

## September Activities

Our daily activities resumed this month and it's been a busy time catching up and celebrating birthdays at **Coffee Morning**, designing t-shirts, crafting cushions and creating beautiful tile keepsakes in **Arts & Crafts**. We played lots of games at the **Jubilee Club** and enjoyed getting our muscles working and learning new moves at **Dance Aerobics**. If you'd like to come along, contact Karen on 07938 722619



## New Activity Launching - Healthy Eating

Starting on Thursday 7<sup>th</sup> October, we are introducing a brand new, exciting and interactive activity. At the Healthy Eating sessions, you will prepare lots of tasty, learn all about eating healthily and enjoy sitting together each week to eat the food you will prepare.

Don't miss out! Contact Andre to book your place on 07861 891706 / [hdsupport@hertsmeremencap.org.uk](mailto:hdsupport@hertsmeremencap.org.uk)



**New Activity beginning Thursday 7<sup>th</sup> October**  
**"Healthy Eating is Fun"**

**Enjoy learning how to make tasty & healthy food**  
**£5 per session**

**Join us every Thursday**  
**From 11.30am – 1.30pm at**  
**Fairway Hall, Brook Close, Borehamwood, WD6 5BT**

**For more information, contact Andre on 07861 891706 or**  
**[hdsupport@hertsmeremencap.org.uk](mailto:hdsupport@hertsmeremencap.org.uk)**



# Learning Disability Form – Thursday 13<sup>th</sup> October

Our first LD Forum of 2021 will be held on the 13<sup>th</sup> October. The theme is “How to Budget and Manage Your Money”. We look forward to welcoming you. Please RSVP to Karen on [hdcomm@hertsmeremencap.org.uk](mailto:hdcomm@hertsmeremencap.org.uk).



**You are invited to our 1st Learning Disability Forum of 2021**  
**“How To Budget and Manage Your Money”**  
**Guest Speaker – Gary Vaux, Head of Money Advice, Hertfordshire County Council**  
**An Open Forum for all your questions - and your stories about the last year**

**Wednesday 13th October 2021 from 10am – 11.30am**  
**Fairway Hall, Brook Close, Borehamwood, WD6 5BT**

Coffee and refreshments will be served  
Limited free parking available at Fairway Hall  
or paid parking at Meadow Park Car Park, Brook Road

PLEASE RSVP TO:  
Karen Snyder  
[hdcomm@hertsmeremencap.org.uk](mailto:hdcomm@hertsmeremencap.org.uk)

# Golf Day 2021

Our Annual Charity Golf Day took place this month at Hartsbourne Golf Club in Bushey. After missing out on it last year (due to Covid) we were delighted to welcome Golfers back for a fun-filled day of sunshine, food and fundraising. The Golf Day raises much-needed funds for Hertsmere Mencap.



## Noah's Ark Playscheme

We are currently in the process of planning our Xmas activities and will send out information after the half term. Our Christmas party for all Noah's Ark children and their families is scheduled for Sunday December 19th, and will include music, food & entertainment so keep the date free!

For more information on our Playscheme please contact:  
Rochelle Gould on 020 8906 2783 / [noahs.ark@hertsmeremencap.org.uk](mailto:noahs.ark@hertsmeremencap.org.uk)

## Rotary North London – Disability Games 2021

Unfortunately the 2021 Disability Games have been cancelled this year. They will return next year, watch this space!

## The Purple Team Need Your Help!

- If you or someone you know has a learning disability, we want to hear from you!
- This is your chance to tell us what you think about doctor's surgeries in Hertfordshire
- We need volunteers to join us at our online steering group meetings every 3 months
- We need people with learning disabilities, carers and social care colleagues to join us for these meetings
- The Purple Star Award is given to GP surgeries in Hertfordshire who show they give a good service to people with learning disabilities.
- At the meetings you will help decide if they should have the Purple Star Award
- If you would like to know more, please call: 01438 84 46 81 or email [PurpleStarStrategy@hertfordshire.gov.uk](mailto:PurpleStarStrategy@hertfordshire.gov.uk)





## Volunteer Opportunities

We have a number of volunteering opportunities including Volunteer *Mini Bus drivers* and *Day Activities Volunteers* for our new Healthy Eating programme on a Thursday and Dance Aerobics on a Friday.

Volunteering at Hertsmere Mencap is not only great fun, you'll also be helping disadvantaged people to lead more fulfilling lives and you will gain considerable job satisfaction in doing so!

If you are interested, please contact Karen on 07938 722619 / [hdcomm@hertsmeremencap.org.uk](mailto:hdcomm@hertsmeremencap.org.uk).

## 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

## Keep in Touch

Don't forget to have a look at our Facebook page at [www.facebook.com/Hertsmere-Mencap](https://www.facebook.com/Hertsmere-Mencap) and enjoy seeing all the pictures from our daily activities.

For more information about Hertsmere Mencap please contact:

Karen on 07938 722 619 [hdcomm@hertsmeremencap.org.uk](mailto:hdcomm@hertsmeremencap.org.uk)

Have a look on our website [www.hertsmeremencap.org.uk](http://www.hertsmeremencap.org.uk) where you will find all our latest news and timetable of activities.



If you no longer wish to receive our Newsletter please email [hdcomm@hertsmeremencap.org.uk](mailto:hdcomm@hertsmeremencap.org.uk)