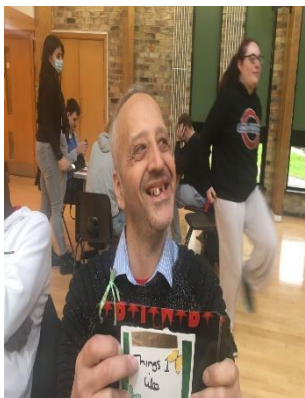


Arts & Crafts

This month, we focused on making crafts with recycled materials. To celebrate Valentine's Day, we made a Valentine's heart & heart mirrors. We have also learnt how to weave using plastic strips and we had a lot of fun creating our own "Things we love" books, decorating each page with our favourite things.

If you'd like to come along to Art, please contact Karen on 07938 722619 / hdcomm@hertsmeremencap.org.uk.



Jubilee Club

Jubilee Club has had an action packed month. We have enjoyed horse racing, meeting a lovely dog called Betty and had a great time dancing at Band Night. We ended the month with a fantastic quiz - thank you Tony for a really enjoyable quiz.

If you'd like to come along to Jubilee Club, please contact Karen on 07938 722619 / hdcomm@hertsmeremencap.org.uk.



Coffee Morning

We've had a busy time at the Coffee Morning this month, it's been good fun catching up and chatting. If you'd like to come along to Coffee Morning, please contact Karen on 07938 722619 / hdcomm@hertsmeremencap.org.uk.



Healthy Eating

February was the penultimate month of our Healthy Eating Workshop. Everyone is getting really involved and becoming a lot more independent.

This month we have made Chicken Kebab wraps with Coleslaw and Beetroot Brownies, we discussed how beetroot is a tasty and sweet alternative. We thoroughly enjoyed the homemade pizza and healthy jammie dodgers session and learnt through alternative ingredients, jammie dodgers can be both sugar free, fat free and very tasty too!

Another favourite this month and by popular request, was cooking chicken goujons with roasted vegetable and healthy apple crumble. We are now understanding the use of herbs and spices to flavour foods and getting used to reducing the amount of salt we use.

Diary date – our last session is **Thursday 24th March**



Healthy Eating

Diary date – for those who attend Healthy Eating, our last session is Thursday 24th March where we will be making lunch for our friends and family to come along and join us. We will also be having a Prize Giving. If you have been coming along to these sessions, the last session is not to be missed! Please RSVP to hdcomm@hertsmeremencap.org.uk



Healthy Eating

Please ask one family member or friend to join us
for our final Healthy Eating session

Thursday 24th March
Family to arrive at 12.45pm
(members to arrive, usual time 11.30am)
Ends at 1.30 pm



Enjoy a healthy lunch made by the
group followed by prize-giving

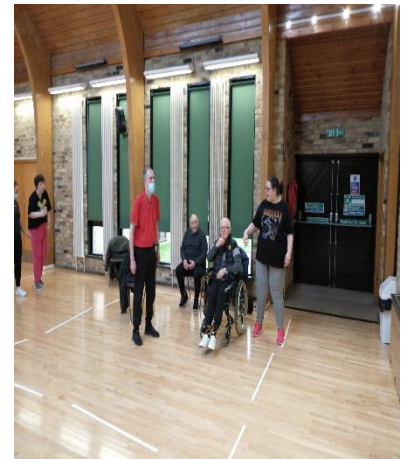
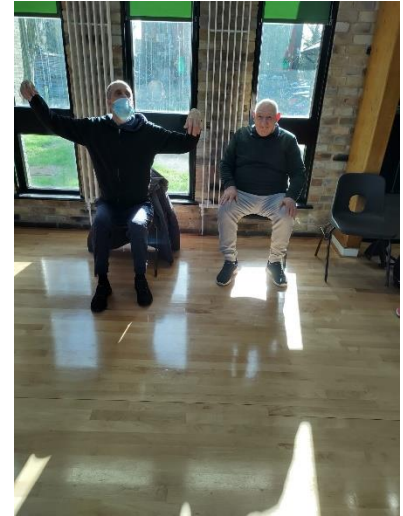
For catering purposes, please RSVP by Thursday 17th
March to Karen Snyder:
hdcomm@hertsmeremencap.org.uk



Dance Aerobics

We have had another fun and energetic month at Dance Aerobics with Angie. We always leave the session with big smiles on our faces!

