



May Newsletter

In this month's newsletter read all about:

- Our newest activity - Move to the Beat with Sian
- June's Learning Disability Forum on Online Bullying
- A roundup of May's activities - from our King's Coronation party to our lively Dance Aerobics sessions
- This month's member spotlight - Mitchell Thorneycroft
- Hertsmeremencap's upcoming 2023 Golf Day
- Meadow Park funfair on 11th June (10.30-12.30pm) for our Holiday Club children and their families
- A successful day at Radlett Rotary Fun Run
- News from Royal Mencap

Hertsmeremencap Learning Disability Forum

The next Learning Disability Forum takes place on Wednesday 7th June and the topic is Online Bullying. If you would like to attend please email hdcomm@hertsmeremencap.org.uk



Hertsmeremencap Learning Disability Forum



Families, friends, carers & professionals are all welcome



Online Bullying

An Open Forum to discuss the rise in online bullying

Wednesday 7th June at 10am – 11.30am

Guest speakers: PCSO's Carole Bull & Chris Bodell
Herts Police Safer Neighbourhood team

Followed by Members Open Discussion Forum

Fairway Hall, Brook Close, Borehamwood, WD6 5BT

Please RSVP to: hdcomm@hertsmeremencap.org.uk



Coffee and refreshments will be served



Limited free parking available at Fairway Hall or paid parking at Meadow Park Car Park, Brook Road

June 2023 Activities Borehamwood, WD6

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 NO DRAMA 7-9pm Youth Club <i>Ice Cream Parlour</i>	2 10-11am Dance Aerobics	3
4	5 10.30-12pm Art <i>At 96 Shenley Rd</i>	6 10.30-12pm <i>Move to the Beat</i> 7-9pm Jubilee Club <i>Board games</i>	7 10-11.30am <i>Learning Disability Forum on Online Bullying</i>	8 10.30-12pm Drama 7-9pm Youth Club <i>Board Games</i>	9 10-11am <i>Dance Aerobics performance at Tesco</i>	10
11	12 10.30-12pm Art	13 10.30-12pm <i>Move to the Beat</i> 7-9pm Jubilee Club <i>Bingo</i>	14 10-11.30am Coffee Morning	15 10.30-12pm Drama 7-9pm Youth Club <i>Golf Trip</i>	16 10-11am Dance Aerobics	17
18	19 10.30-12pm Art	20 10.30-12pm <i>Move to the Beat</i> 7-9pm Jubilee Club <i>Pizza making</i>	21 10-11.30am <i>Laughter therapy session at Coffee Morning</i>	22 10.30-12pm Drama 7-9pm Youth Club <i>Karaoke</i>	23 No Dance Aerobics	24
25	26 10.30-12pm Art	27 10.30-12pm <i>Move to the Beat</i> 7-9pm Jubilee Club <i>Boccia</i>	28 10-11.30am Coffee Morning	29 10.30-12pm Drama 7-9pm Youth Club <i>Origami</i>	30 No 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

Jubilee Club

The highlight of May's Jubilee Club was our King's Coronation party. Members were treated to a coronation-themed tea, fit for a king, as well as a range of coronation-themed arts and crafts to enjoy, with everyone taking home a special souvenir certificate and medal.

Paul and Beverley got everyone on their feet, singing a mix of classic and contemporary hits. Councillor Eni presented the prizes for the best designed crown, it was very difficult to choose!

Chair of Trustees, Paul Moser said, "We're absolutely thrilled with how the night went. It was a testament to the hard work and dedication of Alyson, our club leader and the rest of the team, it was heart-warming to see so many of our Hertsmere Mencap family come together to celebrate the Coronation".

Throughout the rest of the month, we made tasty banana muffins and chocolate brownies, enjoyed a lively game of "Play your Cards Right" and ended the month with an exciting Quiz

night, hosted by Tony.



Move to the Beat

We introduced our new Tuesday morning session to a room full of excited members. There was

something for everyone. Fantastic boxing moves to the beat, we played our instruments with gusto, sang songs and danced the morning away. It was great to see so many smiling faces and everyone joining in.



Arts and Crafts

With so many Bank Holiday Monday's this month we have made the most of the sessions we had! Michelle, our session leader created a loom station and we enjoyed making brightly coloured rings and bracelets. We have also designed 3D caterpillars and learnt how to use a special technique to make key rings. We are looking forward to a full month of Arts and Crafts in June.

On Monday 5th June, Arts and Crafts will be held at 96 Shenley Rd WD6 1EB. This is due to Fairway Hall being closed on Monday 5th June.



Coffee Morning



Drama

A Coronation procession, celebration scenes, characters developed, lines spoken and the start of stage performances, are just a few of the things we covered in drama throughout May. We have found ourselves laughing every week, in our drama session and there is always a fun atmosphere.

Drams will not be running on Thursday 1st June.



Youth Club

We celebrated the King's Coronation, baking Coronation cupcakes and decorating them in red, white and blue. We have enjoyed putting our budding artistic streaks to the test designing graffiti art, playing Boccia and taking part in an exciting music quiz which ended with an impromptu dance session.

