

January 2019 Newsletter

'HEALTHIER YOU' FREE SIX WEEK WORKSHOP



Starts April 29th 2020, 10-12pm, Borehamwood

We will be offering this fantastic six week workshop to help our members:

- Feel confident enough to plan healthy balanced meals with different ingredients and identify healthy foods in a supermarket.
- Understand why movement and exercise are important and how it keeps us healthy
- Learn about healthy snacking
- Know the importance of drinking water and knowing how much food you should eat each day
- Plan positive changes to your life to feel better, both physically and mentally.

To book your place on the course, e: lucy@hertsmere Mencap.org.uk, phone: 07770 746 655

FUNDRAISING CINEMA NIGHT 19 MARCH 2019 8pm at Reel Cinema, Borehamwood

We are hosting our first 'Movie Night' to raise funds for Hertsmere Mencap. 'Greed,' a new comedy, starring Steve Coogan and Isla Fisher, will be screened at the Reel cinema. Please join us and tell your friends and family to come along for this fun-filled evening which costs £15 and includes a goodie bag and great raffle prizes. We rely on the support of our members, friends, family and the community to sustain our charity, so we hope you will be able to spread the word!

For more information or to book: click here: [Activity - Cinema](#)

If you need help with booking, please contact Lucy on 07770 746 655.

BOREHAMWOOD FOOTBALL CLUB

Borehamwood Football Club are holding a community event at their next first team home game against Yeovil Town on Saturday 22nd February. They would love if some of our members would come down and be part of the day. All participants and carers get in free and watch the game at Meadow Park. For more details please contact Cameron at BFC on 020 8953 5716

NOAHS ARK

We are currently planning our Easter playscheme which will be held during the Easter break in April. We are recruiting Play Assistants and Volunteers for Easter.

For further details please contact:

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



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.

Coming up:

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