



# March Newsletter

## Hertsmere Mencap's Holiday Club

We are very excited for Easter's holiday club to start, it is running from the 4th – 12th April (excluding Easter weekend).

All places have now been allocated. Look out for next month's newsletter for lots of news on Easter's holiday club.

Dates for the summer scheme are now confirmed, 26th July - 22nd August (inclusive).

Please contact [clubadmin@hertsmere Mencap.org.uk](mailto:clubadmin@hertsmere Mencap.org.uk) if you would like to register your interest.



### April 2023 Activities Borehamwood, WD6



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 10.30-12pm Art	4 7-9pm Jubilee Club <i>Easter Arts &amp; Crafts</i>	5 10-11.30am Coffee Morning	6 <b>No Drama</b> 7-9pm Youth Club <i>Easter cooking</i>	7 <b>GOOD FRIDAY</b> <b>No Dance</b> <b>Aerobics</b>	8
9	10 <b>EASTER MONDAY</b> <b>No Art</b>	11 7-9pm Jubilee Club <i>Easter Bonnet parade</i>	12 10-11.30am <i>Sky TV presentation at</i> Coffee Morning 6-7pm Jump In session	13 10.30-12pm Drama 7-9pm Youth Club <i>Bingo</i>	14 10-11am Dance Aerobics	15
16	17 10.30-12pm Art	18 7-9pm Jubilee Club <i>Karaoke</i>	19 10-11.30am Coffee Morning	20 10.30-12pm Drama 7-9pm Youth Club <i>Graffiti art</i>	21 10-11am Dance Aerobics	22
23	24 10.30-12pm Art	25 7-9pm Jubilee Club <i>Chair yoga</i>	26 10-11.30am Coffee Morning	27 10.30-12pm Drama 7-9pm Youth Club <i>Karaoke</i>	28 10-11am Dance Aerobics	29
30	1 <sup>st</sup> May <b>BANK HOLIDAY</b> <b>No Art</b>					

## Ted Travels to Hertsmere Mencap!

We have a special visitor coming to our activities from Monday 4th to Thursday 6th April - Ted! Ted visits all the different Mencap societies and we are most excited Ted is travelling to visit us. Come along to our activities, say hi to Ted and have your photo taken with Ted, he can't wait to meet everyone!



# A Round up of March Activities

It's been a busy month at **Youth Club** we had our first youth club trip to Hollywood Bowls, a super fun night. We have played board games, taken part in a football quiz, created our own tasty mocktails and played card bingo.





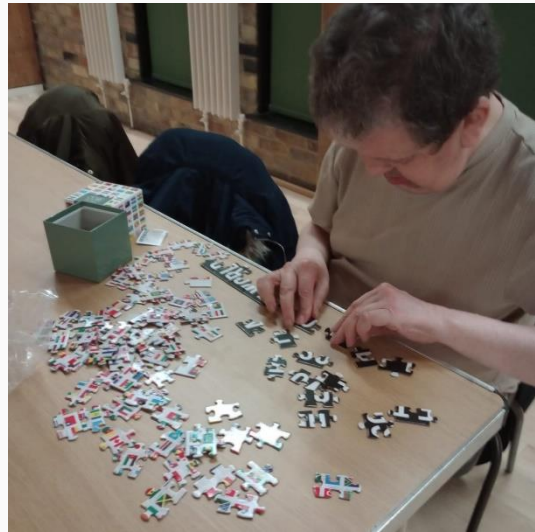
We began our Easter theme at **Arts & Crafts** this month, we decorated butterflies using brightly coloured tissue paper. We created jumping frogs on lilliputs, designed Easter cards and made easter eggs using paper mache. We also celebrated Jason's birthday - happy birthday Jason!

We said goodbye to Shoshana who has been our wonderful and dedicated Art teacher for 7 years and welcomed Michelle who is taking over.





At **Jubilee Club** this month we enjoyed an evening of karaoke, we played board games and challenged ourselves with a logo quiz. With Easter approaching we played Easter themed games.







We hosted Hertsmere's Learning Disability Forum at **Coffee Morning** this month. We welcomed Debbie from Langdon UK who introduced us to mindfulness and meditation and their many benefits including controlling anxiety, helping with sleep and lowering blood pressure.

We also enjoyed a visit from Purple Folder's Sarah this month. We were delighted to hear from Sarah that our earlier feedback has been used in the development of the new folder coming out soon.

Come along to Coffee Morning on the **12th April** to listen to **Sky Studios, Elstree** talk to us about their exciting development in Borehamwood!





At ***Drama*** this month, we performed scenes concentrating on voice projection, action/physical theatre, character and expressing emotion.

Members offered ideas, led the warm ups and have challenged themselves each week resulting in wonderful performances from everyone.

During one memorable week, we performed a large group piece of drama, which joined together 3 scenes. Everyone worked well as a team and really enjoyed themselves.

***Drama returns on Thursday 13th April at 10.30am***







At ***Dance Aerobics*** this month we have enjoyed energetic Fridays, moving to the rhythm of some of our favourite tunes picked by our members. We were delighted to welcome Mayor Parnell and some of the Israeli delegation visiting from Shoham, the Israeli town twinned with Borehamwood.





