

December 2019 Newsletter



Christmas festivities

December was packed with celebrations, awards, Christmas lunches and outings to the pantomime to see Cinderella.

Members of our dance aerobics class were treated to a traditional Christmas lunch at Borehamwood Football Club, where they were seated on tables with members of the Borehamwood 1st team and were delighted to receive a gift from Santa.

Connor Smith, Community Manager said:

"I thought the afternoon was fantastic. To see so many happy faces and so many memories made was a real thrill.

"The chairman and the staff worked hard to give the members the best possible experience and I would like to thank everyone for coming and hope to see everyone again in the future as we would love to do the same every year."

To view a video of the Borehamwood Football Club Christmas lunch, visit:

https://www.youtube.com/watch?v=VYWTtxUv8s&feature=youtu.be&fbclid=IwAR2PFRiPoUHyk9v0mm9DbDv_Ihsi3dmcyu9tOSGrKdsv5s38ewSKm-6WF40&app=desktop

Meanwhile at our Annual Christmas party, more than 100 people enjoyed a lively evening of food and music, dancing away to their song requests played by our resident DJ Will Smith.

Mary Sherwood, one of our volunteer minibus drivers, received the 'Volunteer of the Year' Award



Nicola Cryer, a member who attends dance aerobics and the Jubilee Club, received the 'Special Award' for her enthusiasm and kindness

Aslam Merchant, a supporter of Hertsmere Mencap who has donated £20k to our charity this year, received the 'Special Award' in appreciation of his philanthropy and commitment to enhancing the lives of others.

Gavin Kennedy, a longstanding member who has been with us since he was a toddler and is now in his 20's, was interviewed on what Hertsmere Mencap means to him. Gavin said that his confidence has grown and he is much happier as a result of attending daily activities. This was plain to see for everyone who listened to his confident and upbeat delivery in front of such a large audience.

Noah's Ark

Just before Christmas, Noah's Ark Playscheme held its Christmas party at the Library with amazing entertainment with an abundance of small reptiles and cute baby rabbits; we also held fabric and ceramic painting as well as face painting. The children loved interacting with the animals, asking questions of the handlers, and were especially fond of cuddling the rabbits! Santa paid us a surprise visit, with presents for all.

Noah's Ark held 2 Playscheme days over the Christmas break, entertaining 14 children on both days, which included swimming, badminton, table tennis and wheelchair games. The following day the children enjoyed a performance of Cinderella at the Radlett Centre with lots of laughter and shouting, in addition to a surprise meet and greet with the cast after the show. Both days were a huge success in giving the children a fun time as well as valuable respite to their families.

We are currently planning our Easter playscheme which will be held during the Easter break in April. For further details please contact:

Rochelle Gould email: noahs-ark@live.co.uk or phone: 020 8906 2783

Healthy living workshop

Earlier this month, our Learning Disability Forum covered the serious topic of alcohol and the dangers associated with it. Those in attendance shared their experiences and concerns for others. Nurse Barbie Sayers reassured them and gave them invaluable advice on managing their alcohol intake over the festive season and their general wellbeing. Members sipped on delicious non-alcoholic cocktails and relaxed with a seated yoga session from Sian Kenrick, our music and movement instructor.

Membership cards

You will shortly be receiving our new membership forms. Once completed, you will be issued with a membership card and number to show you are an official member and are kept up to date with latest information from Hertsmere Mencap. Please always get in touch if your personal details change, as we will be keeping you informed of all our support services and activities via the information you provide on these forms.

For more information or help completing forms, contact Lucy Sitton on 07503 383785 or email lucy@hertsmere Mencap.org.uk



We are excited to introduce a brand new Karaoke machine, bingo machine and a multi-purpose games table to the Jubilee Club. The Jubilee Club re-opens on January 8th and everyone will get a chance to show off their musical talents at a karaoke themed evening. For more information, contact Jubilee Club Leader, Alyson Gnessen on m: 07930 857 834

Coming up:

4th March Learning Disability Forum, 96 Shenley Road, 11-12.30pm