

January 2021 Newsletter

Noah's Ark

Noah's Ark Playscheme is currently planning virtual activities for their online offering - for further details contact Rochelle Gould: noahs.ark@hertsmeremencap.org.uk or phone: 020 8906 2783.



Ipad training pilot success

We have almost completed the pilot project of our IT Loan Scheme, providing 6 trainees with long term loan of an ipad and weekly 1:1 training to help them access online activities, search the internet and learn other skills such as numeracy and literacy. We are ready to roll this out on a larger scale, so please get in touch if you or someone you know would like to learn how to use an Ipad or tablet.



Rumble Awards

We are delighted and proud to announce that two of our members will be receiving 'Rumble Awards' for helping others and showing kindness and commitment to stay motivated during the difficulties brought about by the global pandemic. The Rumble Awards are an annual award ceremony, recognising the 'Personality of the year in Hertfordshire'. Gavin Kennedy is awarded the 'Brave Heart' Award, while Nicola Cryer will receive the 'Good Spirit' award. They will receive their awards at a virtual ceremony on March 4th 2021. The ceremony will be a 'film show' with the theme of superheroes.

'Healthier Me' Funding

We have secured funding for six months of cookery workshops at the Jubilee Club. Sessions will include: learning how to make delicious meals on a budget, understanding the importance of nutrition and hydration and challenging members to try new ingredients. The course will take place as soon as lockdown ends and the Jubilee Club reopens. In the meantime, we will be introducing the themes of healthy eating and drinking into our zoom dance aerobics class every Friday.



Easy read FAQs on vaccines

There is a great deal of information about vaccines available. If you prefer an easy read version to help you or someone you know understand more, click on the box below.

[Vaccine FAQ's](#)

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.

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