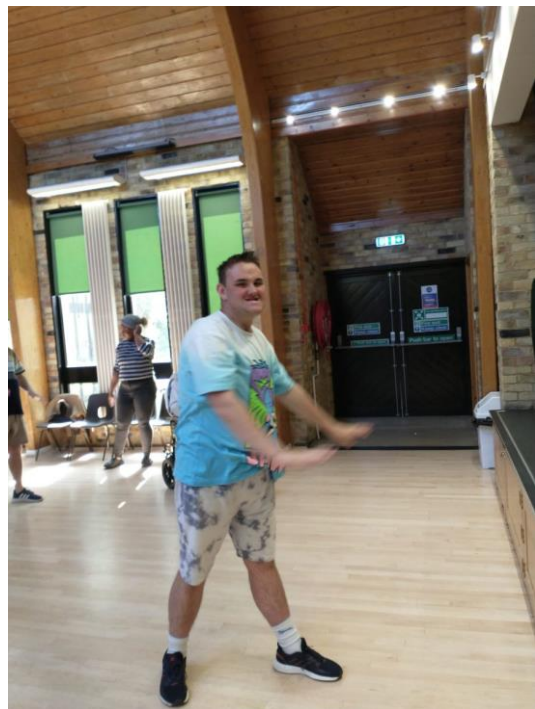


Dance Aerobics

We are continuing to dance our way through the alphabet with our alphabet themed songs. We started the month with songs beginning with **C** in honour of King Charles and Queen Camilla, we moved to the beat with letters **B** and **S** and we ended the month with **Jump** as our music theme.

We are very excited to announce our Dance Troupe will be performing a dance routine at

Tesco Borehamwood on Friday 9th June at 10am. Anyone wanting to come along to support our stars are welcome.



Member Spotlight

Wishing lots of luck to our member Mitchell's mum, Karen and Mitchell's brother Ryan who are challenging themselves by climbing Mount Snowdon on the 14th July. They are raising money for two charities, one being Hertsmere Mencap. Thank you family Thorneycroft, we are looking

forward to hearing all about your trek. If you would like to donate click [here](#)

Opportunity for people with a learning disability

Mencap is looking for **two people with a learning disability** to join our Board of Trustees. We have made a video about what that means.

To find out more watch this video [here](#)

As a Mencap Trustee you will:

- **Make a difference** and help decide how Mencap is run as a charity
- **Receive** all the **support** you need to carry out your role
- Be given lots of **training** and information that will help you be a great trustee for Mencap
- Be given back any money you pay to get to Mencap events and meetings
- **Meet lots of Mencap staff** and other new people
- Learn **new skills**
- Feel **appreciated and valued**

To apply and find out more click [here](#)

Holiday Club

Summer Holiday Club is running from Wednesday 26th July to Tuesday 22nd August. Application forms and details of Summer Holiday Club have now been sent out to our Holiday Club families. Please contact clubadmin@hertsmeremencap.org.uk if you haven't received an email or if you would like to be added to our mailing list.

The Meadow Park Funfair is once again offering a private session to our Holiday Club children. This is taking place on Sunday 11th June from 10.30-12.30pm. If you would like to attend please contact clubadmin@hertsmeremencap.org.uk

We are recruiting for Play Assistants and volunteers, for further details please contact clubadmin@hertsmeremencap.org.uk

Hertsmere Mencap Golf Day 2023

On Thursday 28th September we are holding our Annual Golf Day at Hartsbourne Golf Club. This is our biggest fundraising event, enabling us to provide funding for our activities.

If you are a golfer or you know any keen golfers interested in taking part, please click [here](#) for more information or contact Karen on hdcomm@hertsmeremencap.org.uk

Radlett Rotary Fun Run 2023

Thank you to everyone who came along to support the 2023 Radlett Rotary Fun Run. It was a day full of fun, raising funds for Hertsmere Mencap.



Diary Dates

Thursday 1st June - No drama

Monday 5th June - Arts and Crafts taking place at 96 Shenley Rd

Wednesday 7th June - Hertsmere Learning Disability Forum on Online Bullying

Friday 9th June - Dance Aerobics perform at Tesco Borehamwood

Sunday 25th June - Mencap Funday at Habs School for 4–16 year olds

Wednesday 26th July to Tuesday 22nd August - Summer Holiday Club

Wednesday 6th September - Hertsmere Learning Disability Forum

Thursday 28th September - Hertsmere Mencap's Annual Golf Day

Sunday 15th October - North London Rotary Disability Games

Wednesday 13th December - Coffee morning trip to the Panto at the Radlett Centre

Friday 29th December - Holiday Club trip to the Panto at the Radlett Centre

Saturday 16th December - 6.30pm - 10pm

Hertsmere Mencap's 2023 Christmas party at Allum Hall, WD6

If you no longer wish to receive our Newsletters please click [here](#) or
by email click [here](#).

