

Issue: 148

Date: 23 October 2020

Roundwood Park School, Roundwood Park,  
Harpenden AL5 3AE Tel: 01582 765344  
e-mail us at [admin@roundwoodpark.co.uk](mailto:admin@roundwoodpark.co.uk)



RoundUp is published fortnightly on our website.  
<http://www.roundwoodpark.co.uk>

## Headlines

Dear Parents and Carers

As we approach the half term break we can look back in satisfaction at successfully opening full time, with students who are nearly all coping well with the return to school and less disruption than expected caused by COVID-19. Once again, I would like to thank the staff, students and parents for all of their support in completing a very successful half term.

I really enjoyed attending the Charity Cup presentations this week. Congratulations to Grey-Thompson House!

I hope you have a good rest over the holiday. I am hoping that Year 11 will be able to manage to balance rest and revision and we look forward to welcoming you back after the break.

Alan Henshall

Headteacher

## Forthcoming Parent Consultations

**Year 10 Virtual Parents' Evening** is on **Wednesday 18 November from 5pm – 8pm**. Parents' appointments will open at 8pm on Thursday 22 October and close at 10pm on Thursday 5 November.

**Year 9 Virtual Parents' Evening** is on **Thursday 26 November from 5pm – 8pm**. Parents' appointments will open at 8pm on Tuesday 3 November and close at 10pm on Monday 16 November.

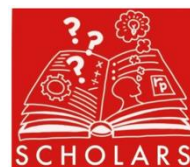
## Reminder about Uniform

Further to the email which was sent to parents on 15 October, please may we remind you of the following school rules regarding uniform during the colder months:

- Students are not permitted to wear coats inside the school buildings. To keep warm, we ask students to wear layers of undergarments (t-shirts/vests) that are not visible beneath the normal school uniform.
- Coats may be worn to and from school and at break and lunchtimes only (outside of the school buildings).
- When in their PE kit, students may wear warm garments over their kit but these must be black or red only, or their school jumper and blazer.
- Black skins or leggings may be worn under PE shorts or skorts; tracksuit bottoms are also acceptable - these must be black.

### Super-Curriculum

Students: Remember to challenge yourselves at home by using the **super-curriculum**. So many exciting learning opportunities to help you achieve mastery in your favourite subjects.



### Reporting Student Absence:

When you call in for absence, please use our dedicated 24 hour absence line: **01582 714049** or e-mail us at [absence@roundwoodpark.co.uk](mailto:absence@roundwoodpark.co.uk)

## Important Dates

### Year 7

Date	Event
8 July 2021	Parent Consultation Evening (Virtual)

### Year 8

Date	Event
28 January 2021	Parent Consultation Evening (Virtual)

### Year 9

Date	Event
26 November 2020	Parent Consultation Evening (Virtual)
4 March 2021	Options Evening (Virtual)

### Year 10

Date	Event
18 November 2020	Parent Consultation Evening (Virtual)

### Year 11

Date	Event
21 January 2021	Parent Consultation Evening (Virtual)

### Year 12

Date	Event
18 March 2021	Parent Consultation Evening (Virtual)

Please visit the [RPS website](#) for information including: [RPS Calendar](#) [Letters Home](#) [Daily Bulletin](#) [Latest News](#) [Trips & Visits](#) [PE News](#) [Vacancies](#) [RPS HouseSystem](#)

## Payments ParentPay

### Residential Trips:

**Jay Peaks Ski Trip 2021 has been POSTPONED.**

New dates are Sat 2nd April – Sun 10th April 2022.

There are limited spaces available.

For further information please contact

[c.manton@roundwoodpark.co.uk](mailto:c.manton@roundwoodpark.co.uk)

Available spaces will be allocated on a first come, first served basis. Full details are available on our website:

<https://roundwoodpark.co.uk/trips-visits/>

Miss Manton, Trip Coordinator

## Music Lessons



A reminder that instrumental music lessons are available with our school's music provider, **Hertfordshire Music Service**. If you haven't applied for lessons already, all the information you need to book is available at <http://www.hertsmusicservice.org.uk/registeronline>. HMS tutors will be teaching face to face or online and every effort has been taken to ensure both tutors and students are kept safe in line with guidance available.

