

October 2020 Newsletter

Changes to Activity Programme

In light of the recent government lockdown, we have taken the decision to suspend our face to face daily activities. We will review the situation on a fortnightly basis and inform members of any changes immediately. Our activities will return to Zoom. If you need support to access Zoom, please get in touch.

WEDNESDAY

Coffee Morning – 10 -1030am

Join Zoom Meeting:

<https://zoom.us/j/91190339887>

Meeting ID: 911 9033 9887



FRIDAY

Dance with Angie – 10 -1045am

Join Zoom Meeting:

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

Meeting ID: 717 5561 3469 Password: 2pnj6T



Easy Read Guidance on England lockdown

You can find new Easy Read Guidance on the lockdown in England from 5 November to 2 December from Mencap [here](#)

We will keep you updated on any further guidance as it becomes available.

Feedback for Healthwatch Hertfordshire

Healthwatch are working with partners within the learning disability community to understand how the pandemic has affected people with learning disabilities. They need your feedback to ensure the voices and experiences of the learning disability community are addressed.

If you have comments on any of the following areas, please contact Lucy Sitton with your responses (hdcomm@hertsmere Mencap.org.uk/07938 722 619)

- How/if their mental health has been affected
- Quality of information and advice they have received
- Communication they have received from health and/or social care services
- Information they have received from health and/or social care services
- Their experiences if they have accessed health and/or social care during Covid-19



Befriending Week

celebrates everything

#Befriendings

1-7 November 2020



This week is National Befriending Week. Many of our members have benefitted so much from a weekly phone call during this difficult year where they have built up friendships and enjoyed someone to keep them company. Please get in touch if you, or the person you support, would like a befriender to call you, or if you are happy to volunteer as a befriender and help prevent others from loneliness and isolation.

Volunteers needed

We have several volunteer positions where we would really appreciate and value your help. We rely on volunteers to a very large degree for the work we do in Hertsmere Mencap.

Activity Assistant - Jubilee Club (6.30 - 9pm Wednesdays, Borehamwood)

Creative Assistant -Arts & Crafts (9.30 - 1130, Mondays, Borehamwood)

Befriender (from home)

Minibus driver (Wednesday and Thursday evenings – on a rota)

Volunteer Coordinator (from home)

Policy and Procedure Officer (work from home)

Amazon Smile

Hertsmere Mencap is a member of Amazon Smile, part of **Amazon's** charitable giving activity, where it donates a small percentage (0.5%) of each eligible purchase made to the buyer's selected charity. Please use our unique charity link, to select Hertsmere Mencap on smile.amazon.co.uk and help us receive a donation from every purchase you make.

<https://smile.amazon.co.uk/ch/243871-0>

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