



This month's newsletter is dedicated to Susan Moser Trustee and friend to us all

Susan passed away on 10 March, active as a trustee to the end. She had variously been a Committee Member, Trustee, and Chairman of Hertsmere Mencap continually for over forty years and her influence and impact on the learning disabled members of the Society and their families was immeasurable.

She naturally had a deep understanding and appreciation of the world of learning disability, partly as a result of being mother to Richard. First and foremost, she was always proud of Richard and wanted him to experience the world and the world to experience him just as she did for his siblings Nick and Natalie. Susan brought these instincts into everything she did when supporting the members of Mencap and people always looked up to her for advice and support.

As well as helping to guide the Society in its progress over the years, she mentored members to reach their own potential, instil self-confidence and be ambassadors themselves for Mencap. Susan became a mature student (at the same time that Natalie was at university!) and, having taken A-levels and a degree in English and Drama at the University of Hertfordshire, she went on to take a Diploma in Dramatherapy, a discipline that she used to great effect in the community. She ran Up & Away, drama sessions – with a therapeutic thread – for children with a learning disability.

She loved drama and, with friends, started the local 953 drama group, putting on shows for the local community, hospital wards and just for their own pleasure. This led Susan to directing and producing Gang Shows with one of the local scout groups. She then became involved in the new Ark Theatre in Borehamwood, becoming a Trustee and directing in that theatre. She was very proud of one of the acts in one show, showing a video of the children from Up & Away performing. She was aware it might be too difficult for them to perform in public, so the

screen was brought down to show the video and, after the performance, was raised to see the children walk forward and all take a bow. It was very moving.

Susan was known for her fertile mind and she helped put Hertsmere Mencap on the map in the 1980s with annual fetes – which she called the Zippadeedoo Days! They started with parades down Shenley Road ending at Maxwell Park where a celebrity would officially open the fete which was full of rides and stalls and, of course, raised funds for Hertsmere Mencap. She created and ran “Tickled Pink” - painting to music sessions for elderly people with dementia. She organised “Make a Face” in which all the primary schoolchildren in the area were asked to paint a picture of themselves. All these paintings - over 2,500 of them - were hung up in the town centre in an incredible and unique art display for all – and especially the children themselves – to see.

Susan painted, created pottery and was well-known for her beautiful handwriting. She loved the theatre, talking about and dissecting the plays she’d seen. Most of all, she looked forward to our annual visit to the Proms at the Royal Albert Hall with Richard.

Many that read this will have known Susan to be the most vibrant of people. She was always the centre of the room, so much fun to be with, the first to tell a joke. She was the warmest, most sincere and loving person you could hope to meet - and she will be missed terribly not only by her close family and her many friends but also the wider community.

Paul Moser



March Newsletter

In this month's newsletter:

- A round up of March's activities including
 - March's Learning Disability Forum talk from Citizens Advice Hertsmere
 - A trip to the RAF Museum
 - Fun-filled sessions for under 11's
 - Sign up for Radlett Rotary Five Fields Fun Runs - Monday 6th May and support Hertsmere Mencap
 - Read about The Watford Pumphouse Theatre performing "**The Curious Incident of the Dog in the Night-time**" including a relaxed performance on Friday 10th May at 2.30pm
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Easter Monday No Art	2 No Move to the Beat 7-9pm Jubilee Club <i>Arts & Crafts</i>	3 10-11.30am Coffee Morning	4 No Drama No Youth Club	5 10-11am Dance	6
7	8 10.30-12pm Art	9 No Move to the Beat 7-9pm Jubilee Club <i>Laughter yoga</i>	10 10-11.30am Coffee Morning <i>11.45am Member lunch at Golden Plaice</i>	11 No Drama No Youth Club	12 10-11am Dance	13 1-3pm Inclusive Stay & Play <i>*booking required</i>
14	15 10.30-12pm Art	16 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Smoothie night</i>	17 10-11.30am Coffee Morning	18 10.30-12pm Drama 7-9pm Youth Club	19 10-11am Dance	20
21	22 10.30-12pm Art	23 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Quiz night</i>	24 10-11.30am Coffee Morning	25 10.30-12pm Drama 7-9pm Youth Club	26 10-11am Dance	27 9-10am Sen Soft Play Potters Bar <i>*booking required</i>
28	29 10.30-12pm Art	30 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Movie night</i>				

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

A round up of March's activities



This month's Arts & Crafts theme was Easter, we crafted 3d bunnies and Easter pictures, designed Easter bunny cards and created colourful crocodiles.

At Move To The Beat this month we have enjoyed seated dance exercises, playing instruments and lots of smiles and singing.



