



February Newsletter

New Tuesday Tai Chi sessions

On Tuesday 7th March we are introducing **Tai Chi** from 10.30-11.30am at Allum Hall. If you would like to come along, please contact Hayley on activities@hertsmeremencap.org.uk

  TAI CHI WITH MICHELLE Launching Tuesday 7th March 2023 Join us every Tuesday from 10.30am – 11.30am Allum Hall, 2 Allum Lane, Borehamwood WD6 3PJ £5 per session If you would like to attend, contact Hayley activities@hertsmeremencap.org.uk or 07861 891 706	 <p>Improve mobility</p>  <p>Reduce stress</p>  <p>Increase strength</p>
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Hertsmere Learning Disability Forum

Our next **Hertsmere Learning Disability Forum** is **Wednesday 8th March** and the topic is Mindfulness. If you would like to attend, please RSVP to Karen on 07938 722619 / hdcomm@hertsmeremencap.org.uk



TAI CHI WITH MICHELLE

Launching Tuesday 14th March 2023

Join us every Tuesday from 10.30am – 11.30am
Allum Hall, 2 Allum Lane, Borehamwood WD6 3PJ
£5 per session

If you would like to attend, contact Hayley
activities@hertsmeremencap.org.uk or 07861 891 706



Improve
mobility



Reduce
stress



Increase
strength

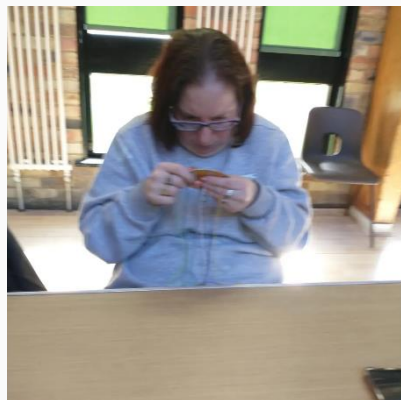
A Round up of January's Activities

At **Youth Club** this month we decorated mugs and t-shirts, we also enjoyed an evening of Valentine themed activities, run by Nice2MeetYa. We learnt how to play Boccia, which is very similar to bowls and was a lot of fun and we also enjoyed making and tasting pancakes.

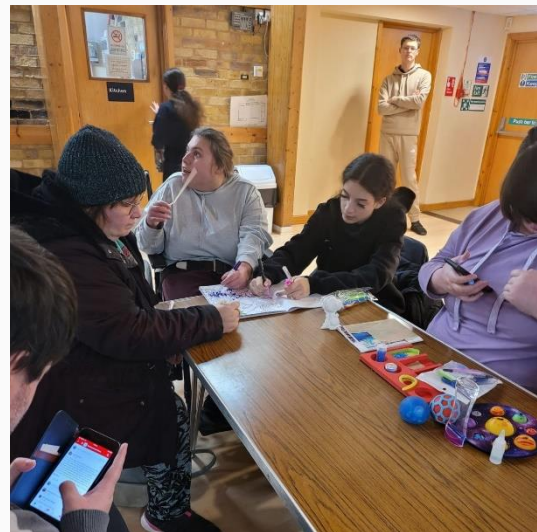




It's been a very creative month at **Arts & Crafts** we created colourful T shirts, crafted window sun blockers, collages and heart shaped keepsakes. We have designed beautiful colour popping flowers in pots using different materials and learnt new techniques. We also enjoyed mucky art with clay producing some incredible and realistic clay owls.



We have had a busy few weeks at **Jubilee Club**. We enjoyed creating Valentine's themed arts and crafts followed by an amazing Valentine's disco with DJ's Nice and Cheeseey, it was great to see everyone on the dance floor. We also enjoyed celebrating Shrove Tuesday, making tasty pancakes and had a great time taking part in a music quiz hosted by Jim.





We've had a busy month at **Coffee Morning**. Our friend Catherine ran a fun Drama and Games session, we celebrated Linda's birthday - Happy Birthday Linda and we enjoyed our usual catch up together.





At **Drama** this month our sessions have been action packed and filled with fun and laughter. We have used our imagination to create some fabulous acting and improvisation in groups, setting scenes with the aid of props and music. The sessions have been interactive, building on our drama techniques and boosting confidence.

A big thank you to Scott for running our Drama sessions. We are looking forward to welcoming Sian back to Drama on Thursday.





At ***Dance Aerobics*** this month we were transported back to the 90's dancing to music from some of our favourite 90's bands; Wham, Spandau Ballet, Duran Duran and Culture Club. We also enjoyed moving to the sounds of Disney, feeling just like Disney Princes and Princesses.





March 2023 Activities Borehamwood, WD6



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10-11.30am Coffee Morning	2 10.30-12pm Drama 7-9pm Youth Club Bowling Trip	3 10-11am Dance Aerobics	⁴
⁵	6 10.30-12pm Art	7 <i>*NEW*</i> 10.30-11.30am Tai Chi 7-9pm Jubilee Club	8 10-11.30am <i>Learning Disability Forum Coffee Morning on Mindfulness</i>	9 10.30-12pm Drama 7-9pm Youth Club Board Games	10 10-11am Dance Aerobics	¹¹
¹²	13 10.30-12pm Art	14 <i>*NEW*</i> 10.30-11.30am Tai Chi 7-9pm Jubilee Club	15 10-11.30am Coffee Morning	16 10.30-12pm Drama 7-9pm Youth Club Card Bingo	17 10-11am Dance Aerobics	¹⁸
¹⁹	20 10.30-12pm Art	21 <i>*NEW*</i> 10.30-11.30am Tai Chi 7-9pm Jubilee Club	22 10-11.30am Coffee Morning	23 10.30-12pm Drama 7-9pm Youth Club Football Quiz	24 10-11am Dance Aerobics	²⁵
²⁶	27 10.30-12pm Art	28 <i>*NEW*</i> 10.30-11.30am Tai Chi 7-9pm Jubilee Club	29 10-11.30am Coffee Morning	30 10.30-12pm Drama 7-9pm Youth Club Cooking	31 10-11am Dance Aerobics	

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

Holiday Club (formerly Noah's Ark)

Plans for our popular Easter Holiday Club are underway, taking place from 4th to 12th April (excluding Easter weekend).

