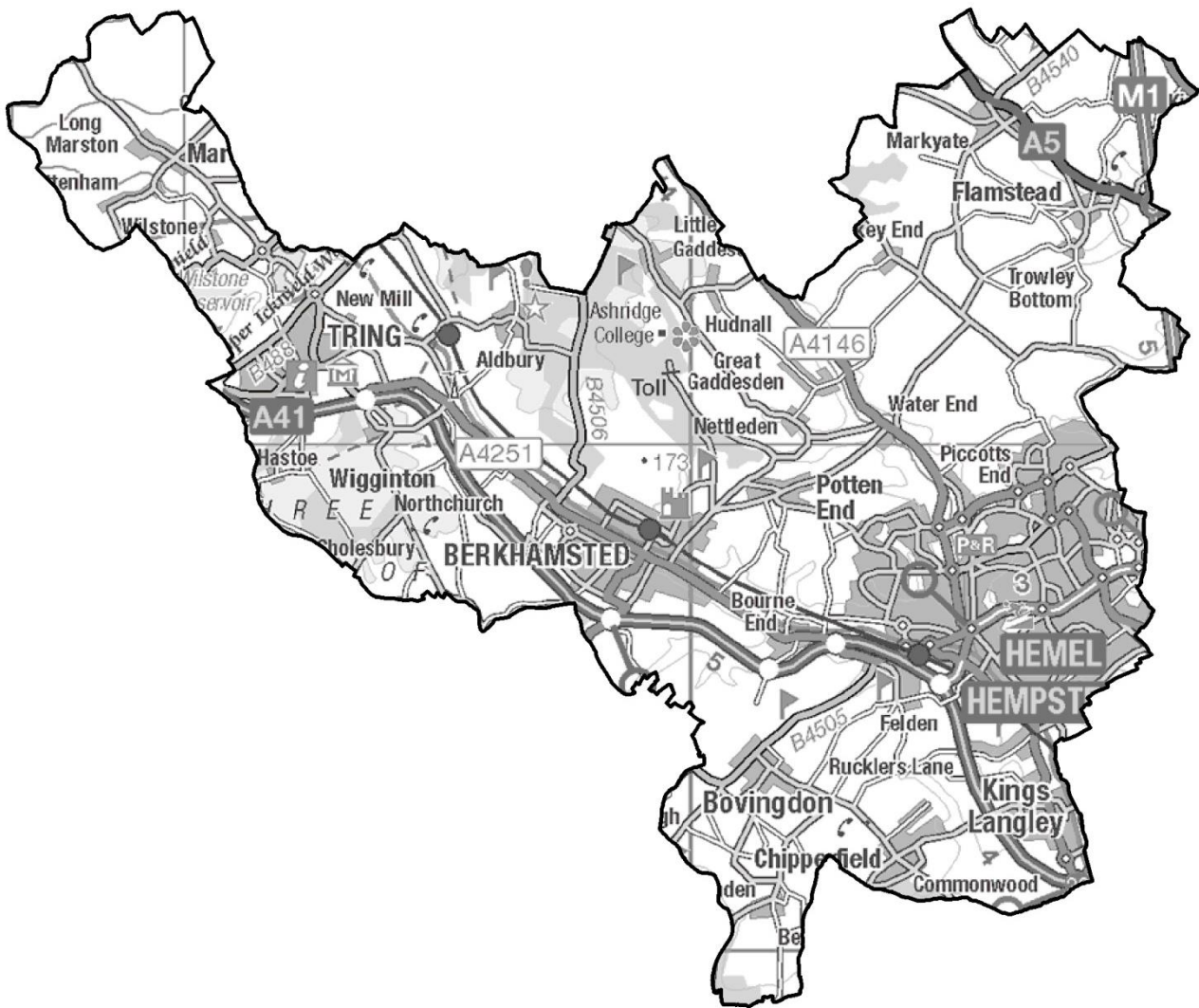


Services in Three Rivers:

Hertfordshire County Council	Rickmansworth Day Service
<p>At day service centres, lives and communities are connected through a range of exciting activities tailored to every person's needs. Day service provides a perfect place for people to experience fulfilling and active lifestyles by meeting like-minded people and joining in within their communities. It's this inclusiveness along with passionate and highly skilled staff that sees everyone who comes to day service leave with a smile on their face. Get in touch to book a visit or for more details.</p>	
Monday to Friday, 9am to 4pm.	Site and Community Based
Middleton Road Mill End Rickmansworth Hertfordshire WD3 8JF	Rickmansworth Day Services
shepherd.dayservice@hertfordshire.gov.uk	01442 454460

Hertfordshire County Council	South Oxhey Day Service
<p>At day service centres, lives and communities are connected through a range of exciting activities tailored to every person's needs. Day service provides a perfect place for people to experience fulfilling and active lifestyles by meeting like-minded people and joining in within their communities. It's this inclusiveness along with passionate and highly skilled staff that sees everyone who comes to day service leave with a smile on their face. Get in touch to book a visit or for more details.</p>	
Monday to Friday, 9am to 4:30pm.	Site and Community Based
Northwick Road South Oxhey Hertfordshire WD19 6NL	South Oxhey Day Services
northwick.dayservice@hertfordshire.gov.uk	0208 421 1891

DACORUM



Services in Dacorum:

Hertfordshire County Council	Dacorum Day Service
<p>At day service centres, lives and communities are connected through a range of exciting activities tailored to every person's needs.</p> <p>Day service provides a perfect place for people to experience fulfilling and active lifestyles by meeting like-minded people and joining in within their communities.</p> <p>It's this inclusiveness along with passionate and highly skilled staff that sees everyone who comes to day service leave with a smile on their face.</p> <p>Get in touch to book a visit or for more details.</p>	
Monday to Friday, 9am to 4pm	Site and Community Based
The Jarman Centre Old Crabtree Lane Hemel Hempstead Hertfordshire HP2 4JW	Dacorum Day Service
jarman.dayservice@hertfordshire.gov.uk	01442 454200

Hertfordshire County Council		Greenhills Day Service
<p>Day Service for Adults with Physical Disabilities</p> <p>At day service centres, lives and communities are connected through a range of exciting activities tailored to every person's needs.</p> <p>Day service provides a perfect place for people to experience fulfilling and active lifestyles by meeting like-minded people and joining in within their communities.</p> <p>It's this inclusiveness along with passionate and highly skilled staff that sees everyone who comes to day service leave with a smile on their face. Get in touch to book a visit or for more details.</p>		
Monday to Friday, 9am to 5pm	Site and Community Based	
Tenzing Road Adeyfield Hemel Hempstead Hertfordshire HP2 4HS	Greenhills Day Service	
greenhills.dayservice@hertfordshire.gov.uk	01442 232727	

Access to Living		
<p>Access to Living provides support to access community facilities, attend appointments/important life events, transition into or out of day services/education, develop daily living skills, independence and confidence, small focus groups and regular groups (weekend leisure, music & singing, activities for people with brain injuries, activities for people with challenging behaviour, communication strategies, activities to develop community and social skills, flexible groups for people with Mental Health problems, Arts & Crafts)</p>		
Opening Time – Contact Provider	Community Based	
165 Lawn Lane Hemel Hempstead Hertfordshire HP3 9JF	http://accesstoliving.co.uk/index.html	
alanholman@accesstoliving.co.uk	07872 940968	

