

# INSPIRE • ACHIEVE • SERVE

## John F Kennedy Catholic School

13th March 2026



### Thirst



The theme of the week was drawn from last Sunday's Gospel reading that presented the story of Jesus meeting the woman at the well. In a typically counter-cultural manner Jesus engaged in conversation with a woman - which men would not do in public unless they were related - and moreover a woman who was a Samaritan - a group that Jews would have nothing to do with. The encounter started with a simple request for a drink of water to quench his thirst and developed into an exploration of a desire for a more powerful support for one's life: faith in God.

We are blessed to live in a country where clean water flows so easily. Nowadays it's very easy to take this for granted. But I have memories of a time before this convenience. When I was young I spent many summer holidays going to Ireland to visit my grandmother's family. We stayed with my great grandmother, who lived in a small village in Wexford. We would have to get water by walking to the centre of the village, where there was a communal pump - there was no running water in her home. This was an exciting novelty for me and my brother. Not so exciting were the toilet facilities - a potty under the bed and an outside toilet in the garden - with no running water, of course! We all understand the importance of water to our lives. We can survive without food for 70 days but only 5 days without water. This is why there are agencies focused on bringing clean water supplies to often the poorest parts of the world. So using a metaphor of a thirst for something is a very powerful expression, because we can all relate to a thirst for water.

So how should we use this metaphor in school? Well, most obviously a thirst for knowledge. In keeping with the current government view of the curriculum we want to move students from being novices to experts in their subjects. We want a culture of students being committed to learning - gaining knowledge and skills in a range of disciplines that will serve them well as they engage in the adult world of their future. However, in a Catholic school there is something else we want for our students: a thirst for faith in their lives - a thirst for God. For those already of the faith, we offer an opportunity to further develop their understanding of it and for daily practice. For those not of the faith we aim to present a compelling case for the Christian values at work in our everyday lives. This we can encourage through our daily prayer opportunities, in moments of stillness and silence and through the constant promotion of our mission statement; to inspire, to achieve, to serve. It is our aim to ensure there is a deep well to draw from at JFK.



## VALENCIA 2026

### Year 11 Spanish Trip



The much-anticipated Year 11 Spanish study trip to Valencia took place over a long weekend, and it's fair to say it was worth the wait!

Students took in the sights of Valencia in the drizzle, visiting the cathedral, seeing the Holy Grail, and climbing the Miguelete Tower to take in the views of the beautiful city.

We navigated the public transport system to go to Europe's biggest aquarium and took advantage of the sun on the beach.

Lots of Spanish was spoken to the locals, lots of Spanish culture was enjoyed and some Spanish food was sampled, although most students chose the less authentic McDonalds.

Thank you to everyone involved for such a memorable trip, the students were so enthusiastic and an absolute delight. A huge thank you to Mrs Perkins for working so hard behind the scenes to make sure the trip could go ahead and thank you to the staff who gave up their time (and sleep) to ensure it was a success.

Mrs Wadsworth, Mrs Mitchell, Mrs Milton and Mr Wainman

**Mrs Wadsworth - MFL Department**



## RE

### Year 10 Students take part in a practical Philosophy lesson



Currently, Year 10 students are studying Philosophy and are in particular exploring arguments for the existence of God.

This week students have been looking at the Cosmological Argument - which is an argument for the existence of God based on the principle of cause and effect. To demonstrate this idea, students have been creating models to represent cause and effect. Students have to work in groups to produce their cause and effect models.

