



## **Save the Date - Hertsmere Mencap Christmas Party**

We are so excited to let you know our 2022 Christmas party is taking place on ***Sunday  
11th December from 6.30pm - 10pm at Allum Hall.***

It's going to be a great evening with delicious food, dancing and of course our raffle!

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## **November Daily Activities Schedule**

If you'd like more information about our Daily Activities or you would like to come along, please contact Hayley (Activities Coordinator) on 07861 891706 / [activities@hertsmeremencap.org.uk](mailto:activities@hertsmeremencap.org.uk)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>31<sup>st</sup> Oct</b> Art 10-11.30am	<b>1</b> Jubilee Club 7-9pm	<b>2</b> Coffee Morning 10-11.30am	<b>3</b> Drama 10-11.30am	<b>4</b> Dance 10-11am	<b>5</b>
<b>6</b>	<b>7</b> Art 10-11.30am	<b>8</b> Jubilee Club 7-9pm	<b>9</b> Coffee Morning 10-11.30am	<b>10</b> Drama 10-11.30am	<b>11</b> Dance 10-11am	<b>12</b>
<b>13</b>	<b>14</b> Art 10-11.30am	<b>15</b> Jubilee Club 7-9pm	<b>16</b> Coffee Morning 10-11.30am	<b>17</b> Drama 10-11.30am	<b>18</b> Dance 10-11am	<b>19</b>
<b>20</b>	<b>21</b> Art 10-11.30am	<b>22</b> Jubilee Club 7-9pm	<b>23</b> Coffee Morning 10-11.30am	<b>24</b> Drama 10-11.30am	<b>25</b> Dance 10-11am	<b>26</b>
<b>27</b>	<b>28</b> Art 10-11.30am	<b>29</b> Jubilee Club 7-9pm	<b>30</b> Coffee Morning 10-11.30am	<b>1 Dec</b> Drama 10-11.30am	<b>2 Dec</b> Dance 10-11am	<b>3 Dec</b>

## Daily Activities

This month at **Arts & Crafts**, we used picture books to make our own image taken from various pictures we studied. We enjoyed print dragging paint colours and blending them together to make unique prints. We also focused on Halloween themed crafts, creating bats out of recycled materials aswell as designing key rings and crafts using conkers



This month at **Jubilee Club** we had an exciting time pizza making, horse racing and running a music quiz, lead by Jim, one of our carer volunteers.

We also celebrated Halloween by dressing up and making crafts.

We also celebrated lots of birthdays this month.

We are looking forward to lots more Jubilee fun over the next month.





It's been a busy month at **Coffee Morning**. One of the highlights was a visit from two special guests - Oscar & Squeaky. A big, thank you to Serena for sharing her new guinea pigs with us.





At **Drama** this month, we have built on our drama skills. We have used different tone and pitch in our speech and projected our voices with confidence. We have also moved our bodies in different ways as characters in the drama scenes.

A few members are taking the lead and directing their fellow actors, it is wonderful to see members build confidence, in every session.

If you have been thinking about joining drama, why not come along on a Thursday morning and see what we get up to. We are all friendly & welcoming people who support each other, have fun and always have a laugh.





It's been a busy month at **Dance Aerobics**, with Battle of the Sexes where we played Boy Band music one week followed by Girl Bands the next. We were transported to the Wild West for an exciting Country & Western morning where we wore cowboy hats and we ended the month with a spooky Halloween theme. We've had great fun!





# Hertsmere Mencap Holiday Playscheme

(formerly Noah's Ark)

After a successful summer scheme, we are in the midst of planning some exciting Christmas activities - please put a note in your diary for the following dates:

11th December 11.30 - 1.30pm Christmas Party

27th December - Christmas Pantomime

29th December - Activity Day

More information and booking details will be sent out shortly, in the meantime please email [noahs.ark@hertsmeremencap.org.uk](mailto:noahs.ark@hertsmeremencap.org.uk) with any enquiries.

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## Hertsmere Mencap News

We had a great day at the ***Rotary North London Disability Games 2022*** and everyone did so well.

