



## November Newsletter

In this month's newsletter:

- Well done Gavin, who is celebrating 10 years of employment at Morrisons
  - Come along to Tesco at 10am on the 22nd December to watch our Dance Aerobics stars performing
  - A round up of November activities at Hertsmere Mencap
  - Support Hertsmere Mencap through the Hertmere Community Lottery
  - Save the Date
    - 4th December - Hertsmere Mencap's AGM
      - Guest Speaker: Natalia Kajmer- Koziej, Team Manager at Herts Social Services Adult Disability Team
    - 6th December - Learning Disability Forum on Safety on our Streets
    - 16th December - Hertsmere Mencap's members Christmas party
  - From the 9th January, Move to the Beat with Sian will take place at Fairway Hall, WD6
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## DECEMBER 2023 Activities Borehamwood, WD6

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			29 Nov 10-11.30am Coffee Morning	30 Nov 10.30-12pm Drama 7-9pm Youth Club <i>Karaoke</i>	1 Dec 10-11am Dance Aerobics	2
3	4 10.30-12pm Art	5 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Ditza's dance class</i>	6 10-11.30am Coffee Morning <i>Learning Disability Forum – Safety on the streets</i>	7 No Drama 7-9pm Youth Club <i>Trip to Toby Carvery (pre- book only)</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>Xmas biscuit icing</i>	13 No Coffee Morning <i>Trip to the Panto</i>	14 10.30-12pm Drama 7-9pm Youth Club <i>Christmas Arts &amp; Crafts</i>	15 10-11am Dance Aerobics	16  Members Christmas Party 
17	18 10.30-12pm Last Arts & Crafts for 2023	19 No Move to the Beat 7-9pm Last Jubilee Club for 2023 <i>Wedding party</i>	20 10-11.30am Last Coffee Morning for 2023	21 No Drama 7-9pm Last Youth Club for 2023 <i>Youth Club Christmas party</i>	22 10-11am Dance Aerobics performance at Tesco Last Dance Aerobics for 2023	23
24	25 	26 	27	28	29	30

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

## JANUARY 2024 Activities Borehamwood, WD6

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>Happy New Year!!</i>	2 No Move to the Beat No Jubilee Club	3 10-11.30am Coffee Morning	4 No Drama No Youth	5 10-11am Dance Aerobics	6
7	8 10.30-12pm Art	9 10.30-12pm Move to the Beat <i>Moving to Fairway Hall</i> 7-9pm Jubilee Club	10 10-11.30am Coffee Morning <i>11.45am Member lunch at The Hart &amp; Spool</i>	11 10.30-12pm Drama 7-9pm Youth Club	12 10-11am Dance Aerobics	13 1pm – 3pm Inclusive Stay & Play
14	15 10.30-12pm Art	16 10.30-12pm Move to the Beat 7-9pm Jubilee Club	17 10-11.30am Coffee Morning	18 10.30-12pm Drama 7-9pm Youth Club	19 10-11am Dance Aerobics	20
21	22 10.30-12pm Art	23 10.30-12pm Move to the Beat 7-9pm Jubilee Club	24 10-11.30am Coffee Morning	25 10.30-12pm Drama 7-9pm Youth Club	26 10-11am Dance Aerobics	27 9-10am SEN Soft Play in Potters Bar
28	29 10.30-12pm Art	30 10.30-12pm Move to the Beat 7-9pm Jubilee Club	31 10-11.30am Coffee Morning			

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

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## Members Spotlight



Congratulations to Gavin Kennedy who received an award from Morrisons for his 10 years of employment, "I was quite proud and pleased as well shocked" Gavin said.

Stuart Brown has been a keen artist since he was at school, he has just completed his latest artwork - the DeLorean car from Back to the Future. What an incredible piece of art. Stuart said "I enjoy art, it keeps me busy, the DeLorean car took me 2-3 weeks to complete".

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# Hertsmere Learning Disability Forum



Families, friends,  
carers &  
professionals are  
all welcome



## Safety on our Streets

An Open Forum to discuss how to handle  
being approached, confronted or ridiculed on  
our streets

Wednesday 6<sup>th</sup> December at 10am – 11.30am

Guest speakers: PC Tanya Bainbridge-Price and PCSO Tim Conway  
Hertfordshire Safer Neighbourhood Team

Fairway Hall, Brook Close, Borehamwood, WD6 5BT

Please RSVP to: [hdcmm@hertsmere Mencap.org.uk](mailto:hdcmm@hertsmere Mencap.org.uk)



Coffee and  
refreshments will  
be served



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

## A round up of November's activities



It's been a busy month at Art, creating autumn pictures using a new technique; coiling, beautiful fireworks pictures and jumping frogs.



It's been a really energetic month at Move to the Beat, danced to 50's Rock n Roll music, practiced drum rhythms listening to Funk drumbeats, African drum beats and Swing beats.



In Drama this month, more members have taken the lead and treated us to a song or led us in a dance. Scenes have been created scenes and confidence has grown.

At Dance Aerobics, work began on the Dance routine for the Christmas party, which is certain to be one of the highlights of the night! *The Dance Aerobics troupe are performing at Tesco on the 22nd December at 10am, come along and show your support if you are free.*



Jubilee and Youth Club members enjoyed a fulfilled and busy month of activities; making edible fireworks, quizzes, Karaoke, played Boccia and creating diamond art.

*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**

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

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

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## **Hertsmere Mencap AGM**

**Guest Speak Natalia Kajmar-Koziej**

**Team Manager for Herts Social Services, Adult Disability Team**



## 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

**Guest Speaker: Natalia Kajmer-Koziej**

Team Manager | Herts Social Services | Hertsmere Adult Disability Team

**Date: Monday 4th December 2023**

**Refreshments: 7pm | AGM: 7.30pm – 9pm**

**At: Allum Hall, Allum Lane. WD6 3PJ**

Kindly RSVP to Estelle by 27<sup>th</sup> November on [adminsec@hertsmere Mencap.org.uk](mailto:adminsec@hertsmere Mencap.org.uk)

## Hertsmere Community Lottery

Hertsmere Mencap continue to support Hertsmere's Community Lottery. Did you know a ticket for Hertsmere Community Lottery costs just £1 a week with 60p goes directly to

Hertsmere Mencap, you can buy tickets [here](#).

Every ticket bought enters the prize draw. Buy tickets before 23rd December and you stand a chance to win a £3000 Christmas cash bonus!!

# Enter our **Super Draw**

**WIN A £3,000  
CHRISTMAS  
CASH BONUS**



## **Diary Dates**

Monday 4th December

Hertsmere Mencap AGM at Allum Hall

Wednesday 6th December



## Hertsmere Learning Disability Forum

Wednesday 13<sup>th</sup> December

Coffee morning trip to the Panto at the Radlett Centre

Saturday 16<sup>th</sup> December

Holiday Club 2023 Christmas party at Allum Hall, WD6

Saturday 16<sup>th</sup> December (6.30pm - 10pm)

Hertsmere Mencap's 2023 Christmas party at Allum Hall, WD6

Friday 22<sup>nd</sup> December

Dance Aerobics performing at Tesco, Borehamwood

Friday 29<sup>th</sup> December

Holiday Club trip to the Panto at the Radlett Centre

Wednesday 10<sup>th</sup> January

Members lunch, The Hart & Spool

Saturday 13<sup>th</sup> January

Inclusive Stay & Play

Saturday 27<sup>th</sup> January

SEN Soft Play in Potters Bar

If you no longer wish to receive our Newsletters please let us know by email by clicking [here](#).