## Vacancies



Any current vacancies are published on our website. Please follow the link below:

<https://roundwoodpark.co.uk/vacancies/>

Please also follow us on

**Facebook & Twitter**

[@RPSCREATIVE](#); [@RPSPE](#);

[@RPS\\_Pastoral](#); [@RPSCAREERS](#)

Or download the Roundwood Park mobile app to keep up to date with our news.

# COVID-19

## Keeping students and staff safe

If your child or someone in your household gets a POSITIVE Covid-19 test result, please email us immediately at [positivecovidtest@roundwoodpark.co.uk](mailto:positivecovidtest@roundwoodpark.co.uk)

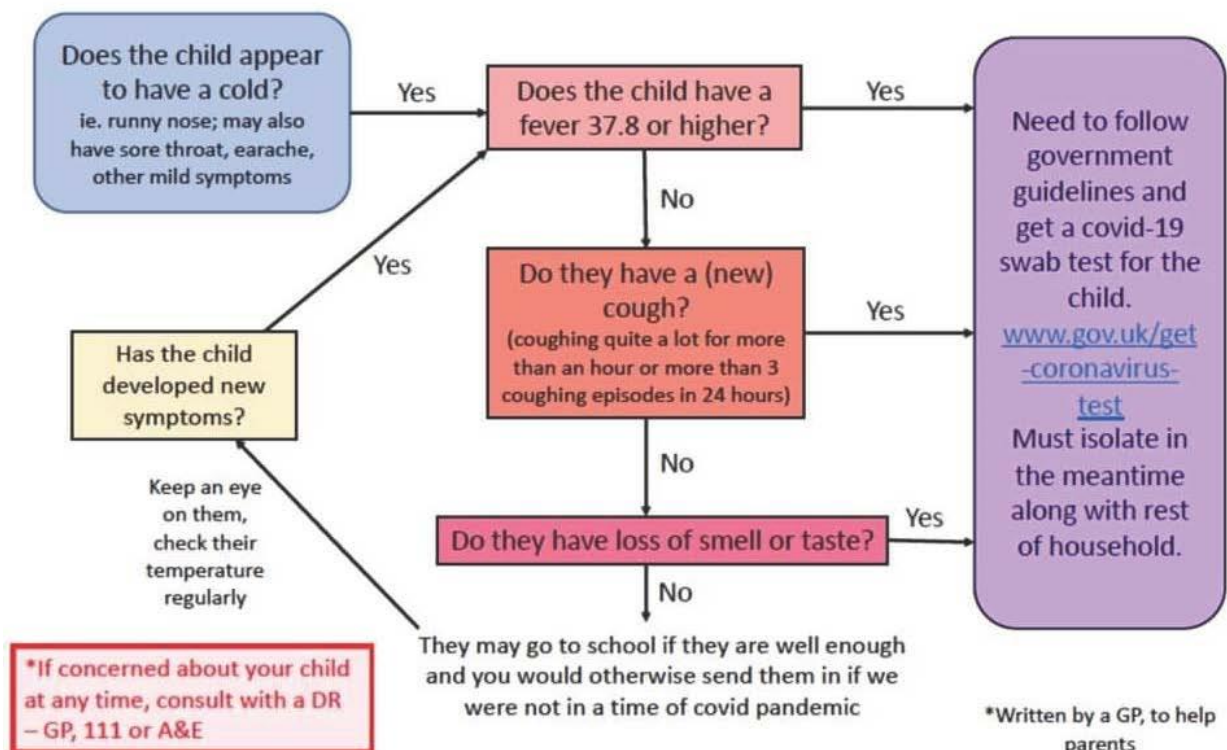
This email address is dedicated to positive results only and will be monitored during school hours, evenings and weekends. This will help us quickly contact the necessary Public Health officials and communicate and advise those families or staff members concerned, keeping everyone safe and helping to prevent the spread of the virus.

We urge you to continue to take a cautious approach, should your child/ren start to show symptoms that could be Covid-19 or a cold, rather than sending them into school. We believe by taking a cautious approach we have a much better chance of keeping the school open to as many students as possible, so that when your child is better the school is open for them to return to.

The flow chart below may help you to navigate the difficult decision of whether to book a Covid-19 test, see a doctor, cautiously keep your child at home to monitor their symptoms closely or send them to school.

