

# Sele Community Project

NEWSLETTER

Issue 3 - November 2023

*This edition has been funded by the Sele Community & Active Local Project*

## NEWSLETTER HIGHLIGHTS

Sele Community & Active Local Project

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Sele Ward Neighbourhood Association

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Sele Farm Community Centre

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Hertford Wellbeing Hub

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Active Local

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Hertford Community Church Carol Service

## TIME FOR OUR THIRD ISSUE



*We're so pleased to deliver our third issue of the SCP newsletter, containing a whole host of local information - from festive events taking place, to updates on the Sele Ward Neighbourhood Association activities. We hope this newsletter will help you get the best out of your community.*

To feature in the next Sele Community Project newsletter, please contact  
**Abby Bambury - Physical Activity Project Officer (Hertford Wellbeing Hub):**  
+44 (0)7932 744 630 | [abby.bambury@aitc.org.uk](mailto:abby.bambury@aitc.org.uk)



# SELE COMMUNITY & ACTIVE LOCAL PROJECT

Hertfordshire County Council set out to pilot two Place Based Approaches as part of the councils Whole Systems Obesity programme of work. The purpose for trialling this approach was to identify whether this could be an effective way to support healthy weight in areas of greatest need.

The Sele Community Project (SCP) was one of these pilot areas. SCP had two phases; the first phase set out to engage the local Sele community to better understand local issues and develop local solutions. This phase was incredibly successful as the project team was able to engage the local community through the SCP residents survey and the Come & Try Event hosted on the 28th of April 2022. These engagement events enabled the project team to identify several activities and options to take forward into phase two.

Phase two of the project remains ongoing and among other outcomes has focused on promoting, boosting the attendance, and improving the sustainability of all activities currently available to Sele residents. Two community focused events held in January 2023 involved the residents in further engagement tasks influence the delivery of these activities. An additional key strength of phase two meant the SCP project combined with the Herts Sports Partnership successful Active Local programme. This project is now known as the **Sele Community and Active Local Project**, bringing together the combined expertise of Active in the Community, East Herts Council and HSP. An early project success saw the development of the SCP activity finder which ensured residents were able to identify available classes that cater to different interests. Sele School has summarised below some of the successes to date:

*“At The Sele School we have been delighted to be part of the Sele Community Project, which has helped to bring together a number of groups and organisations which together provide various activities in the Ward. The Project has also promoted new activities and opportunities for local residents and has worked hard to ensure that information about the many options things to do in this part of Hertford is available to all.”*

Hertfordshire County Council is also particularly excited about the development and upcoming launch of the new SCP Activity Trail. This will allow residents of all ages and abilities to explore the areas assets and learn about the history of their local community, all while benefiting from being physically active. We look forward to seeing how the SCP continues to benefit Sele in the years to come.



# SELE WARD NEIGHBOURHOOD ASSOCIATION

Here at the Sele Ward Neighbourhood Association, we plan to become a truly inclusive, engaging with residents all over the Ward; we are particularly reaching out to the Campfield Road area, which is under-represented. We are purely a voluntary organisation, so if you would like to get involved or volunteer to help, please contact [admin@seleward.co.uk](mailto:admin@seleward.co.uk). Hertford Town Council and EHDC have assisted us with grants, however we now need support from residents to continue our work through donations. Donations can be made via our website - [www.seleward.co.uk](http://www.seleward.co.uk)

Activities we are working towards include:

- Enforcement of the 20mph zone on the estate and reduce speeding on Welwyn Road.
- Repainting of zebra crossing outside the Sele school.
- Replanting of damaged trees on the estate and in the orchard,
- Replacement of vandalised street signs

In addition to these activities, the Sele Ward Neighbourhood Association's main focus has been on the proposed development of 342 homes on the Archer's Spring site. Following two public meetings, which included our councillors and representatives from the developer, we have submitted a detailed objection highlighting non-compliance with the Sele Neighbourhood Plan. We are now awaiting a date for the development committee meeting from EHDC. For more information concerning this planning application, our objection letter, and a link to the council planning website visit - [www.seleward.co.uk](http://www.seleward.co.uk) - here you can also make your own comments and objections should you wish.

## Sele Ward Neighbourhood Association Committee:

**Chair:** Adam Leaf | **Secretary:** Sophie Bruton | **Treasurer:** Don Ramsay  
**Committee Members:** Deborah Akers, Mary Brady and Sidney Williams

# SELE FARM COMMUNITY CENTRE GOES GREEN!

Over the past month, solar panels and a new heat pump have been installed to replace the old gas boiler. The installation will not only save energy, but will make the centre warmer and keep our costs down - meaning we can keep our rates low.

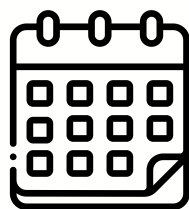
To celebrate this, we'll be holding an Open Day and Christmas Bazaar on Saturday 2nd December, from 10:00 - 12:00, where you can visit the centre, see some of our activities and enjoy tea or coffee and some cake. We hope to see you there.

