



## June Newsletter

In this month's newsletter:

- A roundup of June's activities, including our Dance Aerobics group performance at Tesco
  - \*NEW\* Out and About with Hertsmere Mencap Reporters
  - Hertsmere Mencap's Annual Golf Day 2023 (28th September)
  - Summer Holiday Club (26th July - 22nd August)
  - Member Spotlight
    - Good Luck to Karen and Ryan Thorneycroft climbing Mount Snowdon in July
    - A big thank you to Michael & Aaron Langley
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>3</b> 10.30-12pm Art	<b>4</b> 10.30-12pm Move to the Beat  7-9pm Jubilee Club <i>American Independence Day</i>	<b>5</b> 10-11.30am Coffee Morning	<b>6</b> 10.30-12pm Drama  7-9pm Youth Club <i>Outdoor games indoors</i>	<b>7</b> 10-11am Dance Aerobics	<b>8</b>
<b>9</b>	<b>10</b> 10.30-12pm Art	<b>11</b> 10.30-12pm Move to the Beat  7-9pm Jubilee Club <i>Snooker &amp; Ball championships</i>	<b>12</b> 10-11.30am Coffee Morning	<b>13</b> 10.30-12pm Drama  7-9pm Youth Club <i>Smoothie making</i>	<b>14</b> 10-11am Dance Aerobics	<b>15</b>
<b>16</b>	<b>17</b> 10.30-12pm Art	<b>18</b> 10.30-12pm Move to the Beat  7-9pm Jubilee Club <i>Smoothie Making</i>	<b>19</b> No Coffee Morning  <i>Harry Potter trip</i>	<b>20</b> 10.30-12pm Drama  7-9pm Youth Club <i>Music &amp; Movement with Sian</i>	<b>21</b> 10-11am Dance Aerobics	<b>22</b>
<b>23</b>	<b>24</b> No Art	<b>25</b> No Move to the Beat  7-9pm Jubilee Club <i>Arts &amp; Crafts</i>	<b>26</b> 10-11.30am Coffee Morning	<b>27</b> No Drama  7-9pm Youth Club <i>Simon's Marvel quiz</i>	<b>28</b> 10-11am Dance Aerobics	<b>29</b>
<b>30</b>	<b>31</b> No Art	<b>1 Aug</b> No Move to the Beat  7-9pm Jubilee Club	<b>2 Aug</b> 10-11.30am Coffee Morning	<b>3 Aug</b> No Drama  7-9pm Youth Club	<b>4 Aug</b> 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](mailto:activities@hertsmere Mencap.org.uk)

### A round up of the month in pictures



Members used different materials to produce animal themed artwork, learnt new and energetic boxing moves and played percussion instruments



Everyone had a side splitting session of Laughter Yoga, worked on public announcements, voice work and signing. And our Dance troupe took to the stage to perform a dance routine at Tesco.



Our evening activity members have enjoyed a range of activities including bocchia, pizza making, karaoke and a golf trip.





If you'd like to see more photos of our activities please visit our Facebook page [here](#) or Instagram page [here](#).

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## Out and About with Hertsmere Mencap Reporters

To celebrate Learning Disability Week 2023 we asked ***Karen Clissold, Jason Gunn and Courtney Burke*** to be Hertsmere Mencap Reporters and interview people who are connected to the Society. Here's what happened:

**OUT AND ABOUT**  
WITH HERTSMERE MENCAP REPORTERS



*Karen interviewed Tony Walton – Vice Chair & Trustee, Hertsmere Mencap*

**K: Thank you for agreeing to be interviewed. I am going to ask you 3 questions.**

**How long have you been a Trustee for Hertsmere Mencap?**

**T:** I'll need to think about that!! I would say about 3 years and I have been involved with Mencap since 1981.

**K: What do you enjoy about being a Trustee?**

**T:** I enjoy generally working with the Hertsmere Mencap family. I enjoy meeting everyone and I also enjoy helping out.