**If your child displays any one of the Covid-19 symptoms, get them a swab test and inform the school immediately by reporting their absence to [absence@roundwoodpark.co.uk](mailto:absence@roundwoodpark.co.uk)**

### Does my child need a covid-19 swab if they have a cold?



# Sixth Form News

## UCAS

It has been quite a blistering couple of weeks for Year 13s who are applying for university places through UCAS. We have had another bumper year of students applying for Oxbridge, Meds, Vets and Dentistry courses with 26 sending by the 15<sup>th</sup> October deadline. In total 56 students have sent their applications off and we hope to hit 60 before half term. As a school we work really hard to get students to put their UCAS applications in early. This usually means our students get their offers more quickly and in many cases receive a more favourable offer than those who apply later in the year.

So far 22 students have had offers from universities such as Exeter, York, Leeds and Bristol. Very well done to all those who have sent off their applications and to those working hard to do so this week!

*Mr R Mercel, Head of Year 13*

## Senior Citizens Gift Giving Event

We are very sad that we are unable to invite our local Senior Citizens to our annual Christmas party this year. However, we don't intend to forget them this festive season. Our Year 12 students will be paying them a socially distanced visit to wish them a very Merry Christmas on behalf of all of us at Roundwood Park School. After half term we will be asking parents, staff and local businesses to donate a small gift that would be appropriate under the current Covid restrictions. Gifts must be new. If you have anything you would like to donate please send it into school with your son/daughter after half term and ask them to put it in the box that will be provided for each year group.

Many thanks!



At Roundwood Park Sixth Form – we love the **Rule of 8**

**8 hours working, 8 hours sleeping and 8 hours for yourself!**

Half term revision can seem overwhelming, but breaking it down into manageable chunks, whilst ensuring there's enough time for relaxation and recuperation is often the key! Maintaining good systems, putting devices away and reflecting with 3 positives from the day can be beneficial to all!

## Year 12 Games



Our Year 12s have made a great start to Games this half term, throwing themselves into football, table tennis, netball and badminton. We know that exercise strengthens muscles, keeps bones strong and improves skin, but there are other benefits of exercise such as increased relaxation, better sleep and mood and strong immune function to name but a few! All of these benefits are particularly useful for our Sixth Formers as they balance the stresses of their new courses, alongside juggling family, friends and often work.

*Mrs F Bridgman, Head of Year 12*



# Dining @ Roundwood Park

## AUTUMN TERM DAILY SPECIALS IN GREEN

Monday	Tuesday	Wednesday	Thursday	Friday
CHILLI WRAP STACK	SWEET & SOUR CHICKEN BITES	KATSU CHICKEN CURRY	PERI-PERI CHICKEN & NACHOS	FISH & CHIPS BOXES
SELECTION OF SNACKS AVAILABLE DAILY	<i>Yogurts</i>	WRAP BAR SELECTION OF CHICKEN OPTIONS	<i>Freshly made salads</i>	SANDWICHES ROLLS AND WRAPS
<i>Fresh fruit</i>	SELECTION OF PANINIS AVAILABLE DAILY	<i>Popcorn</i>	HOMEMADE CAKES	<i>Smoothies</i>
DAILY PASTAS	<i>Milk shakes</i>	VEGETARIAN OPTIONS AVAILABLE	<i>Freshly made pasta pots</i>	DAILY CURRIES

Meatballs Bolognese & curry	Meatballs Bolognese & curry	Meatballs Bolognese & curry	Meatballs Bolognese & curry	Meatballs Bolognese & curry
Cheese pesto or macaroni pasta(V)	Cheese pesto or macaroni pasta(V)	Cheese pesto or macaroni pasta(V)	Cheese pesto or macaroni pasta(V)	Cheese pesto or macaroni pasta(V)
<i>Salad available -</i>	<i>Please ask a -</i>	<i>Member of -</i>	<i>Staff -</i>	<i>When ordering</i>

## HELPFUL COPING STRATEGIES

Boys most commonly use physical activity and sports, and technology and video games as a coping strategy. Girls most commonly use music or chatting to friends. There are lots of things that can help boost a young person's wellbeing as well as potentially help them to cope when things go wrong.