Contact Karen on 07938 722619 / hdcomm@hertsmeremencap.org.uk if you'd like to boogie with us at Dance.



Noah's Ark Playscheme

Plans for our popular Easter playscheme are underway, taking place from 6th - 12th April (weekdays only).

We are currently recruiting Play Assistants and volunteers, for further details about the playscheme and vacancies please contact Hayley Bentley on 07861 891706, noahs.ark@hertsmeremencap.org.uk

Hayley has now taken over from Rochelle as the Noah's Ark Coordinator;

"I am thrilled to be part of such a wonderful charity and I'm looking forward to continuing Rochelle's incredible work in making Noah's Ark the much loved and successful holiday playcheme it has become. Noah's Ark has always had a place in my heart, for years a life saver during the holidays, providing a fun and safe place for my son to access activities and socialise whilst allowing me some much needed respite. I'm looking forward to meeting existing members, welcoming new families, and working alongside the fabulous team of staff and volunteers. Exciting times ahead!"

COVID REGULATIONS AT HERTSMERE MENCAP

On the 24th February, Boris Johnson removed many of the Covid regulations.

For the safety of our members, for the time being we encourage our members, staff and volunteers to:

- Continue wearing face masks where possible
- Continue to maintain hygiene measures at activities
- Continue to maintain social distancing
- Continue showing LFT on arrival at activities until the end of March, thereafter we would encourage members, staff and volunteers to continue taking LFT as long as they can be obtained
- If you test positive please isolate
- If you feel unwell, please do not attend sessions

Thank you for your understanding.

Hertsmere Mencap's Learning Disability Forum

Learning Disability Forum Navigating the new Highway Code

Wednesday 6th April

10am – 11.30am

Guest Speaker – PC Andrea Haughton

Learn how the new rules will affect you if you walk, cycle or drive

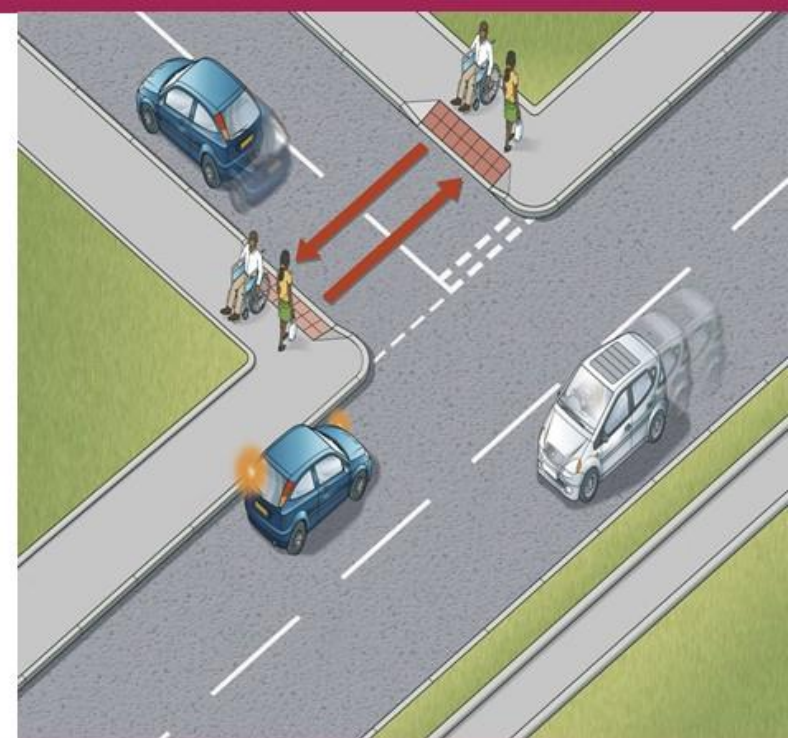
Open Forum to discuss any other matters

Fairway Hall, Brook Close, Borehamwood, WD6 5BT

Please RSVP to Karen Snyder: hdcomm@hertsmeremencap.org.uk



Helping people to do the things they love



Coffee and refreshments will be served

Limited free parking available at
Fairway Hall or paid parking at
Meadow Park Car Park, Brook Road

