

## June 2020 Newsletter

### Introducing FREE Dance Aerobic Classes to Zoom, Fridays 10-1045am

Angie our weekly dance instructor has taken her classes online to help members stay fit, while dancing to their favourite tunes. Plenty of short breaks and opportunities for a drink throughout the session. For help logging on to zoom, contact Lucy



Join Zoom Meeting:

<https://us04web.zoom.us/j/71755613469?pwd=TE1tTGFAncTxYU5FNFAyZnJrd3V1Zz09>

Meeting ID: 717 5561 3469

Password: 2pnj6T

### Noah's Ark

This year's play scheme will take place at a primary school in Potters Bar. The scheme is now full, but if you would like more information for future opportunities, please contact Rochelle Gould: 020 8906 2783 or email: [noahs-ark@live.co.uk](mailto:noahs-ark@live.co.uk)

### Funding available for low income families

Family Fund have received extra funding worth £10 million from the Department for Education to provide grants for families on low incomes raising disabled or seriously ill children in England this year. Families can apply for this fund directly by clicking: [Family Funding](#)

### Volunteer Week

We celebrated volunteer week by providing certificates and public recognition to more than 20 volunteers who have helped to support our members during lockdown. We couldn't operate our services without volunteers and it was important that we took time out to recognise them for giving up their time, along with their kindness and support.

Tracey, a volunteer for our Friendship Phone call scheme, speaks with Teresa and Sally, two of our members on a weekly basis: She commented: "They are an absolute pleasure to talk to and have helped to give me some added purpose during this difficult time."

Teresa said: "I have lots to say about Tracey. She is so nice and I enjoy talking to her every week. I like it when Tracey says that I make her smile!"

Sally said: "Tracey has been great, very supportive and we seem to have a lot in common- We were chatting for over an hour last week as we lost track of time."

This is just one example of the difference that volunteers are making to the lives of our members as well as the personal fulfilment they have gained from the experience.

Please contact Lucy if you would like to volunteer to help with our support services.

### Learning Disability Week

The theme of Learning Disability Week this year was about the importance of friendships during lockdown. We talked with our members about the meaning of friendship and how much they valued their friends, particularly during this difficult time. It was a positive discussion, full of hope and commitment to think of others and be there for them in times of need.



### Activity Packs

Volunteers have delivered the second batch of 70 activity packs, comprised of personalised coffee mugs and biscuits, ceramics, planting seeds, kites and more. We hope everyone is enjoying their goodies.

### Hertsmere Adult Disability Team, Adult Care Services

We have been informed that during lockdown, there is a delay in replying to phone calls on the usual number 01442 454242. If you do not get a response within 24-48 hours, you can phone 0300 1234042 and your message will be addressed.

### Exemption Cards

Some people can't wear a face mask or covering because of a disability or severe distress. Attached to this newsletter, are printable D.I.Y cards to help deal with public situations that might happen. The first side of the card is always the same and some people will be happy using it on its own. Show it to quickly explain that you have a legal reasonable excuse not to wear a face mask. If you want a non-verbal way to explain more you can double side your card with one of the extra messages. These can be printed or kept on your phone as photos. Find out more on the website [keepsafe.org.uk/mask](https://keepsafe.org.uk/mask)

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