

## July 2019 Newsletter

### Daily Activities – September Offer ‘Introduce a friend and enjoy a free session on us!!)

There is lots in store for those attending our daily activities in the Autumn term. Preparation is underway in drama for the annual festive performance, which takes place at our Christmas Party. An engaging new structure has been created for music and movement and dance aerobics will be as fun and energetic as always. Silk screen painting, mosaics and spray painting on canvas are just some of the creative projects in arts and crafts next term. Contact Francesca for more details on: 07938 722 619/Francesca@hertsmere Mencap.org.uk



### Coming up .....

#### 4<sup>th</sup> September Learning Disability Forum - ‘Managing your money’ 11-1pm Allum Hall

Learn new ways of managing your money and how to be careful spending it! Money is the topic of the discussion, so bring your questions with you and look forward to having an informative workshop to help you learn new techniques around how to look after your money effectively. Speaker to be confirmed.

#### 25<sup>th</sup> July – 21<sup>st</sup> 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](mailto:Noahs-ark@live.co.uk) 020 8906 2783 <https://www.hertsmere Mencap.org.uk/vacancies/>

#### 6 August – 1130- 130pm Adult trip to Pages Stud Farm, Elstree

We will be meeting and petting lots of different animals, many of whom have been rescued from harm. Goats, pigs, sheep and alpacas are just some of the animals on the farm. You will have the chance to ask questions and get to know all about the animals.

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>