It has been a varied Coffee Morning this month. We hosted Hertsmere's Learning Disability Forum with a very interesting talk by Hertsmere Citizen Advice and we enjoyed a trip to the RAF Museum as well as our usual get togethers to share news.



Jubilee and Youth Club have enjoyed Easter themed activities, indoor sports, games & movie nights and a Golf trip for the Youth Clubbers.



In Drama we practised our Comedic, Directing & Improvisation skills. At the end of the month we devised a Circus performance which was a huge success and everyone had a great time.

It's been a busy month at Dance, the sessions are growing in numbers and it's been great to see our newer attendees grow in confidence.

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

April activities for under 11's

It's been another fun-filled and enjoyable month at our Under 11's activities.

The next Inclusive Stay & Play session is Saturday 13th April (1pm - 3pm) at Borehamwood Baptist Church, WD6 2DF. This is a free event however booking is required by emailing development@hertsmeremencap.org.uk

The next SEN Soft Play session is on Saturday 27th April (9am - 10am) 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

Our Summer Holiday Club is running from **Monday 29 July until Thursday 22 August inclusive.**

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



Radlett Rotary Fun Run

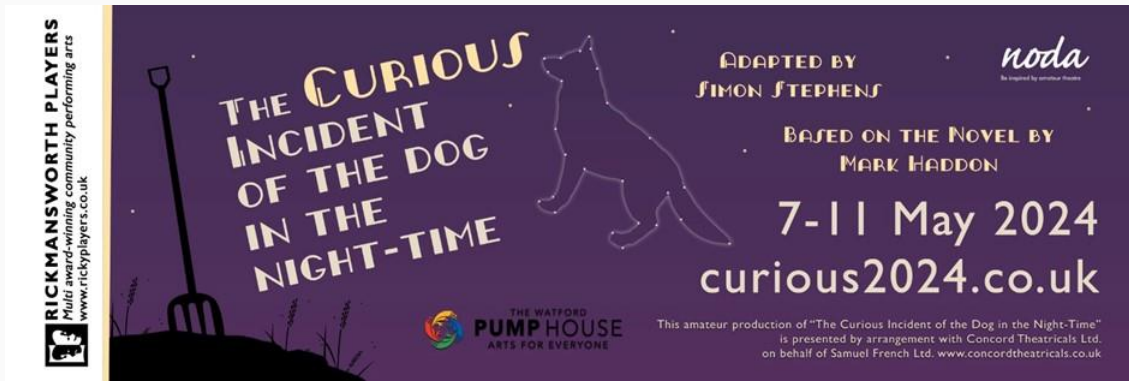
This year's Five Fields Fun Run takes place on Bank Holiday Monday 6th May.

We are delighted that Hertsmeremencap is once again the nominated charity. It is open to everyone and you can sign up [here](#).

It is taking place at Tabard Rugby Club Grounds, off Cobden Hill (A5183), WD7 7JN. If you would like to donate to Hertsmeremencap you can do that [here](#).

For more information, contact Hayley on activities@hertsmeremencap.org.uk

The poster features logos for Nagler Simmons (Registered charity Number 1023887), Radlett Rotary, and Hertsmeremencap. The main title is 'FIVE FIELDS FUN RUN' in large, bold, blue letters with a yellow outline, and 'open to all' in a smaller font below it. The location is 'Tabard Rugby Club Grounds, Radlett, off Cobden Hill'. The date is 'Bank Holiday Monday 6th May 2024'. The distances are '1½ km for under 11's' and '5 km ages 7 to 107!'. The booking information is 'Book online: radlettrotaryclub.com/funrun'. At the bottom, it says 'Live jazz band Refreshments available' and 'Inflatables provided by Keen Bean Camps'. There is a QR code on the left side of the poster.



From the **7th - 11th May**, The Watford Pumphouse Theatre are performing "**The Curious Incident of the Dog in the Night-time.**"

There will be a '**relaxed performance**' on **Friday 10th May at 2:30pm**, where elements of the play will be adapted to make it more welcoming to audience members who may find the full performance overwhelming or stressful. This will also include a Q&A with the director straight after the show. If you would like to attend tickets are available [here](#)

Diary Dates

Wednesday 10th April

Members lunch at Golden Plaice (132 Shenley Rd)

Saturday 13th April

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

Saturday 27th April

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

Bank Holiday Monday 6th May

Radlett Rotary Five Fields Run

Wednesday 5th June

Hertsmere Learning Disability Forum

Monday 29th July until Thursday 22nd August

Summer Holiday Club

Wednesday 4th September

Hertsmere Learning Disability Forum

Tuesday 10th September

Hertsmere Mencap's Annual Golf Day

Wednesday 4th December

Hertsmere Learning Disability Forum

Saturday 14th December

Hertsmere Mencap's Christmas parties

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