

What's on Where

Oct - Dec 2026

Activities & Groups in North Herts & Stevenage

Caremark North Herts & Stevenage
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Managing Directors Message

Welcome to the latest edition of our What's on Where Guide.

The guide is designed to support individuals who may benefit from accessible, inclusive, and community-based activities. This includes people living with conditions such as dementia, Parkinson's, reduced mobility, sensory impairments, and other long-term or age-related health needs. Not limited to age related conditions, it will benefit those who may be socially isolated or looking to build connections within the local community.



We are always looking for ways to improve our service to clients, and this guide is one of those ways. Our team can help clients access activities and events that match their interests, and encourage them to get more involved in their local community. Whether it's trying something new, meeting people, enjoying a hobby or simply having a great day out, we are here to help make those opportunities accessible and enjoyable.

Dapo Shonola,
Managing Director,
Caremark North Herts and Stevenage.

Slipper Swap Autumn 2026: Falls Prevention in Hertfordshire Libraries

Slipper Swap events help reduce preventable trips and falls of offer older residents, people with mobility difficulties, and those living with disabilities. It offers the opportunity to exchange worn or unsafe slippers for a **free pair of new anti-slip slippers**.

Visitors can enjoy a cup of tea and chat with an occupational therapist and a range of community partners, who are available to share practical advice, support and information on staying safe and well.

There is no need to book. Residents, carers, family members and support workers are warmly invited to drop in and take part.



Dates and Location of Slipper Swaps

Rickmansworth Library on Tues 20th Oct 2026, 10am – 1pm

Royston Library on Fri 6 Nov 2026, 10am – 1pm

Bishops Stortford Library on Thurs 12 Nov 2026, 10am – 1pm

Letchworth Library on Wed 18 Nov 2026, 10am – 1pm

Tring Library on Tues 24 Nov 2026, 10am – 1pm

Hoddesdon Library on Thurs 3 Dec 2026, 10am – 1pm

Across Stevenage & North Hertfordshire

Hertfordshire Disability Sport Foundation Variety of sports activities for people with disabilities in Hertfordshire. Activities are adapted to suit the needs of the participants. See their website for suitable activities and events. <https://hdsf.co.uk/>



Hertfordshire Health Walks - Across Hertfordshire for various abilities. See the website to find a suitable walk in your area. Hertfordshire Health Walks Website



Ramblers North Hertfordshire Friendly group encouraging walking and social activities. <https://www.nhrhg.org.uk/>

Ramblers Herts Dog Friendly Dog Walkers A dedicated programme of walks, all of which are dog friendly for anyone with or without a dog. <https://www.hdfw.org.uk/>



Over 60's Friendship Group - Regular meet ups across Baldock, Hitchin, Letchworth, Stevenage, Baldock. www.friendshipover60s.co.uk
www.facebook.com/friendshipover60s



Knebworth

Monthly Carers' Café - Free monthly support group on the last Wednesday of each month 2-4pm. Knebworth Care Home, Woolmer Green. A friendly environment to share stories, ideas, listen to guest speakers, relax and have a break.
Tel: 01438 894386 / Email Paula Brown at paula.brown@careuk.com

Physiotherapy Class - 3rd & 17th August 10-11am. Knebworth Care Home, Woolmer Green.

Join Daniel, a qualified physiotherapist, for a bi-weekly class of seated strengthening and standing balance routines to help keep you mobile.
Tel: 01438 894386 / Email Paula Brown at paula.brown@careuk.com

Age UK's 10-3 Clubs: Knebworth

Weekly club 10:am to 3:00pm. Includes a hot lunch, games and quizzes. Wednesdays, Deanscroft Lytten Fields, Knebworth SG3 6BD. E: sam.donohoe@ageukherts.org.uk T: 07964 827016. £16.50 per visit. <https://www.ageuk.org.uk/hertfordshire/activities-and-events/>.

Stevenage

The Red Shed offers 4 **dementia** related activities:

Weekly Garden Club Activities for people living with dementia and their carers. Clubs run each day of the week and are fully funded, however booking is essential. Contact kayleigh@theredshedgarden.org.uk. St Joseph's Church Hall, Bedwell Crescent, Stevenage. SG1 1PA.

