

Cowley Hill Partners July 2023

Active Local is Herts Sport & Physical Activity Partnership's (HSP) collaborative place-based initiative. It supports targeted communities in highlighting their strengths, responding to local needs and identifying where support, intervention or extra capacity could help create a more joined-up approach to tackling inactivity.

Find out what's happening in Cowley Hill

Back 2 Bowls



Come and try the new Back2Bowls project! Free and open to all, so why not bring a friend or make some new ones?

No previous experience is needed and equipment will be provided. During the session, you will be given techniques and tips to play.

Refreshments and some fun extra activities will be available for you to try out too!

For more information or to book your place, contact community.services@hertsmere.gov.uk or call 0208 207 7801

Aberford Park Community Centre Aberford Road Borehamwood WD6 1PN
Wednesday's 1pm to 3 pm

Hertfordshire Health Walks Comes to Cowley Hill



These First Step walks start at 11am every Monday (excluding bank holidays) and are suitable for pushchairs and wheelchair and buggy users. Refreshments are available after in the church hall.

The walking group meets at **St Michael & All Angels Church**, 142 Brook Rd, Borehamwood WD6 5EQ.

**First time walker?
Register here!**



Weekly Chatter Tables

Chatter Tables offers residents the chance to chat over free food and drink and get involved with a range of social activities. Chatter Tables is free of charge and runs every Monday except bank holidays from 1.30pm – 3pm at St Michael's and All Angels Church on Brook Road in Borehamwood.



What do you think about local voluntary and community services?

On behalf of Hertfordshire County Council, we want to hear about your views and experiences. Whether or not you use these services – we want to hear from you.

Share your views and experiences in our survey:

<https://www.surveymonkey.co.uk/r/VolComServices>

Free Summer Activities

8 - 12 Years

Topkidz Camp - Includes Free Hot Meal and Snacks!

24th to 28th August - 9:30 am to 14:30 pm
 Kenilworth School, Kenilworth Drive, Borehamwood
 Tennis, Football, Arts & Crafts, Planting, Cookery, Healthy and nourishing meals and snacks, visits from public service providers, Board games, outdoor team games, inflatables and a picnic on the last day.

Tech Camp - Includes Free Hot Meal and Snacks!

14th to 28th August - 9:00 am to 1:00 pm & 12:00 pm to 4:00 pm
 Habs' Girls' School Elstree, Borehamwood WD6 3BT
 Exploring Engineering, Circuitry, Gamified Learning, Coding, and more. Physical activity included.

Mad Science - STEM Camp - Includes Free Hot Meal and Snacks!

31st July to 18th August - 9:30 am to 4:00 pm
 Cranborne Primary School, Laurel Fields, Potters Bar
 Mad Science holiday camps are full of hands-on, science exploration. Each week we will focus on a different group of exciting topics covering Chemistry, Engineering & Technology with every week.

PSD Funweeks - Includes Free Hot Meal and Snacks!

4th to 27th July & 7th August to 10th August - 9:00 am to 3:00 pm
 Cranborne Primary School, Laurel Fields, Potters Bar, Hertfordshire EN6 2BA
 Discover new sports and develop skills in a range of activities such as tennis, dodgeball, basketball, hockey, football, archery and cricket to name just a few!

Zenith Trampoline Club - Includes Free Hot Meal and Snacks!

9th to 28th August - 10:00 am to 2:00 pm
 Learn new skills on our full-size Olympic trampolines whilst making new friends and meeting up with old ones. There will be fun and games during free time. We will go to the park and play basketball (weather permitting). There will be lots of arts and crafts such as origami, scratch art, matchstick men, making keyrings, bookmarks and much much more.

Sporting Inspirations – Get Active this Summer

8th-10th August & 15th-17th August & 22nd-24th August- 10:30 am to 12:30 pm
 Meadow Park, Meadow Road, Borehamwood, WD6 1TL
 Activities include Rounders, Dodgeball, Handball, Football, Uni-Hockey, Volleyball, Kwik Cricket, and lots more.
 For further details and booking, please contact Tariq Tel: 07947455388 Email: Tariq.sportinginzpiratjos@gmail.com



For help booking
Call: 01707 284229
Email: haf@herts.ac.uk



12 - 16 Years

Services for Young People Holiday Activity Programme - Includes Free Hot Meal and Snacks!

Monday 24th July to Friday 11th August - 12pm - 4pm
 Borehamwood Youth FC, 82 Aycliffe Road, Borehamwood, WD6 4JW ans Potters Bar
 Young Peoples Centre
 363 Mutton Lane, Potters Bar, EN6 3BP

Services for Young People Holiday Activity Programme - Includes Free Hot Meal and Snacks!
 Fun physical activities such as sports, dance and team games, creative activities such as music production, cooking, arts and crafts.

Sporting Inspirations – Get Active this Summer

8th-10th August & 15th-17th August & 22nd-24th August- 1pm - 3 pm
 Meadow Park, Meadow Road, Borehamwood, WD6 1TL
 Activities include Rounders, Dodgeball, Handball, Football, Uni-Hockey, Volleyball, Kwik Cricket, and lots more.
For further details and booking, please contact Tariq Tel: 07947455388 Email: Tariq.sportinginzpiratjos@gmail.com



More Information



Charlotte Stringer



Active Local Officer for Cowley Hill



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Moving More Activity Finder



Accessible, Affordable, Appropriate