



Welcome to Hayley and Adam

We are delighted to welcome two new members of staff joining our Hertsmere Mencap family.

Hayley Bentley is our new Activity Coordinator, overseeing our daytime activities. Some of you may know Hayley from previously working at Noah's Ark Playscheme.

Please continue to send Noah's Ark correspondence to noahs.ark@hertsmere Mencap.org.uk

Adam Pratten-Stone joined us at the start of the month as our Head of Development. Adam previously worked part-time as a Community Development Manager, alongside being a stay-at-home father to two young boys.

October Daily Activities Schedule

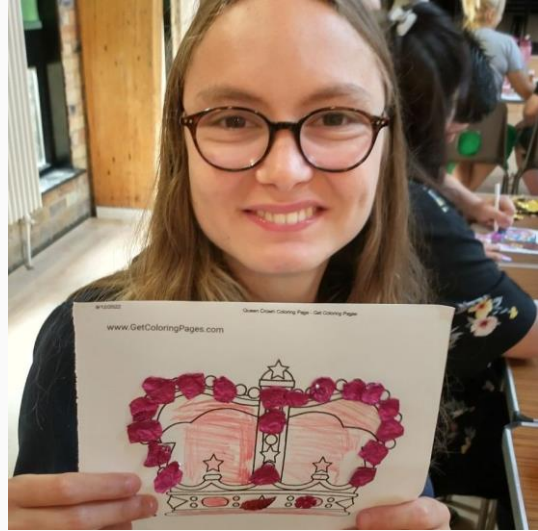
If you'd like more information about our Daily Activities or you would like to come along, please contact Hayley (Activities Coordinator) on 07861 891706 / activities@hertsmeremencap.org.uk

October 2022 - Borehamwood WD6

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

Daily Activities

We dedicated our **Arts & Crafts** session to HM Queen Elizabeth. We created images of the Queen and also designed beautiful crown collages. It was a lovely way to honour our Queen.



We have had a busy few weeks at **Jubilee Club**. We have enjoyed playing Bingo, an entertaining evening of Karaoke aswell as an active session of indoor sports including golf and darts and we ended the month with fun and games with Angie.

We said a fond farewell to our volunteers, Harriet and Erin who are off to University. We wish them lots of luck and a big thank you for all their help and support.





We've had lots to celebrate at **Coffee Morning** this month with birthdays and new baby news. It's always a lively Wednesday!



At **Drama** this month, we have 'discovered our voices' using exercises to warm up and project our voices. Every one had a go, with great success.

We have noticed over the weeks, how the members confidence is growing. We have had members 'take the lead' in exercises, introduce the drama session, give ideas and direct others.

It is fantastic to see members push themselves week by week, grow in confidence and often move out of their comfort zones to try something new.



We have had an energetic month at ***Dance Aerobics***. This month we chose to workout to music by Ed Sheeran, Katy Perry, Bruno Mars and Britney. Following the passing of the Queen, we decided to play Queen music as a tribute.



Learning Disability Forum

We had a great turnout at the Learning Disability Forum this month. A big thank you to Lisa Kippins and her team for a very informative, engaging and interactive session on looking after our health and keeping our purple folders up to date.

If you would like to attend future Hertsmere Learning Disability Forums, please contact Karen - hdcomm@hertsmerecap.org.uk



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 with any enquiries.

Hertsmere Mencap News

Congratulations to Susan and Gavin Kennedy on the safe arrival of their granddaughter and niece, Sophia Hope.

Congratulations to Karen and Michael on officially joining our Committee.



Rotary North London Disability Games 2022

We are already getting excited about the Games on Sunday 9th October. For those taking part, the mini bus will be picking up from 11.15am to take our team to Aspire Leisure Centre, Stanmore HA7.

Registration begins at 12noon and the day ends around 4.30pm.

Have a super fun day, Team Hertsmere Mencap!

Any questions, contact Karen on 07938 722 619 / hdcomm@hertsmeremencap.org.uk.

Would you like to volunteer?

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

We are 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



Golf Day 2022

Our Annual Charity Golf Day took place this month at Hartsbourne Golf Club in Bushey.

We were delighted to welcome Golfers back for a fun-filled day of sunshine, food and fundraising. The Golf Day raises much-needed funds for Hertsmere Mencap.



Diary Dates

Sunday 9th October

Rotary North London, Disability Games

Sunday 11th December

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

Sunday 11th December (evening)

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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