



## September Newsletter

In this month's newsletter:

- A round up of September's activities at Hertsmere Mencap including Hertsmere's Learning Disability Forum
- Well done to Sally, Linda & Moira for taking part in the "Knit for a Cause" community project
- Save the Date:
  - Sunday 13 October - Rotary North London Disabilities Games  
Aspire Leisure Centre , Wood Lane, Stanmore
  - Wednesday 4 December - Hertsmere's Learning Disability Forum
  - Friday 20 December - come along to Tesco (10am) to see our dance troupe's Christmas performance

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## Member Spotlight



Hertsmere Mencap took part in the community project 'Knit for a Cause- Every Stitch Makes a Difference'.

The project focused on knitting hats for premature babies at neonatal wards of local hospitals and was inspired by Shrimad Rajchandra Love and Care, the charitable arm of SRMD UK, based in Bushey.

Well done to Sally, Linda and Moira for supporting this wonderful initiative!

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 10.30-12pm Move to the Beat  7-9pm Jubilee Club <i>Bric a brac sale</i>	<b>2</b> 10-11.30am Coffee Morning	<b>3</b> 11.30-12.30pm Drama  7-9pm Youth Club <i>Drawing contest</i>	<b>4</b> No Dance	5
6	<b>7</b> 10.30-12pm Art	<b>8</b> 10.30-12pm Move to the Beat  7-9pm Jubilee Club <i>Leaf art</i>	<b>9</b> 10-11.30am Coffee Morning <i>11.45am Lunch out at Toby Carvery</i>	<b>10</b> 11.30-12.30pm Drama  No Youth Club	<b>11</b> 10-11am Dance	<b>12</b> 1-3pm Stay & Play Borehamwood <i>*booking required</i>
13	<b>14</b> 10.30-12pm Art	<b>15</b> 10.30-12pm Move to the Beat  7-9pm Jubilee Club <i>Girls v Boys band vote</i>	<b>16</b> 10-11.30am Coffee Morning	<b>17</b> 11.30-12.30pm Drama  7-9pm <i>Quiz night</i>	<b>18</b> 10-11am Dance	<b>19</b> 9-10am Potters Bar Soft Play <i>*booking required</i>
20	<b>21</b> 10.30-12pm Art	<b>22</b> 10.30-12pm Move to the Beat  7-9pm Jubilee Club <i>Pumpkin muffin making</i>	<b>23</b> 10-11.30am Coffee Morning	<b>24</b> 11.30-12.30pm Drama  7-9pm Youth Club <i>Ball games</i>	<b>25</b> 10-11am Dance	26
27	<b>28</b> 10.30-12pm Art	<b>29</b> 10.30-12pm Move to the Beat  7-9pm Jubilee Club <i>Halloween party</i>	<b>30</b> 10-11.30am Coffee Morning	<b>31</b> 11.30-12.30pm Drama  7-9pm Youth Club <i>Halloween party</i>		

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

## A round up of September's activities



As summer came to an end we enjoyed creating summer scenes at Arts & Crafts as well as building our own Hertsmeremencap village. We also learnt how to weave and we decorated “get well soon” cards for Francis,

who we all wish a speedy recovery.

We have had an amazing "*Move to the Beat*" start to Autumn, with seated dance moves to songs from the 50's to the 80's and lots of smiles & laughter. Members demonstrated fantastic moves and we all played our percussion instruments with great enthusiasm.



On Wednesday 4 September we hosted Hertsmere's Learning Disability Forum. We welcomed Clinical Psychologist, Louisa Rhodes from West Specialist Learning Disability Service who spoke about positive behaviours. It was a very useful session, learning new tools to support us.



In Drama this month, members have practiced projecting their voices and performed in scenes, as a range of different characters. It's been great to see the numbers grow at our Thursday session, come along and try it out!

At Dance this month, we have enjoyed seeing our members confidence growing as they perform solo as well as dancing as a group to various music including disco and rock 'n' roll music. Our dance troupe will be performing at Tesco in Borehamwood on Friday 20 December, come along to support them!



Jubilee club had a variety of fun activities throughout September. We enjoyed played cards and bingo, we had lots of fun with Ed, our guest guitarist and to finish the month off we danced and sang along to some classic Reggae tunes!

