



February Newsletter

In this month's newsletter:

- A round up of February's activities
- ***New*** Read all about our first **Club 15-19** session
- Join the **Big Health Get Together** event on Monday 18 March 2024, from 10.15am - 3pm, at the Fielder Centre in Hatfield
 - It is open to people who are autistic and/or have a learning disability and the people who support them, including family members, carers and professionals
- **Save the Date**
 - **6th March** - Come along to March's Learning Disability Forum.
 - Guest Speaker Mal Cope from Citizens Advice Hertsmere - Fairway Hall, WD6 5BT
 - Easter Holiday Club - Thursday 4th to Wednesday 10th April (excluding weekends).
- Support Hertsmere Mencap and purchase a ticket for Hertsmere Community Lottery. This month you could **win a £1,000 Sainsbury's Voucher in March's Super Draw**

Big Health Get Together event

Join the Big Health Get together event taking place on **Monday 18 March 2024 from 10.15am - 3pm**, at the **Fielder Centre in Hatfield**.

It is open to people who are autistic and/or have a learning disability and the people who support them, including family members, carers.

The Big Health Get together is aimed at finding ways to reduce health inequalities for people who are autistic and/or have a learning disability.

Please email leder@hertfordshire.gov.uk if you have any dietary or accessibility requirements.

The Big Health Get-together

Are you autistic and/or do you have a learning disability? Do you support an autistic person and/or someone with a learning disability as a family member, carer or professional?

If so, come and join us to find out about the work we are doing to make healthcare and other services better and have your say.

There will be a performance from the Purple All Stars and lunch will be provided.

Date: Monday, 18 March 2024 from 10.15am - 3pm
Location: Hatfield Business Park Hatfield Avenue,
Hatfield, AL10 9TP



For further information or to book tickets scan the QR code or email leder@hertfordshire.gov.uk. You can also email to let us know about any needs that we can help with to make it easier for you to join this session.



Hertsmeres Learning Disability Forum

Come along to **March's** Learning Disability Forum taking place on Wednesday 6th March from 10-11.30am. Please RSVP to Karen 07938 722 619 / hdcomm@hertsmeremencap.org.uk



Hertsmere Learning Disability Forum



Families, friends,
carers &
professionals are
all welcome



Citizens Advice
provide free,
confidential &
impartial advice. Our
goal is to help
everyone find a way
forward, whatever
problem they face

An introduction to Citizens Advice Hertsmere and the services they offer

Wednesday 6th March at 10am – 11.30am

Guest speaker: Mal Cope
Citizens Advice Generalist & Energy Advisor

Fairway Hall, Brook Close, Borehamwood, WD6 5BT

Please RSVP to: hdcomm@hertsmeremencap.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

Club 15 - 19

The first **Club 15-19** session took place this month and was a huge success. We made pizza, enjoyed arts and crafts, playing on the football table along with table tennis, pool, board games and a chill out zone and gaming area to play the Wii. We finished the day with a fantastic quiz.

If you would like information on our Children and Youth activities, please contact
Susannah on: clubadmin@hertsmeremencap.org.uk / 07727 339066



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10-11am Dance	2 1-3pm Inclusive Stay & Play <i>*booking required</i>
3	4 10.30-12pm Art	5 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Indoor sports</i>	6 10-11.30am Coffee Morning LD Forum – Guest speaker from Citizens Advice Hertsmere	7 10.30-12pm Drama 7-9pm Youth Club <i>Movie night</i>	8 10-11am Dance	9
10	11 10.30-12pm Art	12 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>St Patrick's Day games</i>	13 10-11.30am Coffee Morning <i>11.45am Member lunch at Golden Plaice (132 Shenley Rd)</i>	14 10.30-12pm Drama 7-9pm Youth Club <i>Party games</i>	15 10-11am Dance	16
17	18 10.30-12pm Art	19 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Horse racing</i>	20 10-11.30am Coffee Morning (<i>for those not attending the RAF trip</i>) Trip to RAF Museum	21 10.30-12pm Drama 7-9pm Youth Club <i>Youth Club trip</i>	22 10-11am Dance	23 9-10am Sen Soft Play Potters Bar <i>*booking required</i>
24	25 10.30-12pm Art	26 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Easter hat parade night</i>	27 10-11.30am Coffee Morning	28 10.30-12pm Drama 7-9pm Youth Club <i>Chocolate nests and Easter egg arts & crafts</i>	29 No Dance 	

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

A round up of February's activities



It's been a busy and creative month at Arts & Crafts! We crafted dragons to celebrate the Chinese New Year, created colourful 3-D ladybirds, designed Valentine cards, learning to craft flowers popping out of the card and prepared bee puppets.

