



January Newsletter

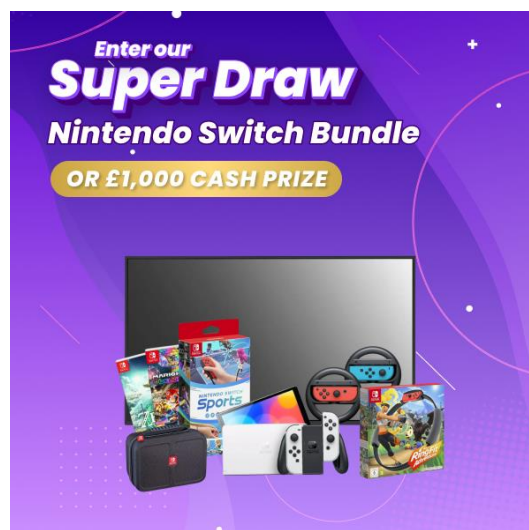
In this month's newsletter:



- A round up of January's activities
- Support Hertsmere Mencap through the Hertsmere Community Lottery and you could win the ***ultimate Nintendo Switch bundle worth £1000***
- ***New*** Read about Hertsmere Mencap's employment training programme
- Save the Date
 - 6th March - Hertsmere's Learning Disability Forum.
 - Guest Speaker Mal Cope from Citizens Advice Hertsmere - Fairway Hall, WD6 5BT
 - Easter Holiday Club - Thursday 4th, Friday 5th, Monday 8th, Tuesday 9th and Wednesday 10th April.

Hertsmere Community Lottery

Win the ultimate Nintendo Switch bundle

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 24th February and you could win the ultimate Nintendo Switch bundle (or £1000 cash).



<div>  FEBRUARY 2024 Activities Borehamwood, WD6  </div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10.30-12pm Drama 7-9pm Youth Club <i>Card bingo</i>	2 10-11am Dance Aerobics	3
4	5 10.30-12pm Art	6 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Pancake night</i>	7 10-11.30am Coffee Morning	8 10.30-12pm Drama 7-9pm Youth Club <i>Valentine's arts & crafts</i>	9 10-11am Dance Aerobics	10 1-3pm Inclusive Stay & Play <i>*booking required</i>
11	12 10.30-12pm Art	13 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Valentine's night</i>	14 10-11.30am Coffee Morning <i>11.45am Member lunch at The Hart & Spool</i>	15 10.30-12pm Drama 7-9pm Youth Club <i>Pancake night</i>	16 10-11am Dance Aerobics	17
18	19 10.30-12pm Art	20 No Move to the Beat 7-9pm Jubilee Club <i>Puzzle night</i>	21 10-11.30am Coffee Morning	22 No Drama 7-9pm Youth Club <i>Karaoke</i>	23 10-11am Dance Aerobics	24 9-10am Sen Soft Play Potters Bar <i>*booking required</i>
25	26 10.30-12pm Art	27 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Give us a clue</i>	28 10-11.30am Coffee Morning	29 10.30-12pm Drama 7-9pm Youth Club <i>Laughter yoga</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

***NEW* Hertsmere Mencap Employment Initiative**

Our focus for 2024 is to support our members into the workforce with either voluntary or paid employment (this will not affect members benefits).

If you are interested, please contact Karen on 07938 722 619 /
hdcomm@hertsmeremencap.org.uk

A round up of January's activities

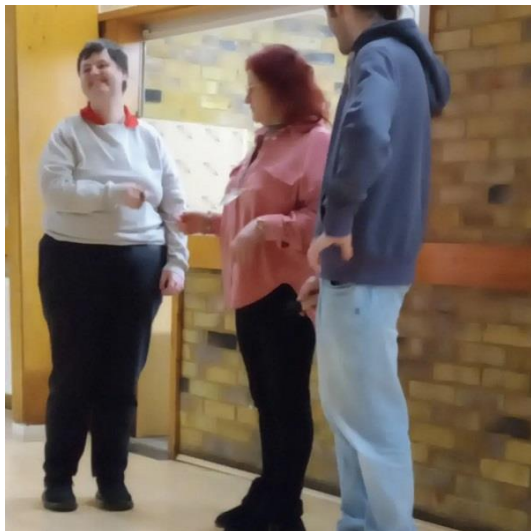


January's Arts & Crafts sessions had an animal theme, including decorating pretty owls and designing penguin pom poms. We also enjoyed celebrating members birthdays.

