

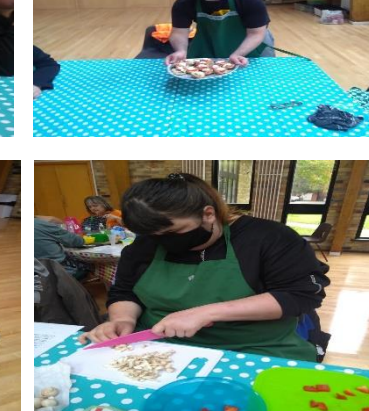
October Activities

It's been a bumper Halloween themed month! We designed our own houses, enjoyed brass rubbings and created colourful Halloween faces in **Arts & Crafts**. We painted Halloween tiles, decorated spooky Cup Cakes and played Puzzles at **Jubilee Club**. We enjoyed celebrating birthdays, catching up and exploring Gratitude at **Coffee Morning**. As usual our Friday mornings were electric and lively at Dance Aerobic with a range of music and new moves to learn. If you'd like to come along to any of our activities, please contact Karen on 07938 722619 / hdcomm@hertsmeremencap.org.uk



Healthy Eating – our newest activity

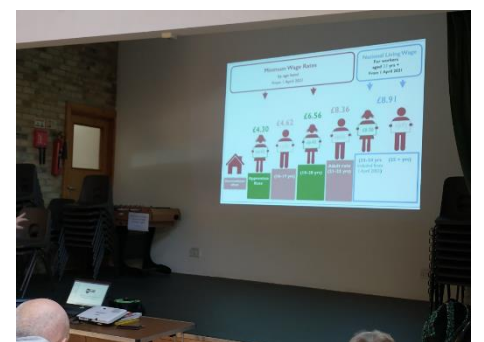
Our Healthy Eating workshop launched in *October*. So far we have made yummy vegetable soup, sour dough bread, falafel with a side of tziziki, healthy sausage rolls, muffins and discovered wholemeal fruit scones and no pastry mini quiche are really tasty! We have started grocery shopping for each session and received awarded certificates. At the end of each session we enjoy sitting together eating what we have made! Contact Andre if you'd like to come along, 07861 891706 / hdsupport@hertsmeremencap.org.uk



Learning Disability Form – Thursday 13th October

Our first LD Forum of 2021 was a great success. All attendees enjoyed listening to Gary Vaux's engaging and interactive presentation on the topic of Money.

Our next Learning Disability Forum will take place on Wednesday 26th January from 10am – 11.30am in Borehamwood WD6. Watch this space!



November Activities Schedule

Nov 2021

Borehamwood, WD6



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|--|---|--|--|---|-----------|
| | 1 Art 10-11.30am | 2 No Jubilee Club | 3 Coffee Morning 10-11.30am | 4 Healthy Eating 11.30-1.30 | 5 Dance Aerobics 10.00-11.00am | 6 |
| 7 | 8 Art 10-11.30am | 9 Jubilee Club 7-9.00pm | 10 Coffee Morning 10-11.30am | 11 Healthy Eating 11.30-1.30 | 12 Dance Aerobics 10.00 -11.00am | 13 |
| 14 | 15 Art 10-11.30am | 16 Jubilee Club 7-9.00pm | 17 Coffee Morning 10-11.30am | 18 Healthy Eating 11.30-1.30 | 19 Dance Aerobics 10.00-11.00am | 20 |
| 21 | 22 Art 10-11.30am | 23 Jubilee Club 7-9.00pm | 24 Coffee Morning 10-11.30am | 25 Healthy Eating 11.30-1.30 | 26 Dance Aerobics 10.00-11.00am | 27 |
| 28 | 29 Art 10-11.30am | 30 Jubilee Club 7-9.00pm | 1 Dec Coffee Morning 10-11.30am | 2 Dec Healthy Eating 11.30-1.30 | 3 Dec Dance Aerobics 10.00-11.00am | 4 |

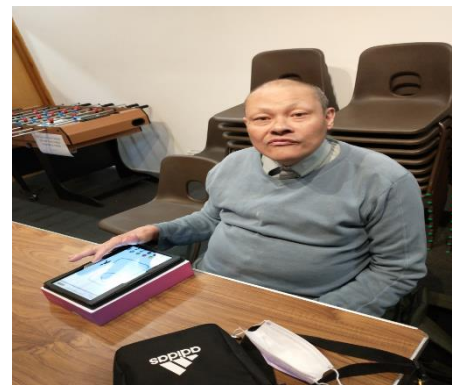
Let's Get Digital Programme

- ✓ **Did you know Hertsmere Mencap is running a project to train members to use a tablet or ipad?**
- ✓ Our programme is specially designed to support the needs of all levels of learning disability.
- ✓ Our programme will be teach you how to browse the internet, do your supermarket shopping online or make an online doctors appointment.
- ✓ Plus learn how to communicate with your friends and loved ones online and be shown how to play games online.

Following his first session, Michael Hammond, Hertsmere Mencap learner said:

"I was a bit nervous at the start as I have never used an ipad, but it was awesome and I loved learning how to play games on the ipad too. I did much better than I expected and I'm excited about next week."

- ✓ We have a team of trainers who are IT experts!
- ✓ If you are interested contact Karen on 07938 722619 / hdcomm@hertsmeremencap.org.uk



Noah's Ark Playscheme

We are currently in the process of planning our Xmas activities and will send out information after 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

Dates for your Diary

Monday 29th November - 7pm – 9pm Hertsmere Mencap AGM at Fairway Hall WD6

Saturday 11th December - 6.30pm -10.00pm Hertsmere Mencap's Christmas Party at Allum Hall WD6

Volunteer Opportunities

We have a number of ***volunteering opportunities*** including Volunteer ***Mini Bus drivers*** and ***Day Activities Volunteers*** for ***Coffee Morning on Wednesdays, Healthy Eating on Thursdays and Dance Aerobics on Fridays.***

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.

Keep in Touch

Don't forget to have a look at our Facebook page at www.facebook.com/Hertsmere-Mencap to see lots of photos from our daily activities. You'll find all our latest news and a timetable of activities on our website www.hertsmeremencap.org.uk

For more information please contact: Karen on 07938 722 619 hdcomm@hertsmeremencap.org.uk

If you no longer wish to receive our Newsletter please email hdcomm@hertsmeremencap.org.uk