



December Newsletter

Hertsmere Mencap Christmas Party 2022

Sunday 11th December brought us all together for the Annual Christmas Party. The hall looked splendid with red and green balloons and colourful tables. The atmosphere was terrific with many new members enjoying the buffet dinner, served by a happy group of volunteers. The dance floor was buzzing, with the added entertainment by Angie's Dance Aerobics group encouraging everyone to join in!





Susan Moser introduced the recipients of this year's awards and Councillor Victor Eni presented them.

The Elizabeth Spector Volunteer award was presented to Lynne Daly for her work - behind the scenes - on our accounts.



The Roy Pursey award for a member who has made a significant contribution was presented to Simon Ingram. Susan spoke of Simon's kind nature, always wanting to help others and always with a smile on his face.



The raffle prizes made many happy faces (and collected nearly £200) and Father Christmas gave out gifts. All in all, it was the jolliest of evenings with everyone leaving with a smile on their face - and delight to see the snow falling - what a Christmas Party!



A big thank you to everyone who came along and made it a night to remember.

***SAVE THE DATE FOR HERTSMERE MENCAP'S 2023 CHRISTMAS PARTY -
SATURDAY 9TH DECEMBER.***

Hertsmere Mencap's Holiday Club Christmas Party 2022

It was wonderful to welcome our Holiday Club (formerly Noah's Ark Playscheme) children back for our Annual Christmas party on Saturday 11th December. It was full of festive fun, dancing and a visit from Santa Claus.

On the 27th December we had great fun at our annual trip to the Pantomime. This year we watched "Jack and the Beanstalk".





Hertsmere Mencap's Holiday Club News

We are delighted to welcome ***Philippa Williams***, our new Holiday Club Administrator. Philippa is very familiar with our Holiday Club as her twin sons previously attended Noah's Ark.

Philippa is really looking forward to working with the team at Hertsmere Mencap and can be contacted on: clubadmin@hertsmere Mencap.org.uk

Welcome to the team, Philippa!



January (2023) Daily Activities



Jan 2023 Activities Borehamwood, WD6



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

For more details on our activities, or if you would like to come along, contact Hayley – 07861 891 706 / activities@hertsmeremencap.org.uk

A Roundup of December's Activities

Our 16-30 year old **Youth Club** launched this month and we had a blast at the first session. It was a busy night with Karaoke, Christmas quizzes and board games. The Youth Club is running every Thursday (from 12th January) from 7 - 9pm.

If you would like to come along, please contact Adam on 07460 458 216 / development@hertsmeremencap.org.uk





This month at **Arts & Crafts**, we got into the Christmas spirit by created mini Christmas trees with pine cones, we decorated Christmas angels and designed our own Christmas cards. We had great fun creating a collages too.

Arts & Crafts returns on **Monday 9th January at 10.30am.**





At **Jubilee Club** this month, we had great fun playing boards games, personalising calendars, featuring everyone's photos and we ended the year with a fantastic Band Night.

Jubilee Club is back **Tuesday 10th January at 7pm**





The final **Learning Disability Forum** of the year was a great success. A big thank you to Elaine from Herts Police and Chloe from Beacon Victim Care Centre for a very interactive and informative presentation on **Cyber Scams and Fraud**.

The next Learning Disability Forum will take place on **Wednesday 8th March**.





It's been a buzzing **Coffee Morning** this month. There was great excitement with our World Cup sweepstake and well done to our winners, Terry (Argentina), Bradley (France) and Lou (Croatia).

Coffee Morning is back **Wednesday 4th January at 10am**





At **Drama** in December, we gathered all of our skills together into our performances. We presented scenes using short scripts, giving members the opportunity to be a new character, changing the way they move and used different voices and accents.

Some members showed a little concern, when presented with a short script but with encouragement and through practice, they performed with confidence, expressing themselves through mime and physical theatre skills. In a Snow scene, we could 'see' how cold the actors were through their facial expressions and then, the relief, as they sat by a pretend, warm fire.

In the run up to the holiday Season, we focused our sessions on the theme of Friendship. We used poetry to inspire our scenes and members improvised and created some wonderful scenes.

We chose 'Friendship' as the theme, as it encapsulates everything about our drama sessions. Week after week members encourage, support and help one another. It is a joy to see.

We each received a certificate, for our work over the months. It was a very proud moment for us all and well deserved by all of the members.

Drama is back **Thursday 12th January at 10.30am**



It's been an energetic month at **Dance Aerobics**, moving and shaking to Britney Spears, Olly Murs and music from the 70's and 80's. Our last session got us in the mood for Christmas as we danced to our favourite Christmas songs.

The highlight has been practising our Christmas dance which we performed at the Christmas party. Well done everyone!

Dance Aerobics is back **Friday 13th January at 10am**



Mencap's Big Learning Disability Survey

In 2022, Mencap asked people with a learning disability in the UK about their everyday lives and experiences. Nearly 2000 people took part in the survey and here are some of the results:

Healthcare:

- Almost half said their most recent GP or hospital appointment was good
- Some people said they would like their GP or hospital doctor to have a better understanding of learning disabilities.
- Almost half of people said they have had an annual health check in the last year

Mental Health:

Over 2 in 10 people said they felt confident

Over 3 in 10 people said they felt lonely

Feelings about the future:

Nearly 4 in 10 people felt positive about the future

Nearly 2 in 10 people felt positive about the future

Discrimination:

Over 4 in 10 people said they did not go out in the past week because they were worried about something

The biggest worry is people calling names and bullying

To read the report on full [click here](#)

Mencap would like thank everyone who took part.

Thank you

A big thank you to all our volunteers for your tremendous help over 2022.

We are so grateful for your dedication and support and we could not run without you!

We look forward to another year of successful activities and rewarding times in 2023.

Would you like to volunteer?

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

If you are interested in volunteering for Hertsmere Mencap, please contact Karen on 07938 722 619 / hdcomm@hertsmeremencap.org.uk

Diary Dates

Monday 9th January

10.30am - Arts and Crafts

Fairway Hall, WD6

Tuesday 10th January

7.00pm - Jubilee Club

Fairway Hall, WD6

Wednesday 11th January

10.00am - Coffee Morning

Fairway Hall, WD6

Thursday 12th January

10.30am - Drama

Allum Hall, WD6

Thursday 12th January

7.00pm - Youth Club

Fairway Hall, WD6

Friday 13th January

10.00am - Dance Aerobics

Fairway Hall, WD6

Saturday 9th December

6.30pm - 10pm Hertsmere Mencap's 2023 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 is full of all our latest news, please visit our [website here](#)



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