Our Move to the Beat'ers have settled into the new Tuesday venue at Fairway Hall. Everyone has enjoyed being back playing instruments & moving to the beat.



The highlight of January's Coffee Morning was the Laughter Yoga session. Susan returned for a fantastic session including clapping, breathing and a lot of laughter. Our monthly "Members Lunch out" has been a great way to catch up while enjoying good food.



Jubilee and Youth Club have enjoyed a funfilled and busy month of evening activities. Highlights included a night of magic, banana bread making, bingo, boccia and pizza making.



Sian introduced a new 2024 format to Drama. During the first part of the session members spend time developing their acting skills and perform drama scenes and end the session ends with members leading the group in a dance or perform a favourite song.

It's been another energetic and fulfilled month at Dance Aerobics, we welcomed new dancers to the troupe and enjoyed a range of tunes including music from the 90's.

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

Hertsmere's Learning Disability Forum

The next Learning Disability Forum takes place on Wednesday 6th March from 10-11.30am. We are delighted to welcome Citizens Advice Generalist & Energy Advisor, Mal Cope.

If you would like to attend, please RSVP to Karen 07938 722 619 /
hdcomm@hertsmeremencap.org.uk

 <h2>Hertsmere Learning Disability Forum</h2>		
 <p>Families, friends, carers & professionals are all welcome</p>  <p>Citizens Advice provide free, confidential & impartial advice. Our goal is to help everyone find a way forward, whatever problem they face</p>	<h3>An introduction to Citizens Advice Hertsmere and the services they offer</h3> <p>Wednesday 6th March at 10am – 11.30am</p> <p>Guest speaker: Mal Cope Citizens Advice Generalist & Energy Advisor</p> <p>Fairway Hall, Brook Close, Borehamwood, WD6 5BT</p> <p>Please RSVP to: hdcomm@hertsmeremencap.org.uk</p>	 <p>Coffee and refreshments will be served</p>  <p>Limited free parking available at Fairway Hall or paid parking at Meadow Park Car Park, Brook Road</p>

Holiday Club

Easter Holiday Club will take place over 5 days at St Teresa's school, Borehamwood. The dates for your diaries are **Thursday 4th, Friday 5th, Monday 8th, Tuesday 9th and Wednesday 10th April.**

In February, Susannah will be sending out further information including the booking details.

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

Here are a few photos for you to enjoy from December's Christmas party and Pantomime trip.



February activities for under 11's

The next Inclusive Stay & Play session is Saturday 10th February (1pm - 3pm) at Borehamwood Baptist Church, WD6 2DF. This is a free event however booking is required by emailing development@hertsmeremencap.org.uk

Are you living in Potters Bar or do you know families in Potters Bar?

We are running a SEN Soft Play session for families in Potters Bar on Saturday 24th February (9am - 10am). It will take place at Furzeffield Leisure Centre, Potters Bar. EN6 3BW at a discounted rate of £2.50 per child. Booking is required by emailing development@hertsmeremencap.org.uk

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

BOOKING REQUIRED

SATURDAY 10TH FEBRUARY 2024
1 PM TILL 3PM

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

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

FREE EVENT
DONATIONS WELCOME

PARENT/CARER SUPERVISION NEEDED

RSVP to Adam by Wednesday 7th February
development@hertsmeremencap.org.uk

Borehamwood Baptist Church
12 Furzehill Rd,
Borehamwood
WD6 2DF

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

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

SATURDAY 24TH FEBRUARY
9AM TILL 10AM

£2.50PC
DISCOUNTED RATE FOR HERTSMERE MENCAP

Brought to you by **Hertsmeremencap**

PARENT/CARER SUPERVISION NEEDED

RSVP to Adam by Wednesday 21st February
development@hertsmeremencap.org.uk

Furzeffield Leisure Centre
Mutton Lane
Potters Bar
EN6 3BW

Furzeffield Soft Play has four levels of fun for your little ones to explore, stay safe and interact

Taking place @
Furzeffield
Leisure Centre

Diary Dates

Saturday 10th February

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

Wednesday 14th February

Members lunch, The Hart & Spool

Saturday 24th February

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

Tuesday 20th February

No Move to the Beat session

Thursday 22nd February

No Drama session

Wednesday 6th March

Learning Disability Forum

Wednesday 4th - Wednesday 10th April

Easter Holiday Club