



April 2021 Newsletter

Hertsmere Mencap Resume Face to Face Activities





On the **Tuesday 20th April** face to face activities resumed with the ever popular Jubilee Club. Members enjoyed playing pool and catching up with old friends.

Monday saw the return of the hugely enjoyable Arts and Crafts with members decorating positive vibe wall plaques, designing and colouring in felt pictures and personalising a hanging ornaments.

At our Wednesday Coffee Morning, Susan Moser ran an interactive workshop exploring our feelings during lockdown and our feelings about returning to normal life as restrictions begin to lift. It was a very thought provoking workshop and everyone enjoyed sharing their feelings.

Dance Aerobics returned on Friday, where we enjoyed a fun-filled exercise class with Angie dancing along to a mix of reggae and rock music. It was exciting to see Angie face to face again after the long lockdown.

It's been a wonderful week for our members and a flurry of excitement to be able to meet and enjoy activities face to face. All activities are taking place at Fairway Hall in Borehamwood, under strict Covid safe guidelines

We would love to welcome you back to our activities. If you would like to come along, please contact Karen on:

Mobile: 07938 722 619

Email: hdcomm@hertsmeremencap.org.uk

Spring Art Workshop

We ran two virtual art workshops in April.

The first workshop was Spring themed and members had great fun decorating sunglasses cases, mirrors and flowers.

The second workshop saw members create a teapot collage to hang in their kitchens, a delightful bird mobile and a very intricately created fabric owl.





A Message from Andre – Hertsmere Mencap's Head of Support

Hi Everyone

I just wanted to say a big thanks to everyone who has made me feel welcome and at home in Hertsmere Mencap.

I've met lots of people both on Zoom and in person. You have some great clubs like Arts and Crafts, Jubilee Club, Coffee Morning and Dance. Wow, what a busy life you all lead! I am looking forward to helping to develop the activities with you, to listen to your ideas and lend an ear to any worries that you have.

My email is: hdsupport@hertsmeremencap.org.uk and my phone number is: 07861181706



Looking forward to meeting you soon.
André Heymoz

Electric Umbrella release a new album

Our very own Hertsmere Mencap celebrity, Gavin Kennedy and his band Electric Umbrella have released a new album called "Sunflower Avenue." Gavin and Electric Umbrella received a lot of publicity this month on television and in the newspaper. If you missed Gavin's interview on BBC London News, you can watch it [here](#) and also read an article in the Watford Observer [here](#).



Well done Gavin!

Noah's Ark Easter Playscheme

Noah's Ark had a very successful playscheme for 5 days over Easter. All the children enjoyed water and sensory play, games, ball pit fun, painting t shirts and bags. The children were amazed watching a magic show by Alyson. We were pleased to welcome 5 new families to playscheme, they were very happy with their experience. The staff team worked hard to make sure the experience that the children had was memorable. We look forward to welcoming all our children back during the summer. We will be releasing our Summer playscheme dates soon.



Water play fun at the Easter Playscheme

If you would like to register your child for the Summer playscheme, please contact our Co-ordinator Rochelle Gould for further details (see below).

We are also recruiting Play Assistants and volunteers for our Summer playscheme. For further information, please contact Rochelle Gould on **020 8906 2783**
Email: noahs.ark@hertsmere Mencap.org.uk

Stress Awareness Month

April is **Stress Awareness Month**, recent research shows that 65% of people in the UK have felt more stressed since the COVID-19 restrictions began in March 2020 with feelings of disconnection, uncertainty and a worrying loss of control.

The Stress & Mental Health Foundation has information on how to recognise stress and a variety of ways to ease this, read [here](#)

Walking can help everyone live happier, healthier lives. It's a great form of exercise for all ages and abilities. There are some lovely walks in Hertfordshire, find out more [here](#)



Hate Crime "Do not ignore it, Report it"

Hertfordshire is generally a safe and tolerant county. But, hate crimes and incidents can occur and many of them unfortunately go unreported to the police. If you want to make a report to the police or contact your local Hate Crime Officer (Hertfordshire Constabulary have dedicated officers working to support victims of hate crime), call 101 or go online [here](#). In an emergency always call 999.

Not all victims of hate crime want to report directly to the police, reports can be made online [here](#) at the 'True Vision'.

Hertfordshire have third party reporting centres where you can provide details of what has happened to you. They will pass the details onto the police. Importantly, if you'd prefer not to give them your name, you can also report anonymously. Your nearest third party reporting centres can be found by entering you post code [here](#) on the Herts Against Hate website

Keep in touch

Don't forget to have a look at our **Facebook page** [here](#) and **Hertsmere Mencap website** [here](#) for all our latest news and timetable for resuming activities.

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>

Contact: Karen (mobile): 07938 722 619, **email:** hdcomm@hertsmeremencap.org.uk

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