

**February 2021**

## **Newsletter**



Karen Snyder



Andre Heymoz

### **Staff update**

After 5 years with Hertsmere Mencap, we're very sorry to say that Lucy Sitton will be leaving us at the end of February. But we are also very pleased to announce that her role as Head of Communications is being taken over by Karen Snyder who started on 22 February. Andre Heymoz - who has been a volunteer for Hertsmere Mencap - will become Head of Support, a new role and will be joining us on 12 April.

### **Noah's Ark Playscheme**

Noah's Ark Playscheme is pleased to confirm that our Easter playscheme will be running for one week during the Easter holidays, in a local school in Borehamwood.

Applications are being accepted now, with the deadline on 5<sup>th</sup> March. We are also recruiting Play Assistants and volunteers for Easter/Summer playschemes.

For further information please contact: Rochelle Gould  
[noahs.ark@hertsmeremencap.org.uk](mailto:noahs.ark@hertsmeremencap.org.uk) Tel: 020 89062783

### **Important News – a positive step for vaccinations for people with a learning disability**

We are delighted to read the official announcement that everyone with a Learning Disability can now get access to the COVID vaccine. We have been calling around and found that the vast majority of LD people - even ones in their 20s, have had their first vaccination, depending on which GP they are registered with. If you have not received an appointment, please check you are on the GP Learning Disability Register to ensure you receive a COVID vaccine appointment. Please contact us if you need help with this.

### 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](#)

### Online Art workshop

Our first free virtual art workshop - **celebrating Valentine's Day**- took place this month with Shoshana, our talented art teacher, leading the session which saw members designing pillow covers, tiles and pop-up cards. Materials were delivered to members before the workshop so everyone had everything they needed in advance. This was intended as a trial session to see if people liked it. The feedback has been overwhelmingly positive, so we are delighted to offer a second 'live' creative session, this will be an Easter themed Art session on Monday 8<sup>th</sup> March 10-11am.

Shoshana will once again deliver materials to members before the workshop so everyone has everything they needed in advance. There will be a **£5 fee** for the workshop which can be given to Shoshana when she delivers the materials.

Join Zoom Meeting:

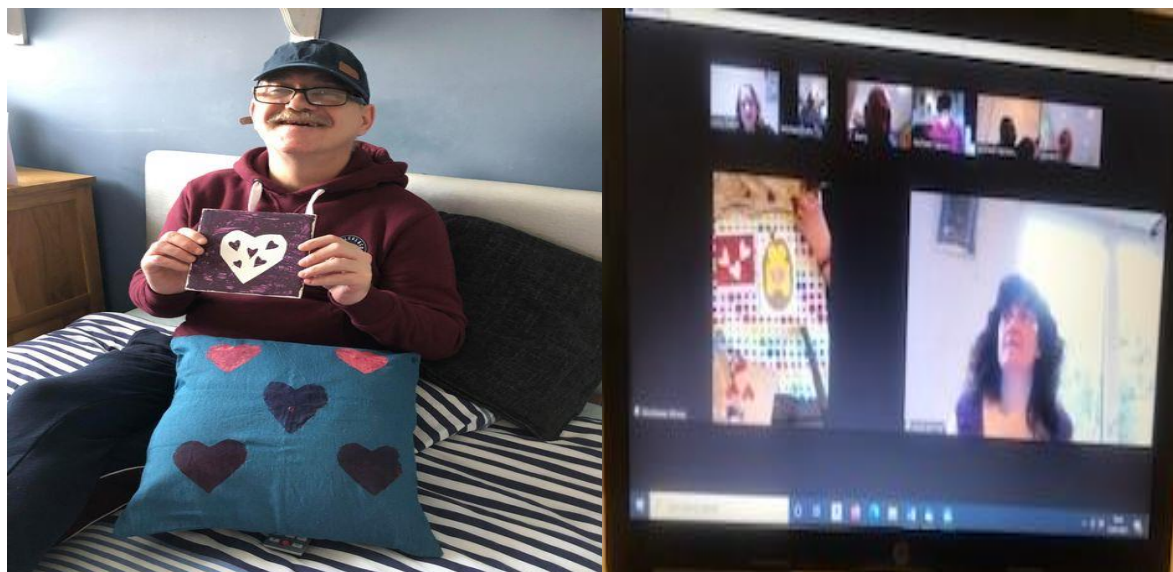
<https://zoom.us/j/9355235772>

Meeting ID: 935 523 5772

If you would like to come along, please let Karen know:

**Contact:** Karen m: 07938 722 619

**email:** [hdcomm@hertsmeremencap.org.uk](mailto:hdcomm@hertsmeremencap.org.uk)





### Jubilee Club Returns Wednesday 3<sup>rd</sup> March at 7pm (on Zoom!)

We know that members are missing their weekly Jubilee Club. It was such a special part of the week, where friends came together to laugh, shared stories and join in activities. Alyson, Club Leader and her Committee are busy planning the return of the social night, starting with a magic show. Look out for more details on the return of your Wednesday night club. Contact Alyson, Jubilee Club leader for more details. 07930 857 834

### 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'.

Kennedy has been awarded the 'Brave Heart' Award, while Nicola Cryer will receive the 'Good Spirit' award. They will receive their awards at a

**virtual ceremony at 7pm on March 4<sup>th</sup> 2021**. The ceremony will be a 'film show' with the theme of superheroes.



To see Gavin and Nicola receive their awards you will need to **sign up for the event with an email address**. Log onto: [www.pioneerapproaches.co.uk](http://www.pioneerapproaches.co.uk) and you will be directed to sign up for the event. **The organisers will send you an email with the link to and the log in details**. Please contact us if you need help with this.

### Online Training event for Family Carers.

NHS England has set up a free online training for family carers only. It is designed to help carers easily identify signs that someone may be unwell and to let them know what they should do next. The workshop is free and only for carers of someone who is over the age of 16.

Please go to the below link to pick your date and register:

[https://www.events.england.nhs.uk/identifying-early-signs-of-worsening-health-in-a-person-with-a-learning-disability?fbclid=IwAR21WFxJWx0kOVrVTCNa134XTAxERtFE-atEhvZOjCme\\_b8EDXKqkb4-5nc](https://www.events.england.nhs.uk/identifying-early-signs-of-worsening-health-in-a-person-with-a-learning-disability?fbclid=IwAR21WFxJWx0kOVrVTCNa134XTAxERtFE-atEhvZOjCme_b8EDXKqkb4-5nc)

Please contact us if you need help with this.

### 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](https://smile.amazon.co.uk/ch/243871-0) and help us receive a donation from every purchase you make.  
<https://smile.amazon.co.uk/ch/243871-0>

If you no longer wish to receive these Newsletters please click to [UNSUBSCRIBE](#) or email [hdcomm@hertsmeremencap.org.uk](mailto:hdcomm@hertsmeremencap.org.uk)

**Contact:** Karen (mob): 07938 722 619 **email:** [hdcomm@hertsmeremencap.org.uk](mailto:hdcomm@hertsmeremencap.org.uk)