**K: What do you look forward to in the future for Hertsmere Mencap?**

**T:** I would like to see more inclusion with members being included in employment and education as well as general walks of life. I would like to encourage our members to reach their potential and for everyone to be treated as equals.

**K: Thank you very much for your time, Tony.**

**Q**UT AND  
ABOUT  
WITH HERTSMERE MENCAP REPORTERS



*Jason interviewed Steff Syme – Coffee Morning Volunteer, Hertsmere Mencap*

**J: Thank you for agreeing to be interviewed. I am going to ask you 3 questions. What made you want to volunteer at Hertsmere Mencap?**

S: I am retired and I have a lot of spare time which I wanted to use in a good way by helping others and being around people. I saw an advert and I have some experience with learning disabilities and I came across Hertsmere Mencap's volunteer advert and I thought it would be a good thing to do and it was local to me.

**J: Is volunteering what you expected?**

S: What I am doing here is different before I was 1:1 keeping someone company. I enjoy Hertsmere Mencap volunteering as it is group based, it is nice and social and I get to know lots of people. It is a very positive experience.

**J: What is your favourite part of volunteering?**

S: I enjoy seeing people and getting to know people, I enjoy the social interaction. Now and again a member may need advice or help and I like to help where I can, it is very worthwhile and satisfying.

**J: Thank you very much for your time, Steff.**



*Courtney interviewed Sian Kenrick – Drama Facilitator, Hertsmere Mencap.*

**C:** Thank you for agreeing to be interviewed. I am going to ask you 3 questions.

**How long does it take you to prepare for the Drama & Move to the Beat sessions?**

**S:** It can take 1-2 days to prepare, depending on the materials needed. I have to select the music and props as well as plan the structure of each activity.

**C:** Where do you get your ideas/inspiration from?

**S:** I like to focus on relevant events and theme the sessions this way, for example to coincide with the King's Coronation, our members took on the roles of royalty and Buckingham Palace aides - we even acted out a Royal parade. It's important to me that our members cover different skills each week. In today's drama session we focused on voice projection and EVERYONE made an announcement in their scenes, using their voices in a dramatic way, demonstrating confidence in expressing themselves.

**C:** What gives you the best feeling?

**S:** Working with different people, all with different strengths and seeing everyone 'having a go'. Our members picking up new skills and watching their confidence grow is the most rewarding part of my job.

**C:** Thank you very much for your time, Sian.

If you would like to join Hertsmere Mencap's team of reporters and become a reporter, let Karen know on 07938 722 619 / [hdcomm@hertsmeremencap.org.uk](mailto:hdcomm@hertsmeremencap.org.uk)

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## Member Spotlight

Thank you to Aaron and Michael Langley who raised £434 at "Rosie Day" at Harperbury Bowls Club in memory of their dear Rose, a good friend of Hertsmere Mencap. Michael and Aaron chose to donate the money raised to Hertsmere Mencap. Thank you Michael & Aaron, your generosity is greatly appreciated.

Good Luck to our member Mitchell's mum, Karen and Mitchell's brother Ryan who are climbing

Mount Snowdon on the 14th July. They are raising money for two charities, one being Hertsmere Mencap. If you would like to donate click [here](#)

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## **Summer Holiday Club**

### **Wednesday 26th July - Tuesday 22nd August**

The Holiday Club team are working hard planning a varied and exciting Summer Holiday Club and we are looking forward to re-opening our doors on July 26<sup>th</sup>. Look out for news and photos in our next Newsletter.

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## **Hertsmere Mencap Golf Day 2023**

### **Thursday 28th September**

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

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### **Diary Dates**

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 13<sup>th</sup> December

Coffee morning trip to the Panto at the Radlett Centre

Saturday 16th December (6.30pm - 10pm)

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

Friday 29<sup>th</sup> December

Holiday Club trip to the Panto at the Radlett Centre

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by email click [here](#).



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