

## September 2020 Newsletter

**We've been able to re-start our Activities Programme!**



**Arts and Crafts Monday 10-1130** Our weekly Coffee Morning, Art Class and the Jubilee Club have returned. While numbers are restricted and sign up is imperative, everyone has been complying with the new guidance and it is a big relief to be socialising again. New to the weekly activity timetable is the 'Support Surgery', where you can book an appointment to speak with our staff and volunteers on a 1:1 basis, in a confidential environment. Coming soon to Coffee Mornings is seated Yoga, a chance to relax, unwind and improve your physical mental wellbeing.

**Coffee Morning Wednesdays  
11am - 12pm**



**Jubilee Club Wednesdays  
7-9pm**



### **Big Lottery Funding Success**

We are excited to have received nearly £10,000 from the Big Lottery Coronavirus Community Support Fund. The funding will be used for our weekly Art Workshops, Dance Aerobics classes and a confidential 'Support Surgery' for our members to address any impact that the coronavirus has taken on their general wellbeing. This 'wraparound' programme of activities intends to provide the opportunity for art therapy, exercise, socialising and support.

### **Stay in shape with Dance Aerobics with Angie every Friday 10-1045am on Zoom**

Angie our weekly dance instructor continues 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=TE1iTGFAncTxYU5FNFAyZnJrd3V1Zz09>

Meeting ID: 717 5561 3469

Password: 2pnj6T

### Free wooden train set available.

Let us know if you would like this train set. Maxine, one of our parent members wants this preloved wooden set to go to a child in the Hertsmere Mencap family.



### Updated Government Guidance

Royal Mencap has updated its resources in line with the latest government guidance relating to COVID- 19. The latest resource includes;

- Our **what you can/ can't do in England guide** to explain the new rules around restaurants, bars and pubs closing by 10pm.
- **Face coverings guidance** for England to explain when people will need to wear them
- Information on **local lockdowns** and restrictions

[View Guidance](#)

### Christmas Party Cancelled

Sadly, we have had to cancel our Christmas Party, the highlight of the year for so many of us. We are hoping we'll be able to make up for it next year with a celebration once restrictions are eased.

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