



## September 2019 Newsletter

### **Golf Day success**

Golfers from organisations across London and Hertfordshire enjoyed a fun-filled day of sunshine, food and fundraising at the Hartsbourne Golf & Country Club in Bushey. The charity golf day was organised to raise much-needed funds for Hertsmeremencap and will help to reach our goal of obtaining a much needed new minibus and a garage rebuild.

### **Introducing Cookery to the Jubilee Club**

The Jubilee Club welcomed Danine to their kitchen and enjoyed making and eating a nutritious Pasta bake. We are hoping Danine will come back next month with another delicious recipe for us to create and enjoy.

Jubilee Club takes place every Wednesday 7-9pm (except for the first Wednesday of the month)  
For more information contact Lucy Sitton: [lucy@hertsmeremencap.org.uk](mailto:lucy@hertsmeremencap.org.uk) / m: 07770 746 655

### **Daily Activities**

Those attending our daily activities will enjoy an engaging new format in music and movement while dance aerobics continues at it's lively, energetic pace. Mosaics and spray painting on canvas are just some of the creative projects in arts and crafts next term. Preparation is underway in drama for the annual festive performance, which takes place at our Christmas Party.

### **Short Breaks (Respite) services for adults with disabilities**

Hertfordshire County Council are currently consulting with the public about proposals to change short breaks (respite) services for adults with disabilities. This includes a proposal to close the in-house respite services at Hixberry Lane, Isabel Court and Tewin Road.

If you would like to know more about this please go to: [www.hertfordshire.gov.uk/consultation](http://www.hertfordshire.gov.uk/consultation).

You can respond to the consultation online at [www.hertfordshire.gov.uk/consultation](http://www.hertfordshire.gov.uk/consultation) (under the 'Short Breaks (respite) consultation link).

The consultation runs until midnight on the 7th November 2019.

Please note that during the consultation period the respite services can continue to be used as normal and if the changes are made anyone using the directly impacted centres will be helped to find suitable another respite centre.

If you would like to request the consultation documents in an alternative format, or need help in responding to the questionnaire, please contact:

Email: [respite2019@hertfordshire.gov.uk](mailto:respite2019@hertfordshire.gov.uk)

### **Coming up .....**

#### **13<sup>th</sup> October Rotary North London - Disability Games**

Aspire Leisure Centre, Wood Lane, Stanmore, HA7 4AP

A fun filled day of sport and activities including: boccia, bowls, table tennis, darts, bagatelle, stick ball, quoits, wheelchair salom and new age kurling.

To book your place, contact Scott Maclachlan: 01923 852801

#### **14<sup>th</sup> October Art class outing to the Apple Store, Intu Watford, to learn about creating art using Technology**

#### **19 December Drama class outing to Pantomime to see Cinderella at the Radlett Centre.**

For more information contact: Francesca Dresner:

[Francesca@hertsmeremencap.org.uk](mailto:Francesca@hertsmeremencap.org.uk) / 07938 722619



### **Noah's Ark winter playscheme**

Planning is underway for winter playscheme which will run over two days In December (soon to be confirmed on our website) and includes an activity day with swimming and an outing to the pantomime in December.

For more information contact: Rochelle Gould, Co-ordinator Noah's Ark Playscheme  
020 8906 2783/ [Noahs-ark@live.co.uk/](mailto:Noahs-ark@live.co.uk)