We are currently recruiting Play Assistants and volunteers. For further details about Holiday Club and vacancies please contact Club Admin on 07727 339066
clubadmin@hertsmeremencap.org.uk

Jump In Trampoline Park session

We had a great time at Jump In Trampoline Park this month and we are delighted to announce two more dates:

Sunday 19th March 9am-10am & Wednesday 12th April 6pm - 7pm.

For more information and to book your places, please contact Adam at development@hertsmeremencap.org.uk



Hertsmeremencap

invites our Members to



SUNDAY 19TH MARCH 2023 | 9:00-10:00AM

VENUE: JUMP IN, ELSTREE (ADDRESS IN CONFIRMATION EMAIL)

PRICE: REDUCED PRICE OF £6.50 PER JUMPER (INC.1 FREE CARER)



THESE SESSIONS ARE FOR CHILDREN & ADULTS WHO NEED A QUIETER ENVIRONMENT TO ENJOY BUT THEY DO WELCOME SIBLINGS TO ENSURE FAMILIES CAN TRAMPOLINE AND PLAY TOGETHER

PLEASE CONTACT ADAM BY 13/3/23 VIA EMAIL DEVELOPMENT@HERTSMEREMENCAP.ORG.UK TO FIND OUT HOW TO MAKE PAYMENT IN ADVANCE

PLEASE NOTE THIS EVENT IS RUN BY JUMP IN AND HERTSMERE MENCAP STAFF WILL NOT BE ON SITE TO RUN THIS EVENT



Hertsmeremencap

invites our Members to



SAVE THE EASTER HOLIDAY DATE

WEDNESDAY 12TH APRIL 2023 | 6:00-7:00PM



PLEASE NOTE THIS EVENT WILL BE BOOKABLE FROM MONDAY 20TH MARCH

Member Musings

Welcome to **Member Musings**. A brand new section featuring news from our members. This month Stuart Brown has contributed a wonderful picture.

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 / hdcomm@hertsmeremencap.org.uk**



Stuart Brown drew this picture, it is the Nevada desert. It took Stuart four day to create it.

Hertsmere Mencap is on Instagram

We have launched Hertsmere Mencap on [Instagram](#).

Please have a look at our page [here](#) and don't forget to follow us.

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Volunteer



Arts & Crafts



Youth Club



Dance Aero...

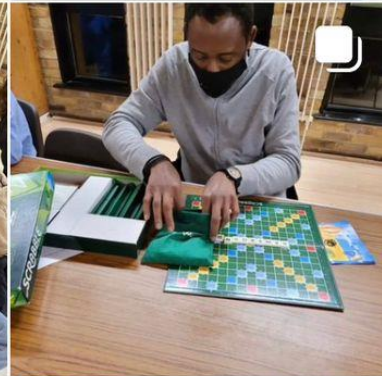


Drama



Jan 2023 Activities Borehamwood, WD6				
Monday	Tuesday	Wednesday	Thursday	Friday
No sessions	No sessions	4 10-11:30am Coffee Morning	No sessions	No sessions
5 10:30-12pm Art	10 7-9pm Jubilee Club	11 10-11:30am Coffee Morning	12 10:30-12pm Drama 7-9pm Youth Club	13 10-11am Dance Aerobics
16 10:30-12pm Art	17 7-9pm Jubilee Club	18 10-11:30am Coffee Morning	19 10:30-12pm Drama 7-9pm Youth Club	20 10-11am Dance Aerobics
23 10:30-12pm Art	24 7-9pm Jubilee Club	25 10-11:30am Coffee Morning	26 10:30-12pm Drama 7-9pm Youth Club	27 10-11am Dance Aerobics
30 10:30-12pm Art	31 7-9pm Jubilee Club			

For more details on our activities, or if you would like to come along, contact Hayley - 07261 8
activities@hertsmereencap.org.uk



Would you like to volunteer?

Volunteering at Hertsmere Mencap is not only rewarding but a lot 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



**Volunteer with
Hertsmere Mencap**

**Hertsmere
mencap**

T: 07938 722619
E: hdcomm@hertsmeremencap.org.uk
W: www.hertsmeremencap.org.uk

Diary Dates

Tuesday 7th March

10.30am - NEW! Tai Chi at Allum Hall

Wednesday 8th March

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

Sunday 19th March

9.00am - Hertsmere Mencap members session at Jump In Trampoline Park, Elstree

Contact Adam on development@hertsmeremencap.org.uk for more details or to book your place

Tuesday 4th April to Wednesday 12th April

Holiday Club

Wednesday 12th April

6.00pm - Hertsmere Mencap members session at Jump In Trampoline Park, Elstree

Contact Adam on development@hertsmeremencap.org.uk for more details or to book your place

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 [here](#) Facebook page [here](#)

Our website is full of all our latest news and session details, please visit our website [here](#)



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