

June 2019 Newsletter

CELEBRATIONS - 'National Fish and Chips day' & Borehamwood Civic Parade



A big thank you goes out to the Village Hotel in Elstree for treating our aerobics class to a well-deserved fish and chips lunch. Members and carers were rewarded for all their exercise with a slap up lunch. Meanwhile, great fun was had when Borehamwood Football Club invited our members on board its open top bus, to join in the town's annual Civic Parade.

Learning Disability Week – celebrating sport and inclusion

More than 80 people turned out to celebrate Learning Disability week and enjoyed a fun-filled sports day with medals and goodie bags for everyone, in partnership with Borehamwood Football Club and Home Farm Trust.

Learning Forum Friendships and Relationships

More than 30 of our members turned out to join in this very important Forum led by experts from Royal Mencap. We explored the qualities of a good friend versus a bad friend, the different types of relationships in our life, how relationships can take some time to build and touched on consent too. It seems that this area is of much interest for discussion, so we will think about running another workshop on the same subject.

Supper quiz

Approximately £700 was raised. Super quiz questions and a fun night with live music and yet more fish and chips. Don't forget our next fundraiser will be a cinema night at the Reel Theatre, Borehamwood on Thursday 7th November.

Volunteer Celebratory evening

To celebrate our dedicated volunteers, we held a get together to say thank you. Hertsmere Mencap could not survive without the support of its volunteers.

29th June, Families Day – Meadow Park, Borehamwood

25th July – 21st August Noah's Ark summer playscheme

Job opportunities are available for Play Assistants and volunteers for summer playschemes 2019. Contact Rochelle Gould for more information. Noahs-ark@live.co.uk 020 8906 2783 <https://www.hertsmeremencap.org.uk/vacancies/>

Mencap's online community continues to be a safe place for anyone with an interest in learning disabilities to share stories, ask questions. You could be a parent, a family member, a sibling, a friend or a person with a learning disability.



Visit: <https://healthunlocked.com/mencap>