Aspirations Care Ltd		
<p>Aspirations Care Ltd is for adults with learning disabilities, physical disabilities and mental health.</p> <p>Aspirations Care provides individual assistance and support to enable the service user to access their local community. Outings and activities range from local shopping trips, attending college courses or work placements, in place day centre care, evening clubs, daytrips to the seaside and visiting family.</p>		
Opening Time – 08:30-10pm.	Community Based	
Office 8, Maylands Business Centre Redbourn Road Hemel Hempstead Hertfordshire HP2 7ES	http://www.aspirationscare.com/	
Lisa.Morris@aspirationscare.com	07793 801663 – 01452 399190	

National Autistic Society		Hertfordshire Resource Centre	
The Hertfordshire NAS Resource Centre (Boxmoor) runs social groups for adults with Asperger syndrome/High Functioning Autism. The groups are facilitated by experienced NAS staff. The aims are to develop people's social skills and social networks and create a safe area where people are able to be themselves.			
Opening Time – Contact Provider		Site Based	
NAS Resource Centre Roman Field School Box Lane, Boxmoor Hemel Hempstead Hertfordshire HP3 0DF		https://www.autism.org.uk/	
Jayne.bowyer@nas.org.uk		01442 247046	

Sunnyside Rural Trust		Activity centre	
Sunnyside Rural Trust supports young people and adults with learning disabilities by offering training and employment opportunities within a social enterprise setting. We offer a wide range of employment opportunities including growing and selling fresh produce e.g. fruit, vegetables and salads; poultry keeping; PAT Testing; gardening design and maintenance; allotment makeovers; and growing and selling a wide range of plants including Dacorum Borough Council bedding plant contract.			
Opening Time – Contact Provider		Site Based	
Sunnyside Rural Trust Activity Centre Ivy House Lane Berkhamstead Hertfordshire HP4 2PP		http://www.sunnysideruraltrust.org.uk/	
keely@sunnysideruraltrust.org.uk		01442 863364	

Sunnyside Rural Trust		Hemel Food Garden	
Sunnyside Rural Trust supports young people and adults with learning disabilities by offering training and employment opportunities within a social enterprise setting. We offer a wide range of employment opportunities including growing and selling fresh produce e.g. fruit, vegetables and salads; poultry keeping; PAT Testing; gardening design and maintenance; allotment makeovers; and growing and selling a wide range of plants including Dacorum Borough Council bedding plant contract.			
Opening Time – Contact Provider		Site Based	
Sunnyside Rural Trust Hemel Food Garden Central Nursery, Two Waters Road Hemel Hempstead Hertfordshire HP3 9BY		http://www.sunnysideruraltrust.org.uk/hemel-food-garden-farm-shop/	
keely@sunnysideruraltrust.org.uk		01442 863364	

Sunnyside Rural Trust		Northchurch Allotments
<p>Sunnyside Rural Trust supports young people and adults with learning disabilities by offering training and employment opportunities within a social enterprise setting. We offer a wide range of employment opportunities including growing and selling fresh produce e.g. fruit, vegetables and salads; poultry keeping; PAT Testing; gardening design and maintenance; allotment makeovers; and growing and selling a wide range of plants including Dacorum Borough Council bedding plant contract.</p>		
Opening Time – Contact Provider	Site Based	
<p>Sunnyside Rural Trust Northchurch Allotments Upper Allotments, New Road Northchurch Hertfordshire HP4 1NJ</p>	http://www.sunnysideruraltrust.org.uk/	
keely@sunnysideruraltrust.org.uk	01442 863364	

The Waterside Centre		
<p>The Waterside Centre is a registered charity which provides social, educational and training opportunities for adults with learning disabilities. Regular activities include: Woodwork, contract work, art & craft, literacy, gym, swimming, badminton, needlework, cooking, gardening, numeracy, singing/music and leisure activities.</p>		
Monday to Friday from 9.00 am until 3.00 pm (excluding Bank Holidays).	Site Based	
<p>The Waterside Centre, 63 Waterside, Kings Langley, Hertfordshire, WD4 8HE</p>	http://thewatersidecentre.co.uk/	
info@thewatersidecentre.co.uk	01923 260092	

Trips n Treats		
<p>Trips 'n' Treats gives adults with learning disabilities the chance to enjoy supported trips out to visit museums, parks, shopping centres, theatres, exhibitions centres, seaside resorts, or just to see family and friends.</p>		
Opening Time – Contact Provider	Community Based	
<p>Office 12 Maylands Business Centre Redbourn Road Hemel Hempstead Hertfordshire HP1 7ES</p>	http://tripsntreats.co.uk/	
tripsandtreats@hotmail.co.uk	01442 531236	

We Do Care

We Do Care are a specialist service offering community outreach support in the Hertfordshire area for young people and adults with learning difficulties or disabilities. We can provide support on a 1-2-1 basis or group activity sessions. Areas covered: Hertford, Hoddesdon, Cheshunt, Hemel Hempstead, Hatfield, Welwyn, Stevenage, Letchworth

Opening Time – Contact Provider

Community Based

2 Fordwich Rise
Hertford
Hertfordshire
SG14 2BE

<https://wedocare.co.uk/>

carolyn.wedocare@gmail.com

01992 422268

Dacorum Mencap

A volunteer befriending service for adults with a learning disability, which also provides a break for their unpaid carers.

Opening Time – Contact Provider

Community Based

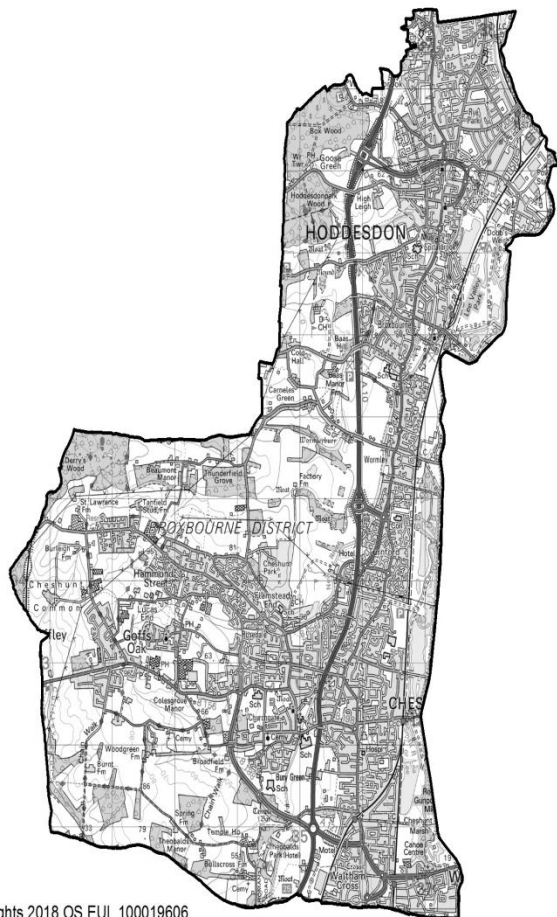
48 High Street
Hemel Hempstead
Hertfordshire
HP1 3AF

