

# **January Newsletter**

## A Round up of January's Activities

We have had our first full month at **Youth Club** and we have seen a great turnout each week. Our Youth Clubber's have enjoyed pizza making, quizzes, games and so much more.

This month's Youth Club report is from Jake and Nathan Williams.

Jake said, "This is what I like about the club – I like seeing my friends – old and new. I also like some of the activities they do there including the quizzes and card bingo. I look forward to going to the club and seeing my friends and the helpers as well"

Nathan said, "I like going to the club because I like to meet up with my friends and I enjoy the activities they do every week. My favourite activity has been doing the quizzes"









This month at **Arts & Crafts** we created keyrings and used different materials to design collages with positives messages. We crafted emoji happy face signs and we worked on individual drawings to create a canvas with different foam shapes.













We have had a busy few weeks at *Jubilee Club*. Playing board games, boccia and lots of chatting and catching up. Our last session in January was a fun evening of Karaoke, which we all love - a noisy but fun evening!









We've had a busy month at **Coffee Morning**. We enjoyed a visit from Andrea and Dawn from Hertfordshire police and a visit from a special "furry" guest, Woody!





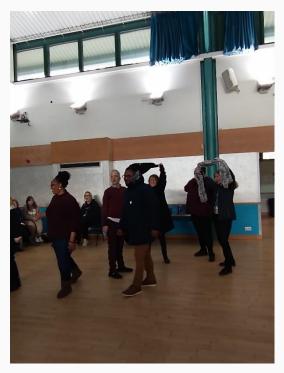




At **Drama** this month we have been working on improvisation, voice projection and continue to practise our drama techniques.

Whilst Sian's away Scott Baker will be running exciting drama workshops with us. Scott trained at The Academy of Live and Recorded Arts and has worked for over 30 years as an actor across television, theatre and film productions.









It's been an energetic month at *Dance Aerobics* as we moved to the sounds of ABBA, Disco tunes and 90's Girl Band.











#### Feb 2023 Activities Borehamwood, WD6



| Sunday | Monday                  | Tuesday                     | Wednesday  | Thursday   | Friday                          | Saturday |
|--------|-------------------------|-----------------------------|--|--|---------------------------------|----------|
|        | 8                       |                             | 1<br>10-11.30am<br>Coffee Morning                                  | 2<br>10.30-12pm Drama<br>7-9pm Youth Club<br>T-shirt & mug<br>decorating | 3<br>10-11am<br>Dance Aerobics  | 4        |
| 5      | 6<br>10.30-12pm<br>Art  | 7<br>7-9pm<br>Jubilee Club  | 8<br>10-11.30am<br>Coffee Morning<br>Fun session with<br>Catherine | 9<br>10.30-12pm Drama<br>7-9pm Youth Club<br>Valentine's party           | 10<br>10-11am<br>Dance Aerobics | 11       |
| 12     | 13<br>10.30-12pm<br>Art | 14<br>7-9pm<br>Jubilee Club | 15<br>10-11.30am<br>Coffee Morning                                 | 16<br>10.30-12pm Drama<br>7-9pm Youth Club<br>Boccia                     | 17<br>No Dance Aerobics         | 18       |
| 19     | 20<br>10.30-12pm<br>Art | 21<br>7-9pm<br>Jubilee Club | 22<br>10-11.30am<br>Coffee Morning                                 | 23<br>10.30-12pm Drama<br>7-9pm Youth Club<br>Card games                 | 24<br>10-11am<br>Dance Aerobics | 25       |
| 26     | 27<br>10.30-12pm<br>Art | 28<br>7-9pm<br>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

## Holiday Club (formerly Noah's Ark)

We are in the process of planning our Easter holiday club which will be running from the 4th to 12th April (weekdays only).

We are currently recruiting for Play Assistants and Volunteers for Easter's Holiday Club. For more details or if you would like to apply please contact Philippa at clubadmin@hertsmeremencap.org.uk

### **Jump In Trampoline Park session**

Hertsmere Mencap members are invited to a session at **Jump In (Elstree) Trampoline** Park on Sunday 12<sup>th</sup> February from 9-10am, at a reduced price of £6.50.

Please contact Adam (<u>development@hertsmeremencap.org.uk</u>) by 6<sup>th</sup> February to book your place.



## **Member Musings**

Welcome to **Member Musings.** A brand new section featuring news from our members.

This month Andrew Brown and Serena Yarwood have contributed.

We'd love to hear from you, it could be a drawing, sharing your favourite recipe, a story or your favourite joke. If you would like to contribute, let Karen know on **07938 722 619** / <a href="mailto:hdcomm@hertsmeremencap.org.uk">hdcomm@hertsmeremencap.org.uk</a>



Andrew drew this picture of his favourite flowers from memory. He is very talented, it took him two days to complete.



## **Hertsmere Mencap's News**

The Chair and Trustees are delighted to welcome David Diamond as a new Trustee, joining Trustees Vice-Chair Tony Walton, Treasurer Krishna Chandak, Susan Moser and Edmund Grower



### **Hertsmere Mencap is on Instagram**

We have launched Hertsmere Mencap on <u>Instagram</u>.

Please have a look at our page <u>here</u> and don't forget to follow us.

# hertsmeremencap ~















Volunteer

Arts & Crafts Youth Club

Dance Aero...

Drama































## Would you like to volunteer?

Volunteering at Hertsmere Mencap is not only rewarding but alot of fun. We are looking for daytime and evening volunteers as well as volunteer mini bus drivers.

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



#### **Diary Dates**

**Wednesday 8th February** 

10.00am - Come along to Coffee Morning for a fun filled session with Catherine

**Thursday 9th February** 

7.00pm - Valentine themed Youth Club

**Sunday 12th February** 

9.00am - Hertsmere Mencap members session at Jump In Trampoline Park Contact Adam on development@hertsmeremencap.org.uk for more details or to book your place

Friday 17th February

**No Dance Aerobics** 

**Wednesday 8th March** 

10.00am - Hertsmere's Learning Disability Forum - Mindfulness, including a mindfulness taster session

For details, contact Karen 07938 722619 / hdcomm@hertsmeremencap.org.uk

Saturday 9th December

6.30pm - 10pm Hertsmere Mencap's 2023 Christmas party Allum Hall, WD6

## **Keep in Touch**

We regularly update our Facebook and Instagram pages with photos and news, please visit our Instagram page <a href="here">here</a> Facebook page <a href="here">here</a>

Our website is full of all our latest news and session details, please visit our website <a href="https://example.com/here-page-12">here</a>







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