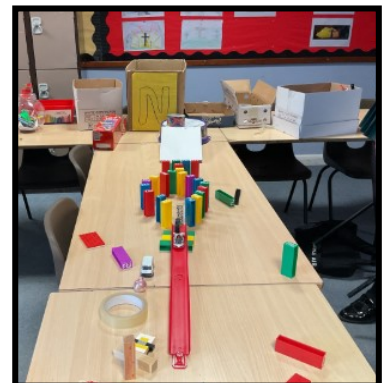
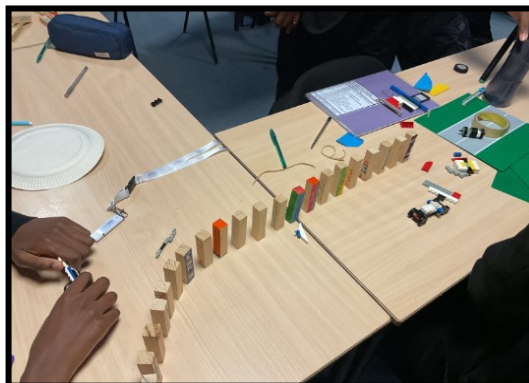
This was an excellent way to learn about a topic in a more practical way, as well as developing vital skills such as team work and problem solving.

After the practical model building some students reflected with the following:

*"This activity helped me realise that I should not give up if an idea does work, but to keep working to find a solution"*

*"In this activity I learned more about team work"*

*"This activity has helped me better understand the principle of cause and effect"*



**Mr Brophy - RE Department**



## RE

### Year of St Francis of Assisi Display



During the last two weeks, the House Challenge was led by the RE department. The challenge set to students was to create a piece of artwork for our new 'Year of St Francis of Assisi' display which will be located in the main entrance of the RE department.

In RE lessons over the last two weeks, Years 7-10 were given the opportunity to learn more about St Francis of Assisi to help them complete the house challenge.

The response to this challenge by students has been outstanding, with hundreds of students submitting work.

You can see in the image the start of our new St Francis display which we will be continuing to add to over the next week or so.

A massive well done and thank you to all the students who have used their gift and talents in such a creative way.

**Mr Brophy - RE Department**



## LIBRARY

### World Book Day

Last week we celebrated World Book Day with a footy-tastic interactive quiz held in the Library for Year 7s who have been doing really well in their first few terms here. The students joined hundreds of schools across the country to compete in The Great Big World Book Day Footy and Booky Quiz 2026 and they all did brilliantly, answering a range of questions about books and football, showcasing their knowledge and their fantastic enthusiasm!

While we were disappointed not to get a shout out (not for want of trying!) everyone had a great time and it was brilliant to see a range of authors and football stars recommending reading. Speaking of reading and footy, I have added more Ultimate Football Heroes books to the Library's collection as well as Match Attax Annual 2026 and Match! Annual 2026 so I hope they'll be flying off the shelves. I've even started reading a footy book myself, following a recommendation from Rocco Brown (Year 9) that I read about Mbappe. So far, pretty interesting and a change from what I usually read!

As we continue to celebrate 'Go All In', I've been on the lookout for books which celebrate passions. Next on the list to add to the Library's collection will be 'How To Beat Your Dad At Chess'. Avid chess-playing dads, you've been warned!

The Easter Reading Challenge is in its last couple of weeks and scores are healthy. One student has secured his Easter egg and 25 bonus House Points score already but I'm sure more will be following in his footsteps!



**Mrs Powell - Librarian**

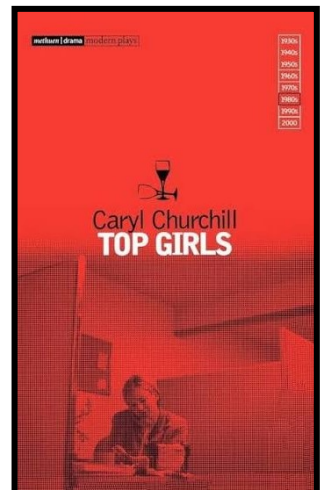
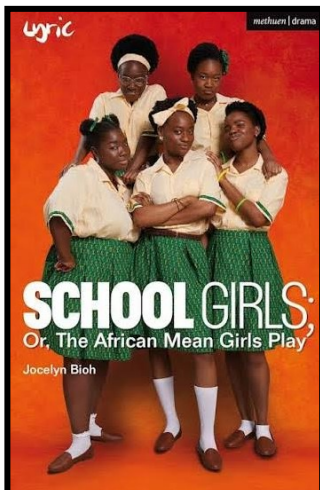