<http://www.dacorummencap.org.uk/>

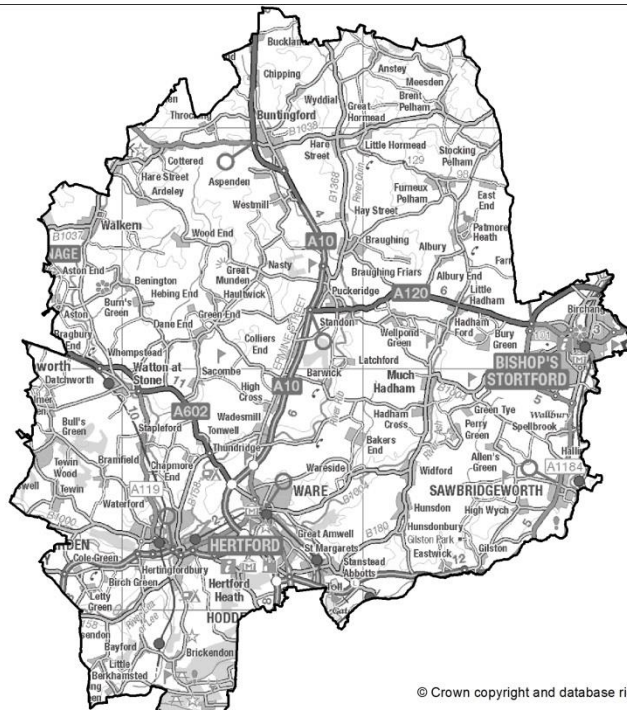
manager@dacorummencap.org.uk

01442 247675

BROXBOURNE AND EAST HERTS



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Services in Broxbourne and East Herts:

Hertfordshire County Council	East Herts Day Service (Cheshunt Centre)
<p>At day service centres, lives and communities are connected through a range of exciting activities tailored to every person's needs.</p> <p>Day service provides a perfect place for people to experience fulfilling and active lifestyles by meeting like-minded people and joining in within their communities.</p> <p>It's this inclusiveness along with passionate and highly skilled staff that sees everyone who comes to day service leave with a smile on their face.</p> <p>Get in touch to book a visit or for more details.</p>	
Monday to Friday, 9am to 4pm	Site and Community Based
Drill Hall (rear entrance – at the back of YC Hertfordshire) 178 Crossbrook Street Cheshunt Hertfordshire EN8 8JY	East Herts Day Service
geddings.dayservice@hertfordshire.gov.uk	01992 904410

Hertfordshire County Council	East Herts Day Service (Hoddesdon Centre)
<p>At day service centres, lives and communities are connected through a range of exciting activities tailored to every person's needs. Day service provides a perfect place for people to experience fulfilling and active lifestyles by meeting like-minded people and joining in within their communities. It's this inclusiveness along with passionate and highly skilled staff that sees everyone who comes to day service leave with a smile on their face. Get in touch to book a visit or for more details.</p>	
Monday to Friday, 9am to 4pm	Site and Community Based
60 Brocket Road Hoddesdon Hertfordshire EN11 8NF	East Herts Day Service
geddings.dayservice@hertfordshire.gov.uk	01992 904410

Hertfordshire County Council	East Herts Day Service (Ware Centre)
<p>At day service centres, lives and communities are connected through a range of exciting activities tailored to every person's needs. Day service provides a perfect place for people to experience fulfilling and active lifestyles by meeting like-minded people and joining in within their communities. It's this inclusiveness along with passionate and highly skilled staff that sees everyone who comes to day service leave with a smile on their face. Get in touch to book a visit or for more details.</p>	
Monday to Friday, 9am to 4pm	Site and Community Based
106 Park Road Ware Hertfordshire SG12 0AW	East Herts Day Service
Geddings.dayservice@hertfordshire.gov.uk	01992 904410

Hertfordshire County Council	Buntingford Day Service
<p>At day service centres, lives and communities are connected through a range of exciting activities tailored to every person's needs. Day service provides a perfect place for people to experience fulfilling and active lifestyles by meeting like-minded people and joining in within their communities. It's this inclusiveness along with passionate and highly skilled staff that sees everyone who comes to day service leave with a smile on their face. Get in touch to book a visit or for more details.</p>	
Monday to Friday, 8:45am to 4pm	Site and Community Based
Old Court House White Hart Close Buntingford Hertfordshire SG9 9DG	Buntingford Day Service
buntingford.dayservice@hertfordshire.gov.uk	01763 271862

Hertfordshire County Council	Ware Road Day Service
<p>At day service centres, lives and communities are connected through a range of exciting activities tailored to every person's needs. Day service provides a perfect place for people to experience fulfilling and active lifestyles by meeting like-minded people and joining in within their communities. It's this inclusiveness along with passionate and highly skilled staff that sees everyone who comes to day service leave with a smile on their face. Get in touch to book a visit or for more details.</p>	
Monday to Friday, 9am to 4pm	Site and Community Based
Ware Road Hertford Hertfordshire SG13 7TG	Ware Road Day Service - Hertford
ware.road.dayservices@hertfordshire.gov.uk	01920 461671

Hertfordshire County Council	Bishop's Stortford Day Service
<p>At day service centres, lives and communities are connected through a range of exciting activities tailored to every person's needs. Day service provides a perfect place for people to experience fulfilling and active lifestyles by meeting like-minded people and joining in within their communities. It's this inclusiveness along with passionate and highly skilled staff that sees everyone who comes to day service leave with a smile on their face. Get in touch to book a visit or for more details.</p>	
Monday to Friday, 9am to 4pm	Site and Community Based
Wind Hill Bishop's Stortford Hertfordshire CM23 2NF	Bishops Stortford Day Service
bishopshouse.dayservice@hertfordshire.gov.uk	01992 588555

Grange Whitefield Care Services	Amwell Resource Centre
<p>Weekly programmes of home life activity sessions with community outings in place and based on choice and independence with staff support to develop and promote skills. Leisure and recreation include swimming, eating out, shopping and more.</p>	
Opening Time – Contact Provider	Site Based
90 Amwell Street Hoddesdon Hertfordshire EN11 8TG	http://www.grangewhitefieldcare.com/locations.html
info@grangewhitefieldcare.com	0208 366 7841

Guideposts Trust Service	
Provide opportunities to access to the community, friendship, skills and creativity on a daily basis	
Opening Time – Contact Provider	Site & Community Based
3/5 Cross Street Ware Hertfordshire SG12 7AH	https://www.guideposts.org.uk/
guideposts.ware@guidepoststrust.org.uk	01920 484 946

Home Farm Trust	Bradbury Resource Centre
Day Services provide several workshops in our learning and development centre: Woodwork; Pottery; Cookery; Gardening; Computer IT. Our direct one to one support workers support individuals in accessing the community to learn, gain employment and leisure activities.	
Opening Time – Contact Provider	Site Based
Pound Lane, Ugley Bishops Stortford Hertfordshire CM22 6HP	https://www.hft.org.uk/about-us/locations/south-east-england/hft-herts-essex/
hft@hertsandessex.com	01279 816165