Carer's Cafe - Free drop in sessions held on the first Tuesday of every month. 10:30am to 12:00pm. Time out for carers looking after people with dementia. Get support and advice from Memory Support Hertfordshire.

Friendship Group - For older people to get out, meet new friends and enjoy a variety of gardening activities and crafts. Third Tuesday of every month 10:30am to 12:00noon.

Dementia Involvement Group

Third Thursday of every month 1:00 to 2:00pm. Dementia Involvement Group at The Red Shed provides an important platform for those living with dementia, as well as their carers. If you feel you can contribute to dementia research and would like to make a difference, contact kayleigh@theredshedgarden.org.uk



Motor Neurone Disease Coffee Mornings MND

A free friendly group for support. Meet up for a coffee and chat. Everyone welcome. 11am Last Monday of the month at Three Horseshoes Pub, Hooks Cross, Watton at Stone. SG14 3RY. E: christine.carter@mndassociation.org.
T: 01462 883450/07935 724384



Memory Lane Dementia Café A free friendly group for support, activities and to meet others. Every Wednesday 1:00 to 3:00pm. Healthy Hub, Stevenage Arts and Leisure Centre, Lytton Way, Stevenage, SG1 1LZ.
T: 01438 579390 E: stevenagehealthyhub@everyoneactive.com

Open Art Box (£10 suggested donation per session, carers free.) Stevenage Art Workshops for Early-Stage dementia at Hampson Park Community Centre, Webb Rise, SG1 5QU Fortnightly workshops on Wednesday's 1pm-3pm. Contact Anji Archer 07885106057. Email via the website openartbox.org.uk



Irish Network Stevenage

Various activities from Line Dancing, Zumba, Yoga, Bingo, Tai Chi, Fitness and more. Annual membership and small attendance fee per class. See their vast online calendar of activities and contact details.
<https://irishnetworkstevenage.org.uk>



U3A Stevenage - Activity groups for people no longer in full time employment. Annual membership costs £10. <https://stevenage.u3asite.uk/> Contact directly one the website via each groups page.



Stevenage

Roundabouts Country Dance Club Thursdays 8-10pm.

Friends Meeting House,

Cuttys Lane, Stevenage. First evening free.

Friendly dancing group. New members always welcome.

£3 per week, £10 annual subscription. T: 01438-727239

E: roundabouts@live.co.uk Web: www.roundabouts.org.uk



Walking Football Stevenage - £6 per session.

Monday 8-9pm / Wednesday 10-11am.

Stevenage FC Performance Centre, Broadhall Way, Stevenage,

SG2 9BN. Booking is necessary, follow the link

<https://stevenagefcfoundation.com/our-programmes/health-and-wellbeing/walkingfootball/>.



Women Only Walking Football Stevenage - Thursday 8pm to 9pm.

£6 per session. Stevenage FC Performance Centre, Broadhall Way,

Stevenage, SG2 9BN. Booking is necessary, follow the link

<https://stevenagefcfoundation.com/our-programmes/health-and-wellbeing/walkingfootball/>.

Douglas Drive Day Centre for Seniors Dementia Friendly

Day care groups providing a safe space for Senior Citizens

to meet, including those living with Dementia. As part of the

session, and included in the daily fee, we provide a two course

home cooked meal and refreshments. £22.50

10am – 2pm Monday, Tuesday and Wednesday



Memory Lane Dementia Café - Thursdays 1:00pm to 3:00pm

Hitchin Swim & Fitness Centre. Fishponds Road, Hitchin. SG5 1HA.

01462 441646. Free to attend. Music, activities, quizzes, exercise, games, tea, coffee, biscuits.

Afro Caribbean Seniors & Carers Lunch Club

(Dementia Friendly) Fridays 10:am-4:pm. Supporting seniors 60+ and their carers.

Westmill Community Centre, John Barker Pl, Hitchin SG5 2PG
0758428225 / Africarib_luncheonclub@yahoo.co.uk



Sapphire Social Club - Thursdays 8:00pm

The Orange Tree, Hitchin. Friendly social group for singles and couples aged 50+. call or txt Ian for information 07900 890583.