## DRAMA

### Year 11 Performances



Last Wednesday was a huge day and we just wanted to say a massive well done to all of you for your incredible scripted performances. It was an intense experience performing to a visiting examiner, but you handled it with a level of professionalism, focus and dedication far beyond your years. The examiner was genuinely impressed and every performance was beautifully acted and designed, showing off the incredible range of performance and design skills in the class. You should all be so proud of what you achieved, we certainly are! It was a big moment in the course and it was such a relief (and a joy!) to see it go so well. Brilliant work everyone!





## PE



Congratulations to the Year 7 Netball team (left) who were crowned Dacorum District Cup runners up.

Congratulations to the Year 9 team (right) who were also crowned Dacorum District Cup runners up and Hertfordshire Plate Semi Finalists.

### Fixture Results

10th March - Year 9 Rugby JFK **19** - Sir Henry Floyd **14**  
11th March - Year 9 Netball Tournament Plate - semi finalist

### Next Weeks Fixtures

16th March - Year 7 Versatility Netball tournament  
16th March - Year 8 Football v HHS H  
16th March - Year 10 Basketball v ACS A  
17th March - Year 8 Versatility Netball tournament  
18th March - Girls Football v Tring  
19th March - Year 9 Football v Tring A  
19th March - Year 9 Versatility Netball tournament  
20th March - Dacorum dance



MUSIC

# ROCK FESTIVAL & BATTLE OF THE BANDS

FRIDAY 20<sup>TH</sup> MARCH 7PM

Refreshments  
Available



★ ★  
**1 TICKET - £5**

**FAMILY TICKET - £20**

**(UP TO 5 FAMILY MEMBERS)**





## TRIPS 2026 – 2027

**"A Gentle  
Reminder"**

### NEW TRIPS COMING.....

Sports Tour 2027 – Current Year 7 and 8 students

### UPCOMING DAY TRIPS AND EVENTS

Year 10 Rock Climbing, May/June 2026 - PE students only  
UCAS Information Day, 24th March 2026 – Year 12 students

### TRIPS

**Monthly Instalments are due on the 1<sup>st</sup> of each month for the following:**

A Level Biology F/T, 1st - 3rd June 2026

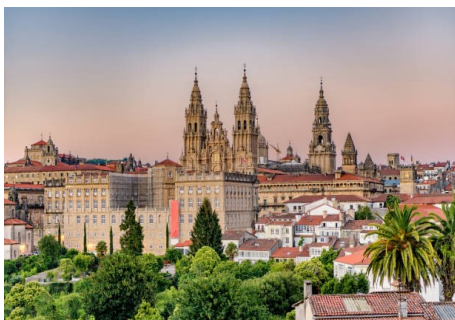
Croft Farm, 22nd - 24th June 2026

Pilgrimage to Santiago de Compostella, 30th June - 7th July 2026

GCSE Geography F/T, 6th - 8th July 2026

Duke of Edinburgh 2026, Bronze and Silver

**\*\* JFK Rock Festival and Battle of the Bands tickets are now available to purchase on Wisepay\*\***





## SAFEGUARDING IN FOCUS



At John F Kennedy Catholic School, safeguarding is at the heart of everything we do, and we work hard to ensure that every child feels safe, supported and listened to within our school community.

