



# November Newsletter

## Save the Date - Hertsmere Mencap Christmas Party

We are looking forward to celebrating on ***Sunday 11th December from 6.30pm - 10pm at Allum Hall.***

A festive graphic for a Christmas party. It features a background of green pine branches with silver and red ornaments, and a string of white lights. The Hertsmere Mencap logo is in the bottom left. A red circular callout on the right lists "Delicious food", "DJ and Dancing", and "Raffle prizes". A red-bordered box at the bottom right contains contact information for registration.

**Hertsmere mencap**

**Christmas Party**

**Where: Allum Hall, Elstree, WD6 3JP**

**When: Sunday 11<sup>th</sup> December**

**Time: 6.30pm till 10.00pm**

**Delicious food  
DJ and Dancing  
Raffle prizes**

Please let us know if you are coming  
Phone or text Karen on 07938 722 619  
or email  
[hdcomm@hertsmere Mencap.org.uk](mailto:hdcomm@hertsmere Mencap.org.uk)

# December & January (2023) Daily Activities

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



## December 2022 Borehamwood WD6

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> Drama 10.30am-12	<b>2</b> Dance 10-11am	<b>3</b>
<b>4</b>	<b>5</b> Art 10.30am-12	<b>6</b> Jubilee Club 7-9pm	<b>7</b> Learning Disability Forum Coffee Morning 10-11.30am	<b>8</b> Drama 10.30am-12	<b>9</b> Dance 10-11am	<b>10</b>
<b>11</b> Xmas Party 630- 10pm Alham Hall	<b>12</b> Art 10.30am-12	<b>13</b> Jubilee Club 7-9pm	<b>14</b> Coffee Morning 10-11.30am	<b>15</b> Drama 10.30am-12	<b>16</b> Dance 10-11am	<b>17</b>
<b>18</b>	<b>19</b> Art 10.30am-12	<b>20</b> Jubilee Club 7-9pm	<b>21</b> Christmas Coffee Morning 10-11.30am	<b>22</b> No Drama until 12 <sup>th</sup> Jan	<b>23</b> No Dance until 13 <sup>th</sup> Jan	<b>24</b>
<b>25</b> Happy Xmas!!	<b>26</b> No Art until 9 <sup>th</sup> Jan	<b>27</b> No Jubilee Club until 10 <sup>th</sup> Jan	<b>28</b> No Coffee Morning until 4 <sup>th</sup> Jan	<b>29</b> No Drama until 12 <sup>th</sup> Jan	<b>30</b> No Dance until 13 <sup>th</sup> Jan	<b>31</b>



## January 2023 Borehamwood WD6

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> Happy New Year!	<b>2</b> No Art	<b>3</b> No Jubilee Club	<b>4</b> Coffee Morning 10-11.30am	<b>5</b> No Drama	<b>6</b> No Dance	<b>7</b>
<b>8</b>	<b>9</b> Art 10.30am-12	<b>10</b> Jubilee Club 7-9pm	<b>11</b> Coffee Morning 10-11.30am	<b>12</b> Drama 10.30am-12	<b>13</b> Dance 10-11am	<b>14</b>
<b>15</b>	<b>16</b> Art 10.30am-12	<b>17</b> Jubilee Club 7-9pm	<b>18</b> Coffee Morning 10-11.30am	<b>19</b> Drama 10.30am-12	<b>20</b> Dance 10-11am	<b>21</b>
<b>22</b>	<b>23</b> Art 10.30am-12	<b>24</b> Jubilee Club 7-9pm	<b>25</b> Coffee Morning 10-11.30am	<b>26</b> Drama 10.30am-12	<b>27</b> Dance 10-11am	<b>28</b>
<b>29</b>	<b>30</b> Art 10.30am-12	<b>31</b> Jubilee Club 7-9pm				

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## Hertsmere Learning Disability Forum

The next **Learning Disability Forum** takes place on **Wednesday 7th December** at 10am in Fairway Hall. The topic is **Cyber Crime and Fraud**.