**Sky Studios Elstree Talk**

Come along to Coffee Morning on Wednesday 12th April, Sky Studios Elstree will be talking to us



The poster features the Hertsmere Mencap logo at the top left. To its right is the title 'Sky Studios Elstree Talk'. Below the logo is a photograph of the Sky Studios Elstree building, a large modern structure with 'sky studios ELSTREE' and the NBC peacock logo on its facade. Underneath the photo is the 'sky studios ELSTREE TALK' logo. On the right side of the poster, there is a dark red background with white text. The text reads: 'Come along to Coffee Morning on Wednesday 12th April 10am – 11.30am', followed by the 'sky studios' logo, and then 'will be talking about the new, state-of-the-art film and TV studio based in Borehamwood'. Below this is the address: 'Fairway Hall, Brook Close, Borehamwood, WD6 5BT'. At the bottom right, it says: 'For more information, contact Hayley: 07861 891 706 or activities@hertsmeremencap.org.uk'.

## Jump In Trampoline Park session

We had a great time at Jump In Trampoline Park this month and we are looking forward to the next session on **Wednesday 12th April 6pm - 7pm.**

For more information and to book your place, please contact Adam at [development@hertsmeremencap.org.uk](mailto:development@hertsmeremencap.org.uk) before **5th April.**



The flyer has a green and purple color scheme. At the top left is the Hertsmere Mencap logo. To its right, it says 'Wednesday 12th April 23 18:00 - 19:00'. Below this, it says 'invites our Members to' followed by the 'jump in TRAMPOLINE PARKS' logo. There is a small photograph of people jumping on trampolines. Below the photo, it says: 'These RELAXED SESSIONS are for children & adults who need a quieter environment. All family members are welcome too.' Below that, it lists 'VENUE: Jump In, Elstree (address in confirmation email)' and 'PRICE: REDUCED PRICE of £6.50 per Jumper (inc.1 free carer)'. At the bottom, it says: 'Please contact Adam by 5/4/23 via email development@hertsmeremencap.org.uk to find out how to make payment in advance'. At the very bottom, in small text, it says: 'PLEASE NOTE THIS EVENT IS RUN BY JUMP IN AND HERTSMERE MENCAP STAFF WILL NOT BE ON SITE TO RUN THIS EVENT'.



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## Member Musings

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

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](mailto:hdcomm@hertsmeremencap.org.uk)**



Linda has been knitting since she was 10 years old when her Nan taught her how to knit.

Linda can't read very well, which people cannot believe as she can completely understand how to read her knitting patterns!

It took Linda 3 weeks to knit the rainbow hat in the picture.

Linda's advise to new knitters is to enjoy and if you don't understand, don't give up and ask for help!



## Radlett Rotary Five Fields Fun Runs - 1st May

This year's Fun Run takes place on Monday 1st May.

We are delighted that Hertsmere Mencap is their nominated charity.

It is open to everyone and you can sign up [here](#)

It is taking place at: Tabard Rugby Club Grounds, off Cobden Hill (A5183), WD7 7JN

If you would like to donate to Hertsmere Mencap you can do that [here](#)

**We are looking for volunteers at the Fun Run? If you are free and would like to volunteer, please contact Karen on [hdcomm@hertsmereencap.org.uk](mailto:hdcomm@hertsmereencap.org.uk) / 07938 722 619**

**Nagler Simmons Radlett Rotary**  
**Five Fields Fun Runs**  
Open to anyone & everyone  
Monday 1<sup>st</sup> May 2023 (May Day Bank Holiday)  
Tabard Rugby Club Grounds, off Cobden Hill (A5183), WD7 7JN

**Distances:**

- 1½ km (1 mile) - open to all under 11 on the day
- 5 km (3 miles) - open to all, 7 to 107 years of age

1½ km:	Start:	10.00 a.m.	Advance	£ 5
5 km:		10.30 a.m.	Entry fee:	£10

The bar will be open for food & drinks from 8.30 am  
(all proceeds go to charity)

**Nominated charity**  
  
Please, please raise sponsorship  
(entry fees benefit other Rotary charities)

**Medals for all finishers**  
Trophies for:  
Winning men & women  
Veterans (over 45/60)  
Winning team of 4 in the 5k event

Entry forms can be obtained from various locations in Radlett including the Parish Offices at the Radlett Centre. Alternatively, please email [fivefieldsfunrun@btinternet.com](mailto:fivefieldsfunrun@btinternet.com) or send a stamped addressed envelope to Simon Pyzer, 3 Folly Close, Radlett, Hertfordshire, WD7 8DR (telephone 01923 854978). Forms can also be downloaded from Nagler Simmons web site at [www.naglersimmons.co.uk](http://www.naglersimmons.co.uk).

For late registration on the day, please add £2 to the fee & ensure you arrive early

Event sponsored by nagler simmons  
Chartered Accountants and Business Advisors

## Diary Dates

**Week of Monday 4th April**

**Come along to our sessions and meet Ted, Mencap's travelling teddy**

**Tuesday 4th April to Wednesday 12th April**

**Easter Holiday Club**

**Wednesday 12th April**

**Sky Studios Elstree talk at Coffee Morning**

**Wednesday 12th April**

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

**Contact Adam on [development@hertsmere Mencap.org.uk](mailto:development@hertsmere Mencap.org.uk) for more details or to book your place**

**Wednesday 7th June**

**Hertsmere Learning Disability Forum**

**Wednesday 26th July to Tuesday 22nd August**

**Summer Holiday Club**

**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](#)**



