

## December Newsletter

In this month's newsletter:

- Christmas celebrations at Hertsmere Mencap
- A round up of December activities at Hertsmere Mencap
- **NEW!** under 11's Soft play at Furzefield Leisure Centre in Potters Bar on Saturday 27th January from 9-10am (booking required)
- Support Hertsmere Mencap through the Hertsmere Community Lottery and you could win £1000 Luxury Getaway
- Save the Date
  - 9th January - Move to Beat's new location - Fairway Hall, WD6 5BT
  - 13th January - Inclusive Stay & Play (in conjunction with UP! Community) for 0-10 year olds from 1-3pm at Borehamwood Baptist Church, WD6 2DF (booking required)
  - 24th January - Laughter yoga at Coffee Morning


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## Hertsmere Mencap Christmas Party 2023



Saturday 16th December brought us all together for the Annual Christmas Party. The hall looked splendid with red and silver balloons and colourful tables. The atmosphere was terrific with members enjoying the buffet dinner, served by a happy group of volunteers. The dance floor was



<div>  <div> <div>JANUARY 2024 Activities</div> <div>Borehamwood, WD6</div> </div>  </div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>  <i>Happy New Year!!</i>	<b>2</b>  No Move to the Beat No Jubilee Club	<b>3</b>  10-11.30am Coffee Morning	<b>4</b>  No Drama No Youth	<b>5</b>  10-11am Dance Aerobics	6
7	<b>8</b> 10.30-12pm Art	<b>9</b> 10.30-12pm Move to the Beat <i>(Fairway Hall)</i> 7-9pm Jubilee Club <i>Bingo</i>	<b>10</b> 10-11.30am Coffee Morning <i>11.45am Member lunch            at The Hart &amp; Spool</i>	<b>11</b> 10.30-12pm Drama 7-9pm Youth Club	<b>12</b> 10-11am Dance Aerobics	13 1pm – 3pm Inclusive Stay & Play
14	<b>15</b> 10.30-12pm Art	<b>16</b> 10.30-12pm Move to the Beat <i>(Fairway Hall)</i> 7-9pm Jubilee Club <i>Magic jokes tongue            twisters</i>	<b>17</b> 10-11.30am Coffee Morning	<b>18</b> 10.30-12pm Drama 7-9pm Youth Club	<b>19</b> 10-11am Dance Aerobics	<b>20</b>
21	<b>22</b> 10.30-12pm Art	<b>23</b> 10.30-12pm Move to the Beat <i>(Fairway Hall)</i> 7-9pm Jubilee Club <i>Pizza night from scratch</i>	<b>24</b> 10-11.30am <i>Laughter yoga</i> at Coffee Morning	<b>25</b> 10.30-12pm Drama 7-9pm Youth Club	<b>26</b> 10-11am Dance Aerobics	27 9-10am SEN Soft Play in Potters Bar
28	<b>29</b> 10.30-12pm Art	<b>30</b> 10.30-12pm Move to the Beat <i>(Fairway Hall)</i> 7-9pm Jubilee Club <i>Karaoke</i>	<b>31</b> 10-11.30am Coffee Morning			

## New activities for under 11's

**INCLUSIVE STAY & PLAY**  
For Neurodiverse Children 0 to 10 years old

**BOOKING REQUIRED**

**SATURDAY 13TH  
JANUARY 2024  
1 PM TILL 3PM**

- Sensory Play
- Arts & Crafts
- Bouncy Castle
- Music Corner

Borehamwood Baptist Church  
12 Furzehill Rd.  
Borehamwood  
WD6 2DF

**FREE EVENT**  
DONATIONS WELCOME

Brought to you by  
**UP! & mencap**  
Community Hertsmeremencap

**PARENT/CARER SUPERVISION NEEDED**

**RSVP to Adam by Tuesday 9th January**  
[development@hertsmeremencap.org.uk](mailto:development@hertsmeremencap.org.uk)

**SEN SOFT PLAY @ FURZEFIELD**  
For Learning Disabled Children up to 11 years old

**PRE BOOKING REQUIRED**  
(Reduced capacity: limited to 40 children)

**SATURDAY 27TH  
JANUARY  
9AM TILL 10AM**

FurzeField Leisure Centre  
Mutton Lane  
Potters Bar  
EN6 3BW

**£2.50PC**  
DISCOUNTED RATE FOR  
HERTSMEREMENCAP

Brought to you by  
**mencap**  
Hertsmeremencap

Taking place  
@  
**FurzeField**  
Leisure Centre

**PARENT/CARER SUPERVISION NEEDED**

**RSVP to Adam by Wednesday 17th January**  
[development@hertsmeremencap.org.uk](mailto:development@hertsmeremencap.org.uk)

On Saturday 13th January (1pm - 3pm) in conjunction with UP! Community, we are running an Inclusive Stay & Play session suitable for children up to 10 years old. This is a free event, taking place at Borehamwood Baptist Church, WD6 2DF.