We have covered music from the 60's, 70's & 80's in Move to the Beat with members leading parts of the session. One member led us in "Singing & Signing", another member led us through a

breathing & relaxation exercise and another member conducted the group, as we played instruments.



At Coffee Morning we presented Steve, our volunteer minibus driver with the Elizabeth Spector Award for Volunteering. Steve was unable to pick up the award at the Christmas party and instead was presented it by Neil Hoskin, Hertsmere Mencap member and Royal Mencap Trustee. Thank you Steve for all you do for us.



Jubilee and Youth Club have enjoyed celebrating Pancake Day, Valentine's Day as well as playing games, puzzle and a side splitting Laughter Yoga session.



In Drama we are looking at the theme of "Comedy", using voices, faces and physical movement to act in a "comedic" way. This has increased confidence and caused us all to have a good laugh. We will continue our comedy theme in acting scenes over the next month.

It's been a busy month at Dance, where we have enjoyed dancing to a range of music including 70's, a Valentine's themed session and a party session.

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

***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

Holiday Club

Easter Holiday Club 2024 takes place from April 4 – April 10 and we have planned 5 days of fun for all the children.

If you would like information on our Children and Youth activities, please contact Susannah on: clubadmin@hertsmeremencap.org.uk / 07727 339066

March activities for under 11's

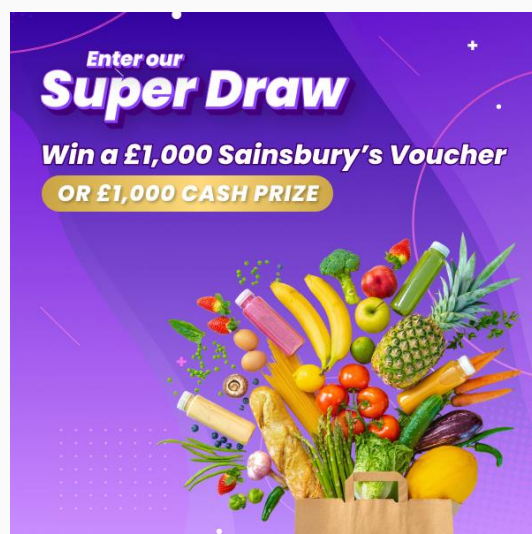
The next Inclusive Stay & Play session is Saturday 2nd March (1pm - 3pm) at Borehamwood Baptist Church, WD6 2DF. This is a free event however booking is required by emailing development@hertsmeremencap.org.uk

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 23rd March (9am - 10am). It will take place at Furzefield Leisure Centre, Potters Bar. EN6 3BW at a discounted rate of £2.50 per child. Booking is required by emailing development@hertsmeremencap.org.uk

Hertsmere Community Lottery Win £1000 Sainsbury voucher

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 Saturday 30th March and you could ***win a £1,000 Sainsbury's Voucher in March's Super Draw.***



Diary Dates

Saturday 2nd March

Inclusive stay & play - under 10's in Borehamwood (booking essential)

Wednesday 6th March

Hertsmere's Learning Disability

Guest Speaker - Citizens Advice Hertsmere

Wednesday 13th March

Members lunch at Golden Plaice (132 Shenley Rd)

Wednesday 20th March

Coffee Morning trip to RAF museum (Coffee Morning going ahead for those not attending the trip)

Saturday 23rd March

Potters Bar under 11's soft play (booking essential)

Wednesday 4th - Wednesday 10th April

Easter Holiday Club

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