

May 2020 Newsletter



Funds raised for delivery of Activity Packs for members

We've had great support from both Tesco and Cardif Pinnacle who have together kindly donated more than £1000 to enable us to create activity packs for our adult members, who have a heightened risk of isolation and loneliness during lockdown. Volunteers have already distributed the first set of activity packs, full of arts and crafts and other creative resources, to members across Hertsmere. Work is now underway for the second pack of activities which we aim to deliver by mid June. **Please get in touch** if you would like a pack or know someone who does.

Friendship Phone Call scheme

Our 'Friendship Phone Call' scheme continues to thrive, with more members being matched with a volunteer every week. 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. Get in touch if you know anyone with a disability or a family/person supporting someone with a learning disability, who could benefit from this programme.

Wednesday morning coffee mornings return via Zoom

Don't wait for Covid-19 to be over - our weekly coffee mornings have returned online, every Wednesday at 10am on Zoom. Join volunteers and members for a weekly face to face catch up about the week. Get in touch if you have problems logging on and one of our volunteers will guide you through the process.

Noah's Ark

Staff have sent or delivered more than 100 activity packs for young people, which also means they are able to have a chat (at a safe distance!) with some parents/carers, which has been welcomed by them. Included in the packs are a 'make your own fan' which were sent with all the bits necessary and a guidance sheet. [guidance sheet here](#). Also in the pack is an emoji chart - a fun way for parents/carers to find out how a young person is feeling – [download a copy here](#). The next pack, full of fun activities is on its way.



Discussions around summer scheme are ongoing. Many parents have expressed an interest in their child attending the playscheme and we will be back in touch with you as soon as there is more news.

For more information, contact Rochelle Gould: 020 8906 2783 or email: noahs-ark@live.co.uk

Coming Up.....

Trace and Test

The Government has announced test and trace arrangements. The key points are:

- Anyone with symptoms will be tested and their close contacts will be traced
- New guidance means those who have been in close contact with someone who tests positive must isolate for 14 days, even if they have no symptoms, to avoid unknowingly spreading the virus.

Royal Mencap are working through what announcement could also mean for us all and we will provide further guidance once these have been assessed.

Volunteer Week 1-7 June

Volunteers Week is a time to recognise and celebrate the fantastic contribution made by the millions of people who volunteer across the UK. We will be thanking all of our wonderful volunteers who help us all year round and those who have joined us since lockdown. We couldn't do it without you!

Learning Disability Week 15 – 20 June

The theme of the week is the importance of friendships during lockdown. We want to show the importance of friendships to help with tackling isolation, as well as exploring the different ways of maintaining friendships during this unusual time.

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