

## Arts & Crafts

It's been a busy month at **Arts and Crafts**; we prepared poppy paintings for Remembrance Day, designed our own personal sock gnomes, themed with our favourite characters, animals and football tams, decorated gingerbread men and even produced décor for our Christmas party.

If you'd like to come along to any of our activities, please contact Karen on 07938 722619 / [hdcomm@hertsmeremencap.org.uk](mailto:hdcomm@hertsmeremencap.org.uk)





## Jubilee Club

At the **Jubilee Club** this month, we enjoyed a chair yoga session, played pool and puzzles, dressed up for Comic Relief and raised £38 and we enjoyed an evening of Christmas Arts & Crafts.

If you'd like to come along to any of our activities, please contact Karen on 07938 722619 / [hdcomm@hertsmeremencap.org.uk](mailto:hdcomm@hertsmeremencap.org.uk)





# Healthy Eating

This month we have enjoyed a varied range of baking at *Healthy Eating*. We made Stuffed Peppers and “Healthier” Flapjacks, Pizza Cups and ‘Healthier’ Trifle; we used biscuits cutters to make the pizza shapes and enjoyed playing a game identifying which foods belong in which section of the “eat well plate”. We also enjoyed making and tasting Tuna Pasta Salad and Melting Moment Biscuits, “the biscuits are the best thing we have made so far” said Courtney.

If you'd like to come along to any of our activities, please contact Karen on 07938 722619 / [hdcomm@hertsmeremencap.org.uk](mailto:hdcomm@hertsmeremencap.org.uk)





# Dance Aerobics

If has been another fun-filled month at Dance Aerobics, our adrenalin has been pumping with super music and with the wonderful Angie it hasn't felt like exercise at all.

If you'd like to come along to any of our activities, please contact Karen on 07938 722619 / [hdcomm@hertsmeremencap.org.uk](mailto:hdcomm@hertsmeremencap.org.uk)



# December Activities Schedule

DEC 2021- Borehamwood, WD6

Activities resume on:

**\*\*Tues 4 Jan 2022\*\***



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Coffee Morning 10-11.30am	<b>2</b> Healthy Eating 11.30-1.30	<b>3</b> Dance Aerobics 10.00-11.00am	<b>4</b>
<b>5</b>	<b>6</b> Art 10-11.30am	<b>7</b> Jubilee Club 7-9.00pm	<b>8</b> Coffee Morning 10-11.30am	<b>9</b> Healthy Eating 11.30-1.30	<b>10</b> Dance Aerobics 10.00 -11.00am	<b>11</b>
<b>12</b>	<b>13</b> Art 10-11.30am	<b>14</b> Jubilee Club 7-9.00pm	<b>15</b> Coffee Morning 10-11.30am	<b>16</b> No Healthy Eating	<b>17</b> Dance Aerobics 10.00-11.00am	<b>18</b>
<b>19</b>	<b>20</b> No Art	<b>21</b> No Jubilee Club	<b>22</b> Xmas Coffee Morning 10-11.30am	<b>23</b> No Healthy Eating	<b>24</b> No Dance Aerobics	<b>25</b> Merry Xmas!!
<b>26</b>	<b>27</b> No Art	<b>28</b> No Jubilee Club	<b>29</b> No Coffee Morning	<b>30</b> No Healthy Eating	<b>31</b> No Dance Aerobics	<b>1 Jan</b> Happy New Year!!
<b>2 Jan</b>	<b>3 Jan</b> No Art	<b>4 Jan</b> Jubilee Club 7-9.00pm	<b>5 Jan</b> Coffee Morning 10-11.30am	<b>6 Jan</b> Healthy Eating 11.30-1.30	<b>7 Jan</b> Dance Aerobics 10.00-11.00am	<b>8 Jan</b>

# Hertsmere Community Lottery tickets on sale NOW

Hertsmere Borough Council has launched a Community Lottery as a fun and creative way for voluntary and community groups to raise much-needed funds. We are excited that **Hertsmere Mencap** is one of the charities taking part.

The Lottery tickets cost just £1 per week and by purchasing your tickets through our page, 50% of every ticket sold will be donated to us.

