



NEIGHBOURHOOD WATCH

ST ALBANS & DISTRICT

WORKING TOGETHER FOR A SAFER, STRONGER COMMUNITY

SCAN ME



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NEWSLETTER • MAY 2026

1 MOBILITY & FRIENDSHIP SOCIAL GROUP – LONDON COLNEY



London Colney Community Centre will be holding our Mobility and Friendship Social Group on:

Wednesday 6th May and Wednesday 27th May

🕒 10.30am – 1.30pm

Come along and join us! A mixed group for over 50's – everyone welcome.

2 ST. ALBANS SPRING FESTIVAL

Sunday 17th May 2026

🕒 10.00am – 2.00pm

📍 St. Albans High Street

Come and visit our stall! We'll be there with the Police and our team – come and speak with us and see how we can support you.



3 DEMENTIA FRIEND AWARENESS SESSIONS

Delivered for Health Walks Volunteers by Memory Support Hertfordshire

📅 **Next Date: Tuesday 28th July 2026**

🕒 **11.00am**

At the Dementia Friendly Awareness session being offered by Alzheimers UK and Memory Support Hertfordshire, participants will:

- Gain a clear understanding of what dementia is and what it isn't
- Explore how dementia can affect communication, confidence, mobility, and decision-making
- Learn simple, effective approaches for supporting walkers living with dementia
- Reflect on common situations that may arise on a walk and how to respond calmly and reassuringly
- Discover how small adjustments can make a big difference to someone's experience.



Speak or email for more information:
Megan Youell
Hertfordshire Health Walks
T: 01992 556330
E: megan.youell@hertfordshire.gov.uk

4 BID FOR BUSINESSES IN ST. ALBANS



The St Albans BID supports local businesses, improves the town environment and helps make St Albans a vibrant, attractive place to work, shop and visit.

Find out how the BID is making a difference for businesses and the community at: www.stalbandsbid.com

5 TECHNOLOGY ASSISTED CARE



Care technology may be provided as part of a social care plan where appropriate through our partners Data Inspired Living.

If social care help from us might be needed visit www.hertfordshire.gov.uk/adults or call **0300 123 4042**.

6 SIX WEEK ONLINE COURSE STARTS 28TH APRIL



Learn how to stay safe, confident, and in control when using the internet. This hands-on course covers everything from spotting secure websites and shopping safely to creating strong passwords and identifying suspicious emails. You'll also learn simple steps to keep your device tidy and secure, including clearing your history and cache.

We're joined by a specialist from the Serious Fraud & Cyber Unit, who will share real-world examples and expert advice.

FOR MORE INFO EMAIL: ACL@OAKLANDS.AC.UK

UPCOMING MEETINGS – SAVE THE DATE!



NHA BI-MONTHLY MEETING FOR MEMBERS

Monday 25th May 2026 🕒 6.30pm
Online via Zoom



COORDINATORS MEETING

Monday 1st June 2026 🕒 6.30pm
Online via Zoom

WE NEED YOU!

We are looking for members to step up and make a difference as new Ward Coordinators in your area.

Step up • Make a Difference • Help Prevent Crime • Support Social Gatherings

If you are interested or would like more information, please get in touch.

TOGETHER
WE CAN BUILD
STRONGER,
SAFER
COMMUNITIES

For more information about any of the above, or how you can get involved, please contact your local coordinator.

Together we can make a difference.