Our safeguarding team plays a vital role in this work. The team works closely with students, families, staff and external agencies to promote a culture where safeguarding is everyone's responsibility. Students and families can reach out to the safeguarding team for support. We recognise that parents and carers are key partners in safeguarding. We encourage families to familiarise themselves with our safeguarding approach, policies and procedures, which are available on the school website:

### Safeguarding information and policies:

<https://www.jfk.herts.sch.uk/page/?title=Safeguarding&pid=82>

In addition, the school provides a range of **supportive links and resources** for students and families, covering areas such as mental health, online safety, wellbeing and external support services:

### Support for students and families:

<https://www.jfk.herts.sch.uk/page/?title=Support+for+students+and+families&pid=100>

If you ever have a safeguarding concern, no matter how small it may seem, we urge you to share it. Concerns can be raised confidentially by emailing:

[staysafe@jfk.herts.sch.uk](mailto:staysafe@jfk.herts.sch.uk)

Letting us know about concerns, however small they may seem, allows us to offer the right support when it is needed. Working closely with families helps us maintain a safe, inclusive and caring school community where every child can feel secure and valued.

**Mrs McKenzie – Assistant Headteacher**



## SAFEGUARDING IN FOCUS

A screenshot of the registration form on The National College website. The form is dark-themed and includes fields for 'Email Address', 'First Name', 'Last Name', 'Parent / Carer', 'Password', and 'Re-enter Password'. A blue button at the bottom is labeled 'Create Account'.

We're delighted to let you know that John F Kennedy Catholic School has become a member of The National College – a multi-award-winning online training provider for staff and parents.

### What does this mean for you?

As part of our membership, The National College provides dedicated training and resources for parents and carers – particularly, around online safety and keeping children safe online.

### Online safety advice on any topic

Of course, staff will continue to teach children about the risks online. But with the internet so readily accessible, the most effective approach to online safety needs everyone involved, including parents and carers.

That's why you've now got access to **hundreds of courses, explainer videos and online safety guides** to support your awareness of the online world. Topics range from understanding apps like TikTok and Instagram to recognising the signs of online harm and what you can do to help.

### Signing up is easy

Signing up to the platform is simple. Just follow <https://v2.nationalcollege.com/enrol/john-f-kennedy-catholic-school> and complete your details. You will be asked to enrol and enter some key details. As you enter your details it is important that you sign up as a parent/carer. Once you're set up, you'll get instant access to all training and resources.

### Download the app for free

Another fantastic benefit of The National College is its National Online Safety app, which you can download for free. It gives you access to all their parent and carer resources on the go, whenever you want.

You can download the National Online Safety app using the links below:

- [App store](#)
- [Google Play](#)

### They're always here to help

The National College has a brilliant support team if you have any questions. Their [help centre](#) provides a comprehensive bank of answers to most FAQs, but if you still can't find the answer you're looking for, you can always get in [contact](#) with them.

**Mrs McKenzie – Assistant Headteacher**



## CYCLING SAFETY



Cycling to school is a great way for pupils to stay active and independent, but it's important that it's done safely.

We strongly encourage all pupils who cycle to wear a properly fitted helmet every day. Helmets can greatly reduce the risk of serious head injury in the event of a fall or collision.

It is important that:

- **The helmet fits snugly and sits level on the head**
- **Straps are fastened correctly every time**
- **The helmet is in good condition and has not been damaged in a previous fall**

Bicycles are designed for one rider only. Carrying passengers on handlebars, luggage racks, or the back of a bike is unsafe and affects balance and control. Pupils should be reminded not to carry friends and to make sensible decisions even if others encourage them to do so.

The roads close to school can become particularly busy at the beginning and end of the school day, with cars, buses, and pedestrians all sharing limited space. Pupils should ride sensibly, stay alert, follow road signs and signals, and clearly signal their intentions when turning. Pupils should not weave in and out of traffic or between vehicles, as this is dangerous, unpredictable, and greatly increases the risk of an accident. Distractions such as mobile phones or headphones should be avoided.

