

October 2019 Newsletter

Art class get creative at the Apple Store

Due to popular demand, we returned to the Apple Store, this time for members who attend our weekly arts and crafts class. Silly selfies were snapped and inventive images were created using iPads. Everyone had a blast and it wouldn't have been the same without our visit to John Lewis for tea and cakes.



Weekly drop in coffee morning

Our weekly coffee morning is always a hub of activity, whether it's someone dropping in for help to understand and complete a form, or simply to have a cup of tea and catch up. This month, several of our members dropped in and received advice and support relating to benefits and housing. Parents, carers and people with learning disabilities are all welcome and will be greeted with a smile And a biscuit!

Contact lucy@hertsmeremencap.org.uk: 07770 746 655 for more information.

Introducing Easy Read information

All activity programmes and invitations to events are now written in 'Easy Read' format. We hope that all members will enjoy our new visual activity timetable and other information that they may previously have found difficult to read.

Coming up:

4th December Learning Disability Forum, 96 Shenley Road, 11-1pm

Health and wellbeing is the subject of this Forum. Find out the 'shoulds and should nots' when it comes to eating and drinking in moderation and enjoy a seated yoga session to help achieve a positive body and mind. Non-alcoholic cocktails will be provided!

14th December Christmas Party

Delicious food, DJ and dancing, Raffle, Gifts for sale. Don't forget to contact Lucy to secure your place: t: 07503 383 785 e: lucy@hertsmeremencap.org.uk

19th December Drama class outing to Pantomime to see Cinderella at the Radlett Centre.

For more information contact: Francesca Dresner: t: 07938 722619
e: Francesca@hertsmeremencap.org.uk

30th & 31st December - Noah's Ark winter playscheme

Planning is underway for the winter playscheme, which includes an activity day with swimming and an outing. Contact: Rochelle Gould, Co-ordinator Noah's Ark Playscheme
020 8906 2783, Noahs-ark@live.co.uk