



April 2020 Newsletter

Launch of 'Friendship' phone call scheme

We have launched a "Friendship phone call" scheme to help steer our members away from loneliness and isolation during this difficult time where everyone is missing their daily social interactions. The scheme involves a volunteer contacting one of our members on a weekly basis for a friendly chat and also to make sure they are OK and have everything they need, for example shopping and medicine. If you know anyone with a disability or a family/person supporting someone with a learning disability, who could benefit from this programme, please get in touch. We are very grateful to all our volunteers old and new, for their invaluable help with this new initiative.

Wednesday morning coffee mornings return via Zoom

Due to popular demand, we will be taking our weekly coffee mornings online, every Wednesday at 10am on an online conferencing system called Zoom. Join volunteers and members for a weekly face to face catch up. If you have problems accessing Zoom online, please get in touch. We will share the access code to log in to the coffee morning which will begin in May.

Easy Read video on Coronavirus

The Purple All Stars have created a short video answering some questions about coronavirus which you can watch [here](#)

Hertsmere Mencap on Facebook

Our Facebook page is updated daily with art activities, singalongs, opportunities to join virtual exercise/dance classes and latest information. It also enables members to interact with one another and comment on videos and other posts. We encourage you to take a look at the Facebook page, ask questions and access resources. Simply login to Facebook and key 'Hertsmere Mencap' into the search box.

"Healthier You" workshop

Our "Healthier You" 6-week workshop, organised by HCPA, has been postponed, but they are publishing helpful information every week on how to stay healthy during the lockdown and beyond. Weekly updates are added to the Hertsmere Mencap Facebook page.

Topics so far:

Click [here](#) for **Healthy Eating**

Click [here](#) for **Exercise**

Click [here](#) for **Mental Health**

Support for frontline NHS workers

While we were disappointed to have to postpone our "sell out" charity cinema night due to coronavirus, we have donated all the refreshments we had purchased, to frontline NHS workers as a token gesture to show our gratitude for their dedicated work, saving lives.



Hospital Passport

The hospital passport is designed to give hospital staff helpful information about a person with a learning disability. A passport can include lists of what you like or dislike. This might be about the amount of physical contact you're OK with to your favourite type of drink, as well as your interests.

The passport helps all the hospital staff know how to make you feel comfortable.

If you go into hospital, your hospital passport should go with you. The passport tells the doctors and nurses that they should make a copy and put the copy in your hospital notes.

If you are going to be an in-patient, and stay in the hospital overnight, your hospital passport should hang on the end of your bed so that anyone treating you can take a look at it.

You can download your Hospital passport [here](#)

Click [here](#) for extra pages to print and add extra information

Noah's Ark

Children who missed out on the Noah's Ark play scheme, received gift packs to enable them to enjoy fun activities during lockdown. Please let us know if you have not received a pack for your child and we will deliver it to your home.

Learning Disability Week 2020

Royal Mencap have taken the decision to postpone this year's learning disability week, with the theme of sex and relationships. However, they will be distributing information on friendships and how to maintain them during lockdown/isolation. Please let us know if you would like us to share this information with you.

Condolences

We are sorry to announce the passing of three of our members. Ivor Kennedy will be sadly missed by his son Gavin and Gavin's mother Susan.

Rose Langley will be deeply missed by her husband, Michael and son Aaron. Maxine Osborne's mother has also passed away and will be missed by her family.