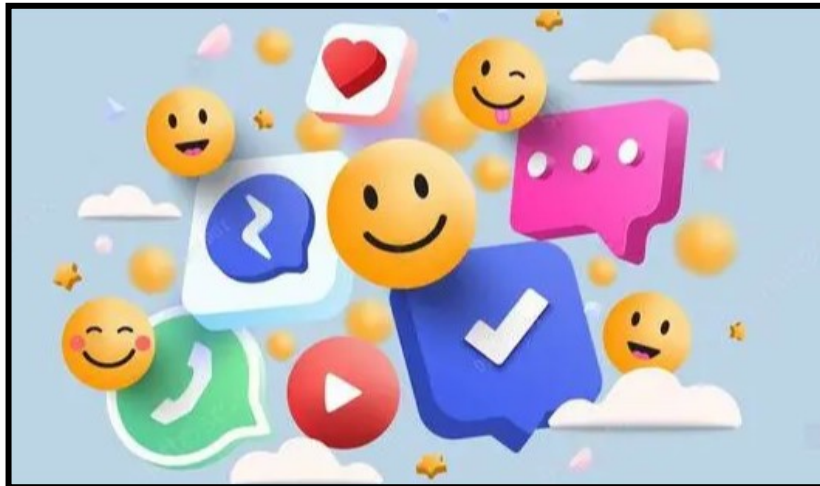
We ask that parents and carers to reinforce these messages at home and check that bikes are roadworthy, with working brakes, lights, and reflectors, especially during darker mornings and afternoons.

Thank you for your continued support in helping pupils travel to and from school safely.

**Mrs McKenzie – Assistant Headteacher**



## DIGITAL SAFETY



In today's digital world, apps are part of everyday life for secondary-age children. They offer creativity, entertainment, and social connection. However, alongside the positives come risks that parents and carers should be aware of.

### Understanding the risks

Many apps collect large amounts of personal data, from location details to contacts, often without children realising the implications. Others expose young people to inappropriate or harmful content, whether through unfiltered videos, anonymous chats, or user-generated posts. Bullying and harassment can also take place within these platforms, sometimes hidden from parents and carers' view.

Another concern is the presence of online predators who may disguise themselves as peers in order to exploit children. On top of this, the design of many apps can encourage overuse through constant notifications and endless scrolling which can interfere with sleep, wellbeing, and school performance.

Financial risks also exist, with in-app purchases or "loot box" style features that can tempt children into spending money without fully understanding the consequences. Some apps may even appear harmless but are designed to hide conversations or bypass parental oversight, adding another layer of complexity for families.



## DIGITAL SAFETY

### What parents and carers should look out for

When your child asks to download a new app, it's worth considering a few key questions. What age is the app designed for?

- Does the rating match your child's stage of maturity?
- How much personal data does it request?
- Are the privacy settings easy to control?
- Does the platform have strong moderation and reporting tools?
- What is the community culture like?

You may also want to check how easy it is to make in-app purchases and whether parental controls are built in. Exploring these factors together with your child not only helps you assess the risks but also builds digital literacy, encouraging them to think critically about the online spaces they inhabit.

### A trusted resource

To make this easier, **Internet Matters** has put together a clear, parent-friendly guide to the apps and platforms most commonly used by children today. It highlights what each app does, its key features, and the potential risks to be aware of.

You can find the full guide here: [Internet Matters – Apps & Platforms \(11–16\)](#).

This resource is regularly updated, so it's a reliable way to stay informed as new platforms emerge and existing ones evolve.

The NSPCC website also contains helpful advice regarding keeping children safe online - <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

### Practical steps you can take

The most effective safeguard is open communication. Ask your child what apps they use and why, and take time to explore those apps together. Set clear boundaries around screen time and "offline hours" such as at mealtimes or after bedtime. Encourage your child to block or report users who behave inappropriately, and make sure location sharing is switched off unless absolutely necessary.

Apps can be positive spaces where young people learn, create, and connect. But without awareness and guidance, they can also present real risks. By staying informed and keeping conversations open, parents and carers can empower children to use technology safely and responsibly.

