



August Activities Programme

During August, our activities programme is slightly reduced.

Please contact Lisa, Activity Coordinator if you have any questions on 07474 336062 / activities@hertsmere Mencap.org.uk



August 2022
Borehamwood WD6



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Art 10-11.30am	2 Jubilee Club 7-9pm	3 Coffee Morning 10-11.30am	4 Drama, movement and singalong 10-11.30am	5 NO DANCE	6
7	8 NO ART	9 Jubilee Club 7-9pm	10 Coffee Morning 10-11.30am	11 Drama, movement and singalong 10-11.30am	12 NO DANCE	13
14	15 Art 10-11.30am	16 Jubilee Club 7-9pm	17 Coffee Morning 10-11.30am	18 Drama, movement and singalong 10-11.30am	19 NO DANCE	20
21	22 NO ART	23 NO JUBILEE CLUB	24 Coffee Morning 10-11.30am	25 NO DRAMA	26 Dance 10-11.00am	27
28	29 NO ART	30 NO JUBILEE CLUB	31 Coffee Morning 10-11.30am	1 Sept NO DRAMA	2 Sept Dance 10-11.00am	

Noah's Ark Playscheme

Our Summer playscheme is underway in a local school in Borehamwood. Look out for all the news in August's Newsletter.

If you would like information on our Playscheme, please contact Hayley Bentley on:
noahs.ark@hertsmeremencap.org.uk Tel: 07861 891706

Daily Activities

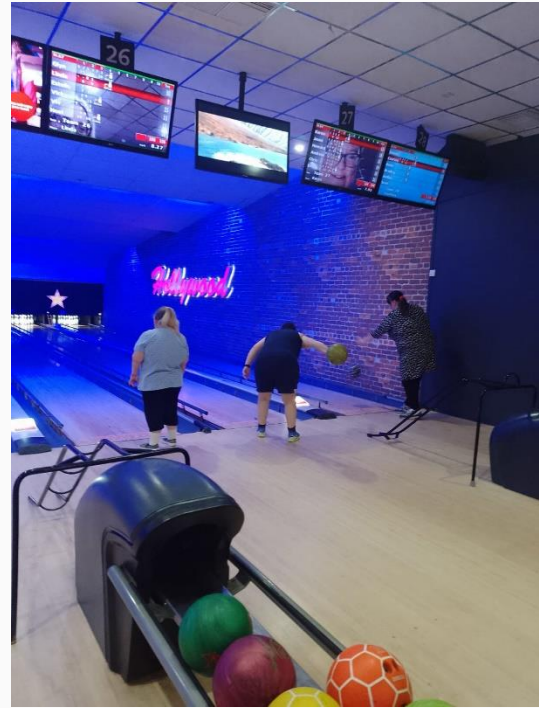
At this month's **Arts & Crafts** we created beautiful framed collages with old wildlife magazines. We decorated tiles using melted crayons and stickers aswell as cutting out flowers to place on top. Using precooked Salt dough shapes, we designed gifts to give to our families and friends.





It's been a busy month at **Jubilee Club**. We started the month with a Games evening, we enjoyed a trip to Hollywood Bowls - well done everyone, great bowling skills! We escaped the heat and headed to air-conditioned Fairway Hall to play cards and we ended the month on a high with an exciting evening of Karaoke.





The **Coffee Mornings** have been lively events this month. We have enjoyed catching up with everyone.



At ***Drama*** this month, we have been working through various acting techniques; mime, voice work and physical theatre. It's been great to see everyone's confidence growing from week to week.





We have had an energetic month at **Dance Aerobics**. This month we picked music by Britney Spears, Whitney Houston, Rock & Rock, One Hit Wonders and even enjoyed Hawaiian themed music.

Dance Aerobics is back on Friday August, we can't wait to see everyone





Covid Guidelines

Our Covid Guidelines have changed to allow unvaccinated people to attend activities.

The Trustees have agreed that from now on, members and volunteers that are not vaccinated will be allowed to come to activities. They must, however, take a lateral flow test within 48 hours of the activity.

