



April Newsletter

Easter Holiday Club

It was wonderful to open our doors once again to welcome back the children, old and new to our relaunched Holiday Club (formerly Noah's Ark Playscheme.)

Easter's Holiday Club was filled with lots of fun and stimulating activities including arts and crafts, football, dance, karaoke and trips to mini golf and bowling, so much was packed into 5 days! We even managed to enjoy the outside facilities, even though the rain was with us for most days, nothing was going to spoil our fun!

Please look out for photos in May's newsletter. We will shortly be sending out the application forms for Summer Holiday Club, running from 26th July to 22nd August if you would like to register your interest.

If you would like to be added to the Holiday Club mailing list to receive details of our forthcoming Summer Holiday Club please email clubadmin@hertsmeremencap.org.uk.

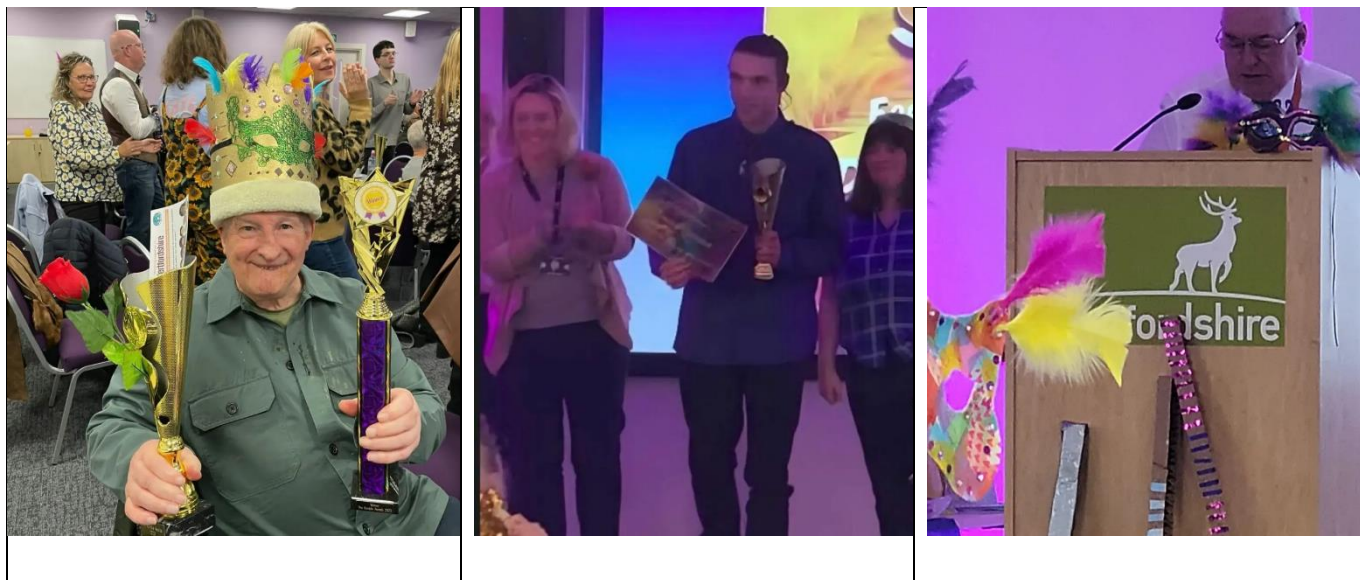
Rumble Awards

Last Thursday night the Rumble Awards 2023 took place. The Rumbles are Hertfordshire's Learning Disability Personality of the Year Awards night and we are delighted to announce:

Derek Drown received two awards – the Kindhearted Special Soul Braveheart award and Derek was honoured with the overall Special award winner – huge congratulations to Derek.

Simon Ingram received the Dedicated Healthy Motivator award – huge congratulations to Simon.

In addition, Neil Hoskin, a past Rumble Award winner was asked to present the awards – well done Neil.



New Tuesday morning session – *Move to the Beat* with Sian

Join us on Tuesday mornings from 10.30am – 12pm at Allum Hall for a wonderful session of seated movement to music, body percussion including gentle boxing moves, followed by using instruments. It's not to be missed!

Contact Hayley on activities@hertsmeremencap.org.uk if you would like to attend



***Move to the Beat* with Sian**

Beginning Tuesday 23rd May 2023

Join us every Tuesday from 10.30am – 12pm

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



**Movement
to music**



**Gentle boxing
moves**



**Playing
instruments**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 BANK HOLIDAY No Art	2 7-9pm Jubilee Club <i>Coronation arts and crafts</i>	3 10-11.30am Coffee Morning	4 10.30-12pm Drama 7-9pm Youth Club	5 10-11am Dance Aerobics	6
7	8 CORONATION BANK HOLIDAY No Art	9 6.30-9.30pm Jubilee Club <i>King Charles III Coronation party</i>	10 10-11.30am Coffee Morning	11 10.30-12pm Drama 7-9pm Youth Club	12 10-11am Dance Aerobics	13
14	15 10.30-12pm Art	16 7-9pm Jubilee Club <i>Surprise cookery night</i>	17 10-11.30am Coffee Morning	18 10.30-12pm Drama 7-9pm Youth Club	19 10-11am Dance Aerobics	20
21	22 10.30-12pm Art	23 <i>"NEW"</i> 10.30-12pm <i>Move to the Bear</i> (Allum Hall) 7-9pm Jubilee Club <i>Play Your Cards Right</i>	24 10-11.30am Coffee Morning	25 10.30-12pm Drama 7-9pm Youth Club	26 10-11am Dance Aerobics	27
28	29 BANK HOLIDAY No Art	30 <i>"NEW"</i> 10.30-12pm <i>Move to the Bear</i> (Allum Hall) 7-9pm Jubilee Club <i>Tony's Quiz Night</i>	31 10-11.30am Coffee Morning			