Mudlarks	Community Garden
To integrate people with learning difficulties and mental health issues into the community through gardening whilst also promoting conservation and allowing people of all abilities to learn and work together.	
Opening Time – Contact Provider	Site Based
Cromwell Road, Allotments Cromwell Road Hertford Hertfordshire SG13 7DP	http://mudlarksgarden.org.uk/
vic@mudlarksgarden.org.uk	07835 714766

Mudlarks	Café
Supporting people with learning disabilities and mental health issues to learn and work in our community	
Opening Time – Contact Provider	Site Based
12 Railway Street Hertford Hertfordshire SG14 1BG	http://mudlarksgarden.org.uk/cafe/
vic@mudlarksgarden.org.uk	01992 538515

Oasis Inclusion Academy		Oasis
Educational activities		
Opening Time – Contact Provider	Site Based	
Fairoak Staines Green Hertfordshire SG14 2LN	http://www.oasisacademy.co.uk/	
ailsa@oasisacademy.co.uk	07902 243352	

Oasis Inclusion Academy		Oasis 2
Educational activities		
Opening Time – Contact Provider	Site Based	
Cottered Village Hall Cottered, Near Buntingford Hertfordshire SG9 9QR	http://www.oasis2inclusionacademy.co.uk/	
liz@oasisacademy.co.uk	07742 969175	

St Elizabeth's		Day Opportunities
All day opportunities, including Social Enterprises, are supported by our on-site health agency, and we welcome applications from people with high support needs, as well as those who require less support. We have a tremendous variety of opportunities available, with over 40 leisure, therapeutic and study activities from which to choose. Various programmes of outings are also regularly organised for clients.		
Opening Time – Contact Provider	Site & Community Based	
Perry Green Much Hadham Hertfordshire SG10 6EW	http://www.stelizabeths.org.uk/	
enquiries@stelizabeths.org.uk	01279 844233	

We Do Care		
We Do Care are a specialist service offering community outreach support in the Hertfordshire area for young people and adults with learning difficulties or disabilities. We can provide support on a 1-2-1 basis or group activity sessions. Multiple areas covered.		
Opening Time – Contact Provider	Community Based	
2 Fordwich Rise Hertford Hertfordshire SG14 2BE	https://wedocare.co.uk/	
carolyn.wedocare@gmail.com	01992 422268	

Stepping Stones	
An opportunity centre with a wide range of activities including: Arts and crafts, Games, Use of an 'Under The Sea' themed sensory room, Classroom based life skills sessions, Baking/Food preparation, Day trips, Computer and technology skills, Animal care and much more.	
Mon – Fri, 9.30am – 3pm	Site Based
203 Churchgate Road Cheshunt Hertfordshire, EN8 9EJ	http://www.steppingstonesoc.co.uk/
steppingstonesoc@outlook.com	07709 134203

Wiggly Willow	
Wiggly Willow offers meaningful and effective work experience courses where individuals can <i>"Reach their potential, gain new skills and have fun."</i> Wiggly Willow also offer a number of leisure clubs on site	
Opening Time – Contact Provider	Site Based
40a Hockerill Bishops Stortford Herts CM23 2DW	https://www.wigglywillow.org/
wigglywillow123@gmail.com	01279 300376

HERTSMERE



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Services in Hertsmere:

Hertfordshire County Council	Borehamwood Day Service
<p>At day service centres, lives and communities are connected through a range of exciting activities tailored to every person's needs.</p> <p>Day service provides a perfect place for people to experience fulfilling and active lifestyles by meeting like-minded people and joining in within their communities.</p> <p>It's this inclusiveness along with passionate and highly skilled staff that sees everyone who comes to day service leave with a smile on their face.</p> <p>Get in touch to book a visit or for more details.</p>	
Monday to Friday, 9am to 4pm.	Site and Community Based
100 Aycliffe Road Borehamwood Hertfordshire WD6 4EJ	Borehamwood Day Service
borehamwood.dayservice@hertfordshire.gov.uk	01923 354630

Bushey Mill Resource Centre	
Educational and recreational activities based on individual needs identified by a personal and immediate assessment.	
Opening Time – Contact Provider	Site Based
466 Bushey Mill Lane Bushey Herts, WD23 2AS	http://websites.uk-plc.net/Bushey_Mill_Resource_Centre/
bernard.cochrane@btinternet.com	07771 686 909

CareTech	Oakmere Day Service
Accessing community, visits to attractions, swimming at Stanmore Orthopaedic Hospital, personal care, entertainers visiting the centre, internal activities include computers, art & craft, sensory, music, games, living skills, English & Maths and cookery.	
Opening Time – Contact Provider	Site and Community Based
Featherstone Close Potters Bar Herts, EN6 5NS	www.caretech-uk.com
oakmere.herts@caretech-uk.com	01707 651270

Rural Care	Aldenham
<p>Rural Care provides training and work experience for people with learning disabilities and/or mental health issues in a supportive and caring environment on a fully working farm.</p> <p>Rural Care provides training and work experience for people with learning disabilities and/or mental health issues in a supportive and caring environment on a fully working farm.</p> <p>Low support needs people get involved in activities with 1 member of staff to 4 co-farmers, medium support needs in groups of 3:1 and many people access the service on a 1:1 basis.</p> <p>Activities include:</p> <ul style="list-style-type: none"> Collecting and sorting eggs and looking after chickens All aspects of looking after livestock including sheep, alpaca's, rabbits and guinea pigs as well as feeding cows and pigs. This includes lambing Maintenance and woodwork around the farm Horticultural activities like sowing seeds, potting up, planting, weeding, digging on our allotment or wider farm, Conservation work like coppicing and planting trees Craft making for sale Helping in the café and shop 	
Opening Time – Mon-Fri 10am to 3pm.	Site Based
Aldenham Country Park Aldenham Road Elstree Hertfordshire WD6 3BA	https://www.aldenhamcountrypark.co.uk/education/rural-care
ruralcareinfo@churchfarmardeley.co.uk	07788 251721

NORTH HERTS



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Services in North Herts:

Hertfordshire County Council	North Herts Day Service
<p>At day service centres, lives and communities are connected through a range of exciting activities tailored to every person's needs.</p> <p>Day service provides a perfect place for people to experience fulfilling and active lifestyles by meeting like-minded people and joining in within their communities.</p> <p>It's this inclusiveness along with passionate and highly skilled staff that sees everyone who comes to day service leave with a smile on their face.</p> <p>Get in touch to book a visit or for more details.</p>	
Monday to Friday, 9am to 4pm	Site and Community Based
Greyslades Court Weston Way Baldock Hertfordshire SG7 6ER	North Herts Day Service Baldock
baldock.dayservice@hertfordshire.gov.uk	01462 490202

Triangle Garden Growing Ability	
<p>'Growing Ability' is a social and therapeutic horticulture project for adults with learning difficulties, at the Triangle Community Garden, run in partnership with the Growing People Project, Letchworth. The project aims to help participants improve the quality of their lives through horticulture and gardening, leading to improved self-confidence, social and work skills.</p>	
Opening Time – Contact Provider	Site Based
Hitchin Community Gardens Ransom's Community Garden Nightingale Road Hitchin Hertfordshire SG5 1RB	http://www.trianglegarden.org/
liz@trianglegarden.org	07887 725 962

