

Notes from our November Breakfast prepared by Annette Guttridge

Speaker: Mind in Mid-Herts-Ilyas Daar and Emma Fullerton-Frost

Mind is a national organisation concerned with mental health. Mind in Mid-Herts is the 'same but separate'. They have offices in St Albans, Welwyn, Stevenage, Hitchin, plus outreach in Royston. People may self-refer for counselling, although there is a longish waiting list. Clients are given up to 12 free counselling sessions. People are taught to cope with different situations, whether it be individual or business problems. People are more productive if they are happy, and they are encouraged to join social groups, like the art group which runs in Royston on Tuesday mornings. Artistic ability does not matter-it is creativity which makes people happier.

Emma spoke to us about the society's fund-raising activities-eg, office sweepstakes, charity clothes swaps, or even sky-diving. She stressed how important these are, as without money, the society cannot function.

Heather White – Leisure Centre

Winter Wellbeing Walk every Thursday starting 25th January 1:15 pm with complementary hot drink afterwards meet at Royston leisure centre, the walk will be led by two instructors one to lead a short walk and the other to lead the longer walk, through the park and back to the centre, pick from the 15-20 min's walk or 45-60 mins walk. If you attend for 8 weeks you are entitled to a FREE swim at Royston Leisure Centre.

Buggy Blast starting in March on TUESDAY 5th March 11:30-12:15 for the first 8 weeks at £2 a session meet at the leisure centre and use the park and the outdoor equipment.

Men's Club:

25th November, 2nd & 9th December 11:30-1:30

13th, 20th, 27th January 11:30-1:30

We also have a North Herts Wellbeing Festival coming up in March for a whole month, it will consist of 3 walks in each area of North Herts a long walk, short walk and one to include the whole family.

Chris Lee

Royston Repair Cafe 18th November at Coombes Community Centre - online booking in of broken items at <https://roystonrepaircafenovember18.eventbrite.co.uk> (but hurry - nearly fully booked)

Royston Choral Society - Bach Mass in b minor - 25th November at St Johns Church - tickets in advance from

<https://www.ticketsource.co.uk/royston-choral-society/t-novapix>, by calling 01920 822723, and from choir members (some may be available on the door)

Throughout November - Chris is growing a silly moustache to raise awareness and funds for men's health - particularly prostate and testicular cancers, and mental ill-health, including suicide - part of an international initiative Movember. You can follow Chris's moustache's progress at <https://uk.movember.com/mospace/3760813>

Ray Munden – Royston Wildlife & Friends of Therfield Heath. The next FOH meeting will be 28th November, 7.30pm in the Town Hall, will feature Pete Butchers whose presentation will be 'A Bit About Badgers'. *Discover the enigmatic world of badgers, gaining valuable insights into their behaviour and their vital role in the ecosystem.*

Linda Bance

Parkinson's UK and local supporters would like to congratulate all those who were part of the excellent afternoon Living well with Parkinson's.

Over 60 people attended the event which offered presentations by key researchers and practitioners in the field. In addition to speakers there were workshops and information about Yoga, dance, Tai-chi, cycling, singing, speech therapy and some really interesting stands all which aimed to help those living with Parkinson's and their carers manage their symptoms and live a healthy life. Following this event we are now in the process of building a Parkinson's hub Royston. I should hope to be able to report back about this at the next breakfast.

Pete Worsley

RDCT have been as busy as ever in the last month. We are still in need of more volunteer car drivers and recruitment remains a priority. We have banners up around the town and would welcome any help to advertise through members channels. Fundraising is our other priority, we were delighted to be adopted as charity partner by Royston Runners for the coming year. We are still in search of a new Chairman following the announcement at the last meeting that regrettably John Hedges has had to step down. Please let us know if you know of anyone who would be interested.

Jackie Cotton

- **Home-Start Christmas cards** are available at our Home-Start office in Meldreth – pack of 10 cards - £3.95, 2 designs, 5 of each card. Also available to order from our shop online at www.hsrsc.org.uk/shop/
- Come and join the fun at the Home-Start Fashion show on Tuesday 14th November - 7pm for 7.30pm - which will be hosted by Sally and Stef at Esse, Melbourn. Tickets are £12 and available by calling 01763 262262 or emailing events@hsrsc.org.uk or book online here <http://www.hsrsc.org.uk/events/>
- Monday 20th November – 7.15pm – An evening of entertainment with Jude Simpson - Royston Bowling Club, 47 Green Drift, Royston This event is free to attend, but at the end of the evening we will ask for donations – 50% go to Jude and 50% to Home-Start. Refreshments will be available on arrival.