**Connect:** Spend time with family and friends. Enjoy doing things together and talking to each other.

**Be Active:** It keeps you physically healthy, and makes you feel good.

**Keep Learning:** Try something new. Try a new hobby, or learn about something just because it interests you.

**Take Notice:** Take a break to see how you feel. Relax and look around you or listen to music, take a few deep breaths.

**Give:** Do something for a friend or relation/adult. As well as making them feel good, it can make you feel good too!

The Hertfordshire campaign, 'Just Talk' has been developed with young people, and aims to make it easier for all of us to talk about our mental health, and seek help when it's needed. At the moment 70% of Herts boys and 72% of Herts girls think it's ok to talk about their mental health.

## IF YOUR CHILD WANTS TO TALK

**Listen** – It's important to listen carefully and give your child your full attention. If you are in the middle of doing something else and can't give them your full attention then arrange a time to sit down together later.

We all get frustrated at times. Try not to express frustration or impatience, or rush in with solutions or judgments as this may prevent your child from opening up.

Remember that the teenage brain is still developing and works slightly differently to the adult brain – therefore what may seem like an over-reaction to an adult is a REAL challenge for the young person.

## DON'T UNDERESTIMATE YOUR ROLE AS A PARENT OR CARER

In a recent Hertfordshire survey, we discovered that if teenage boys were worried about their mental health, almost half of them would seek support from their parent before anyone else.

However, often boys do worry about talking to their parents because they don't want to burden them or are worried they won't understand.

It can help your son know that you are available to them if you tell them that if they ever want to talk about anything, you are there.

You could also broaden your knowledge of mental health by completing the **free** MindEd e-learning: [www.minded.org.uk/families](http://www.minded.org.uk/families)

## IF YOUR CHILD DOESN'T WANT TO TALK

We can't force someone to talk, but phrases like *"I'm ready to listen when you are feeling ready to talk"* and *"Let me know if/when you would like to talk"* can be helpful.

Use ordinary situations at home as opportunities to have a non-direct conversation to start with e.g. walking the dog together, doing the washing up, cooking dinner, etc.

Ask open questions such as *"How are things going?"* or *"What was your day like?"*

Make your child aware of local information sites that are available to them:

[www.hertfordshire.gov.uk/myteenbrain](http://www.hertfordshire.gov.uk/myteenbrain)  
(for parents)

[www.healthforkids.co.uk](http://www.healthforkids.co.uk)  
(for primary school aged children)

[www.healthforteens.co.uk](http://www.healthforteens.co.uk)  
(for secondary school aged children)

[www.healthyyoungmindsinherts.org.uk](http://www.healthyyoungmindsinherts.org.uk)  
(for all ages and parents)  
[www.youngminds.org.uk](http://www.youngminds.org.uk)



# JUST TALK

## WE ALL HAVE MENTAL HEALTH, JUST AS WE ALL HAVE PHYSICAL HEALTH.

[www.justtalkherts.org](http://www.justtalkherts.org)

## TOP TIPS FOR PARENTS AND CARERS

### SUPPORTING BOYS

Think about what language you use – phrases like **'Man up'** and **'Toughen up'** can really make it difficult for someone to talk about how they're feeling for fear of appearing weak. Mental health problems are not a weakness, and talking about them should be encouraged as a sign of strength.

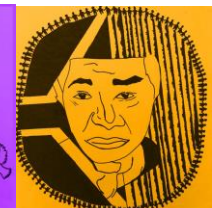
Role model that it's OK to talk – By admitting ourselves that sometimes we struggle and need a little help from others, this shows our child that it's OK to reach out.

Signs that a boy is struggling can sometimes be exhibited differently to girls. **Warning signs for boys may include the following:**

*Irritability, anger, and sensitivity to criticism*

*Reckless or risk taking behaviour – e.g. drinking alcohol or dangerous sports*

*Physical pain – If someone is complaining of headaches or backaches with no obvious cause or sign of recovery, it could be a symptom of mental ill health*



## HOUSE NEWS

### Charity Cup 2019

1st GT

2nd Frank

3rd Mandela

4th Wilberforce

5th Cadbury

6th Scott

7th Owen

### Record Breakers Yr7&13 Skips in a minute

1st Mandela

2nd Scott

3rd Frank

4th Cadbury

5th Owens

6th Wilberforce

7th GT

### House Point Leader Board 19-21

Wilberforce 203

Mandela 227

Owens. 191

Scott. 237

GT. 224

Cadbury. 228

Frank. 202

*Please follow our House twitter pages to keep updated with all our weekly events:*  
[RPS HouseSystem](#)

# 'TELL ME A STORY'

## Writing competition for senior school students

in Roundwood Park , Sir John Lawes, Katherine Warrington & St. George's  
Organised by The Harpenden Society.