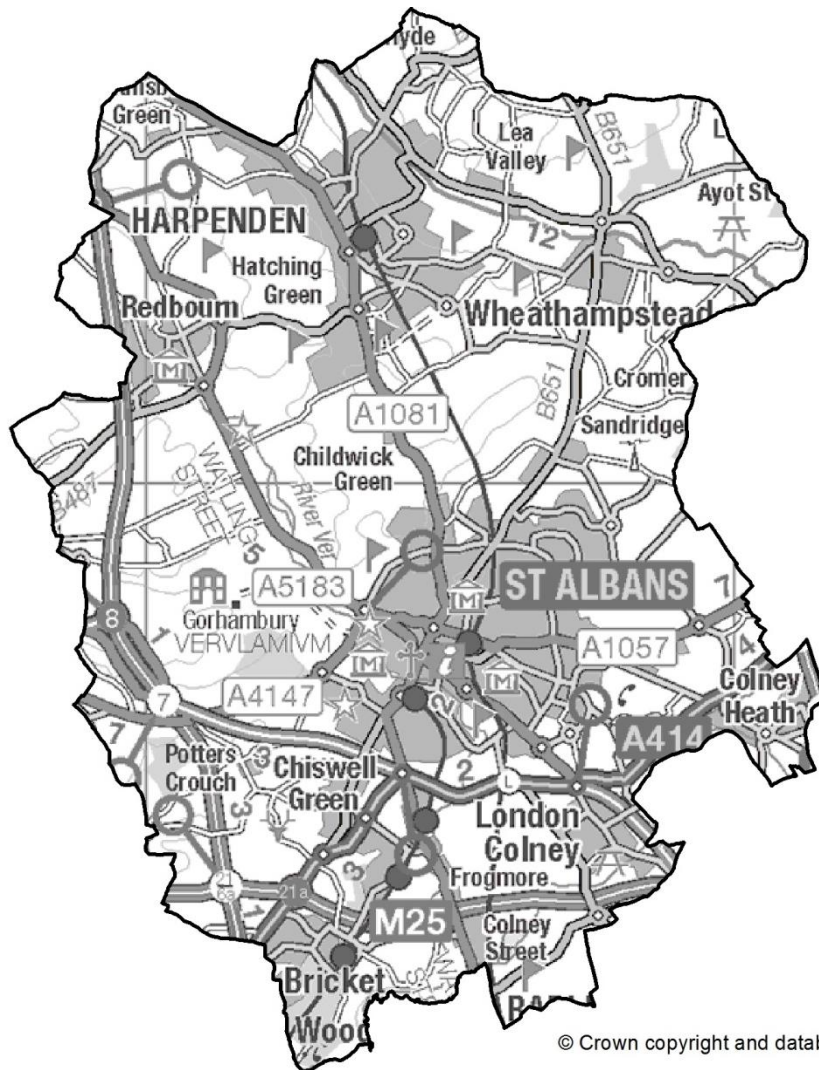
We Do Care	
<p>We Do Care are a specialist service offering community outreach support in the Hertfordshire area for young people and adults with learning difficulties or disabilities. We can provide support on a 1-2-1 basis or group activity sessions.</p>	
Opening Time – Contact Provider	Community Based
2 Fordwich Rise Hertford Hertfordshire SG14 2BE	https://wedocare.co.uk/
carolyn.wedocare@gmail.com	01992 422268

Supported Activities Programme	
<p>For adults who have a learning disability. Any level is catered for but those who require personal care or other 1 to 1 support bring their own carer. To provide access to activities and forge links with providers to encourage the ability to use the services in a safe environment for our members, with the intention of building their confidence and enabling them to integrate into the community. 2 or 3 activities per week, sometimes 4 – the type of activity ranges from something held in a community hall for just supported activity members to day trips and a holiday. The purpose is to promote different sport and leisure activities to enable adults with a learning disability to participate in activities they may not otherwise have access to. We aim to give members the chance to have fun, to socialise and make new friends, learn new skills, to build their self-esteem and reduce isolation.</p>	
Opening Time – Varied programme of 2 or 3 activities every week which can be offered daytime, evenings and weekends.	Site and Community Based
The Icknield Centre Icknield Way Letchworth Hertfordshire SG6 1EF	http://www.supportedactivities.org.uk/
office@supportedactivities.org.uk	01462 485534

Headway Hertfordshire	
<p>Services provide support for both those who have had a brain injury and also their carers. Long term rehabilitation for survivor of a ABI and carer support and education Peer support groups for carers and survivors HABIT – service for higher functioning individuals, targeted for those that want to get back to work Service split 50/50 between brain injury survivors and their carers/family Signposting, counselling and training Countywide 18 plus.</p>	
Opening times – Mon to Fri 9am- 5pm	Community based
Suite 4 34 Bancroft Hitchin Herts SG5 1LA	www.headway-herts.org.uk
john@headway-herts.org.uk	0300 330 1455

Oasis 2 Inclusion Academy Limited	
<p>Oasis 2 is a service for young learning/physically disabled adults to come and improve their independence skills to lead a healthy and active life, in an age appropriate, safe, caring environment. Our staff have many years of working in this field. Oasis 2 is a structured day ensuring the students are kept active and motivated</p> <p>Activities include: daily</p> <p>Help students to improve their communication and social skills etc</p> <p>Planning, budgeting, and shopping for lunch and preparing/cooking food with healthy eating a priority. Improving their kitchen skills such as washing and drying dishes/setting and clearing the table. Art and craft work such as drawing/painting/ceramics/practice reading, time and money skills/computer work</p> <p>Sports and exercise such as keep fit sessions/football/boccia/badminton</p> <p>Also, Voluntary work within the community /Fundraising for others/Support students to achieve their Duke of Edinburgh Award/Set students up with their own company where they design greetings cards, have them printed and gain work experience by selling their cards. Receive a wage for their work and split all the profit between them.</p> <p>Although we can have students who are wheelchair users we do have a disabled toilet but unfortunately no changing facilities. We also do not accept students with severe challenging behaviour -where they are a risk of harming others</p>	
Opening Times – Mon to Thurs 10am -3pm	Site based
Cottered Village Hall Cottered near Buntingford Herts SG9 9QR	www.oasisinclusionacademy.co.uk
liz@oasisinclusionacademy.co.uk	07742 969175

ST ALBANS



Services in St Albans

Hertfordshire County Council	St Albans Day Service
<p>At day service centres, lives and communities are connected through a range of exciting activities tailored to every person's needs.</p> <p>Day service provides a perfect place for people to experience fulfilling and active lifestyles by meeting like-minded people and joining in within their communities.</p> <p>It's this inclusiveness along with passionate and highly skilled staff that sees everyone who comes to day service leave with a smile on their face.</p> <p>Get in touch to book a visit or for more details.</p>	
Monday to Friday, 9am to 4pm	Site and Community Based
The Cunningham Hub 207 Cell Barnes Lane St Albans Herts, AL1 5PX	St Albans Day Service
stalbans.dayservice@hertfordshire.gov.uk	01727 841610