Royston Radio

We collected 100 ‘bags of kindness’ to distribute within our community and beyond. A large number of these will be sent over to Jimmy’s sheltered housing. If you know of any groups in need please let us know asap.

We welcomed 2 new businesses to Royston – Boss Beauty and Aesthetics in the High Street and Mango’s of the Caribbean (located in Fish Hill)

We attended the fantastic Royston Fire Station Halloween event providing the music and assisting the crew with dressing up and handing out treats.

We have a new presenter, Pete Worsey. His first show ‘Golden Songs from the Silver Screen’ will be broadcast this Sunday at 5pm.

Don’t forget to listen Online, On App and on smart speaker. If there are any community groups you think we can assist with please get in touch with us at info@roystonradio.com

We now have a GoFundMe page asking for donations to support Royston Radio. The link can be found on our website and social media pages.

Our Director is looking forward to addressing the Community Breakfast in December.

Lisa Megraw

Friday 10th November we have a charity sound bath event, the proceeds go to the East Anglia children hospice.

The Men's club starts 25th November.

We have a charity Clubberthon on Sunday 26th November at 7pm all proceeds goes to Macmillan.

Fiona Hughes

Green Heat Coop's first AGM will take place on Thursday 7th December at 8pm at Coombes Community Centre. We will have a guest speaker talking about the Littlebury Energy Project, a community-led effort to upgrade and decarbonise the homes and buildings in the village of Littlebury near Saffron Walden. We will be brainstorming plans for the next year, including how we could start a similar project in Royston. Find out more and RSVP here: <https://www.greenheatcoop.co.uk/event-details/annual-general-meeting>

Jess Clarkson

Tickets for Visit Santa North Weald are still available, although we only have 10 spots left! It's a really fun day out, lots of festive fun and presents for children. Here is the link for information and tickets -

<https://buytickets.at/essexhertsairambulance/1015543>

We've also got a free prize draw this festive season, enjoy a ride on the enchanting Epping Ongar Lights Express steam train, explore the captivating enlightened outdoor light trails in Chelmsford, embark on the ultimate Santa Claus experience, or immerse yourself in the swashbuckling adventure panto of Peter Pan. Plus, we're offering £100 towards your travel and food expenses to make it an even more memorable experience! If you'd like to enter follow this link - <https://ehaat.org/festive-prizes/>

If you'd like some more information about our Festive Cause do look here:

<https://ehaat.org/festive-2023/>

<https://ehaat.org/festive-cause/>

Lynn Burgess

The new reading challenge for adults and children, “Winter Reads” has launched. Choose from 24 challenges and read your way through winter. Prize draw to win an I-Pad and book related prizes. The challenge runs until 24th February.

Chat to Rebecca, one of our local PCSOs, on Friday 24th November, 11-12noon.

The Tuesday Chatter social group meet on the last Tuesday of the month 2 – 3.30pm

All our regular children’s activities continue to be very popular and run throughout the year including Baby Rhyme Time, Storytime, Saturday Stories and LEGO Club. We are also currently running a Code Club and a fun book related group called Page One.

Paul Bowes

Children’s Christmas bookmark design competition winner announced...presentation shortly.

Award-winning women’s football author signing her three new books on Saturday December 2nd at 11am.

Latest ‘good causes’ donation made to Royston Radio this month. Further applications considered.

Guides: Marian Kett said there is a quiz evening coming up, which is fully booked. There is the possibility of running a Rainbows’ group if people volunteer to lead it-and there is a waiting list to join the group. It may well run on a Saturday morning. Guides and Brownies will be at the **Switching on of Royston Christmas lights at 5pm on Fish Hill on 24th November.**

RDCT: Pete Worsley: More drivers are needed. Please ring 01763 245228 for information & details.

Chamber of Commerce John Froggatt: This group will be relaunched in January 2024.

Kimmi Cosby Melbourn Parish Church: A new vicar has been appointed. No further details yet.

Royston Radio Fonz Chamberlain: Money is being raised for Acts of kindness, and these bags are being distributed to such places as Jimmy’s Night Shelter in Cambridge. Pete Worsley now has a programme.

NHDC Becca Hughes: Grant Applications for community groups must be submitted by Sunday 12th November. Holocaust Memorial Day will be celebrated on Saturday 27th January 2024.

Our next Breakfast is on Friday 8th December