

July 2021 Newsletter

Welcome to Hertsmere Mencap's July Newsletter.

July has been a terrific month at Hertsmere Mencap's daily activities.

Here are some of our highlights:

Art

This month members enjoyed making beaded decoration, sun catchers, foil and tissue initial creations, as well as lots of lovely colouring projects.



Our Art sessions run every Monday from 10-11.30am at Fairway Hall WD6

Jubilee Club

July commenced with our first Jubilee Club committee meeting which was very productive. Following this, the Club enjoyed chair yoga, arts and crafts and tshirt designing.



Jubilee Club runs every Tuesday from 7-9pm at Fairway Hall WD6

Coffee Morning

We enjoyed a slide show of all the daily activities since we safely re-opened at the end of April, it reminded us how lucky we are to be together again.

In preparation for Families Day on the 7th August, we worked as a team to set up the canopy. Neil summed up our team effort when he said, "That was fun...best brain thinking exercise I've done for a long time!"



Coffee Morning run every Wednesday from 10-11.30am at Fairway Hall WD6

Dance Aerobics

It's been another fun-filled month at Friday's Dance Aerobics, with catchy tunes to keep us going!



Dance Aerobics runs every Friday from 10.30 -11.30am at Fairway Hall WD6

August Daily Activities

Over the month of August there are some changes to the daily activities timetable. Activities return to normal in September


 August 2021- Fairway Hall
 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Art 10-11.30am	3 Jubilee Club 7-9pm	4 Coffee Morning 10-11.30am	5	6 Dance Aerobics 10.30-11.30am	7
8	NO ART	10 Jubilee Club 7-9pm	11 NO COFFEE MORNING	12	13 Dance Aerobics 10.30-11.30am	14
15	16 Art 10-11.30am	17 Jubilee Club 7-9pm	18 Coffee Morning 10-11.30am	19	20 Dance Aerobics 10.30-11.30am	21
22	23 NO ART	24 NO JUBILEE CLUB	25 Coffee Morning 10-11.30am	26	27 NO DANCE	28
29	30 Bank Holiday NO ART	31 NO JUBILEE CLUB				



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

Looking forward to seeing you at the Borehamwood's Families Day on the 7th August at Meadow Park. Come and say hello! We have fun for the kids on our stall and prizes to be won!



Michael Hammond – Pages Farm Volunteer

This month, Hertsmere Mencap member, Michael Hammond has been volunteering at Pages Farm. Michael has had such a great time feeding the chickens, grooming the ponies, as well as collecting the eggs. Michael said working at the farm has given him courage as well as a lot of satisfaction and fun.

Well done Michael!



Keep your promise, Boris!

On his first day as Prime Minister, Boris Johnson promised to 'fix the crisis in social care once and for all'. Over 700 days later and there is still no plan for how he will achieve this.

Let's all take action for people with a learning disability and tell the Prime Minister to keep his promise by writing to our local MP and ask them to support the campaign, all the details are [here](#).

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Noah's Ark Summer Playscheme

Our Summer playscheme is underway in a local school in Borehamwood! Look out for all the news in August's Newsletter.

If you would like information on our Playscheme, please contact: Rochelle Gould: noahs.ark@hertsmere Mencap.org.uk Tel: **020 8906 2783**

Hate Crime "Do not ignore it, Report it"



If you have any worries or concerns about something that has happened to you, [here's](#) an easy read leaflet explaining more about hate crime. PC Andrea Haughton is also available to talk to. It's important to talk to someone you trust if you have any worries or concerns about something that has happened to you

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 activities timetable.



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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