

## February Newsletter

In this month's newsletter:

- A round up of February's activities at Hertsmeremencap, including a very successful half term CLub 15 -19
- A thank you to local charity, Circle of Eight for a super fundraising event
- Read about Hertsmeremencap's 2025 Golf Day at the stunning Essendon Golf & Country Club
- This month we have two members in the Spotlight
- \*NEW\* Hertsmeremencap's Employment Training course
- Save the Date:
  - Wednesday 5th March - Hertsmeremencap's Learning Disability Forum
  - Saturday 8th March - Stay & Play for under 10s at Borehamwood Baptist Church (1pm - 3pm)



## Hertsmeremencap Learning Disability Forum



Families, friends, support workers, carers & professionals are all welcome



### The importance of sleep and strategies for achieving a better night's sleep

Wednesday 5th March at 10am – 11.30am

Guest speaker:  
David Moyle

 Hertfordshire Network

Fairway Hall, Brook Close, Borehamwood, WD6 5BT

Please RSVP to: [hdcomm@hertsmeremencap.org.uk](mailto:hdcomm@hertsmeremencap.org.uk)



Tea, coffee and refreshments will be served



Limited free parking available at Fairway Hall or paid parking at Meadow Park Car Park, Brook Road

## Children & Youth

Club 15-19 returned this February half term for 3 full days of fun. Everyone had a great time and enjoyed all the activities. We baked delicious chocolate muffins, made pizza, created beautiful sun catchers, took part in our daily quiz, got very competitive whilst playing the Wii console, and all ate together at lunch time. Our trip to the cinema was lots of fun, and we all enjoyed the film. To finish we had a trip to the library, where many of us enjoyed looking at the books, and eating lunch together.

### Dates for your Diary

May half term Club 15-19 will take place on Tuesday 27<sup>th</sup> and Wednesday 28<sup>th</sup> May 2025.

Thank you to everyone who has returned their requested dates for Easter Holiday Club. Any applications received after the cut-off date (Friday 21 February), will be placed on our waiting list.

For more information on our Children & Youth activities, please contact Susannah: [childrenandyouth@hertsmeremencap.org.uk](mailto:childrenandyouth@hertsmeremencap.org.uk)



## Member Spotlight



This month Martyn and Louise are our members in the spotlight!

Both Martyn and Louise have a passion for arts and crafts, as you can see from the gecko Martyn recently made and the beautiful frog in a pond coloured in by Louise.

## March's activities schedule

Hertsmere mencap		MARCH 2025 Activities Borehamwood, WD6					Hertsmere mencap	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	<b>3</b> 10.30-12pm Art	<b>4</b> 10.30-12pm Move to the Beat  7-9pm Jubilee Club <i>Shrove Tuesday</i>	<b>5</b> 10-11.30am Coffee Morning <i>Learning Disability Forum The Importance of Sleep and how to improve on your sleep pattern</i>	<b>6</b> 11.30-12.30pm Drama  7-9pm Youth Club <i>Cooking</i>	<b>7</b> 10-11am Dance	<b>8</b> 1-3pm Stay & Play Borehamwood <i>*booking required</i>		
9	<b>10</b> 10.30-12pm Art	<b>11</b> 10.30-12pm Move to the Beat  7-9pm Jubilee Club <i>Bric a Brac night</i>	<b>12</b> 10-11.30am Coffee Morning <i>11.45am Lunch out at Toby Carvery</i>	<b>13</b> 11.30-12.30pm Drama  7-9pm Youth Club <i>Karaoke</i>	<b>14</b> 10-11am Dance	15		
16	<b>17</b> 10.30-12pm Art	<b>18</b> 10.30-12pm Move to the Beat  7-9pm Jubilee Club <i>Country night</i>	<b>19</b> 10-11.30am Coffee Morning	<b>20</b> 11.30-12.30pm Drama  7-9pm Youth Club <i>Bowling trip</i>	<b>21</b> 10-11am Dance	22		
23	<b>24</b> 10.30-12pm Art	<b>25</b> 10.30-12pm Move to the Beat  7-9pm Jubilee Club <i>Alphabet bingo</i>	<b>26</b> 10-11.30am Coffee Morning	<b>27</b> 11.30-12.30pm Drama  7-9pm Youth Club <i>Gaming night</i>	<b>28</b> 10-11am Dance	29		
30	<b>31</b> 10.30-12pm Art							

## A round up of February's activities

This month at Arts & Crafts we crafted beautiful flowers in pots, designed colourful pop up Valentine's cards, produced wonderful random acts of kindness pictures and ended the month creating colourful jumping frogs.

