

November Newsletter

In this month's newsletter:

- Welcome to Pamela Gradel, our new Employment Support Advisor
- A round up of November's activities at Hertsmere Mencap
- Save the Date:
 - Wednesday 4 December - Hertsmere's Learning Disability Forum
 - Monday 9 December - Hertsmere Mencap's AGM (Fairway Hall)
 - **Saturday 14th December – Hertsmere Mencap’s members Christmas party (don’t forget to RSVP to hdcomm@hertsmeremencap.org.uk / 07938 722 619)**
 - Friday 20 December - come along to Tesco Borehamwood (10am) to see our dance troupe's Christmas performance

Welcome to our new Employment Support Advisor

Pamela Gradel

We are delighted to welcome Pamela Gradel to Hertsmere Mencap. Pamela is joining as our Employment Support Advisor. Pamela previously worked as a Recruitment Consultant at Director level and has two children with special needs.

We are excited to be launching our "Journey into Employment" training programme in the new year. The programme will be run by Pamela and you can read more about it in the flyer below.

Pamela can be contacted at:
employmentsupportadvisor@hertsmeremencap.org.uk



Journey to Employment

Hertsmeremencap is a charity supporting over 200 children and adults with learning disabilities. We help our members to feel valued, listened to and included.

Hertsmeremencap's Journey to Employment is a 9 week course providing training in Borehamwood for those that are 18 year old and over with learning disabilities. The course aims to equip the learners with the skills and confidence to join the workplace

The course will be run by a professional trainer and the course will cover:

- Introduction to the workplace
- Understanding work types and environments
- Developing essential job skills (communication, teamwork)
- Practical job search skills (CV writing, interview prep)
- Support during employment

For more information please contact:

Pamela on employmentsupportadvisor@hertsmeremencap.org.uk

"I have enjoyed the course and learnt a lot. It has given me a lot of confidence" Journey to employment learner

www.hertsmeremencap.org.uk



Hertsmeremencap AGM - Monday 9 December 2024



Annual General Meeting 2024

We are delighted to invite you to:

Hertsmeremencap's Annual General Meeting

Join us to hear what we achieved last year and our plans for next year

Date: Monday 9th December 2024

Refreshments: 7pm

AGM: 7.30pm – 9pm

At: Fairway Hall, Brook Close. WD6 5PT

Kindly RSVP to agm@hertsmeremencap.org.uk by 18th November

December's activity schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10.30-12pm Art	3 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Christmas crafts</i>	4 10-11.30am Coffee Morning <i>Learning Disability Forum</i> – talk from Hertsmere’s Adult Disability team	5 11.30-12.30pm Drama 7-9pm Youth Club <i>Trip to Toby Carvery</i>	6 10-11am Dance	7
8	9 10.30-12pm Art	10 10.30-12pm <i>Last Move to the Beat for 2024</i> 7-9pm Jubilee Club <i>Christmas songs with Ed</i>	11 10-11.30am Coffee Morning <i>11.45am Lunch out at Toby Carvery (Studio Way, WD6 5JY)</i>	12 11.30-12.30pm <i>Last Drama for 2024</i> 7-9pm Youth Club <i>Christmas themed night</i>	13 10-11am Dance	14
15	16 <i>Last Arts & Crafts for 2024</i>	17 No Move to the Beat 7-9pm <i>Last Jubilee Club for 2024</i> <i>Christmas party</i>	18 <i>Coffee Morning trip to the Panto</i> 	19 No Drama 7-9pm <i>Last Youth Club for 2024</i> <i>Disco night</i>	20 10-11am <i>Dance performance at Tesco</i> Come along and support our troupe!	21
22	23 No Art	24 No Move to the Beat or Jubilee Club	25 No Coffee Morning 	26 No Drama or Youth Club 	27 No Dance	28
29	30 No Art <i>Holiday Club trip to the Panto</i>	31 No Move to the Beat or Jubilee Club				

For more details on our activities, contact Hayley – 07861 891 706 / activities@hertsmere Mencap.org.uk

A round up of November's activities

It's been a busy month at Arts & Crafts, we crafted puppets, designed intricate dinosaur pictures, created colourful 3-D firework pictures and designed Christmas cards for Hertsmere Mencap’s “Design a Christmas card” competition.

At this month's Move to the Beat we have danced and sang out hearts out. Members performed solo songs and dances, superbly.



November's Lunch Out took place at Dragon's Garden. The next Lunch Out is on Wednesday 11th December at Toby Carvery (Studio Way) at 11.45am. Contact Adam on development@hertsmeremencap.org.uk to book your place.



In Drama this month we have learnt a different skill each week. Members have performed using their new drama skill in scenes they devised and directed themselves.

We were so excited to welcome Angie back to Dance and have enjoyed an exhilarating month of good music and great moves.

Our Dance troupe will be performing at Tesco on Friday 20th December at 10am. Please come along to give them a cheer!



The Jubilee club has been all fun and games this month! We had a games night and a fun dance night where we learnt classic party dances such as the Macarena and the

Ketchup dance and we ended the month with a fantastic music quiz hosted by Jim and featuring members favourite music, making it inclusive and enjoyable for all.

It's been a busy month at Youth Club, we started the month baking tasty pizzas, we have enjoyed quiz night, movie night and ended the month with games and designing Christmas cards



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

Holiday Club

We are looking forward to seeing all our Holiday Club families at the Christmas Party on Saturday 14th December. Please make sure you have confirmed your attendance to Susannah for catering purposes.

Thank you to all who have booked for our Holiday Club trip to the Panto. Booking is now closed, and the Holiday Club staff are looking forward to welcoming the children for a fun filled afternoon at The Radlett Centre (Oh no they're not!....)

We will be running Club 15 -19 over 3 days during February half term. Information and booking details will be sent out soon!

For more information on our Children & Youth activities, please contact Susannah on clubadmin@hertsmeremencap.org.uk / 07727 339066

Under 11's

We have enjoyed a lively under 10's stay & play session this month. Our next session is on **Saturday 11th January 2025** (1-3pm) at Borehamwood Baptist Church, WD6 2DF. If you would like to come along, please pre-book by emailing Adam on **development@hertsmeremencap.org.uk**

Our last Potters Bar soft play session took place this month, we have had great fun at these sessions. Watch this space as we plan new activities for the under 11's!

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

Diary Dates

Wednesday 4th December

Hertsmere's Learning Disability Forum

10am at Fairway Hall

Wednesday 11th December

Lunch Out at Toby Carvery (Studio Way)

Saturday 14th December

11am to 1pm - Hertsmere Mencap children's Christmas party

6.30pm to 10pm - Hertsmere Mencap adults Christmas party

Wednesday 18th December

Coffee Morning trip to the Panto

Friday 20th December

10am - Dance troupe performance at Tesco

Come along and support our dancers!

Monday 30th December

Holiday Club trip to the Panto

Saturday 11th January 2025

Under 10's stay & play in Borehamwood

(booking essential)

Saturday 8th February 2025

Under 10's stay & play in Borehamwood

(booking essential)

18th, 19th & 20th February 2025

Club 15 - 19

(booking essential)

Wednesday 5th March

Hertsmere's Learning Disability Forum

10am at Fairway Hall

Saturday 8th March 2025

Under 10's stay & play in Borehamwood

(booking essential)

Thursday 10th - Wednesday 16th April (excluding weekend)
Easter Holiday Club

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