**Booking is required by emailing [development@hertsmeremencap.org.uk](mailto:development@hertsmeremencap.org.uk) by Tuesday 9th January.**

We are launching a new Soft Play session on Saturday 27th January, taking place in FurzeField Leisure Centre, EN6 3BW in Potters Bar from 9am - 10am at a discounted rate of £2.50 per child. This session is for children up to 11 years old and **booking is required by emailing [development@hertsmeremencap.org.uk](mailto:development@hertsmeremencap.org.uk) by Wednesday 17th January.**

## A round up of December's activities





December's Art theme was all about Christmas; decorating reindeers, designing penguin cones and festive hats and producing a "Merry Christmas" banner for the Hertsmere Mencap Christmas party. Arts & Crafts returns on Monday 8th January.

At Move to the Beat members developed many new dance sequences, played instruments using different tempos, sounds & movement and have taken the lead in conducting the group and developed their confidence to sing solos.

From Tuesday 9th January, Move to the Beat will take place at Fairway Hall, WD6 5BT.



December's Coffee Mornings were very busy - at the start of the month we hosted Hertsmere's Learning Disability Forum, welcoming PC's Tanya and Tim from Hertfordshire Safer Neighbourhood Team to discuss safety on our streets.

A trip to the Panto to see Beauty and the Beast was the perfect way to get ready for Christmas. Join us on Wednesday 3rd January for the first Coffee Morning of 2024.



Jubilee and Youth Club members enjoyed a funfilled and busy month of evening activities; decorating Christmas biscuits, a buzzing dance class run by Ditzza, Karaoke, Arts & Crafts and a trip to Toby Carvery.

Jubilee Club returns on Tuesday 9th January and Youth Club returns Thursday 11th January.



It's been wonderful to see the Drama members confidence grow. They have learnt to direct each other and during the final session scripted scenes were performed with huge success.

Drama returns on Thursday 11th January.

Well done to Friday's Dance Aerobics with two hugely impressive performances in December. A joyful dance performance at our Christmas party and an energetic performance at Tesco!

Dance Aerobics returns on Friday 5th January.

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

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## Holiday Club

The Holiday Club children's Christmas party was a huge success and it was lovely to see so many of our families attending. Party On A Cloud provided the entertainment and Santa made a special guest appearance too.

The Panto trip to see Beauty and the Beast at the Radlett Centre was a lovely way to end the year and the children had a special surprise when the cast came to say hello after the performance.

Easter Holiday Club will take place from Thursday 4th April to Wednesday 10th April 2024 (inclusive). Susannah will be sending further information in due course.

If you would like information on our Holiday Club, please contact Susannah on:  
clubadmin@hertsmeremencap.org.uk / 07727 339066

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### **Sad News**

It is with deep sadness that we report the passing of Saulan Suen and Brenda Waeland.

Saulan was a unique lady, who was full of life and involved for many years with the playscheme, she embraced disabilities, focusing on making people feel special. Many of our members have fond memories of Saulan, "she was always there for anyone who needed help, even when she was very busy, she made time for everyone " said Sally, Hertsmere Mencap's member. Our thoughts go out to Vincent, Eric, Theo and the extended family.

Over the years, Brenda used to love coming to our social clubs and was a great friend to many of our members. "Brenda took an interest in everyone, she would always ask me how my kids are doing, even remembering their names" said Tony, Hertsmere Mencap Vice-Chair. Our thoughts go out to the extended family.

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### **Hertsmere Community Lottery**

Hertsmere Mencap continue to support Hertsmere's Community Lottery. A ticket for Hertsmere Community Lottery costs just £1 a week with 60p going directly to Hertsmere Mencap, you can buy tickets [here](#).

Every ticket bought enters the prize draw. Buy tickets before 27th January and you could win a £1000 Luxury Getaway (or you can take the cash).

Enter our  
**Super Draw**  
**Win a £1,000 Luxury Getaway**  
**OR £1,000 CASH PRIZE**



### Diary Dates

Wednesday 10<sup>th</sup> January

Members lunch, The Hart & Spool

Saturday 13<sup>th</sup> January

Inclusive Stay & Play - under 10's in Borehamwood (booking essential)

Wednesday 24<sup>th</sup> January

Come along to Laughter yoga at the Coffee Morning

Saturday 27<sup>th</sup> January

SEN Soft Play in Potters Bar for under 11's (booking essential)