Branch Out Social Club for people 50+

The Three Moorhens, Hitchin Hill, Hitchin. Mondays 8-10pm
Tel: Lorna 01438 233657 Web: www.branch-out.org.uk



Hitchin Day Service for Seniors - Dementia Friendly

Monday to Friday, 9:00am - 4:00pm. North Herts Day Service, Nightingale House, College Road, Hitchin, Hertfordshire, SG5 1QS.

Tel: 01462 455209 E: nightingalehouse.dayservice@hertfordshire.gov.uk

Age UK's 10-3 Clubs: Hitchin (paid service)

Weekly club 10:am to 3:00pm. Includes a hot lunch, games and quizzes. Tuesdays. Kingfishers House, John Barker Place, SG5 2PE. E: sam.donohoe@ageukherts.org.uk T: 07964 827016.



Hitchin Thursday Art Club - Thursdays 9.30am-12pm.

St. John's Community Centre, St. John's Road, Hitchin
Painting, drawing, etc. Friendly group for those who enjoy art and chatting. Tel: Mike 07977 347707.

Age UK's 10-3 Clubs: Codicote (paid service)

Weekly club 10:am to 3:00pm. Includes a hot lunch, games and quizzes. Tuesdays. Poynders Medow, Codicote. SG4 8UJ
E: sam.donohoe@ageukherts.org.uk T: 07964 827016

*Letchworth Garden City***Board Games Club** - Mrs Howard Hall, Letchworth Garden City.

Friendly modern board gaming club.

www.facebook.com/groups/hitchinboardgames

Bridge Club - Tuesdays & Fridays 1pm.

Howgills, South View, Letchworth. Beginners and improvers welcome.

Playing very friendly Rubber Bridge. Tel: Gill Cheaney 01462 686806

Email: bridgeclub@lalg.org.uk.

Green Care at Norton Supporting people though gardening, nature & meaningful activity. Whether it's rebuilding confidence wellbeing or needing connection. Volunteer opportunities available across 3 sites in Letchworth. Get involved via the online contact form.



Open Art Box - 2nd & 4th Thursday of the month. Letchworth Art Workshops for early-stage dementia at Mrs Howard Memorial Hall, Norton Way South, SG6 1NX. 10.15am-12.15pm. (£10 donation suggested, Carers free). Contact Anji Archer 07885106057.

**Walking Football** Letchworth- Monday 10 to 11am.

Hertfordshire FA Community Football Centre, Baldock Road, Letchworth, SG6 2EN Booking is necessary. £6 per session.

<https://stevenagefcfoundation.com/our-programmes/health-and-wellbeing/walkingfootball/>.



Age UK's 10-3 Clubs Letchworth - Mondays 10:00am to 3:00pm.

Weekly club includes a hot lunch, games and quizzes.

Garden City Court, Whiteway. SG6 2PP

E: sam.donohoe@ageukherts.org.uk T: 07964 827016.

payment required

**Howard Garden Social Centre**

Monday to Friday 9:30am to 1pm. Light breakfast, hot & cold drinks, freshly cooked two-course meal, all activities, prizes and much more.

01462 682524. Norton Way South, Letchworth Garden City, SG6 1SU.

(payment required).

Rummikub Club (board game) Tuesdays and Thursdays from 9.45am - 12 noon. The Broadway Hotel, Letchworth, SG6 3NZ. New members are very welcome Tuition is given to complete beginners. Contact Martin Lieb for more information E: rummikub@lalg.org.uk T: 07954 224438.

Jackie's Drop-In - Daily activities for people with all ages and abilities. the Centre aims to reduce social isolation by offering a safe space and no judgement. They offer games, companionship and learn new skills.

Contact Jackie's Drop-In Broadway, Letchworth Garden City Hertfordshire SG6 3PA. 01462 338752 Website Jackie's Drop-In.

*Baldock***Mahjong Club**

Baldock Library. Every 2nd and 4th Monday of the month 1:30 to 3:30pm. Free admission.

Craftea

Baldock Library. Every Tuesday 10:30am. Bring your craft and have a chat.

**Baldock Library & Baldock Community Centre**

See various activities taking place on their website.

Memory Support Hertfordshire & Alzheimer's Society's Together Activity Group.