**Mrs McKenzie – Assistant Headteacher**



## UPCOMING EVENTS

Monday 23rd March, Spring Concert, 7.00pm, St Marks Church

Friday 20th March, JFK Rock Festival, 7.00pm

Tuesday 24th March, Year 12 UCAS Trip

Wednesday 25th March, Year 8 Consultation Evening, Online from 4.00pm

Friday 27th March, End of Term @ 12.35pm

Monday 30th March - Friday 10th April, Easter Holiday

## WE ARE HIRING!

[Click here for the latest vacancy information](#)



## FUTURE DATES

Monday 4th May, Bank Holiday, School Closed

Wednesday 6th May, Year 12 Consultation Evening, In Person

Tuesday 19th May, New Year 7 Parent Information Evening, 6.30pm

Monday 25th May - Friday 29th May, Half Term, School Closed

Monday 8th June - Friday 12th June, Year 10 Work Experience Week



## ATTENDANCE EXPECTATIONS 2025-2026

At John F Kennedy Catholic school, we believe that student performance, behaviour and attendance are fundamentally linked. Our ethos is to maximise the full potential of each student and in order to achieve this, high attendance rates are essential.

**Our expectation is that individual student attendance should not be below 95%.**

Section 7 of The Education Act states that 'parents are responsible for making sure that their children, of compulsory school age, receive a suitable full time education'.

Section 444 of The Education Act clearly states that 'if a child is absent without authorisation, then the parent is guilty of an offence'. This is a strict liability offence - i.e. all that needs to be shown is a lack of regular attendance. Sanctions can include a fine of up to £1000.

### Holidays during Term time

Authorisation of absence for Holidays during term time is at the discretion of the Headteacher and is granted only in exceptional circumstances.

Fines are enforceable for a child being absent from school without permission. This is currently £80 per child for each parent, rising to £160 if paid after 21 days.

### Lateness

As stated in the school Attendance Policy:

- Students should attend school "full time" and they should remain in school attending all timetabled lessons. This means that students should arrive in time for registration. In practice school buses may be late and in this case students should sign in at Reception so they can receive their mark.
- Avoidable lateness beyond 9.10 am constitutes unauthorised absence and can legally be the basis of an offence by the parent/carer
- Those students who arrive very late (after 9.10 am) without a good excuse will not be credited with an attendance. Their absence will therefore be unauthorised and a different mark (U) will be used to distinguish them from those who are "unpunctual". Steps will be taken by the school with the support of parents/carers to correct those students who are persistently unpunctual



## BECOME A FOUNDATION GOVERNOR

**Make a Difference Where It Matters Most —**

### **Become a Foundation Governor!**

Are you passionate about helping children thrive? Do you want to use your skills, values, and experience to strengthen your local community? We are looking for inspiring, committed people to join our Local Academy Councils as **Foundation Governors** — and you could be exactly who we need.

The Local Academy Council (LAC) is responsible for supporting the mission and strategic direction of the Catholic Multi Academy Trust (CMAT) at a local level. Rooted in the values and teachings of the Catholic Church, the LAC serves as a key link between the individual academy, its parish community, and the wider Trust. The primary responsibilities of the LAC include:

- **Faithful Stewardship and Ethos:** Uphold and promote the Catholic identity, values, and mission of the academy, ensuring Gospel principles guide all aspects of school life.
- **Advocacy and Governorship:** Act as advocates of the Trust's vision and strategy while serving as Governors for the local academy within the Trust, parish and wider community to build partnerships.
- **Impact and Accountability:** Provide local support and challenge to school leaders by monitoring standards, inclusion, safeguarding, and ensuring effective implementation of Trust policies.

#### **Why this role matters:**

Foundation Governors (practising Catholics) play a powerful role in shaping the future of our school. They help protect and promote our values, support our leadership team, and ensure every child has access to an excellent education. Your voice and your perspective can directly influence the school's direction, priorities, and success. There are limited spaces available for parents in their child's school.