**We're challenging students to write an original story up to 1,500 words about one of the following subjects:**

- What initiatives should the local community and schools be doing to reduce the impact of climate change.
- How would you survive being washed up on a desert island?
- A fictitious story on a subject of your own choosing.
- How you would like to see Harpenden 10 years from now.

**The competition is open to 3 age groups: 11- 13 years; 14 -15 years & 16 - 18 years**

**There will be a 1st, 2nd, 3rd prize for each age group  
Prizes will be in Book Tokens of £100, £50 & £25**

**The judges will be looking for:**

- An interesting, relevant and original read.
- It must be your own work
- It must not have been previously published or used elsewhere
- No spelling mistakes
- No more than 1,500 words; 14 point, double-spaced (if typed)
- Non-fiction work must include sources and references

**Closing date for your entry  
Jan 15 2021.**

**Judges to announce winners on  
March 15 2021.**

**Prize presentation TBC**



**Ask your Teacher  
for details:**

# WANTED!

## Talented Christmas Card Designers



Could you design a Charity Christmas card to celebrate our local community response to the coronavirus?

Harpenden Lions Club invites local young people to take part in an online Christmas Card Design Competition in support of the Harpenden Cares initiative

Two winning card designs will be printed and sold to raise funds for **Harpenden Cares**

<https://harpendencares.org/>



### What you need to do

Design a cheery and colourful Christmas Card, suitable for scaling to A5 or A6 size (portrait or landscape), with the theme

### Christmas in a Covid World

then send a photograph or scan of the final version to

[competition@harpenden-lions.co.uk](mailto:competition@harpenden-lions.co.uk)

Age categories: 9 and under; 10 to 16. The two winners will each receive a £25 gift voucher and 10 cards of their own design

Entries must reach us by Sunday 8 November 2020. Please include:

**Name, age, postcode, parent/guardian email address and phone no**

Winners will be notified within 10 days of the closing date. Submission of your entry grants us the right to freely reproduce your design

Judging by

**Harpenden Lions Club and Harpenden Cares**

Competition organiser and sponsor: Harpenden Lions Club

[www.harpenden-lions.co.uk](http://www.harpenden-lions.co.uk)





# Half Term Soccer Camp

## 26<sup>th</sup>-30<sup>th</sup> October 2020

We are really pleased to announce the dates for our Half Term Soccer Camp which will run for 5 days, 9.00am - 3.00pm. Some of our exceptional UEFA qualified coaches will be working on technical skills, drills and of course plenty of game time!

To register please use the link below:

<https://watfordladiesfc.teamapp.com/events/12175587>

**WWW.WATFORDLADIESFC.COM**

Twitter: @WLFC\_YOUTH Instagram: @watfordladiesfootballclub



**FOR  
ALL**

CHARTER STANDARD



**Developing Female Footballers for 50 Years**

© Image copyright Paul Sunman Instagram: @namnus



**HARPENDEN TOWN V DUNSTABLE TOWN**

SATURDAY 24TH OCTOBER 2020 3PM

# MATCHDAY

ROTHAMSTED PARK

**#ONETEAMONETOWN**

Tickets available from the online ticket portal  
<https://thelittleboxoffice.com/harpendontownfc/>



**HARPENDEN TOWN FC**

# SEASONTICKETS

**2020 - 2021**

# ONLY £30

[www.thelittleboxoffice.com/harpendontownfc/](http://www.thelittleboxoffice.com/harpendontownfc/)

# ONSALENOW



@Harpenden\_Town



@HarpendenTownFC



@harpenden\_town\_fc



### Supporting young people in Harpenden and Wheathampstead since 1722

In 1722 a local man, James Marshall, left a remarkable gift in his Will. He created a charity that would support young people, living in the Parish of Wheathampstead and Harpenden, to achieve their dreams. Almost 300 years later, James Marshall's legacy lives on and in the last six years, the Trustees have awarded grants of £1,000,000.



