



Hertsmere Mencap's August 2021 Newsletter
In Memory of Teresa Gray





This month's Newsletter is dedicated to Teresa Gray, a much loved member of our community who sadly passed away on Sunday 8th August.

Teresa has been a part of the Hertsmere Mencap family for as many years as we can remember, regularly attending the Jubilee Club, Music, Drama, Art & Crafts, our Coffee Morning and she was always on the minibus to the Magpie Club. She was a friend of everyone. "Teresa was always nice to me, we talked a lot and we were good friends, said Michael, one of our members. Glyn and Linda, who are both members said "She was kind, caring and we are going to miss our special friend."

Paul Moser, Hertsmere Mencap Chair, said "everyone loved Teresa who, with her ready smile, brightened up all our lives. She was so much part of what we do, not only taking part in many activities but also, for instance, making the teas at Arts & Crafts – she'll be really missed by us all."

But it wasn't only Hertsmere Mencap that loved Teresa; Sandra, a care worker for Mencap recalls "I would often see Teresa in Borehamwood Village, there were so many people who stopped to chat to Teresa that it would take her forever to make it to the other end of the village."

Many of our members knew Teresa from school; Neil, another member, reminisced "I knew Teresa as a shy six-year-old girl. One day I found her crying and asked her what was wrong. Teresa wanted to make friends but was too shy". Neil recalls saying to her "I'll talk to you and I'll be your friend". Neil and Teresa rediscovered each other at Jubilee Club a few years later and were friends ever since.

Teresa had a wonderful sense of humour, always laughing, always happy and telling jokes. She was often heard giggling away and one of her favourite jokes recently was "What's white, fluffy and comes from Canada?" "Teresa was always cheerful; in fact, she was one of the most positive people I knew" recalls Tracey one of our volunteers. "She was always a delight to be around, always happy and was a real ray of sunshine even when she was feeling uncertain" recalls Amanda, a volunteer, friend and a wonderful support to Teresa, during her illness

"Teresa had a sweetness about her, she was kind, she never moaned or complained" said Amanda, one of her support staff. "She got great enjoyment from the simple things in life, watching Two and a Half Men, Only Fools and Horses and was known to crack up when watching an episode of Family Guy.

Susan Moser said "I will always remember Teresa for her sensitivity, her sincerity and the love she offered everyone along with her cheerfulness and her ability to embrace the good things in life. She will be remembered by us all – and we will smile as we think of her."



When Teresa wasn't attending one of our activities, she worked in a charity shop in Borehamwood village, which she loved very much. Teresa loved country music, in fact the Jubilee Club were in the midst of organising a country music night for Teresa to join over Zoom. Unfortunately, this was not able to go ahead as Teresa was too ill.

Sadly, Teresa became unwell at the beginning of this year. Teresa's Hertsmere Mencap family immediately rallied around her to give her support with numerous visits, phone calls, food and accompanying Teresa to her medical appointments.

Losing Teresa is a huge loss for Hertsmere Mencap. She was a very special friend to us all and she has left a void in all our hearts. She will never be forgotten.

G-d Bless You, Teresa – you are back together with your beloved Bob.



Teresa Gray 10/1/1966 – 8/8/2021

August Activities

August saw a reduced programme of activities due the summer holidays, however this didn't stop us having a great time.

In Arts & Crafts, we created beautiful collages with many different types of fabrics and personalised our own shopping bags.

At Dance Aerobics we boogied and worked out to some of our favourite songs, the atmosphere as always was buzzing.





September's Activity Schedule

All our clubs will be returning to Fairway Hall in September. Look out for information coming out soon about our new Healthy Eating Workshop beginning on Thursdays.



Sept 2021- Fairway Hall



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 September Coffee Morning 10-11.30am	2	3 No Dance Aerobics	4
5	6 Art 10-11.30am	7 No Jubilee Club	8 Coffee Morning 10-11.30am	9	10 Dance Aerobics 10.30-11.30am	11
12	13 Art 10-11.30am	14 Jubilee Club 7-9.00pm	15 Coffee Morning 10-11.30am	16	17 Dance Aerobics 10.30-11.30am	18
19	20 Art 10-11.30am	21 Jubilee Club 7-9.00pm	22 Coffee Morning 10-11.30am	23	24 Dance Aerobics 10.30-11.30am	25
26	27 Art 10-11.30am	28 Jubilee Club 7-9.00pm	29 Coffee Morning 10-11.30am	30	1 October Dance Aerobics 10.30-11.30am	

For more information about our activities, contact Karen on 07938 722619 / hdcomm@hertsmeremencap.org.uk

Noah's Ark Summer Playscheme

Noah's Ark had a very successful summer scheme, we enjoyed lots of in-house play including fabric painting, messy play, a yoga session, music and lots of ice cream! The children had a great time on our big trip to Thames Valley Adventure Playground and also to an ice cream farm where they also enjoyed ice cream and a huge bouncy castle!

A big thanks to all our staff and volunteers – for helping to make this scheme a success, despite challenging times including some days unfortunately being cancelled. Everyone worked incredibly hard to offer our families valuable respite over the summer as well as an amazing and fun time for their children. A quote from one family:

"I wanted to let you know how pleased we are regarding (child) attendance at Noah's Ark playscheme this summer. We've noticed at home the positive impact the playscheme has had...We are so pleased with everything you and your team have organised.



Noah's Ark Summer Playscheme



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

Disability Games 2021

For the 9th year!
ROTARY NORTH LONDON
DISABILITY GAMES
SUNDAY 10 OCTOBER 2021
ASPIRE LEISURE CENTRE, WOOD LANE, STANMORE HA7



EXCITING INDOOR ACTIVITIES INCLUDE:
BOCCIA • BOWLS • TABLE TENNIS
DARTS • BAGATELLE • STICK BALL • QUILTS
WHEELCHAIR SLALOM • NEW AGE KURLING

For information on how to take part contact your local Rotary Club or email smacchla@aol.com

Rotary
PEOPLE of ACTION
Making a difference in our communities

Sponsored by the Rotary Clubs of:
Barnet; Bush Hill Park;
Edgware & Stanmore; Edmonton;
Elstree & Borehamwood;
Enfield Chase; Golders Green;
London Centenary (E-Club);
Northwick Park; Radlett; Southgate.

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.

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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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