#### **No previous governance experience? No problem.**

*We welcome people from all backgrounds — what matters most is your enthusiasm, willingness to learn, and commitment to our school's ethos. Full training, guidance, and mentoring are provided.*

See next page



## BECOME A FOUNDATION GOVERNOR

### We're especially keen to hear from people who:

- Care deeply about the wellbeing and development of young people
- Share and support the school's foundation and values
- Can think strategically and ask thoughtful questions
- Bring experience from any profession or community role
- Want to make a meaningful, lasting contribution

### What you'll gain:

- A rewarding leadership role with real impact
- New skills in strategy, education, finance, and governance
- Opportunities to work with dedicated school leaders
- A chance to give back and shape the future of children in your community

### Time commitment:

Around 6–8 meetings per year, plus some school visits and training.



## GENERAL NOTICES

### Road Safety

Parents/Carers are reminded about the importance of road safety and we highlight a number of points you may wish to discuss with your child:

- The importance of crossing the road at a safe place. Using either a zebra or pelican crossing where possible
- Avoid crossing behind parked cars
- Never run out into the road
- Be aware of your surroundings – take out earphones and stop talking with friends or on the phone when crossing the road
- Have reflective items on jackets or bag.
- If cycling, follow the same instruction and make sure you have lights on your bike and wear a helmet at all times.



### Disabled Parking Zones

Please can we ask that the disabled parking bays located along Hollybush Lane be kept clear . They are marked on the path and are needed to be accessed by local residents.



JFK enjoys good relationships with our neighbours and local community. Please be mindful of driveways and access in Hollybush Lane and neighbouring roads if dropping off/picking up your child from school. **Please also try and avoid leaving your car engines running outside of school.**



## GENERAL NOTICES

### Appointments During School

Please try to avoid making medical appointments during the school day. If this is not possible, please alert the Year Team via email with confirmation of the appointment letter/ email/screenshot at least 24 hours in advance.

If your child does need to leave for a pre-arranged medical appointment please ensure that they are aware of the time and date of the appointment and are instructed to be ready in reception to be collected. There have been a number of occasions recently whereby the office staff have had to search for a student in order for them to be picked up.

### Illness During the School Day

We have seen an increase in students calling parents prior to seeking medical attention at school. Any student feeling unwell during the school day should report to Student Services where they will be seen by a medically trained member of staff. Please do impress upon your children the importance of the school contacting home if it is required during the school day. It can cause parents unnecessary worry which we would like to avoid.

#### ABSENCE

If your son/daughter is going to be absent due to illness please telephone the school absence line by 9.00am on each day of absence.

Year 7 01442 229105 (year7@jfk.herts.sch.uk)  
Year 8 01442 229124 (year8@jfk.herts.sch.uk)  
Year 9 01442 229131 (year9@jfk.herts.sch.uk)  
Year 10 01442 229132 (year10@jfk.herts.sch.uk)  
Year 11 01442 229136 (year11@jfk.herts.sch.uk)  
Sixth Form 01442 229137 (6thform@jfk.herts.sch.uk)

Students should bring a letter explaining their absence on their return to school.



Public Health  
England

### Guidance from Public Health England

Diarrhoea and vomiting: exclusion period: whilst symptomatic  
and 48hours after the last symptoms



[Is my child too ill for school?](#)

NHS advice about when to keep your child off school



## VACANCIES



## St Cuthbert Mayne Catholic Junior School

Come join the team at St Cuthbert Mayne School in Hemel Hempstead as an **Afterschool Club Manager**. This rewarding role involves creating a fun, safe environment for children after school, leading activities and inspiring creativity. If you're enthusiastic, organised, and passionate about supporting young people, we'd love to hear from you.

Link to apply: [Afterschool Club Manager - Eteach](#)

St Cuthbert Mayne School, Hemel Hempstead, is seeking a reliable **Premises Assistant** to support the day-to-day running of the site. If you are practical and take pride in maintaining safe, well-kept buildings, this could be the perfect role. Join a supportive school community and help create a welcoming environment for staff and students.