James Marshall Foundation CIO can provide financial support to under 25's, living in Harpenden and Wheathampstead, from families of limited financial means, for educational and career-related opportunities.

The Foundation makes grants to young people towards such items/activities as school uniform and equipment, extra-curricular activities, residential school trips, courses, laptops, college/university accommodation or travel costs, apprenticeships and could support a business idea.

Since 1 April 2020 we have awarded over **150 grants to secondary aged pupils** in the local community, with the majority being for school uniform, laptops and some extra-curricular activities

**Please do get in touch if you think the Foundation could help.**

<b>Phone no:</b>	01582 760735
<b>Email:</b>	<a href="mailto:office@jamesmarshallfoundation.co.uk">office@jamesmarshallfoundation.co.uk</a> <a href="mailto:grants@jamesmarshallfoundation.co.uk">grants@jamesmarshallfoundation.co.uk</a>
<b>Website:</b>	<a href="http://www.jamesmarshallfoundation.co.uk">www.jamesmarshallfoundation.co.uk</a>



*Aged 14 - 18?*

Want to do something creative to help you unwind?  
**A Space To Be...**  
**CREATIVE**  
**RELAXED**  
**YOURSELF**  
Need some quality time out?

*If this sounds like you then  
A Space To Be... is the place to be!*

# A Space To Be...

CREATIVE  
RELAXED  
YOURSELF

## What is it?

8 weekly 1.5 hour workshops.

## Who is it for?

Anyone aged 14-18 who needs a bit of quality time out to unwind.

## When is it?

Weekdays after school.

## What will I be doing?

Different venues will be hosting different creative activities – it might be art, writing, collage, book-making...

Most importantly - **you don't need any experience** - everyone is welcome including complete beginners.

It is NOT a formal art class.

## Where does it take place?

Online, working with museums in:

Bishop's Stortford

Hatfield

Hitchin

St Albans

Stevenage

Watford

## How do I find out more?

Call or text: **07746 578 292**

Email: [aspacetobeherts@gmail.com](mailto:aspacetobeherts@gmail.com)

Web: [hertfordshiremuseums.org.uk/news-articles/a-space-to-be.aspx](http://hertfordshiremuseums.org.uk/news-articles/a-space-to-be.aspx)

Search Facebook: [aspacetobeherts](https://www.facebook.com/aspacetobeherts)

Or talk to your teacher.



# Parent and Carer Support Online Courses 2020 Autumn Half-Term 2



## TALKING FAMILIES

Our FREE 6 week course for parents and carers of children aged 0-12 will cover

- Manage challenging behaviour with consistency
- Encourage positive behaviour
- Build your child's self esteem
- Set and maintain boundaries
- Respond to tantrums and difficult feelings in children
- Develop a strong parent/child relationship now and for the future



**Tuesdays 10-11.15am**  
3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> Nov  
1<sup>st</sup>, 8<sup>th</sup> Dec 2020

**Course ID 392**

**Wednesdays 10-11.15am**  
4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> Nov  
2<sup>nd</sup>, 9<sup>th</sup> Dec 2020

**Course ID 391**

## TALKING TEENS

Our FREE 6 week course for parents and carers of children aged 12-19 will cover

- The Teen Brain: Recognising the physical and emotional changes taking place during the teenage years and why their behaviour changes.
- The link between behaviour and communicating difficult feelings.
- How to maintain your relationship with good communication.
- Understanding risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate and reduce conflict.



**Mondays 8-9.15pm**  
2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>  
Nov 7<sup>th</sup> Dec 2020

**Course ID 393**

**Thursdays 8-9.15pm**  
5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> Nov  
3<sup>rd</sup>, 10<sup>th</sup> Dec 2020

**Course ID 395**

**Pre-booking essential**  
**To check eligibility and**  
**book a place, please**  
**contact Supporting**  
**Links on:**

**07512 709556**

**[bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)**

**Quoting the Course ID**

# TALKING DADS

Dads play an important role in a child's life. This FREE course will help you be the Dad you want to be! Over 6 weekly sessions, fathers and male carers of children aged 0-19 will be supported to:

- Increase confidence in your parenting.
- Develop your dad/child relationship, now and for the future.
- Improve listening and communication skills.
- Develop strategies for dealing with anger and conflict.
- Learn how to enforce boundaries.