For more information visit our website - [www.selefarmcommunitycentre.uk](http://www.selefarmcommunitycentre.uk)

# Hertford Wellbeing Hub

THE HERTFORD WELLBEING HUB HAS MANY PHYSICAL ACTIVITY AND SKILL SESSIONS ON OFFER, FOR A WHOLE HOST OF INDIVIDUALS

## SESSION CALENDAR



### MONDAY

**Fun Fit Seated** with Ana Rodriguez - *a seated movement class for adults who need assistance from a chair to exercise*

11:45hrs - 12:30hrs | £5.00 per session | [anarodriguez.fitness@gmail.com](mailto:anarodriguez.fitness@gmail.com)

**Bereavement Cafe** with volunteers from Holy Trinity Church - *a place to meet and connect with others who have had similar experiences to their own*

15:00hrs - 16:30hrs | Free | [info@parishofbengeo.com](mailto:info@parishofbengeo.com)

SECOND MONDAY OF EVERY MONTH

### TUESDAY

**Mixed ability pilates** with Gill at Pickles Pilates - *classes are suitable for people experiencing whole host of conditions, including but not limited to; Fibromyalgia, arthritis, joint issues and post stroke recovery*

10:30hrs - 11:15hrs | £5.00 per session | [picklespilates@gmail.com](mailto:picklespilates@gmail.com)

**Baby signing class** with Jenny at TinyTalk - *classes are suitable for little ones from newborn to two years*

11:45hrs - 12:45hrs | £7.00 per family | [jennylittlewood@tinytalk.co.uk](mailto:jennylittlewood@tinytalk.co.uk)

### THURSDAY

**Movement for Memory** with Imagination Dance - *gentle, dance based classes for those living with cognitive impairment or memory loss. Perfect for individuals with dementia, Parkinson's or MS*

13:30hrs - 15:00hrs | £2.00 donation | [hannah.imaginationarts@yahoo.com](mailto:hannah.imaginationarts@yahoo.com)



# HERTFORD WELLBEING HUB SESSION CALENDAR

## THURSDAY (continued)

**Imagine and Move** with Imagination Dance - *sensory movement class working on social skills and self and spacial awareness for those aged 3+ with additional needs*  
15:45hrs - 16:10hrs | £4.50 per session | [hannah.imaginationarts@yahoo.com](mailto:hannah.imaginationarts@yahoo.com)

**Magic Movers** with Imagination Dance - *creative dance class working on confidence and social skills for those aged 7+ with additional needs*  
16:10hrs - 16:50hrs | £6.50 per session | [hannah.imaginationarts@yahoo.com](mailto:hannah.imaginationarts@yahoo.com)

**Reiki & Spiritual Intelligence Workshop** with Savanna Purewal at Essence of Light - *offering treatments in Reiki (Usui / Holy fire / Angelic / Drum), Crystal Healing, Rites of the Munay Ki, 13th Rite of the Womb, and courses in Reiki (Holy Fire)*  
19:30 - 21:00hrs | £11.50 per session | [savanna@essenceoflight.co.uk](mailto:savanna@essenceoflight.co.uk)  
*THIRD THURSDAY OF EVERY MONTH*

## FRIDAY

**Sele Stay and Play** - *toddler group - all welcome*  
09:00hrs - 10:30hrs | Free | [ali@hertfordcommunitychurch.org](mailto:ali@hertfordcommunitychurch.org)

## SATURDAY

**Children's Yoga Class** with Tammy at Happy Little Yogi - *for ages 2 to 8, focusing on; yoga, mindful meditation, movement, breathing, memory, sound, sensory and relaxation*  
10:30hrs - 11:15hrs | £6.00 if pre-booked, £7.00 drop in | [tammy@happylittleyogi.com](mailto:tammy@happylittleyogi.com)



TO ENQUIRE ABOUT ATTENDING OR  
RUNNING A SESSION AT THE  
**HERTFORD WELLBEING HUB**,  
PLEASE CONTACT ABBY, OUR AITC  
PHYSICAL ACTIVITY PROJECT  
OFFICER:

[ABBY.BAMBURY@AITC.ORG.UK](mailto:ABBY.BAMBURY@AITC.ORG.UK)  
+44 (0)7932 744 630





For more information, contact  
your Active Local Officer:  
**Viki Huszar**  
[v.huszar@herts.ac.uk](mailto:v.huszar@herts.ac.uk)

# ACTIVE LOCAL SELE FARM

Active Local is Herts Sport & Physical Activity Partnership's collaborative place-based initiative.

Herts Sport & Physical Activity Partnership seek to use sport and physical activity to address inactivity, social disadvantage, and health inequalities within selected communities.

Across the team, Active Local officers have completed an in-depth mapping of their areas and have access to **Local Insight**, a platform that can provide the latest data and analysis for communities and wards such as jobs and economy, population, services and housing.

In Sele, your local officer is Viki Huszar - contact Viki if you would like to know more about what's on in your area.

## Community Carol Service

Sunday 10<sup>th</sup> December



10:30am to 11:30am at Sele Farm Community Centre



Mince pies & refreshments



Christmas crafts



**EVERYONE IS WELCOME!**

Hosted by Hertford Community Church