

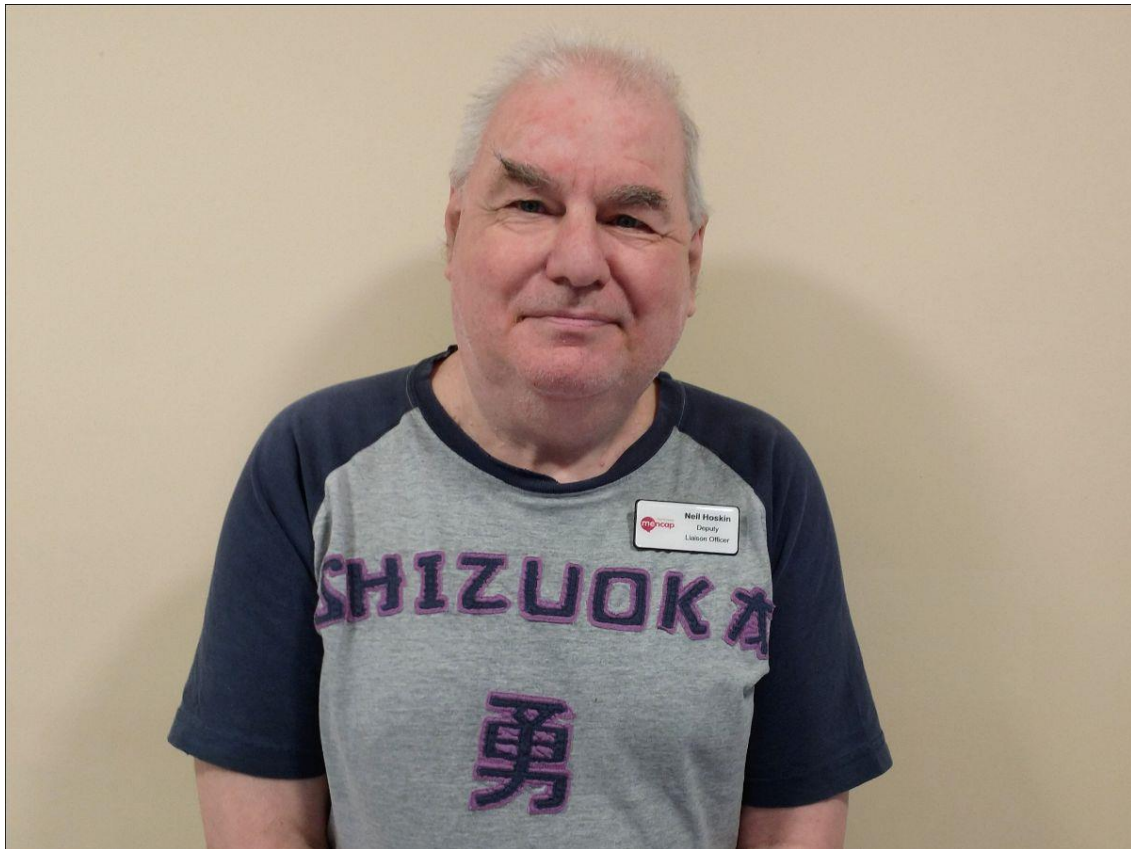


August Newsletter

In this month's newsletter:

- Congratulation to Neil Hoskin on becoming a Trustee for Royal Mencap
- A successful summer Holiday Club
- A roundup of August's adult activities
- Save the Date
 - 6th September - Hertsmere's Learning Disability Forum on Healthy Eating
 - 13th September - Members lunch at The Hart & Spool
- Hertsmere Mencap's Annual Golf Day 2023 (28th September)

Hertsmere Mencap news



Congratulations to Neil who has been appointed Trustee for Royal Mencap. As a Trustee, Neil will help decide how Mencap is run and will learn new skills along the way. Well done Neil, we are all very proud of you and enjoy this exciting adventure.

Summer Holiday Club

Summer 2023 Holiday Club was packed with music, dance, tennis, creative & messy play experiences and lots of fun and laughter. Our excursions were very popular with the children.

Everyone enjoyed themselves and we are grateful to our staff (old and new) and volunteers for their time and hard work. The children make it so worthwhile and memorable.