When you buy a ticket, you will be in with a chance of winning a weekly **£25,000 jackpot** and an Echo Dot. The first draw will taking place on **Saturday 18 December**.

Buy your tickets through Hertsmere Mencap's page [here](#) and support Hertsmere Mencap.

Please help us to spread the word amongst your friends and family by sharing the link to Hertsmere Mencap's page [here](#)

Thank you



Supporting Hertsmere **mencap**

**Hertsmere Community Lottery**

**Don't miss our first draw!**

**£25,000 JACKPOT!**

**WIN Echo Dot**

**Help support your community!**

- Sign up for just £1 per week
- Help us make a difference to our community
- 60p of every £1 goes direct to good causes

To start supporting, visit:  
**[www.hertsmerecommunitylottery.co.uk](http://www.hertsmerecommunitylottery.co.uk)**  
and search for: [Hertsmere Lottery](#)

Supporters must be 16 years of age or older. See website for terms and conditions.



## Noah's Ark Playscheme

We are looking forward to our planned activity days during the Christmas break, which will run over 2 days. We are also very much looking forward to our Christmas party which is for all Noah's Ark children and their families, and is scheduled for Sunday December 19th. This 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)

## Dates for your Diary

**Monday 6<sup>th</sup> December** - 7pm – 9.30pm Hertsmere Mencap AGM at Fairway Hall WD6

**Saturday 11<sup>th</sup> December** - 6.30pm -10.00pm Hertsmere Mencap's Members 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](mailto:hdcomm@hertsmeremencap.org.uk).

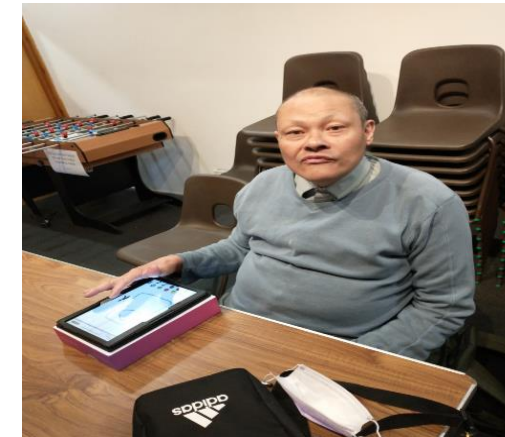
# Let's Get Digital Programme

- ✓ **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](mailto:hdcomm@hertsmeremencap.org.uk)





# Healthy Hub Services

Hertsmere's Healthy Hubs have announced NEW services available, including the collection of lateral flow testing kits.

It is important that lateral flow tests are used regularly to identify hidden cases. Did you know around 1 in 3 people do not show symptoms of Covid.

If you would like to pick up at Lateral Flow Test, visit any of Hertsmere's five Healthy Hubs at:

- 1. The Community Hub, 5 Leeming Road, Borehamwood, WD6 4EE**
- 2. 96 Shenley Road, Borehamwood, WD6 1EB**
- 3. Wylllyotts Centre, Potters Bar, En6 2HN**
- 4. Bushey Grove Leisure Centre, Aldenham Road, Bushey, WD23 2TD**
- 5. The Radlett Centre, Aldenham Avenue, Radlett, WD7 8HL**

A Healthy Hub is a one stop shop providing information, advice, and support to improve the health and wellbeing of our community. The hubs provide free lifestyle support for individuals and their families covering mental health, physical activity, weight management, smoking cessation, health MOTs and nutritional advice.

# Your *Connected* Life



*Your Connected Life* is a website which offers:

- tips and ideas
- signposting to support
- helping people to stay active, happy and well this winter and beyond.

We hope to inspire people to reach out to HertsHelp or a local group and find out more about how to get involved, stay active, pick up a new hobby or ask for practical help and support. Anything which can make life easier or more enjoyable.

Click [here](#) to find out more about what we do or watch our video [here](#)



## 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) 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](http://www.hertsmeremencap.org.uk)

For more information please contact: [Karen on 07938 722 619 hdcomm@hertsmeremencap.org.uk](mailto:hdcomm@hertsmeremencap.org.uk)

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