Our Thursday night youth club has been really busy with fun activities over September! We enjoyed a movie night and watch Johnny English, followed by a disco and a dance and a singalong! We enjoyed an evening at Top Golf in Watford and we finished off the month with a Talent Show.

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

## Holiday Club

### Dates for your diary:

Holiday Club Christmas party will take place on **Saturday 14 December from 11am – 1pm.**

Holiday Club Panto trip is on **Monday 30 December** and we will be seeing Sleeping Beauty (*oh no we aren't, oh yes we are!!*)

Booking details and further information will be sent out soon.

If you would like information on our Holiday Club, please contact Susannah on: [clubadmin@hertsmeremencap.org.uk](mailto:clubadmin@hertsmeremencap.org.uk) / 07727 339066

## Under 11's

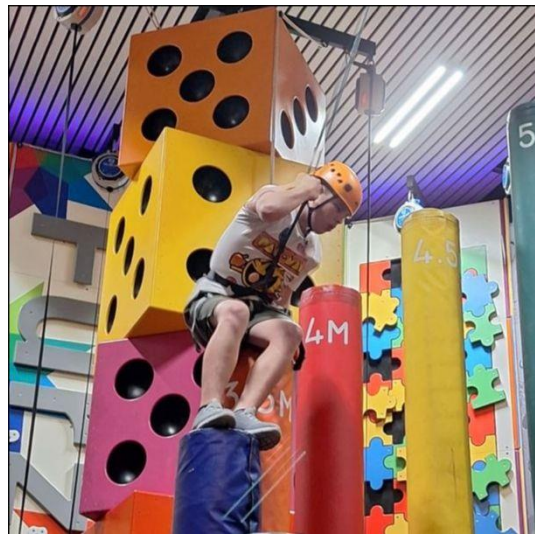
The next session of our under 10's stay & play is on **Saturday 12 October** (1-3pm) at Borehamwood Baptist Church, WD6 2DF and our next under 11's soft play session is on **Saturday 19 October** (9-10am) at Furzefield Leisure Centre, Potters Bar, EN6 3BW .

If you would like to come along to any of our under 11's sessions,

please pre-book by emailing Adam on

[development@hertsmeremencap.org.uk](mailto:development@hertsmeremencap.org.uk)

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



## **Rotary North London Disability Games 2024**

**Sunday 13 October**

Good luck to everyone taking part in the Games on Sunday 13  
October at Aspire Leisure Centre, Stanmore. Any questions  
regarding the day, please contact Hayley on 07861 891706 /  
[activities@hertsmeremencap.org.uk](mailto:activities@hertsmeremencap.org.uk)

# ROTARY NORTH LONDON DISABILITY GAMES

SUNDAY 13 OCTOBER 2024

ASPIRE LEISURE CENTRE, WOOD LANE, STANMORE HA7 4AP

**Now in its 11th year!**



## EXCITING INDOOR ACTIVITIES INCLUDE:

BOCCIA ▪ BOWLS ▪ TABLE TENNIS

DARTS ▪ BAGATELLE ▪ STICK BALL ▪ QUILTS

WHEELCHAIR SLALOM ▪ NEW AGE KURLING

For information on how to take part,  
contact your local Rotary Club  
or email [smaclachla@aol.com](mailto:smaclachla@aol.com)

# Rotary

**PEOPLE OF ACTION**

Making a difference in our communities



Sponsored by the Rotary Clubs of:

Barnet; Bush Hill Park;  
Edgware & Stanmore; Edmonton;  
Enfield Chase; Golders Green;  
Harrow; Kingsbury & Kenton  
Northwick Park; Radlett;  
Southgate; The Studios

**Diary Dates**

Wednesday 9th October  
"Lunch Out" at Toby Carvery

Saturday 12th October  
Under 10's stay & play in Borehamwood (booking essential)

Sunday 13th October  
Rotary North London Disabilities Games  
Aspire Leisure Centre , Wood Lane, Stanmore

Saturday 19th October  
Under 11's soft play at Potters Bar (booking essential)

Wednesday 4th December  
Hertsmere's Learning Disability Forum

Saturday 14th December  
11am – 1pm Hertsmere Mencap children's Christmas  
party  
6.30pm – 10pm Hertsmere Mencap adult Christmas party

Friday 20th December  
Dance troupe performance at Tesco (10am)

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