If you would like to come along, please let Karen know on 07938 722 619 /  
hdcomm@hertsmereencap.org.uk

## Hertsmere Learning Disability Forum



CYBER CRIME



Hertsmere  
**encap**



Internet Crimes

### Cyber Crime and Fraud

An Open Forum to discuss the rise in cyber crime and fraud

**Wednesday 7<sup>th</sup> December**  
**10am – 11.30am**

**Guest speaker: Elaine Crate**  
**Action Fraud Case Manager, Hertfordshire Police**

**Fairway Hall, Brook Close, Borehamwood, WD6 5BT**

**Families, friends, carers & professionals are all welcome**

Please RSVP to: [hdcomm@hertsmereencap.org.uk](mailto:hdcomm@hertsmereencap.org.uk)



Coffee and refreshments will be served



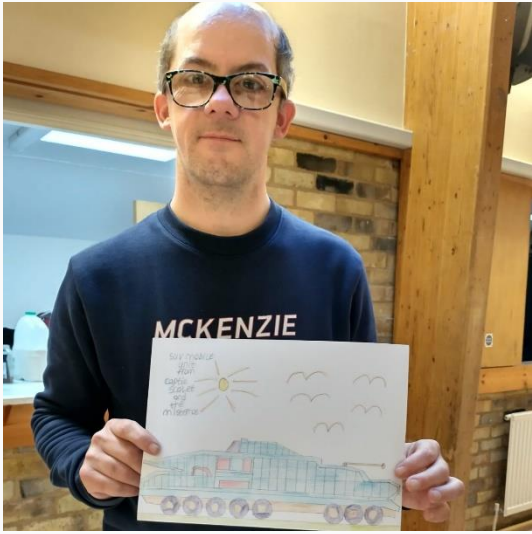
Limited free parking available at Fairway Hall or paid parking at Meadow Park Car Park, Brook Road

## Daily Activities

This month at **Arts & Crafts**, we created notice boards and used special pegs to decorate them, we also made our own soft toys.

We continued with our Autumn theme, using tissue paper that made beautiful water colours and we added wooden trees.

To get us into the Christmas spirit, we made mini Christmas trees with pine cones and we have also enjoyed lots of collage decorating and colouring in.



It's been a busy month at **Jubilee Club** month, we have played Boccia, kept fit with chair yoga and had a super time T-shirt decorating with Shoshana





It's been a busy month at **Coffee Morning**. We started our World Cup sweepstake, if your team wins, there's a prize coming your way!

We have caught up, played board games and enjoyed listening to a talk from Nicky, who came to take to us about skills to get ourselves prepared for working. Nicky runs this as a course for people with learning disabilities and we are hoping to run the course in 2023. If you are interested in attending, please let Karen know on 07938 722619 / [hdcomm@hertsmeremencap.org.uk](mailto:hdcomm@hertsmeremencap.org.uk)





At **Drama**, November has been a month of Musical Theatre sessions. We have created scenes using the storylines from musicals and performed songs and dances to Mama Mia, Grease, The Sound Of Music and We Will Rock You.

We have confidently expressed ourselves as different characters. Some members took centre stage and sang solos and performed solo dances for us all to enjoy.





It's been a busy month at **Dance Aerobics**, we've rock and rolled to ABBA & The Beatles and had great fun moving and shaking to Robbie Williams and Kylie Minogue.





## Hertsmere Mencap Holiday Club (formerly Noah's Ark)

We are getting excited to see our Noah's Ark Playscheme children once again over the Christmas holidays- it's been far too long !

We can't wait for our Christmas Party on 11th December which will be full of festive fun and surprises as well as entertainment, yummy food and of course a special visit from you know who; with a sack full of Christmas gifts!

December 27th is our yearly Pantomime trip - 'oh yes it is! ' There are still places available for the Panto. If you would like to come along, please contact Hayley on [noahs.ark@hertsmereencap.org.uk](mailto:noahs.ark@hertsmereencap.org.uk)

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## Hertsmere Mencap News

A huge well done to Glyn Thomas, Susan Kennedy, Michael Hammond, Dean Scott and Michael Capocci for the successful completion of the 6 week tablet training course. It's been great to see you putting into practise the skills you have learnt.





## Would you like to volunteer?

Volunteering at Hertsmeremencap is not only rewarding but alot 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)**

## Diary Dates

**Monday 5th December**

**7.30pm - Hertsmere Mencap AGM**

**Fairway Hall, WD6**

**Wednesday 7th November**

**10am - Hertsmere Learning Disability Forum**

**Topic is Cyber Crime & Fraud**

**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](#)



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**Our mailing address is:**

Hertsmere Mencap Society  
27 Hartfield Avenue  
Elstree  
Borehamwood, Hertfordshire WD6 3JB  
United Kingdom

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