

May 2021 Newsletter

A Month of Face to Face Activities



We have now had a full month of face to face activities. Members have enjoyed creating an array of arts and crafts and we have seen so much talent each week at our Monday Arts and Crafts workshop. At Tuesday's Jubilee Club members have enjoyed playing an array of games including Card Bingo and Logo Quiz games. PC Andrea Houghton joined us at our Wednesday Coffee mornings this month, Andrea chatted about being kind to each other and keeping safe. Our adrenalin has been pumping at our Friday Dance Aerobics class, with fun filled music and with the wonderful Angie it hasn't felt like exercise at all.

As Covid restrictions are lifting we are less restricted on numbers attending and 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@hertsmere Mencap.org.uk

A Message from Andre – Hertsmere Mencap's Head of Support Fire Safety at Fairway Hall



Thank you and well done to all the members, volunteers and activity leaders of our Art, Jubilee, Coffee Morning and Dance Clubs.

Everyone worked together to leave the building calmly and quickly to make our Fire Drills safe.

I have been in touch with the local Fire Station and hopefully they will visit us soon.

Rumble Awards



Well done to Nicola and Gavin who received their Rumble Awards this month, we are so proud of you both.

When Gavin received the 'Brave Heart' Award he said, "I was very surprised to get my award, it's on my wall at home." Nicola was very excited to receive the 'Good Spirit' award, "I felt very special to be chosen to receive my Rumble Good Spirit award. I am pleased people thought I helped to make them happy through the past year."

Noah's Ark Summer Playscheme

Our staff at Noah's Ark are busy preparing for the Summer playscheme, which will be held over 3 weeks in a local school in Borehamwood.

If you would like to register your child for the Summer scheme, 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: noahs.ark@hertsmeremencap.org.uk
Tel: 020 8906 2783

Hate Crime "Do not ignore it, Report it"



Hi Everyone!

It has been great to be reunited with some familiar faces – and meet some new ones – at the Coffee Mornings at Fairway Hall, in Borehamwood, now Mencap are back to face to face meetings.

We talked about staying safe, being kind to each other and how it makes us feel when someone is unkind to us or makes us feel uncomfortable and what we should do about it.

It was lovely to hear what everyone has been doing during the pandemic and the things they are looking forward to as the restrictions are lifted and we can go out and about more again.

I look forward to joining you more often again now, at some of the other activities too, maybe in my gym kit for the dance aerobics on a Friday!

Please talk to me or someone you trust if you have any worries or concerns about something that has happened to you.

There's an easy read leaflet explaining more about hate crime online at [here](#)

PC Andrea Haughton, Hertfordshire Constabulary



Mental Health Awareness Week



Mental Health Awareness Week took place between 10th and 16th May. Mental Health Awareness week aims to get people talking about their mental health, reduce the stigma and encourage people to ask for help. Did you know one of the key factors to our psychological and emotional health is **NATURE**. Read all about connecting with nature to improve your mental health [here](#)

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 – On your mobile

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>

We can now use the Amazon Shopping app on our mobile phone, here are simple instructions to set it up:

1. **Open the Amazon app on your phone or download it if it's not on your phone**
2. **Select the main menu (=) & tap on "AmazonSmile" within Programmes & Features**
3. **Select Hertsmere Mencap as your charity**
4. **Follow the on-screen instructions to activate AmazonSmile in the mobile app**

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

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