



## Winter 2020 Newsletter

### Christmas is coming – to you!



Volunteers have been busy choosing and packing festive gifts for our members. Everyone has been disappointed that we have been unable to hold our annual Christmas Party this year, so we want to deliver something to make you smile. Volunteers are delivering gifts to your doorstep and Father Christmas is hoping to make an appearance at some of your homes!

### Changes to Adult Activity Programme

We have taken the decision to suspend our face to face daily activities until the new year, to ensure the safety of all our members. We will continue to run our FREE activities on Zoom. If you need support to access Zoom, please get in touch.

We continue to be available over the phone and via Zoom meetings to provide support and advice for our members and remain available throughout the festive period. For those feeling lonely and isolated, a friendship support phonecall scheme is still available, offering weekly phonecalls to provide company during these difficult times.

#### 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=TE1iTGFaNCtxYU5FNFAyZnJrd3V1Zz09>

Meeting ID: 717 5561 3469 Password: 2pnj6T



### IT Training Programme to tackle loneliness and isolation



Hertsmere Mencap  
has

launched a pilot IT project, to help tackle the heightened risk of isolation, loneliness and the deterioration of mental health, faced by adults with a learning disability. Coronavirus has highlighted the impact of digital exclusion among the most vulnerable. Each trainee will be

loaned an ipad and will receive 1:1 tuition, over six weeks, tailored to their needs.

On completion of the Programme, trainees will be able to register online for various services, such as supermarket shopping and doctors appointments. They will learn how to communicate with their friends and loved ones and how join Zoom meetings, including 'Coffee Morning' and 'Dance Aerobics', hosted by Hertsmere Mencap. Trainees will also be shown how to access other support services online, browse the internet and play games. In some cases, they will be shown how to access their local jobcentre to encourage them to undertake online training courses with help and advice about finding work.

Contact Lucy to express an interest in joining

### Noah's Ark News



Unfortunately we are unable to hold a Christmas playscheme this year, however, we will be posting some fun videos on our Facebook page for Noah's Ark families to access so please check it out. (Noah's Ark Playscheme Hertsmere Mencap)  
Wishing all our children and their families a happy and healthy Christmas with all good wishes for 2021.

### **Electric Umbrella**

Electric Umbrella offer four hours of FREE, fully interactive online entertainment EVERY WEEK. Each show is designed to provide routine, company and friendship at a time when social interaction has been further compromised..

sign in each time via your personal account at [www.electricumbrella.co.uk](http://www.electricumbrella.co.uk) or watch **Live on Facebook.**

### **Volunteers needed**

We have several volunteer positions where we would really appreciate and value your help. Please share these opportunities with your friends and family and anyone who you think would like to support 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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