We won four gold medals and one bronze medal.

Well done Team Hertsmere Mencap!



**Would you like to volunteer?**

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

If you are interested please contact Karen on 07938 722 619 /

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



- ✓ Can you spare 2 hours a week to make a difference?
- ✓ Are you friendly, patient & like to have fun?
- ✓ Do you want to have meaningful & rewarding experiences?

Hertsmere Mencap is a charity supporting 250 children and adults with learning disabilities. We help our members to feel valued, listened to and included.

We are looking for *volunteers* to help run our daily activities sessions. Our sessions run on a Monday, Wednesday, Thursday and Friday morning from 10-11.30am, in Borehamwood. You will join a lovely team of volunteers and will help us to run our activities successfully. You will make a real difference to our members who hugely enjoy our sessions.

*"I have fun and enjoy being together with my friends, the activities stop me from being bored" Michael, Hertsmere Mencap member*

*"It brings me joy to be with the members and see them happy" Louisa, Hertsmere Mencap volunteer*



**For more information please contact Karen on 07938 722619 or [hdcomm@hertsmeremencap.org.uk](mailto:hdcomm@hertsmeremencap.org.uk)**

## Learning Disability Register

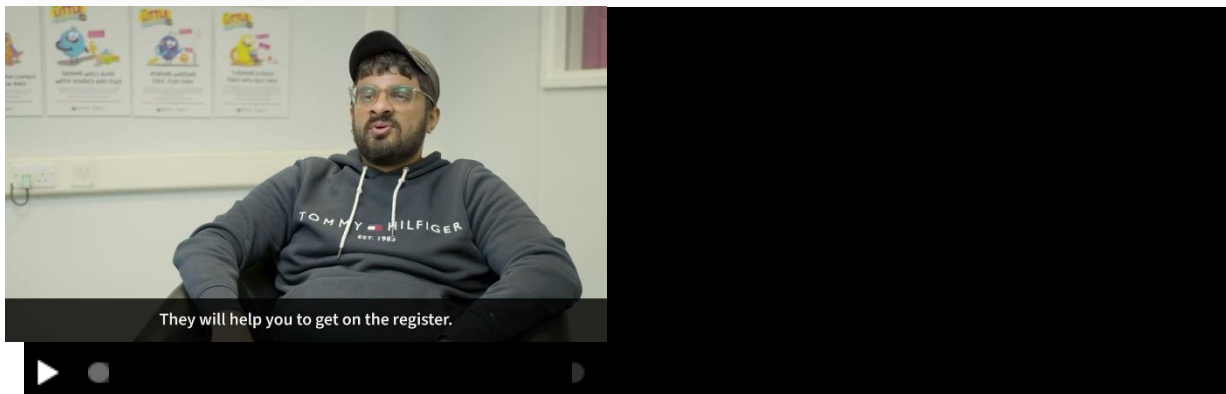
People with a learning disability can get **extra support** when visiting their doctor, **if they are on the learning disability register**. It's a really good way to make sure people get healthcare that works for each individual.

If you are not on the learning disability register, we can support you to communicate with your GP surgery.

## What is the learning disability register?

The learning disability register is a list of all the people with a learning disability that the GP surgery looks after. It helps doctors and healthcare staff know what support is needed.

[Learn more here](#)



## How to join the learning disability register?

Royal Mencap has produced an easy read guide with steps on how to join the register.

[View easy read guide](#)

## Why is it good to join the register?

The GP surgery will know to **make things easier** for the individual.

[Find out about reasonable adjustments](#)

The GP surgery should invite people with a learning disability for an **annual health check**.

[Find out about annual health checks](#)

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Diary Dates

**Monday 21st November**

**7.30pm - Volunteer party**

**Sunday 11th December**

**11.30am - 1.30pm Noah's Ark 2022 Christmas party**

**Allum Hall, WD6**

**Sunday 11th December**

**6.30pm - 10pm Hertsmere Mencap's 2022 Christmas party**

**Allum Hall, WD6**

## 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](#)