Camphill St Albans		Café on the Corner	
Supporting people to learn and develop skills within a cafe environment in the city centre of St Albans. Currently we do not support anyone with any personal care needs at the cafe.			
Opening Time – Contact Provider		Site Based	
39 Catherine Street St Albans Herts, AL3 5BJ		https://www.cvt.org.uk/communities/camphill-st-albans	
camphill.stalbans@cvt.org.uk		01727 811228	

Camphill St Albans		Seeds of Nurture	
Allotment project			
Opening Time – Contact Provider		Site Based	
Sandridge Road Allotment Site Marshall Avenue St Albans Herts, AL3 5HT		https://www.cvt.org.uk/communities/camphill-st-albans	
camphill.stalbans@cvt.org.uk		01727 811228	

Camphill St Albans		The Studio	
Supporting people to learn and develop skills within an artistic environment, this includes painting, card making, drawing, pottery, jewellery making and lino printing.			
Opening Time – Contact Provider		Site Based	
42-46 Adelaide Street St Albans Herts, AL3 5BH		https://www.cvt.org.uk/communities/camphill-st-albans/the-studio	
camphill.stalbans@cvt.org.uk		01727 811228	

Care For Freedom			
Community based social support service			
Opening Time – Contact Provider		Community Based	
Second Floor Front Office 12a Chequer Street St Albans Herts, AL1 3XZ		https://www.care4freedom.org/	
annie@care4freedom.org.uk		01727 834557	

Earthworks			
Provision of social and therapeutic horticulture/woodwork/country crafts			
Opening Time – Contact Provider		Site Based	
Hixberry Lane St Albans Herts, AL4 0TZ		http://www.earthworksstalbans.co.uk/	
bianca@earthworksstalbans.co.uk		07981 052248	

St Albans Mencap		Life Enhancers
<p>The Life Enhancers team specialises and provides community based support to adults who have difficulty accessing mainstream provision due to communication difficulties and / or behaviours that challenge. Each session will consider activities, duration and amount of sessions dependent upon the individual, their needs and care provision. All of these things will be discussed and agreed with the individual requiring the support, the people that care for them and their professional team.</p>		
Opening Time – Contact Provider	Community Based	
Unit 5, 181 Verulam Road St Albans Herts, AL3 4DR	http://www.stalbansmencap.org.uk/life-enhancers/4570422848	
amyandrews@stalbansmencap.org.uk	07979 612363	

St Albans Mencap		Pick and Mix
<p>Pick and Mix provides adults with varying levels of learning and physical disabilities with a selection of social and recreational activities from which to choose. Pick and Mix also provides an excellent opportunity to make new friendship groups. Examples of activities include cookery, trampolining, cinema, drama, seaside visits and research projects.</p>		
Monday - Saturday	Site & Community Based	
Unit 5, 181 Verulam Road St Albans Herts, AL3 4DR	http://www.stalbansmencap.org.uk/pick-n-mix/4570420337	
amyandrews@stalbansmencap.org.uk	01727 863813	

Trinity Community Project		
<p>For those with a learning disability and/or mental health issue. We support those with mild to moderate needs and aged from 18-99. We provide day opportunities which promote independence, social inclusion and healthy living. Within our services we deliver: life skills workshops (budgeting, cookery, communicating with others) wellbeing workshops (mindfulness, managing stress, exercise for relaxation), healthy living activities (nutrition workshops, sports sessions, cooking) and day trips and community activities. We work with other local organisations such as the friendship scheme, Pioneer Approaches and Mind in Mid Herts to best meet the communities' needs.</p>		
Open five days a week from 9am to 5pm	Site based	
Trinity United Project 1 Beaconsfield Road St Albans Herts, AL1 3RD	http://www.trinitycp.org.uk/	
Trinityprojectmanager@gmail.com	01727 838 671	

1 Life	Passport to Leisure										
<p>Passport to Leisure is a local project which supports adults with learning disabilities to access and integrate with the community through a variety of leisure and sporting activities. The emphasis of the project is for the members to have fun with friends in a supportive environment, where independence is encouraged and promoted. A programme of events is produced and sent out every 3 months with a wide variety of trips and activities to suit people's different interests, abilities and needs. Most of the trips include some of the following;</p> <table> <tr> <td>Wildlife Parks</td> <td>Stately homes</td> </tr> <tr> <td>Parks or Gardens</td> <td>Bowling</td> </tr> <tr> <td>Cinema</td> <td>Pub Lunches</td> </tr> <tr> <td>Community events and shows</td> <td>London attractions</td> </tr> <tr> <td>Snooker</td> <td>Gym sessions</td> </tr> </table>		Wildlife Parks	Stately homes	Parks or Gardens	Bowling	Cinema	Pub Lunches	Community events and shows	London attractions	Snooker	Gym sessions
Wildlife Parks	Stately homes										
Parks or Gardens	Bowling										
Cinema	Pub Lunches										
Community events and shows	London attractions										
Snooker	Gym sessions										
Mostly weekends	Community Based										
St Albans District Council St Peter's Street St Albans AL1 3JE	https://www.1life.co.uk/										
salpi@1Life.co.uk	07762 595936										

1 Life	Special Olympics
<p>Special Olympics St Albans (SOSA) provides sporting opportunities for those aged 8 years and over with a learning disability. It is also a great opportunity for you to establish new friendships with other families, SOSA athletes and the community. SOSA aims to support athletes in building confidence, self-esteem and skill levels as well as training with and competing against other athletes in local, regional and national Special Olympic events.</p>	
Opening Time – Contact Provider	Site Based
St Albans District Council St Peter's Street St Albans AL1 3JE	https://www.specialolympics.org/programs/europe- eurasia/great-britain
susi.williams@1life.co.uk	01727 819422

STEVENAGE



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Services in Stevenage:

Hertfordshire County Council	Stevenage Day Service
<p>At day service centres, lives and communities are connected through a range of exciting activities tailored to every person's needs.</p> <p>Day service provides a perfect place for people to experience fulfilling and active lifestyles by meeting like-minded people and joining in within their communities.</p> <p>It's this inclusiveness along with passionate and highly skilled staff that sees everyone who comes to day service leave with a smile on their face.</p> <p>Get in touch to book a visit or for more details.</p>	
Monday to Friday, 9am to 4pm	Site and Community Based
Leyden House Leyden Road Stevenage Hertfordshire SG1 2BP	Stevenage Day Service
leydenhouse.dayservice@hertfordshire.gov.uk	01438 314181

Hertfordshire County Council	Stevenage Resource Centre
<p>A day service for adults with physical and learning disabilities.</p> <p>At day service centres, lives and communities are connected through a range of exciting activities tailored to every person's needs.</p> <p>Day service provides a perfect place for people to experience fulfilling and active lifestyles by meeting like-minded people and joining in within their communities.</p> <p>It's this inclusiveness along with passionate and highly skilled staff that sees everyone who comes to day service leave with a smile on their face. Get in touch to book a visit or for more details.</p>	
Monday to Friday, 9am to 4pm	Site and Community Based
Chells Way Stevenage Hertfordshire SG2 0LT	Stevenage Resource Centre
stevenage.daysservice@hertfordshire.gov.uk	01438 725820