Spring (Christmas) Party



SPRING CHRISTMAS PARTY

Saturday 9th April
6.30pm – 10.00pm
Allum Hall
2 Allum Lane
Borehamwood WD6 3PJ



GRAND BUFFET DINNER



RAFFLE



PRESENTATIONS



DJ, DISCO & A LOT OF FUN

Please RSVP to Karen Snyder
hdcomm@hertsmeremencap.org.uk
or 07938 722619



**WIN
A
£1000
B&Q
Gift
Card**



**SUPPORT US
Through Thick & Thin**

- Help give our fundraising a boost
- Tickets cost just £1 a week
- Win up to £25,000
- Play now and you could win a £1,000 B&Q voucher

PLAY NOW:

Go to
www.hertsmerecommunitylottery.co.uk



Lottery is only for 18 years of age or older. See website for Terms & conditions. Ends 17 April 2025

Thank you for your continued support, supporting Hertsmere Mencap through the **Hertsmere Community Lottery**,

A ticket for Hertsmere Community Lottery costs £1 a week and 60p will go directly to Hertsmere Mencap, you can view our page on www.hertsmerecommunitylottery.co.uk/support/hertsmere-mencap

If you're in the weekly draw, you'll also have the chance to win a £1,000 B & Q Gift Card!

Thank you for your support.

March Activities Schedule

March 2022

Borehamwood, WD6



***** Drama launching Thurs 28th April 10-11.30 *****

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Jubilee Club 7-9.00pm	2 Coffee Morning 10-11.30am	3 Healthy Eating 11.30-1.30	4 Dance Aerobics 10.00-11.00am	5
6	7 Art 10-11.30am	8 Jubilee Club 7-9.00pm	9 Coffee Morning 10-11.30am	10 Healthy Eating 11.30-1.30	11 Dance Aerobics 10.00 -11.00am	12
13	14 Art 10-11.30am	15 Jubilee Club 7-9.00pm	16 Coffee Morning 10-11.30am	17 Healthy Eating 11.30-1.30	18 Dance Aerobics 10.00-11.00am	19
20	21 Art 10-11.30am	22 Jubilee Club 7-9.00pm	23 Coffee Morning 10-11.30am	24 <u>FINAL</u> Healthy Eating 11.30-1.30	25 Dance Aerobics 10.00-11.00am	26
27	28 Art 10-11.30am	29 Jubilee Club 7-9.00pm	30 Coffee Morning 10-11.30am	31	1 April Dance Aerobics 10.00-11.00am	

Volunteer Opportunities

Are you interested in **Volunteering**? We would love to hear from you. We are currently looking for **Volunteer Mini Bus drivers**.

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 in volunteering, please contact Karen to find out more information and to receive an application form:

(m) - 07938 722619

(e) - hdcomm@hertsmeremencap.org.uk



Dates for your Diary

Thursday 24th March – Final session of Healthy Eating – Invite a family member or friend to come along for lunch and Prize Giving

Monday 6th – Tuesday 12th April (excluding weekend) – Noah's Ark, Easter playscheme

Saturday 9th April - 6.30pm -10.00pm Hertsmere Mencap's **Spring Party** at Allum Hall WD6 – look out for your invite!

Thursday 28th April – Drama returns (every Thursday) 10-11.30am at Allum Hall WD6

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](mailto:hdcomm@hertsmeremencap.org.uk)

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