

June Newsletter

In this month's newsletter:

- **Remembering Trustee & friend, Susan Moser**; The Guardian newspaper published an obituary, which you can read [here](#)
- We thanked our kind and dedicated volunteers during 2024's Volunteers Week with a very special [video](#)
- Read about our activities during Learning Disability Week 2024
- Well done to Gavin, who was fantastic performing at UmbrellaFest earlier this month
- A round up of June's activities at Hertsmere Mencap including:
 - Watch [here](#) to see our talented Dance stars perform at Tesco
 - A very interesting talk at June's LD Forum

JULY 2024 Activities Borehamwood, WD6						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10.30-12pm Art	2 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Games show night</i>	3 10-11.30am Coffee Morning	4 Drama 11.30-12.30pm 7-9pm Youth Club	5 10-11am Dance	6
7	8 10.30-12pm Art	9 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Line dancing</i>	10 10-11.30am Coffee Morning <i>11.45am Member lunch</i>	11 Drama 11.30-12.30pm 7-9pm 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>Tropical fruit bowl</i>	17 10-11.30am Coffee Morning	18 Drama 11.30-12.30pm 7-9pm Youth Club	19 10-11am Dance	20 9-10am Potters Bar Soft Play & Inclusive Climbing <i>*booking required</i>
21	22 10.30-12pm Art	23 10.30-12pm Move to the Beat <i>Last session till 3 Sept</i> 7-9pm Jubilee Club <i>80's disco</i>	24 No Coffee Morning <i>Southend trip</i>	25 Drama 11.30-12.30pm <i>Last session till 5 Sept</i> 7-9pm Youth Club	26 No Dance	27
28	29 10.30-12pm Art	30 No Move to the Beat 7-9pm Jubilee Club <i>Summertime beach</i>	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

Member Spotlight



Congratulations to Gavin Kennedy who took part in Electric Umbrella's UmbrellaFest, performing "Dance to the Shops". He said "I was so happy and excited to sing and be part of UmbrellaFest".

Learning Disability Week 2024

This year's theme was "Do you hear me?" which is all about being seen, heard and valued. In keeping with the theme, our HM roving reporters returned... Read all about the interviews conducted by our 2024 roving reporters Simon and Stuart and [watch](#) our Dance troupe magnificent performance at Tesco, Borehamwood.



We asked Simon Orwin to be a Hertsmere Mencap Reporter and interview people who are connected to the Society. Here's what happened...



Simon interviewed Michelle Benson – Arts & Crafts Facilitator, Hertsmere Mencap

Simon: Thank you for agreeing to be interviewed. I am going to ask you 3 questions.

How long does it take you to prepare for the Arts & Crafts sessions?

Michelle: It takes me 4-5 hours per session

Simon: Where do you get your ideas/inspiration from?

Michelle: I'm inspired by the seasons and holidays throughout the year and theme the sessions to fit in. I generally look at different websites on the internet for inspiration and adapt the idea.

Simon: What gives you the best feeling?

Michelle: When everyone enjoys what they are doing and they are able to take something lovely which they have made, home with them.

C: Thank you very much for your time, Michelle.



We asked Stuart Brown to be a Hertsmere Mencap Reporter and interview people who are connected to the Society. Here's what happened...



Stuart interviewed Tracy Scott – Support Worker, Hertsmere Mencap

Stuart: Thank you for agreeing to be interviewed. I am going to ask you 3 questions.

How long have you been a Support Worker?

Tracy: I have been a Support Worker for 8 years

Stuart: What do you enjoy about being a Support Workers?

Tracy: I enjoy making a difference and making sure the people I support feel involved and included. I like to help people to build their confidence

Stuart: What is your favourite part of coming to Hertsmere Mencap activities?

Tracy: So many things! Meeting lovely people, the activities which are varied and enjoyable. I feel so lucky to be involved with Hertsmere Mencap.

Stuart: Thank you very much for your time, Tracy.

Volunteer Week 2024

Hertsmere **men**cap

VOLUNTEERS' WEEK

A time to say thanks

We celebrated Volunteer Week 2024, please click [here](#) to enjoy a special thank you from all of us to all of you!

Thank you for all the incredible work you do for Hertsmere Mencap.

Your dedication and compassion make a real difference - we couldn't do it without you!

A round up of June's activities



We've enjoyed animal and friendship themes at Art this month, including designing 3D bees, crafting teddy bears and making friendship bracelets.

At Move to the Beat this month, we enjoyed chair based dance moves to Salsa, 60's, Reggae & Rock & Roll music. We played percussion instruments and sang songs with lots of energy.



Hertsmere's Learning Disability took place this month. We listened and we discussed a difficult topic "Coping with Bereavement and Grief". Thank you to Stacey for a very informative session. We also enjoyed an exciting update from Sky Studios Elstree.



We have all settled into our new Drama home, Fairway Hall. A non stop drama filled session, with lots of confidence and acting from everyone.

The highlight of Dance this month, was our **outstanding, enjoyable and entertaining** performance at Tesco. It was great to see how much everyone's confidence and skills have developed, we even had shoppers tapping their feet and singing along. Well done everyone! You can watch it again [here](#)



We welcomed Mary, our new Jubilee Club Leader this month. We enjoyed country music from our friends Paul & Bev, as well as Karaoke, card making and baking tasty, chocolate brownies. Youth Club has seen many new faces join us this month and members have enjoyed a quiz night, competitive games night, waffle making and a bowling trip.

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

****NEW** 11 - 19 year old Climbing Sessions**

Come along to Furzefield Centre, Potters Bar on Saturday 20th July from 9-10am, we are running an inclusive climbing session for 11 - 19 year olds. With 17 different climbing walls, including Dual Race Track, Dice Tower and Giant Staircase, it's not to be missed! Special price - £7.50, please book [here](#) or contact development@hertsmeremencap.org.uk

INCLUSIVE CLIMBING @ FURZEFIELD

For SEND children & young adults aged 11 to 19 years old

SAT 20 JULY • 9 - 10am

PRE BOOKING REQUIRED

Furzefield Leisure Centre, Mutton Lane, Potters Bar, EN6 3BW

SPECIAL OFFER: £7.50PP

Challenge yourself on up to 17 different climbing walls including

- Dual Race Track
- Dice Tower
- The Giant Staircase

Brought to you by



Taking place at
Furzefield
Leisure Centre

PARENT/CARER SUPERVISION NEEDED

RSVP to Adam by Wednesday 17th July
development@hertsmeremencap.org.uk

INCLUSIVE CLIMBING
BROUGHT TO YOU BY HERTSMERE MENCAP



Under 11's

We've had another busy month at our Under 11's activities.

The next Inclusive Stay & Play session is Saturday 13th July (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 20th July (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



Diary Dates

Saturday 13th July

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

Saturday 20th July

Potters Bar under 11's soft play and 11-19's Climbing Wall
(booking essential)

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