



October Newsletter

In this month's newsletter:

- Medals galore at Rotary North London's Disability Games
- A successful 2023 Golf Day
- Read all about what's been going on throughout October at Hertsmere Mencap
- Save the Date
 - 4th December - You are invited to Hertsmere Mencap's AGM
 - 16th December - Hertsmere Mencap's members Christmas party



NOVEMBER 2023 Activities Borehamwood, WD6



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10-11.30am Coffee Morning	2 10.30-12pm Drama 7-9pm Youth Club <i>Edible fireworks</i>	3 10-11am Dance Aerobics	4
5	6 10.30-12pm Art	7 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Quiz night</i>	8 10-11.30am Coffee Morning <i>11.45am Member lunch at The Hart & Spool</i>	9 10.30-12pm Drama 7-9pm Youth Club <i>Board games</i>	10 10-11am Dance Aerobics	11 1 – 3pm Inclusive Stay & Play
12	13 10.30-12pm Art	14 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Bocchia</i>	15 10-11.30am Coffee Morning	16 10.30-12pm Drama 7-9pm Youth Club <i>Diamond art</i>	17 10-11am Dance Aerobics	18
19	20 10.30-12pm Art	21 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Bingo</i>	22 10-11.30am Coffee Morning	23 10.30-12pm Drama 7-9pm Youth Club <i>Party games</i>	24 10-11am Dance Aerobics	25
26	27 10.30-12pm Art	28 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Play your cards right</i>	29 10-11.30am Coffee Morning	30 10.30-12pm Drama 7-9pm Youth Club <i>Karaoke</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

Rotary North London's 2023 Disability Games

What an incredible day at the Rotary North London Disability Games.

Not only did we have great fun we also won an abundance of medals.

Well done to:

Sean, Simon, Stuart & Linda who came 1st in Bocchia

Steven coming 2nd Quoits

Stuart coming 2nd in Darts

Sean coming 1st in Stickball and Steven a close 2nd

Serena coming 2nd in Bagatelle

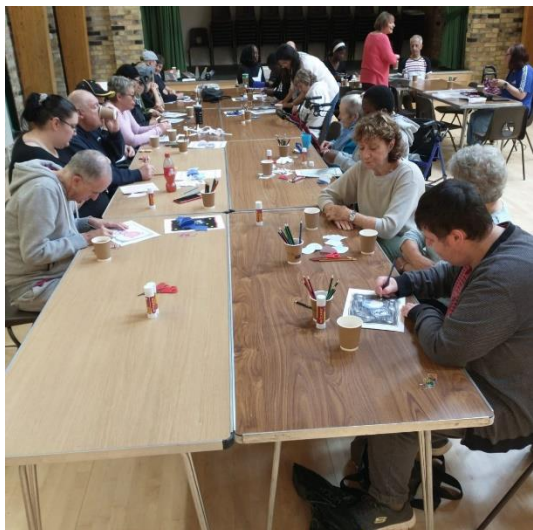
Simon coming 1st in Bowls and Jason a close 2nd

Congratulations Team Hertsmere Mencap!





A round up of October's activities



It's been a Halloween themed Art session this month, making 3D spooky bats, clay pumpkins, intricate witches and Halloween decorations.

We started to learn brand new dances and percussion ideas in Move to the Beat and enjoyed a Halloween Spooktacular session.



In Drama along with acting and performing, we began a new 'Musical Theatre' section where we sang and danced. We have discovered the many talents of our members and had the pleasure of hearing their beautiful voices and expressing themselves through the music.

We enjoyed lively Dance Aerobics sessions this month, dancing to smash hits and Disney hits. We also enjoyed a freestyle session run by our Dancing crew.



Our evening activity members have enjoyed a Halloween themed month along with Bingo, cookie & smoothie making and board games as well as outdoor games indoors.

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

Holiday Club

We are looking forward to seeing many of you over the Christmas period for our exciting Holiday Club Christmas activities.

Saturday 16th December – Children's Christmas party

Thursday 28th December – Swimming and Sports at Aspire

Friday 29th December – Beauty and the Beast Panto at the Radlett Centre

If you would like information on our Holiday Club, please contact Susannah on:

clubadmin@hertsmeremencap.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@hertsmeremencap.org.uk

Hertsmere Mencap's Golf Day

Our Annual Charity Golf Day took place last month at Hartsbourne Golf Club in Bushey. We were delighted to welcome Golfers back for a fun-filled day. Our annual Golf Day raises much-needed funds for Hertsmere Mencap.



Diary Dates

Wednesday 8th November
Members lunch at the Hart & Spool

Saturday 11th November
Inclusive Stay & Play

Monday 4th December

Hertsmere Mencap AGM at Allum Hall

Wednesday 13th December

Coffee morning trip to the Panto at the Radlett Centre

Saturday 16th December

Holiday Club 2023 Christmas party at Allum Hall, WD6

Saturday 16th December (6.30pm - 10pm)

Hertsmere Mencap's 2023 Christmas party for members

Allum Hall, WD6

Friday 29th December

Holiday Club trip to the Panto at the Radlett Centre

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by email click [here](#).