We will soon be planning our Easter Holiday Club and look forward to seeing the children and the staff again

If you would like information on our holiday club, please contact Susannah on:

clubadmin@hertsmeremencap.org.uk / 07727 339066



<div>  SEPTEMBER 2023 Activities Borehamwood, WD6  </div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10-11am Dance Aerobics	2
3	4 10.30-12pm Art	5 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Board games</i>	6 10-11.30am Coffee Morning <i>Learning Disability Forum on healthy eating</i>	7 10.30-12pm Drama 7-9pm Youth Club <i>Graffiti t-shirts</i>	8 10-11am Dance Aerobics	9
10	11 10.30-12pm Art	12 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Ditza's dance class</i>	13 10-11.30am Coffee Morning <i>11.45am Member lunch at The Hart & Spool (148 Shenley Rd)</i>	14 10.30-12pm Drama 7-9pm Youth Club <i>WICKED theatre trip</i>	15 10-11am Dance Aerobics	16
17	18 10.30-12pm Art	19 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Angie's party games</i>	20 10-11.30am Coffee Morning	21 10.30-12pm Drama 7-9pm Youth Club <i>Simon's Marvel quiz</i>	22 10-11am Dance Aerobics	23
24	25 10.30-12pm Art	26 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Pizza making from scratch</i>	27 10-11.30am Coffee Morning	28 10.30-12pm Drama 7-9pm Youth Club <i>Film night</i>	29 10-11am Dance Aerobics	30

Save the Date



Hertsmere Learning Disability Forum



An Open Forum to discuss creating healthy eating habits

Wednesday 6th September at 10am – 11.30am

Guest speaker: Fern Dudleston
Specialist Learning Disability Dietitian

Fairway Hall, Brook Close, Borehamwood, WD6 5BT
Please RSVP to: hdcomm@hertsmeremencap.org.uk



Families, friends, carers & professionals are all welcome





Coffee and refreshments will be served



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

Please join us for Hertsmere's Learning Disability Forum on **Wednesday 6th September**. To confirm your spot please RSVP to Karen on hdcomm@hertsmeremencap.org.uk

A round up of August's activities



We have enjoyed creating summer and sea themed pictures using colour by numbers and we have started working on intricate canvases at our Art sessions.

Thank you to Learning Disability Nurse, Barbie and her team along with PC Haughton who presented a very interactive and interesting talk on Building Positive Relationships.



We took over the Hart & Spool for an enjoyable member lunch, our next one is planned for Wednesday 13th September. Contact Adam on development@hertsmeremencap.org.uk if you would like to attend.

It's been an exciting month at Dance Aerobics dancing to an array of tunes including summer songs and Boy bands v Girl bands songs.



Our evening activity members have enjoyed a range of activities including card bingo, quiz night and cookie making.

We have lots more photos of our activities on our Facebook page which you can visit [here](#) or Instagram page [here](#).

Volunteer opportunity



Volunteer - Financial Process Review Project

Hertsmeremencap support over 200 children and adults with a learning disability and their families across the Borough of Hertsmere.

We are looking for a **Volunteer** to work on a six-month project reviewing the use of our Xero accounting package and our overall financial processes.

You should have an **accountancy background** and will work together alongside a Consultant from **Cranfield University** to implement this project.

We expect it will start in Q4 2023, lasting **six months** and require a **2-3 hours week** of your your time.

For further details and to apply, please contact chair@hertsmeremencap.org.uk

www.hertsmeremencap.org.uk

Hertsmeremencap 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, or you are interested in sponsoring part of our day, please click [here](#) for more information or contact Karen on hdcomm@hertsmeremencap.org.uk

QUT AND ABOUT

WITH HERTSMERE MENCAP REPORTERS

To read the latest interviews by our Mencap Reporters, click [here](#)

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

Diary Dates

Wednesday 6th September

Hertsmere Learning Disability Forum on Healthy Eating

Wednesday 13th September - Members lunch at the Hart & Spool

please email - **development@hertsmeremencap.org.uk**

to book your place

Thursday 28th September
Hertsmere Mencap's Annual Golf Day

Sunday 15th October
North London Rotary Disability Games

Wednesday 6th December
Hertsmere Learning Disability Forum

Wednesday 13th 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 29th December
Holiday Club trip to the Panto at the Radlett Centre

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