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

A Round up of April Activities

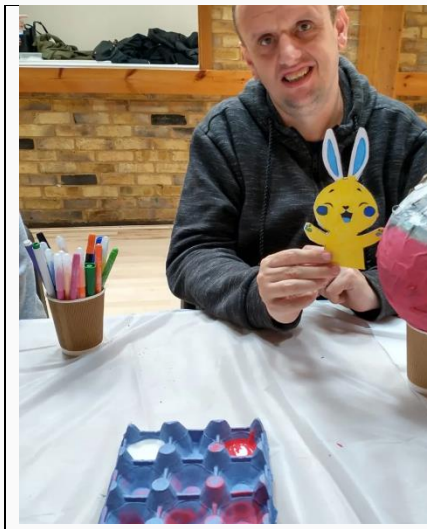
This month at **Youth Club** has been filled with exciting activities. We celebrated Easter by making deliciously themed treats, we enjoyed playing bingo, and singing our hearts during Karaoke and out we ended the month with a busy night of games.





It's been a busy month at **Arts & Crafts** we learnt to make friendship bracelets, focusing on our hand and eye coordination, numbers and clock direction. After Easter we made some moving cow puppets and our last session of the month saw us making some glorious crowns, fit for Royalty as we get excited for the upcoming King's coronation!





At **Jubilee Club** this month we embraced the Easter spirit! We designed Easter bonnets and had a blast with our Easter bonnet parade. We enjoyed an evening of karaoke and wrapped up the month with a relaxing session of chair yoga.





At this month's **Coffee Morning** we had a wonderful visit from Tom, who works at Sky Studios Elstree. We heard all about the launch of the site as well as some exciting stories about what's going on!

We also celebrated Howard and Gavin's special birthdays – happy birthday boys!

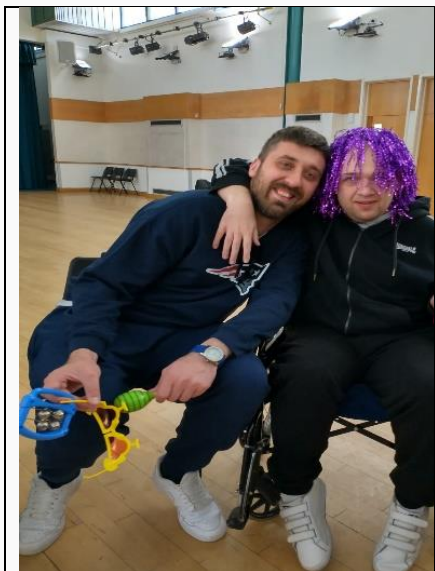




At **Drama** this month we 'took to the stage' for the first time, performing short scenes, projecting our voices and tried different ways to stand and perform on stage. We can't wait to perform on stage again soon.

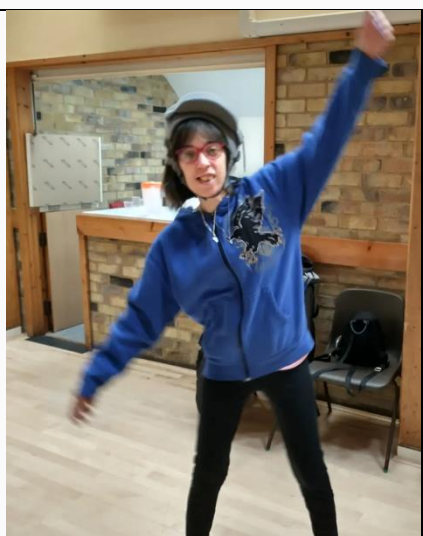
We created our own 'Carnival', we wore bright wigs, masks and scarves and played instruments. Our Carnival hosts introduced everyone and led us across the hall in a procession.

In our acting skills session, we explored emotions & expressions, expressing their emotions in scenes, using their voices and bodies. We moved from serious and angry emotions, through to giggly and happy emotions with really fantastic acting skills from everyone.





It's been an energetic month at **Dance Aerobics**. We have enjoyed feeling energised and moving to the beat with a colourful playlist featuring some of the hottest summer party songs, X-factor artists and bands that all have one thing in common - the letter B!





Diary Dates

Monday 1st May

Radlett Fun Run

Wednesday 7th June

Hertsmere Learning Disability Forum

Sunday 25th June

Mencap Funday at Habs School for 4–16 year olds

Contact Adam on development@hertsmere Mencap.org.uk

Wednesday 26th July to Tuesday 22nd August

Summer Holiday Club

Saturday 16th 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](#)