Link to apply:- [Premises Assistant - Eteach](#)



# EVER THOUGHT OF BECOMING A TEACHER?

**School Based Teacher Training with the Dacorum Schools Alliance**



We will be offering a School Direct Teacher Training programme in the following subjects for September 2026

**Applications accepted from October 7th**

Art, Biology, Chemistry, Computing, Drama, Design and Technology, English, Geography, Mathematics, Modern Foreign Languages, Music, Physical Education, Physics, Religious Studies

We also accept applications for Primary teaching

FOR MORE INFORMATION ABOUT OUR TEACHER TRAINING OPPORTUNITIES email  
David Redwood - [dredwood@tring.school](mailto:dredwood@tring.school)

OR VISIT OUR WEBSITE - [www.tring.herts.sch.uk/teacher-training](http://www.tring.herts.sch.uk/teacher-training)



## FLU VACCINATIONS



Vaccination UK

Respiratory and flu-like cases are rapidly on the rise. We urge you to ensure your child receives the flu vaccination. You have a choice between the quick and painless nasal spray or the Injection which is porcine & gelatine free. This not only protects your children against being seriously ill but also protects vulnerable members of your family and community.

We have several community catch-up clinics available. Please use the link below to book an appointment.

[Vaccination UK Immunisation](#)

If you previously declined consent for your child when we visited the school, you **can change** your consent. Please call our office on 01462 427008, and we will book a clinic appointment for you.

Thank you for your support.

**Hertfordshire Immunisation Team**



# UNDERSTANDING MY AUTISM/ADHD

## Empowerment Course for Children and Young Teens in Hertfordshire



SCAN ME



Join us for an online transformative 6-week group course designed to empower Autistic & ADHD children and young teens. Through interactive sessions, participants will explore what being ADHD/Autistic means to them, identify strategies to support their well-being, articulate their needs, and celebrate their uniqueness.



### COURSE DETAILS

**AUTISM PRIMARY** Tues 14/04 - 19/05 (Years 4-6)  
**ADHD PRIMARY** Wed 15/04 - 20/05 (Years 4-6)



[add-vance.org/children-young-people](https://add-vance.org/children-young-people)

INSPIRE • ACHIEVE • SERVE



**CHESHAM & LEY HILL GOLF CLUB**  
**HP5 1UZ**

# **WOMEN IN GOLF DAY 2026**

**Girls over 14 years also welcome**

**SUNDAY APRIL 19th**

**2pm until 4pm**



**To sign up contact ANNE BIRKETT**  
**[annebirkett@cheshamgolf.co.uk](mailto:annebirkett@cheshamgolf.co.uk)**

**[www.cheshamgolf.co.uk/womeningolf26](http://www.cheshamgolf.co.uk/womeningolf26)**



The Hospice of St Francis presents:

## Your Guide to Family Health Q&A with Dr Nighat Arif



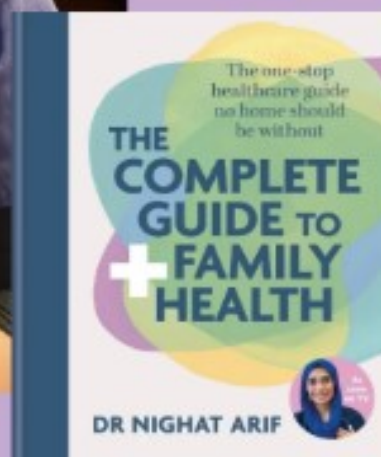
An introduction to the new one-stop healthcare book that no home should be without, from the nation's favourite GP, Dr Nighat Arif. If you have ever felt confused or conflicted by online health information - this is the recipe book for you and your whole family.

**Ticket**

**£12**

**Ticket + copy of the book**

**£25**



Scan QR  
Code for  
tickets



**Saturday 21st March 2026**

**10:30 am to 12:00 pm**

**The Spring Room at The Hospice of St Francis**

**All profits support our free hospice care**



**The Hospice**  
of st francis