



September Newsletter

In this month's newsletter:

- September's Hertsmere Learning Disability Forum
 - A roundup of September's adult activities
 - Autumn 2023 Covid-19 Vaccine Booster available
 - Have you joined the UK's learning disability register?
 - Save the Date
 - 15th October - Rotary North London Disability Games
 - 4th December - You are invited to Hertsmere Mencap's AGM
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10.30-12pm Art	3 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Card bingo</i>	4 10-11.30am Coffee Morning	5 10.30-12pm Drama 7-9pm Youth Club <i>Bingo</i>	6 10-11am Dance Aerobics	7
8	9 10.30-12pm Art	10 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Chocolate chip cookie making</i>	11 10-11.30am Coffee Morning <i>11.45am Member lunch at The Hart & Spool</i>	12 10.30-12pm Drama 7-9pm Youth Club <i>Smoothie making</i>	13 10-11am Dance Aerobics	14
15	16 10.30-12pm Art	17 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Party games</i>	18 10-11.30am Coffee Morning	19 10.30-12pm Drama 7-9pm Youth Club <i>Outside games inside</i>	20 10-11am Dance Aerobics	21
22	23 10.30-12pm Art	24 No Move to the Beat 7-9pm Jubilee Club <i>Halloween decorating</i>	25 10-11.30am Coffee Morning	26 No Drama 7-9pm Youth Club <i>Halloween Arts & Crafts</i>	27 No Dance Aerobics	28
29	30 10.30-12pm Art	31 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Halloween party</i>				

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

Hertsmere Learning Disability Forum

We hosted Hertsmere's Learning Disability Forum this month and we learnt about the benefits of healthy eating.

Save the date: the next Learning Disability Forum is on **Wednesday 6th December**.



A round up of September's activities



We have enjoyed creating flower pictures, animal greeting cards, key rings and necklaces made from pasta, at our Art sessions.

It was fantastic to see welcome everyone back at Move to the Beat, we learnt new dance moves, new beats and rhythms and played our instruments with great gusto.



In Drama we acted out 'The League of Nations Olympics Ceremony', we performed a brilliant jumbo jet scene and had great fun dressing up as clowns and learning new 'clowning' skills. We enjoyed lively Dance Aerobics sessions this month, learning new moves to a exhilarating array of tunes ranging from Pretty Women to ultimate party tunes.



Our evening activity members have enjoyed a range of activities including games, band night, cheerleading, pizza making, quiz night run by Simon and an sensational ting trip to see Wicked in the West End for our Youth Club. "It was really nice to spend time doing something exciting with my Mencap friends. Loved it, so thank you!!" Ollie Teren

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

Holiday Club

Hertsmere Mencap's Holiday Club has some exciting activities planned over the Christmas break:

Holiday Club Christmas Party : Saturday 16th December

Aspire swimming and sports: Thursday 28th December

Panto, Beauty and the Beast: Friday 29th December

More information to follow very soon!

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

clubadmin@hertsmere Mencap.org.uk / 07727 339066

Hertsmere Mencap AGM



Annual General Meeting 2023

We are delighted to invite you to:

Hertsmere Mencap's Annual General Meeting

Join us to hear what we achieved last year and our plans for next year

Date: Monday 4th December 2023

Time: 7.30pm – 9pm

At: Allum Hall, Allum Lane. WD6 3PJ

Followed by tea/coffee, cake and biscuits

Kindly RSVP to Estelle on adminsec@hertsmereencap.org.uk

Have you joined the UK's Learning Disability register?

It is good to join the learning disability register. By joining you can get:

- extra support when you visit your doctor – including making an appointment
- support to understand your doctor
- more time to talk about how you are feeling

To find out how and what is involved click [here](#) for an easy read guide.

Rotary North London's 2023 Disability Games

Good Luck Team Hertsmere Mencap!

For those signed up to take part on Sunday 15th October, the mini bus will be picking up from the planned locations starting 11.10am to take our team to Aspire Leisure Centre, Stanmore HA7.

Registration begins at 12noon and the day ends around 4.30pm.

Have a super fun day, Team Hertsmere Mencap!

Any questions, speak to Karen - 07938 722 619 or Neil - 07464 414 771

Autumn 2023 Covid-19 Vaccine Booster

From 11th September, people with a learning disability are able to get the COVID-19 booster jab this Autumn. Now is a good time to check if you are on the learning disability register at your doctors to make sure you get the booster jab.

Learn more with our easy read guide [here](#)

Diary Dates

Wednesday 11th October - Member lunch at the Hart & Spool
please email - development@hertsmere Mencap.org.uk
to book your place

Sunday 15th October
North London Rotary Disability Games

Wednesday 8th November - Members lunch at the Hart & Spool
please email - development@hertsmeremencap.org.uk
to book your place

Monday 4th December
Hertsmere Mencap AGM at Allum Hall

Wednesday 6th December
Hertsmere Learning Disability Forum

Wednesday 13th December
Coffee morning trip to the Panto at the Radlett Centre
please let Hayley know if you would like to come
activities@hertsmeremencap.org.uk

Saturday 16th December
Hertsmere Mencap's Holiday Club 2023 Christmas party at Allum Hall,
WD6

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