



October Newsletter

In this month's newsletter:

- Medals galore at 2024's Rotary North London's Disability Games - congratulations to everyone who took part
- A round up of October'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)
 - Friday 20 December - come along to Tesco Borehamwood (10am) to see our dance troupe's Christmas performance

Rotary North London's Disability Games 2024

We had an incredible day at the Rotary North London Disability Games. Not only did we have great fun we also won an abundance of medals.

Well done to:

Eddie who won a bronze and a silver medal

Paul, Karen, Howard, Bradley and Glyn who each won a gold medal

Michael who won 3 silver medals

Congratulations Team Hertsmere Mencap!



Hertsmere Mencap AGM - Monday 9 December 2024



Annual General Meeting 2024

We are delighted to invite you to:

Hertsmere Mencap'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@hertsmereencap.org.uk by 18th November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10-11am Dance	2
3	4 10.30-12pm Art	5 No Move to the Beat No Jubilee Club	6 10-11.30am Coffee Morning	7 No Drama 7-9pm Youth Club <i>Cooking</i>	8 10-11am Dance	9 1-3pm Stay & Play Borehamwood <i>*booking required</i>
10	11 10.30-12pm Art	12 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Games night</i>	13 10-11.30am Coffee Morning <i>11.45am Lunch out at Dragon Garden (146 Shenley Rd, WD6 1EQ)</i>	14 11.30-12.30pm Drama 7-9pm Youth Club <i>Movie Night</i>	15 10-11am Dance	16
17	18 10.30-12pm Art	19 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Novelty Dance</i>	20 10-11.30am Coffee Morning	21 11.30-12.30pm Drama 7-9pm Youth Club <i>Bingo</i>	22 10-11am Dance <i>Welcome back Angie!</i>	23 9-10am Potters Bar Soft Play <i>*booking required</i>
24	25 10.30-12pm Art	26 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Jim's quiz</i>	27 10-11.30am Coffee Morning	28 11.30-12.30pm Drama 7-9pm Youth Club <i>Karaoke</i>	29 10-11am Dance	30

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

Interested in volunteering? Contact Karen – 07938 722 619 / hdcomm@hertsmeremencap.org.uk

A round up of October's activities

It's been a Halloween themed month at Arts and Crafts with a spooky colour by numbers, creating ghost posters using stencils, sponges, cups and paints and designing expressive witches and pumpkin wheels.

At this month's Move to the Beat members have worked in groups to devise seated dances, which they shared with the group and we enjoyed a member leading the group in a fantastic seated dance.



Coffee Mornings continue to be very lively and busy, playing games, catching up and celebrating members birthdays!

October's Lunch Out took place at Toby Carvery where we enjoyed an array of tasty food.



In Drama this month, members took the lead directing and creating drama scenes and one member improvised a hilarious comedy scene. We have also welcomed new members to our drama session.

It's been a busy month at Dance, moving to an assortment of party tunes, shimmying under a limbo stick and ending the month with a Halloween themed session. We are looking forward to welcoming Angie back to Dance on Friday 22nd November. A big thank you to Adam for stepping in.



It's been a fun packed Jubilee club this month, we had a bric a brac sale, made spooky spiders and got creative with leaves. We looked back through the decades at boy & girl bands and took a vote at which were best; the boy bands won the vote! We made yummy pumpkin muffins and finished the month off in style with a Halloween disco and party games!

It's been a busy month at Youth Club, we started the month with a drawing contest, producing some fantastic artwork, followed by a superb quiz night! We got into the Halloween spirit carving

pumpkins which looked amazing and we ended the month with a Halloween party and lots of Halloween games.



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

Holiday Club

The Holiday Club Christmas activities are filling up fast, and we can't wait to see you all at our Christmas Party on Saturday 14 December.

This year we are seeing Sleeping Beauty at the Radlett Centre on Monday 30 December (oh no we're not...!) Please remember to submit your application for the Panto before the November 8 deadline, as spaces are filling up and we wouldn't want to let the children down.

Please contact Susannah for more details on how to book on:
clubadmin@hertsmeremencap.org.uk / 07727 339066

Under 11's

The next session of our under 10's stay & play is on **Saturday 9 November** (1-3pm) at Borehamwood Baptist Church, WD6 2DF. If you would like to come along, please book [here](#)

The next under 11's soft play session is on **Saturday 23 November** (9-10am) at Furzefield Leisure Centre, Potters Bar, EN6 3BW . Please pre-book by emailing Adam on

development@hertsmeremencap.org.uk

Both the stay & play sessions and soft play session will not be running during December.

If you would like information on our Children and Youth activities, please contact

Susannah on: clubadmin@hertsmeremencap.org.uk / 07727 339066

INCLUSIVE STAY & PLAY
For Neurodiverse Children 0 to 10 years old

Recommended donation £2.50pc

SATURDAY
9TH NOV 2024
1 PM TILL 3PM

Borehamwood Baptist Church
12 Furzehill Rd,
Borehamwood
WD6 2DF

Brought to you by
UP! & **mencap**
Community Hertsmere

BOOKING REQUIRED

PARENT/CARER SUPERVISION NEEDED

RSVP to Adam by Thursday 7th November
development@hertsmeremencap.org.uk

Sensory Play
· Arts & Crafts
· Bouncy Castle
· Music Corner

SEN SOFT PLAY @ FURZEFIELD
For SEND Children up to 11 years old

Sat 23 Nov
9 - 10am
£2.50pc

Brought to you by
Hertsmere **mencap**
Taking place at
Furzeffield
Leisure Centre

ADULT SUPERVISION NEEDED

Furzeffield Leisure Centre
Mutton Lane
Potters Bar
EN6 3BW

PRE BOOKING REQUIRED

RSVP to Adam by Thursday 21 November
development@hertsmeremencap.org.uk

Diary Dates

Saturday 9th November

Under 10's stay & play in Borehamwood
(booking essential)

Wednesday 13th November

Lunch Out at Dragon Garden (146 Shenley Rd WD6 1EQ)

Saturday 23rd November

Under 11's soft play at Potters Bar
(booking essential)

Wednesday 4th December
Hertsmere Learning Disability Forum

Wednesday 11th December
Lunch Out at Toby Carvery (Studio Way WD6 5JY)

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

Monday 30th December
Holiday Club trip to the Panto

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