

## June 2021 Newsletter

### Hertsmere Mencap Daily Activities

It's been another great month at Hertsmere Mencap's daily activities. Here are some of our highlights:

#### Art

Learning Disability Week took place from 14<sup>th</sup> – 20<sup>th</sup> June, this year's theme was art and creativity and Shoshana created "Happy Pillows" for our members to design.

This month members also made thank you sunflowers and happy vibe canvases. Members also took part in ceramic bowl painting and salt painting bringing lots of colour into each piece of artwork



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

### Jubilee Club

It has been a fun month at the Jubilee club! Members took part in horse racing and Boccia (seated bowling).



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

### Coffee Morning

The highlight of this month's Coffee Morning was a visit from Borehamwood Fire Brigade.



## Dance Aerobics

Every Friday, Fairway Hall is filled with loud music and lots of energetic moves at Dance Aerobics with Angie. It is always a fun-filled morning



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

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

A big thank you to Commander Bob Williams and his team from the Borehamwood Fire Station.

We learnt about the work they do, how to keep safe at home and had a tour of their Fire Engine. Members were also offered free home assessments.

Can you answer this question: **what should you do with the kitchen door before you go to bed each night?** (answer at bottom of my message)

Jubilee Activities - watch out for Neil's latest calendar of events for July and August. It's coming soon! Looking forward to our first post lockdown Jubilee Committee meeting on Tuesday 6th of July

**Fire Safety Answer:** close the kitchen door!

## Glyn Thomas – Hertsmere Mencap's Rug Maker Extraordinaire

Hertsmere Mencap has an artist in our midst! I caught up with **Glyn Thomas** to hear all about his rug making hobby.

Glyn was first introduced to rug making by his father in 1978. The first rug he ever made was dinner plates and Glyn explained the first stage of rug making is to draw the design onto a canvas. As Glyn is lucky to have a friend who is an artist, he helps Glyn by drawing the image onto a canvas and from there Glyn weaves using knitting wool to turn the design into a rug.

Glyn explained that rug making is a time consuming hobby requiring much patience, it usually takes around one year to complete. Over the years, Glyn has produced 15 rugs including a Hertfordshire police car, his favourite rug is a red dragon. He is currently working on a top secret rug project which he hopes to finish soon – watch this space!



## Volunteer Week – 1 – 7 June

This month we said thank you to all our wonderful and dedicated Hertsmere Mencap volunteers.

Our members made sunflowers to thank our volunteers for their support, time and kindness. Our volunteers make a huge difference to our members, without our volunteers, Hertsmere Mencap could not operate - thank you so much!

If you would like to volunteer for Hertsmere Mencap, please contact Karen ([hdcomm@hertsmeremencap.org.uk](mailto:hdcomm@hertsmeremencap.org.uk))



## Hertsmere Mencap in the Press – Learning Disability Week 2021

This month, we featured in Watford's Vibe 107.6 FM about Learning Disability Week to read the article click [here](#)

## 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](mailto:noahs.ark@hertsmeremencap.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](https://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](mailto:hdcomm@hertsmeremencap.org.uk)

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