Rural Care	Ardley
<p>Rural Care provides training and work experience for people with learning disabilities and/or mental health issues in a supportive and caring environment on a fully working farm.</p> <p>Low support needs people get involved in activities with 1 member of staff to 4 co-farmers, medium support needs in groups of 3:1 and many people access the service on a 1:1 basis.</p> <p>Activities include:</p> <ul style="list-style-type: none"> Collecting and sorting eggs and looking after chickens All aspects of looking after livestock including sheep, alpaca's, rabbits and guinea pigs as well as feeding cows and pigs. This includes lambing Maintenance and woodwork around the farm Horticultural activities like sowing seeds, potting up, planting, weeding, digging on our allotment or wider farm, Conservation work like coppicing and planting trees Craft making for sale Helping in the café and shop 	
Opening Time – Mon to Fri 10am to 3pm.	Site Based
Church Farm Ardeley Hertfordshire SG4 0HS	https://www.churchfarmardeley.co.uk/education-care/rural-care
ruralcareinfo@churchfarmardeley.co.uk	01438 861447 – 07507 890245

We Do Care

We Do Care are a specialist service offering community outreach support in the Hertfordshire area for young people and adults with learning difficulties or disabilities. We can provide support on a 1-2-1 basis or group activity sessions. Areas covered: Hertford, Hoddesdon, Cheshunt, Hemel Hempstead, Hatfield, Welwyn, Stevenage, Letchworth

Opening Time – Contact Provider

Community Based

2 Fordwich Rise
Hertford
Hertfordshire
SG14 2BE

<https://wedocare.co.uk/>

carolyn.wedocare@gmail.com

01992 422268

Herts Independent Social Support

The service we offer provides social interaction for people with moderate to severe mental health problems while following a recovery model promoting a culture of self-reliance and independence.

Opening times - Mon to Fri 9-5

Community based

Business and Technology Centre
Bessemer Drive
Stevenage
Herts SG1 2DX

www.hertsiss.org

support@hertsiss.org

01438 906123

WATFORD



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Services in Watford:

Hertfordshire County Council	Watford Day Service
<p>At day service centres, lives and communities are connected through a range of exciting activities tailored to every person's needs. Day service provides a perfect place for people to experience fulfilling and active lifestyles by meeting like-minded people and joining in within their communities. It's this inclusiveness along with passionate and highly skilled staff that sees everyone who comes to day service leave with a smile on their face. Get in touch to book a visit or for more details.</p>	
Monday to Friday, 9am to 4pm.	Site and Community Based
65 Queens Road Watford Hertfordshire WD17 2QN	Watford Day Service
balmoral.dayservice@hertfordshire.gov.uk	01923 441200

Camphill Village Trust		Delrow Community	
Site based education, work and leisure activities			
Opening Time – Contact Provider		Site Based	
Delrow Community Hilfield Lane Watford Herts, WD25 8DJ		https://www.cvt.org.uk/communities/delrow-community	
delrow.office@cvt.org.uk		01923 856006	

Inspiring Progress CIC			
Our services are geared at people with social communication issues such as those associated with autism spectrum disorder and include the following –			
<ul style="list-style-type: none"> • ONLINE and face to face life development coaching for young people and adults • ONLINE & Face to Face family centred social communication skills training intervention for parents & carers • Social communication skills training clubs for young people and adults • Employment support interventions • ASD/Social Communication skills training workshops for professionals 			
Opening Time – Contact Provider		Online / face to face	
16 Islay House Scammell Way Watford Herts, WD18 6GD		http://www.inspiringprogress.org.uk/	
inspiringprogress@outlook.com		07717 844966	

Watford Mencap			
This service enables children and adults with a learning disability to be part of their local community, whether enjoying local leisure activities or supporting people to live independently. It focuses on providing a person centred service, promoting independence and encouraging people to gain skills.			
Opening Time – Contact Provider		Site and Community Based	
The Old Town Hall 105 High Street Rickmansworth Herts, WD3 1AN		http://www.watfordmencap.org.uk/	
admin@watfordmencap.org.uk		01923 713 620	

Watford Sheltered Workshop

Watford Workshop provides Day Opportunities for Work Experience and Training. It has been established for over 40 years and has a high reputation within the area.

The Workshop is suitable for people of working age with a learning difficulty or disability who wish to attend up to nine sessions per week and experience the world of work, and who will enjoy working alongside other disabled people on a variety of tasks.

The **work skills** service is suitable for 18+ year old people with disabilities (including learning difficulties) who wish to experience the world of work and will enjoy working alongside other disabled people on a variety of packing and assembly tasks.

The **training** service is also suitable for those who wish to undertake training in literacy, numeracy, money management, cookery, wellbeing, personal hygiene, home management and IT.

Work Skills

Objectives: to develop the person's ability to operate effectively in a workplace environment, increasing their skills, confidence, independence and self-worth.

Activities: Packing and assembly of retail products, work based training.

Outcomes: Improved quality of life and health; delaying and reducing the need for care and support; developing existing skills and learning new skills; improved health & safety and fire safety; improving social skills by making new friends and taking part in social activities; increased emotional wellbeing, personal dignity and pride; improving safeguarding both in the Workshop and outside through ongoing contact with the management team, tutors and volunteers.

Training

Objectives: to develop the person's self-confidence in the community by improving their literacy, numeracy, money management, cookery, wellbeing, personal hygiene, home management and IT.

Activities: Training conducted by qualified tutors either in a group session or one to one.

Outcomes: Increased independence and ability to play a more active role in the community through enhanced interpersonal skills and self-confidence; improved health, wellbeing and personal hygiene; reduced need for support from social services; improved control over finances; improved healthy living, health & safety, fire safety; improved IT skills to enable access to information; confidence and skills to move into independent living.

Opening Time – Mon-Thurs 0830-4pm
Fri – 0830-1pm

Site Based

Century Park
Dalton Way
Watford
Herts, WD17 2SF

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

linda@watfordworkshop.co.uk

01923 220256

Disability Recreation Unity Movement (DRUM)

A user led group providing activities, services and support to adults with physical and/or sensory disabilities living in South West Hertfordshire. Daily activity sessions are held and include art and creative crafts, sculpture, textiles, ceramics, sport, yoga, tai chi and dance.

Opening Time – Contact Provider

Site Based

Parkgate Youth & Community Centre
Southwold Road
Watford
Herts, WD24 7DN

<http://drum.btck.co.uk/>

drumwatford@btinternet.com

01923 442114

Watford Library Café

The Café in the Library is a way for Watford Mencap to provide support and services to people with a learning disability and to their families in Watford, Three Rivers and Hertsmere. It is also a mentoring and supporting trainees to learn and develop new skills in catering, customer services and hospitality.

