



## Noah's Ark Playscheme

That's a wrap! The Noah's Ark Summer 2022 Playscheme was filled with much fun, laughter, music, dance, animals, football, activities, excursions and of course lots of water and messy play!

Everyone enjoyed themselves and we are so grateful to our staff and volunteers for their time and hard work and of course to our incredible 'Noah's Ark family' - the children, who make it so worthwhile and memorable.

A special thanks to Mark Collins (Everett Rovers Inclusive Football), Angie's Dance Academy, Caroline Langley (Down in the Woods) and Matthew Colley (St Luke's School).





## Daily Activities

During August we ran two **Arts & Crafts** sessions. In the first session we decorated bespoke foam shapes with fabrics. Following this, we enjoyed colouring in, each of us receiving colouring, relating to our personal interests.

During the second session we painted concrete sculptures to put in the garden, following this, some of us made pretty collages to take home. We all had fun.

Arts and Crafts is back on **Monday 12th September** at 10am.

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This month at **Jubilee Club** we took part in an exciting General Knowledge quiz, a big thank you to Tony, our Quiz Master. We also enjoyed a thrilling evening of Horse Racing.

On the 9th August, we dedicated the evening to our special friend, Teresa. Many of us spoke about Teresa and we enjoyed an evening of Country Music, Teresa's favourite music.

We invited Teresa's family to come along and we presented them with a beautiful memorial book which included photographs and personal messages from us all with our memories of Teresa.

It was a truly beautiful night and a very special way to remember our friend.

Jubilee Club is back on **Tuesday 6th September** at 7pm.





It's been a jolly month at **Coffee Morning**, we have all enjoyed our regular catch up together. We even had our very own Nail Salon one week! Thank you, Alex for painting our nails so professionally.



It's been a busy August at **Drama**.

In addition to working on various acting techniques and role plays, we also enjoyed Music and Movement at our Thursday sessions.

Drama is back on **Thursday 8th September** at 10am.





It was great to be back at ***Dance Aerobics***. We got straight into the swing of things with Angie and had a fun-filled and energetic session, moving and shaking to the sounds of Eighties.







## Learning Disability Forum

The next Learning Disability Forum will take place on ***Wednesday 7th September***.

***The topic is "Looking after your Health and Keeping your Purple Folder up to date" and is relevant to all members and carers.***

We are looking forward to welcoming you. If you would like to come along, please RSVP to Karen on [hdcomm@hertsmeremencap.org.uk](mailto:hdcomm@hertsmeremencap.org.uk)

# Hertsmere Learning Disability Forum



Remember to  
bring your purple  
folder



## Looking after your health

Keeping your Purple Folder up-to-date

Wednesday 7<sup>th</sup> 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: [hdcomm@hertsmereencap.org.uk](mailto:hdcomm@hertsmereencap.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



## Daily Activities Schedule for September

If you'd like more information about our Daily Activities or you would like to come along, please contact Lisa (Activities Coordinator) on 07474 336062 / [activities@hertsmereencap.org.uk](mailto:activities@hertsmereencap.org.uk)



September 2022  
Borehamwood WD6



| Sunday        | Monday                         | Tuesday                            | Wednesday   | Thursday                         | Friday                           | Saturday         |
|---------------|--------------------------------|------------------------------------|---|----------------------------------|----------------------------------|------------------|
|               | <b>29 Aug</b><br>NO ART        | <b>30 Aug</b><br>No Jubilee Club   | <b>31 Aug</b><br>Coffee Morning<br>10-11.30am                             | <b>1 Sept</b><br>NO Drama        | <b>2</b><br>Dance<br>10-11.00am  | <sup>3</sup>     |
| <sup>4</sup>  | <b>5</b><br>NO ART             | <b>6</b><br>Jubilee Club<br>7-9pm  | <b>7</b> Coffee Morning<br><i>Learning Disability Forum</i><br>10-11.30am | <b>8</b><br>Drama<br>10-11.30am  | <b>9</b><br>Dance<br>10-11.00am  | <sup>10</sup>    |
| <sup>11</sup> | <b>12</b><br>Art<br>10-11.30am | <b>13</b><br>Jubilee Club<br>7-9pm | <b>14</b><br>Coffee Morning<br>10-11.30am                                 | <b>15</b><br>Drama<br>10-11.30am | <b>16</b><br>Dance<br>10-11.00am | <sup>17</sup>    |
| <sup>18</sup> | <b>19</b><br>Art<br>10-11.30am | <b>20</b><br>Jubilee Club<br>7-9pm | <b>21</b><br>Coffee Morning<br>10-11.30am                                 | <b>22</b><br>Drama<br>10-11.30am | <b>23</b><br>Dance<br>10-11.00am | <sup>24</sup>    |
| <sup>25</sup> | <b>26</b><br>NO ART            | <b>27</b><br>Jubilee Club<br>7-9pm | <b>28</b><br>Coffee Morning<br>10-11.30am                                 | <b>29</b><br>Drama<br>10-11.30am | <b>30</b><br>Dance<br>10-11.00am | <sup>1 Oct</sup> |

## Sad News

### GLEN HILL

It is with deep sadness that we report the passing of Glen Hill. Over the years, Glen used to love coming to Jubilee Club.

Many of our members have fond memories of Glen, "he loved Elvis Presley and watching Heartbeat and Midsummer Madness on TV" said Vicky, Hertsmeremencap's Member Liaison Officer.

"Glen was a good friend, we went for lunches together" said Karen, Hertsmeremencap member.

Our thoughts are with the Hill family and we send them much love and strength.



## ***Rotary North London's Disability Games***

Rotary North London's Disability Games return on ***Sunday 9th October*** at Aspire Leisure Centre, Stanmore.

If you would like to take part, please fill out the entry form [here](#) and return entry forms to ***smaclachla@aol.com*** by ***22nd September*** or you can let Karen know at Coffee Morning.

On the day, Registration will begin 12noon and Games will start at 1pm, the day should end around 4.30pm.

If you would like to take part and travel to the Games on our minibus (numbers and driver permitting), please let Karen know on 07938 722619 / [hdcomm@hertsmeremencap.org.uk](mailto:hdcomm@hertsmeremencap.org.uk).

**For the 9th year!**  
**ROTARY NORTH LONDON  
DISABILITY GAMES**

**SUNDAY 9 OCTOBER 2022**

ASPIRE LEISURE CENTRE, WOOD LANE, STANMORE HA7



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

For information on how to take  
part, contact your local Rotary Club  
or email [smaclachla@aol.com](mailto:smaclachla@aol.com)



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

## ***Support Mencap's Cost of Living Campaign***

The cost of living crisis is tough for everyone, but especially for people with a learning disability.

Many have low incomes, rely on benefits, or need support to deal with energy suppliers.

The government must step up the support they are offering - sign our petition [here](#) to call for action.

Thank you.



## Diary Dates

**Wednesday 7<sup>th</sup> September**

**Hertsmere Learning Disability Forum**

**"Looking after your Health and Keeping your Purple Folder up to date"**

**Sunday 9<sup>th</sup> October**

**Rotary North London, Disability Games at Aspire Leisure Centre, Stanmore. Registration begins at 12noon, Games begin at 1pm.**

**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](#)



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