NEWSLETTER

Spring 2025

We hope you and your families are doing well. We are excited to bring you the latest news and updates from North Herts & Stevenage Community Transport.

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North Herts & Stevenage
Community Transport Service
Booking/Enquiry Line, open Monday to Friday, 10am - 2pm
Tel: 01462 689402
Email: transport@nhcvs.org.uk

Team members, Jon - Manager, Melanie – Coordinator and Opal – Office Volunteer

The Statistics

from 1 Jan to 31 March 2025

Journeys	Miles	New Clients
1184	25,657	96

2024 Highlights: A Year of Growth and Success

- **Recruitment Success:** We have welcomed 11 new volunteer drivers in 2024
- **First-Ever Client Newsletter:** We launched our inaugural client newsletter, keeping everyone informed with important updates and insights.
- **Blue Token Rewards:** Although we did not win the Tescos Blue Token initiative, we were awarded a smaller donation.
- **Awarded a Grant from Stevenage Chauncy:** This will be spent on developing our volunteer numbers in Stevenage.
- **Talks and Events:** Jon and Mel have been busy spreading the good word about the service at many local groups and events across North Herts and Stevenage.

Meet the Volunteer Driver

We're pleased to introduce Sharon, one of our dedicated volunteer drivers who has been with us since July 2023. Since joining our team, Sharon has played an essential role in helping us provide reliable transportation to those in need, consistently showing up with a positive attitude and a willingness to go the extra mile.

1. What made you first decide to get involved with community transport?

To make a difference to people who might not have anyone to help them and also to get out of the house and meet new people. Also, as I spend a lot of time away, I wanted something for my husband to do to get him out of the house as well.

2. What do you enjoy most about volunteering as a driver?

Making a difference and meeting new people who are inspiring in so many ways. Reminding myself that I actually enjoy driving and that it is good to challenge myself again.

3. Is there anything surprising or unexpected you've learned from the role?

Everything and everyone can surprise you but mainly how resilient people are, no matter what they are going through.

CVS North Herts & Stevenage

Did you known?

Community Transport, along with a variety of other projects and support services, is managed by the North Herts & Stevenage Centre for Voluntary Service (CVS). For more information about the services we offer and how we support our local communities, please visit the link below.

North Herts Centre For Voluntary Service (nhcvs.org.uk)

GoVolHerts

Volunteers' Fair – Hitchin Town Square

As part of this year's Volunteers' Week, CVS and a number of other local organisations will be in Hitchin town to celebrate and promote volunteering in the community.

If you — or someone you know — is interested in getting involved and making a difference locally, please feel free to share the information below:

Date: 6 June 2025
Time: 10 a.m until 3 p.m
Location: Hitchin Town

Booking Tips: Making Your Journey Easier

We know how important it is to make booking your trip as easy as possible. Here are a few tips to ensure your next trip goes smoothly:

- **Book Early**: To secure your booking, we recommend booking at least 10 days in advance. This helps us ensure the availability of a volunteer driver. Please do not book with the volunteers directly.
- **Know Your Pickup Details**: When booking, make sure to specify your destination, appointment time and any special instructions (e.g., if you need assistance or have mobility aids).
- **Out of Area?** We are, unfortunately, unable to register anyone outside of Hertfordshire County, please call the team and we be happy to signpost you to the most appropriate services.
- **Please do leave a message!** We will respond to all messages left within our opening hours (10a.m until 2p.m Monday to Friday).

Useful links

Please find a list of useful resources, information and links to other services that may interest you.

Community Transport Hertfordshire is an online resource designed to help you find local community transport services across Hertfordshire County.
https://www.communitytransportherts.org/

Helping people in Hertfordshire to be more physically active.

The website is home to the Moving More Activity Finder (formally known as Hertfordshire Activity Finder) which has developed over many years and now provides a 'one stop shop' for discovering physical activity opportunities in Hertfordshire.

www.movingmore.co.uk

Ageing well and Frailty

NHS Information and Advice

The Hertfordshire & West Essex Integrated Care System has produced some information for patients and their families around accessing appropriate health care.

Two-page document featuring information on: how to get the care you need and avoid a hospital visit if it's not needed, and making medicines work for you.

Please click on the link to access the Frailty two-page guide.

Hertfordshire and West Sussex Ingreated Care System

Together Group Letchworth

Our Together Groups are for people living with dementia or those worried about their memory, to come along with a family member, close friend or carer.

Join our fun, social group for a variety of activities: games, arts and crafts, chair-based movement to music, entertainment. Information and advice also available.

Every Monday and Wednesday 1.30pm to 3.30pm -Jackmans Community Centre, Ivel Court, Letchworth, Herts SG6 2NL
Fridays 2pm to 4pm - Stevenage United Reform Church, Cuttys Lane, Stevenage, SG1 1UL
Every Tuesday and Thursday 1.30pm to 3.30pm - Hampson Park Community Centre, Hampson Park, Webb Rise, Stevenage, SG1 5QU

Contact: Tel: 01279 427522 or Email: central.herts@alzheimers.org.uk
Come along for a taster to see if the group is right for you!
All groups are free to attend.

Memory Support Hertfordshire

Alzheimer's Society
Together we are help & hope for everyone living with dementia

Registered with FUNDRAISING REGULATOR
Registered charity no. 296645. Alzheimer's Society operates in England, Wales and Northern Ireland.