Opening Time – Mon-Fri 9:30-5pm

Site and Community Based

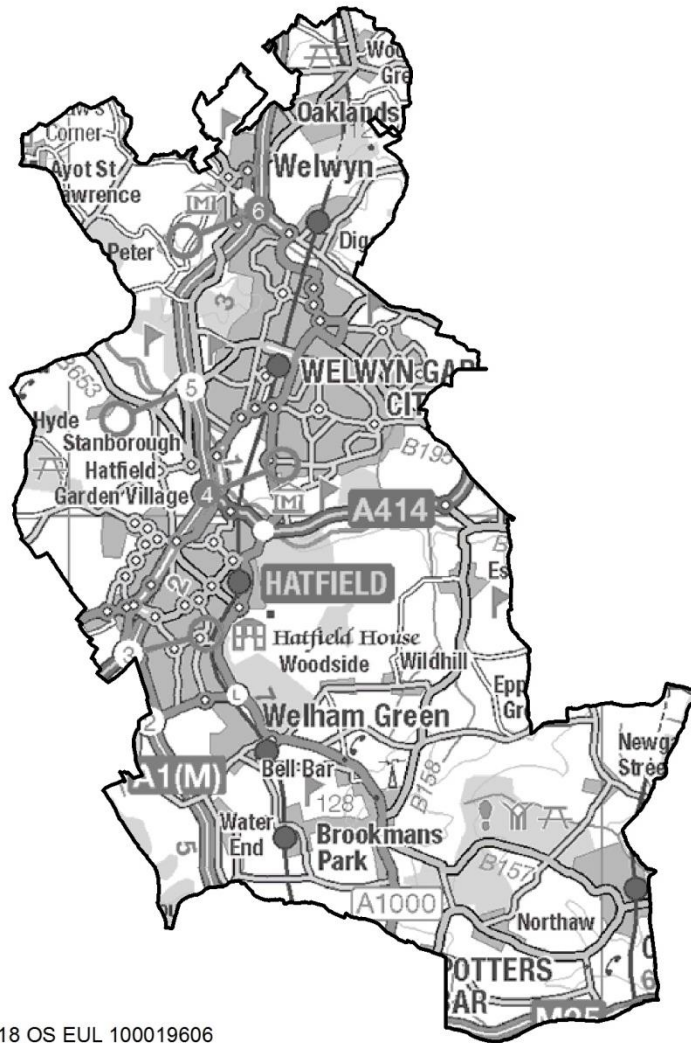
Watford Central Library
Hempstead Road
Watford, WD17 3EU

<http://www.watfordmencap.org.uk/>

admin@watfordmencap.org.uk

01923 713 620

Welwyn / Hatfield



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Services in Welwyn / Hatfield:

Hertfordshire County Council	Garden City Day Service
<p>At day service centres, lives and communities are connected through a range of exciting activities tailored to every person's needs.</p> <p>Day service provides a perfect place for people to experience fulfilling and active lifestyles by meeting like-minded people and joining in within their communities.</p> <p>It's this inclusiveness along with passionate and highly skilled staff that sees everyone who comes to day service leave with a smile on their face.</p> <p>Get in touch to book a visit or for more details.</p>	
Monday to Friday, 9am to 4pm	Site and Community Based
108 Ludwick Way Welwyn Garden City Hertfordshire AL7 3QE	Garden City Day Service
gardencity.dayservice@hertfordshire.gov.uk	01707 373259

Hertfordshire County Council		Welwyn & Hatfield Day Service	
<p>At day service centres, lives and communities are connected through a range of exciting activities tailored to every person's needs. Day service provides a perfect place for people to experience fulfilling and active lifestyles by meeting like-minded people and joining in within their communities. It's this inclusiveness along with passionate and highly skilled staff that sees everyone who comes to day service leave with a smile on their face. Get in touch to book a visit or for more details.</p>			
Monday to Friday, 9am to 4pm		Site and Community Based	
Multiple sites – please see website for more details		Welwyn and Hatfield Day Service	
hornbeams.dayservice@hertscc.gov.uk		01992 531914	

Hands on Day Centre Ltd			
<p>Help individuals 18+ to achieve their personal goals and promote independence to improve their lives, communication, interacting in activities and learning skills.</p>			
Opening Time – Contact Provider		Site and Community Based	
North Mymms Cricket Club Welham Green North Mymms Park Brookmans Park Hatfield AL9 7TR		http://handsondaycentre.co.uk/	
info@handsondaycentre.co.uk		07947 833852	

St John of God		Digswell	
<p>The focus of Digswell is to support people to work in a supportive but real work environment offering training and work experience.</p>			
Opening Time – Contact Provider		Site Based	
Digswell Community & Gardening Project, B197 Old Great North Road, Welwyn Garden City, Herts, AL8 7SR		http://www.digswell.org.uk/	
digswell@sjog.org.uk		01707 334076	

St John of God		LEO's
<p>LEOS at Digswell offers people the chance to gain work experience in three main areas:</p> <ol style="list-style-type: none"> 1. Horticulture – work in the nursery growing plants, watering them and learning how to look after them. 2. Retail – work in the shop to gain experience in selling plants and gifts, dealing with customers, using the till and money, working in the café. 3. Maintenance – learning how to use tools, maintain them and fix them, make furniture and maintain the grounds of the nursery. There is also an opportunity to gain qualifications in these areas. 		
Opening Time – Contact Provider	Site Based	
Woodhall Community Centre Mill Green Road Welwyn Garden City Hertfordshire AL7 3XD	https://www.saintjohnofgod.org/	
robertlocke@sjog.org.uk	01707 258735	

We Do Care	
<p>We Do Care are a specialist service offering community outreach support in the Hertfordshire area for young people and adults with learning difficulties or disabilities. We can provide support on a 1-2-1 basis or group activity sessions. Areas covered: Hertford, Hoddesdon, Cheshunt, Hemel Hempstead, Hatfield, Welwyn, Stevenage, Letchworth.</p> <p>We Do Care promotes and provides a healthy, active and social offering of 121 support, social events, evening activities (over 18 years), volunteer activities, holidays, small friendship groups and specialist support.</p> <p>Purpose of the service is to enable clients to interact, learn to and interpret social interactions, learn awareness of travel, awareness of finances, and social awareness. Young people and their families can find it difficult and challenging when moving away from the college environment and we are there to provide the support to enable them to make friends and inroads to eventually gain employment or a fulfilling volunteering role.</p>	
Opening Time – Mon to Fri	Community Based
2 Fordwich Rise Hertford Hertfordshire SG14 2BE	https://wedocare.co.uk/
carolyn.wedocare@gmail.com	01992 422268, 07736 120438

The Shaw Trust Ltd. Harrow Middlesex	
<p>Cater for all adults with Learning Disabilities and those on the Autistic Spectrum. Accept all Hertfordshire referrals that pass our referral policy. Work in a group at a ratio of 1:5, small group working 1:3 and 1 to 1. 2 sites in Harrow have a Horticultural theme, offering skills in Horticulture, travel training and work skills. Alongside this we attend events in the community such as Art, needlework, dancing and exercise, i-Pad training and photography. These are fully supported by the staff team to encourage travel and independence.</p>	
Opening Time – Mon-Fri	Site based in Harrow. Open to anyone who can travel to them.
The Nurseries Clamp Hill Stanmore Middlesex HA7 3JS	www.shaw-trust.org.uk
Shelis.clements@shaw.trust.org.uk	0208 9544287