- A test Monday morning will be considered sufficient to cover for Wednesday morning
- Please bring evidence of the test with you to the activity. We would prefer a photo is taken at the time and brought on your phone - we realise this may not be possible for everyone.
- We ask that if possible, staff and volunteers continue to take a lateral flow tests

Hertsmere Mencap has a large stock of lateral flow tests for members, volunteers and staff. If you require more tests please ask session leaders, Lisa or Karen and we will provide you with lateral flow tests.

Hertsmere Mencap's Learning Disability Forum

Our next Learning Disability Forum will take place on Wednesday 7th September. We are looking forward to welcoming you. If you would like to come along, please RSVP to Karen on hdcomm@hertsmeremencap.org.uk



Learning Disability Forum



Remember to bring your purple folder



Looking after your health

Keeping your purple folder up-to-date

Wednesday 7th September
10am – 11.30am

Guest speaker: Lisa Kippins
Senior Support and Monitoring Officer, Purple Star Strategy

Bring along your purple folder and hear about its relaunch

Fairway Hall, Brook Close, Borehamwood, WD6 5BT

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



Coffee and refreshments will be served



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

Cost of Living Information and Support

From Thursday 14th July, the government **started making payments to support with the cost of living** crisis to millions of people who receive means tested benefits, including people with a learning disability.

We know that this will be a really **challenging time** and Royal Mencap has **prepared a cost of living hub on their website**.

It covers information on how to get help, how to join the priority services register with utilities companies, how to use a food bank – and more. Royal Mencap will keep adding to it over the coming months.

Cost of living resource hub

Cost of living payments

The government started making cost of living support payments directly into people's bank accounts on Thursday 14 July. They will continue to be made through to the end of 2022. People will also receive £400 credit on their energy bills.

Royal Mencap has developed a page outlining what payments will be made when.

Information about payments

Easy read guides

Royal Mencap has developed a range of easy read guides to help people understand the cost of living crisis.

- About the cost of living crisis [here](#).
- Energy and water saving tips [here](#).

- How to join the priority services register (a list of people who can get extra help with their electricity, gas and water) [here](#).

Rotary North London Disability Games 2022

Rotary North London's Disability Games return on **Sunday 9th October** at Aspire Leisure Centre, Stanmore. If you would like to take part, please let Karen know on 07938 722619 / hdcomm@hertsmere Mencap.org.uk.



For the 9th year!
ROTARY NORTH LONDON
DISABILITY GAMES
SUNDAY 9 OCTOBER 2022
ASPIRE LEISURE CENTRE, WOOD LANE, STANMORE HA7

Three red icons in white boxes: a person in a wheelchair playing bowls, a person in a wheelchair playing table tennis, and a person in a wheelchair playing darts.

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

For information on how to take part, contact your local Rotary Club or email smadachla@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; The Studios

Would you like to volunteer at Hertsmere Mencap?

Volunteering at Hertsmere Mencap is not only rewarding but alot of fun.

We are looking for volunteers to help run our daytime (morning) activities for two hours a week and we are also looking for volunteers to join a rota of drivers, to drive our mini bus to Jubilee Club on a Tuesday night and to Magpie (St Albans) every other Thursday night.

If you are interested please contact Karen on 07938 722 619 /
hdcomm@hertsmeremencap.org.uk

Mencap's Learning Disability Survey 2022

Mencap would like to invite people with a learning disability to take part in their 2022 national survey.

This survey was fully co-produced by people with a learning disability and asks questions on topics they say are important to them, including healthcare, discrimination, mental health, and money and support.

Mencap hopes that the findings will help us all to provide better support to people with a learning disability.

Take part [here](#) and help us to make this the biggest annual survey of people with a learning disability ever.

Diary Dates

Monday 27th July to Tuesday 23rd August (inclusive)
Noah's Ark Summer Playscheme

Wednesday 7th September
Hertsmere Mencap's Learning Disability Forum
Looking after your Health and Keeping your Purple Folder up to date

Sunday 9th October

Rotary North London, Disability Games

Sunday 11th December

Hertsmere Mencap's 2022 Christmas party

Keep in Touch

We regularly update our Facebook page with photos and news, please visit our page [here](#)

Our website has had a refresh! You can have a look at all our latest news [here](#)