**Dads,  
Step-Dads,  
Stay at  
home Dads,  
Working  
Dads...**

**Tuesday 8-9.15pm**  
**3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> Nov**  
**1<sup>st</sup>, 8<sup>th</sup> Dec 2020**  
**Course ID 397**

## UNDERSTANDING BEHAVIOUR IN YOUR CHILD WITH ADDITIONAL NEEDS

A free 6 week course for parents and carers of children aged 2-19 years with a recognised additional need. We will help you to:

- Understand your child's behaviour.
- Find strategies that really work.
- Understand conflict : why it happens  
• and how to handle it.
- Manage anger effectively.
- Motivate, encourage and support your child.
- Manage the different needs within your family.



**Diagnosis  
not  
essential!**

**Monday 8-9.15pm**  
**2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>**  
**Nov 7<sup>th</sup> Dec 2020**  
**Course ID 387**



Sessions will be run over Zoom so you will need access to a device such as a phone, tablet or computer with a webcam and microphone. We will help you get set up if you haven't used Zoom before. No special skills are needed.

**Courses are open to parents and carers living in Hertfordshire**  
**Pre-booking essential**

**To check eligibility and book a place, please contact Supporting  
Links on:**

**07512 709556 or [bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)**

**Quoting the Course ID**

**[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)**

This course is provided free to parents  
by Hertfordshire County Council





## Family Lives Helpline

Free\* confidential helpline for advice, information and support on any aspect of parenting and family life.

**0808 800 2222**

Mon-Fri 9am-9pm Sat-Sun 10am-3pm

Through life's ups and downs, we're with you, all the way

[www.familylives.org.uk](http://www.familylives.org.uk)

[askus@familylives.org.uk](mailto:askus@familylives.org.uk)

15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ

\* From landlines and most mobile networks.

**Do you like helping and talking to people?  
Do you have a few hours a week to spare?  
Thinking about volunteering?**

Our volunteers are a lifeline to many families going through a difficult time. Become a Helpline Volunteer and enjoy the experience of helping others as well as improving your own wellbeing. If you are good at listening and can spare a few hours a week, we want to hear from you. Full training is provided, you can volunteer from home if you have a PC and good internet connection or at our local branch based in Old Hatfield in Herts.

Email us at [suebe@familylives.org.uk](mailto:suebe@familylives.org.uk) for more information.

Visit us at [www.familylives.org.uk](http://www.familylives.org.uk).

## Can you help?

The Harpenden Trust's single annual fund-raising project - The Christmas Appeal - is just around the corner!

Last year the annual appeal envelopes raised £53,000 to help support those in our town who are struggling to make ends meet for all sorts of reasons.

The Appeal envelopes are delivered by an army of more than 200 volunteers. They are usually collected back again, but this year the envelope also details many other ways in which people can donate.

But we need a few more people in some areas to join the team. Please think about whether YOU can help.

If you can, then every house in every road will have the familiar purple envelope drop onto the doormat.

Call us on 01582 460457  
Email [admin@theharpentrust.org.uk](mailto:admin@theharpentrust.org.uk)

These roads and others need volunteers

- Roundwood Gardens
- Park Rise
- Lavendon
- Shepherds Way
- Tintern Close

- Tuffnells Way
- Borodale (Milton Rd)
- Carpenders Close
- Chesterton Rise
- Clarence Rd
- Farm Avenue

The Harpenden Trust Centre  
96 Southdown Road, Harpenden  
Hertfordshire AL5 1PS  
01582 460457  
[admin@theharpentrust.org.uk](mailto:admin@theharpentrust.org.uk)  
[www.theharpentrust.org.uk](http://www.theharpentrust.org.uk)  
The Harpenden Trust is a  
Company limited by guarantee  
and is registered under the  
Charities Act, Company Number  
5851561 Registered Charity  
Number 1116670  
Registered office as above