Third and fourth Thursday of each month 10am - 12pm. Royston Town Hall, The Heritage Hall, Royston Town Hall, Melbourn St, Royston SG8 7DA. 01279 427 522

Speak Out Club for Stroke Survivors

Support with communication, activities and outings.

Coombes Community Centre, Burns Road, Royston SG8 5PT

The group meet every Thursday 10am to 12.15pm. £3 per session

T: 07522 048 085. www.speakoutclubbroyston.co.uk



Parkinsons Thursday Morning Club

Heritage Hall, Royston Town Hall.

Every Thursday 10.30am-12noon. T: 07753 636443

Royston & District Parkinsons Group

Cafe last Tuesday of each month in The Old Bull High Street Royston 10.00-12.00

Exercise every Tuesday in Royston leisure Centre from 12.30-1.30

Walking Football every Wednesday in Royston Leisure Centre

Activity Group every Thursday in the Town Hall from 10.00-11.00

Further details from Jean Green 07715 275918

Parkinsons Exercise Class

Royston Leisure Centre, 29 Woodcock Rd, Royston SG8 7XT, UK

Meet every Monday. To find out more, contact Linda & David:

T: 07753 636 443 E: musicwithmum21@btopenworld.com

Age UK's 10-3 Clubs Royston - Wednesdays 10:am to 3:00pm

Includes a hot lunch, games and quizzes.

Queensway, Royston. SG8 7AW. T: 07964 827016

E: sam.donohoe@ageukherts.org.uk. (payment required)



Royston Day Centre - Dementia Friendly

Monday to Friday a friendly atmosphere where up to 25 older people or housebound clients can meet and socialise each day.

A cooked meal is available, and various recreational activities take place. The Old Barn, Upper King Street, Royston. SG8 9AZ.

T:01763 244229 E: royston.daycentre@gmail.com. (payment required)

Endo and Coffee

A welcoming space for people with endometriosis, PCOS, or other related conditions. No age limit. Contact fayeelittle24@gmail.com for further information.

Healthy Hub North Herts - Various locations across

North Herts. Free advice on mental health, becoming more physically active, getting financial advice, advice to stop smoking, info on getting a free wellbeing check and more.

<https://www.communitywellbeingnorthherts.co.uk/healthy-hub-north-herts>



Royston Pickleball - Payment required

All ages and abilities welcome. Sessions are held throughout the week. Contact Info@roystonpickleball.co.uk for more information.

Walking Football - Wednesdays 10:am £5 per session.

Royston Leisure Centre, Woodcock Road. Royston SG8 7XT.

Contact Julie Wilson, 07500 097222.

Strength & Balance - Free exercise Mondays 9:30 & 11:00 am. One hour classes for older adults who haven't exercised before or who have started to experience a decline in their physical ability.

The Old Schoolhouse, Market Hill, Royston, SG8 9JL.

To book call 01438 222222 community@stevenagefcf.com



Royston Health Walks Wednesday 10:00am and 5pm.

Meet at The Heath Café, Baldock Road, Royston, SG8 5BG.

Then meet for coffee at the café. Walks are 1-5 miles in the morning and 2 miles in the afternoon.

Royston & Surrounding Areas

Outside of the Box CIC - Special Education Needs

Supports young people in Royston and surrounding areas who struggle to access mainstream education or have SEN needs.

3b The Lanterns, 16 Melbourn St, Royston



Useful Contacts

Age UK Hertfordshire - T: 01707 323 272

E: communications@ageukherts.org.uk

W: <https://www.ageuk.org.uk/hertfordshire/>



Age UK

Hertfordshire County Council. Provides information on how to access care and support. T: 0300 123 4042

Community Transport

01462 689 402 transport@nhcvs.org.uk



Community
Transport

Early Intervention Team

T: 0300 123 7571

District Nurse Hertfordshire Community NHS Trust (HCT)
Single Point of Access (SPA) at 0300 123 7571.

Specsavers NHS Funded Eye Tests at Home

0800 089 0822

Caremark North Herts & Stevenage

01462 656 115

enquiries.northherts@caremark.co.uk

www.caremark.co.uk/north-hertfordshire-and-stevenage



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