

April Newsletter

In this month's newsletter:

- A round up of April's daytime and evening activities
- ***Thursday 2nd May's Drama will take place at Maxwell Park Community Centre, Maxwell Road. WD6 1JJ***
- ***Monday 20th May's Arts & Crafts session will take place at 96 Shenley Rd, WD6 1EB***
- Good luck to everyone taking part in Radlett Rotary Five Fields Fun Runs on Monday 6th May
- Save the date:
 - Wednesday 5th June - Hertsmere Learning Disability Forum
 - Monday 29th July to Thursday 22nd August - Summer Holiday Club

Holiday Club

Our Summer Holiday Club dates are ***Monday 29 July – Thursday 22 August inclusive***.

The Holiday Club team are looking forward to seeing the children again for what promises to be a fun filled four weeks of summer activities and trips. Susannah will be sending out information and booking forms very soon.

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10-11.30am Coffee Morning	2 10.30-12pm Drama <i>Drama taking place at Maxwell Park Community Centre</i> 7-9pm Youth Club	3 10-11am Dance	4
5	6 Bank Holiday No Art	7 10.30-12pm Move to the Beat 7-9pm Jubilee Club	8 10-11.30am Coffee Morning <i>11.45am Member lunch at Golden Plaice</i>	9 10.30-12pm Drama 7-9pm Youth Club	10 10-11am Dance	11 1-3pm Inclusive Stay & Play <i>*booking required</i>
12	13 10.30-12pm Art	14 10.30-12pm Move to the Beat 7-9pm Jubilee Club	15 10-11.30am Coffee Morning	16 10.30-12pm Drama 7-9pm Youth Club	17 10-11am Dance	18
19	20 10.30-12pm Art <i>Art taking place at 96 Shenley Rd</i>	21 10.30-12pm Move to the Beat 7-9pm Jubilee Club	22 10-11.30am Coffee Morning	23 10.30-12pm Drama 7-9pm Youth Club	24 10-11am Dance	25 9-10am Sen Soft Play Potters Bar <i>*booking required</i>
26	27 Bank Holiday No Art	28 No Move to the Beat 7-9pm Jubilee Club	29 10-11.30am Coffee Morning	30 No Drama No Youth Club	31 10-11am Dance	

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 April's activities



At this month's Arts & Crafts we have focused on designing beautiful clay hearts using clay coils, experimenting with different colours to create our own unique designs.

On Monday 20th May Arts & Crafts will take place at 96 Shenley Rd, WD6 1EB.

At Move to the Beat we started a new section called **'Sing Your Heart Out'**. We prepared our voices and bodies for singing. We worked on breathing exercises and stretched our faces in a warm up, which caused lots of laughter. Everyone was really enthusiastic and joined in singing

songs and actions.



We have enjoyed getting together and catching at both our weekly Wednesday Coffee Mornings as well as our monthly Wednesday members lunch out.



At Jubilee Club we competed in an exciting Blankety Blank game show, laughed our socks off during a Laughter Yoga session, made smoothies whilst also trying out new fruit & vegetables and enjoyed a quiz night hosted by Jim.

It's been at active few weeks at Youth Club, we participated in an exhilarating badminton tournament, we got creative with sports themed arts and crafts and enjoyed a fun filled game of bingo.



At Drama we worked together in groups and polished up our acting skills with brilliant drama scenes. Our confidence continues to grow as well as our vocal skills as we enjoy beautiful solo singing performances.

On Thursday 2nd May Drama will take place at Maxwell Park Community Centre, Maxwell Road. WD6 1JJ.

It's been an energetic month at Dance, we've enjoyed dancing to the best of bands, male and female artists and we have also celebrated a few birthdays.

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 11th May (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 Soft Play session is on Saturday 25th May (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

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

Good luck to those taking part in this year's Five Fields Fun Run on Bank Holiday **Monday 6th May**. It is taking place at Tabard Rugby Club Grounds, off Cobden Hill (A5183), WD7 7JN. Look out for Angie and our Friday Dance troupe who will be leading the runners in a fun dance warm up as they start their run.

If you would like to donate to Hertsmere Mencap you can do that [here](#).

We are delighted that Hertsmere Mencap is once again the nominated charity. It is open to everyone and you still have time to sign up [here](#).

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

Diary Dates

Bank Holiday Monday 6th May

Radlett Rotary Five Fields Run

Wednesday 8th May

Members lunch at Golden Plaice (132 Shenley Rd)

Saturday 11th May

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

Saturday 25th May

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

Tuesday 28th May

Club 15-19

Thursday 30th May

Club 15-19

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](#).