At Move to the Beat this month we took it in turns to lead the circle. Everyone demonstrated fantastic moves and led with confidence - well done everyone!



Friendship was the theme at Drama this month. We talked about the importance of having a friend in our lives. We used the theme of friendship to create scenes and members read out and acted out, friendship poems.

After almost three years of Drama sessions, we have taken the decision to stop running our Thursday morning Drama. Sian's last session will be Thursday 3rd April 2025. Watch this space for other projects we are looking to run on a Thursday in the future.

Our dance sessions this month have been full of energy and entertainment from our talented dancers. We have enjoyed dancing along to a range of tunes including iconic male artists and epic female artist songs.



February at Jubilee has been a mix of fun - we played bingo, enjoyed karaoke with a love song theme for Valentine's, tasted a range of healthy snacks and ended the month with an exciting game of Blankety Blank.

We have had a jampacked month at Youth Club, making and tasting a variety of smoothies, a fantastic Valentine's disco and enjoyed an evening of board games. We ended the month with a very interesting talk from Herts Police on social media and phone safety, we all learnt alot.



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

## Sad news

It is with great sadness we share the news that Francis Bond passed away. Francis Ali, as he like to be called, attended many of our daily activity sessions and always arrived with a great big smile.

"I went to school with Francis, he was my friend for a long time, he enjoyed boxing" said Louise, a lifelong friend.

Sian, our music & drama session leader, "When I think of Francis, I smile. He had a brilliant sense of humour and played all his characters in drama with a comic twist, which made us all laugh. Every week Francis sang a solo to Frank Ifield's "I Remember You", he would dance across the floor and his voice filled the room, what a joy for us all to hear".

Sherie, arts & crafts volunteer, "I will miss our lovely chats, we used to have such a giggle together".

We send our love to Francis's family at this sad time.



## Hertsmere Mencap's Employment Training Programme

We are delighted to announce the launch of our 9 week training

programme. Our programme is designed to support and teach learning disabled people key skills to feel confident and ready for employment.

If you would like to attend our next course, beginning April 2025 or you are an employer with possible roles, please contact Pamela, our Employment Support Advisor on [employsupportadvisor@hertsmeremencap.org.uk](mailto:employsupportadvisor@hertsmeremencap.org.uk)



## Journey to Employment

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

Hertsmere Mencap'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 [employsupportadvisor@hertsmeremencap.org.uk](mailto:employsupportadvisor@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](http://www.hertsmeremencap.org.uk)



## Hertsmere Mencap's 2025 Golf Day

Our 2025 Golf Day is taking place on Thursday 18th September at the stunning Essendon Golf & Country Club. If you are a keen golfers or you know anyone who is, please share our flyer. It is a fantastic day, where you are wined and dined and enjoy playing golf on an outstanding course. To take part, sign up [here](#)



# ANNUAL CHARITY GOLF DAY • 2025 •

**Thursday 18<sup>th</sup> September 2025**  
**Essendon Golf & Country Club**  
Essendon, AL9 6HN

A great day of golf on a prestigious course,  
including breakfast, lunch, auction, raffle and prize-giving. £540/team

Register online or email [golfday@hertsmeremencap.org.uk](mailto:golfday@hertsmeremencap.org.uk)

**7.30am** Registration, Welcome Pack and Breakfast

**9.00am** Shot Gun Start (New Course)

**1.30pm** Drinks in the Bar

**2.00pm** Lunch, Auction, Raffle and Prizegiving

Trophies for 1st, 2nd and 3rd Teams, Beat the Pro, Longest Drive,  
Nearest the Pin, Straightest Drive and Hidden Hole

**This Golf Day is our major event  
to raise funds for our first ever base.**

Registered Charity 243871



## **Bridget Jones Mad About The Boy**

### **Fundraising Event**

On Sunday 16th February, local charity, Circle of Eight organised a cinema



screening of Bridget Jones - Mad About The Boy to raise money for Hertsmere Mencap. The evening was a sellout and alot of fun!

Thank you to everyone who came along and thank you to Circle of Eight for choosing to raise money for Hertsmere Mencap.



## Diary Dates

Wednesday 5th March

Hertsmere's Learning Disability Forum

10am at Fairway Hall

Saturday 8th March

Under 11s stay & play in Borehamwood

(booking essential)

Thursday 3rd April

Last Drama session

Saturday 5th April

Under 11s stay & play in Borehamwood

(booking essential)

Thursday 10th - Wednesday 16th April (excluding weekend)

Easter Holiday Club

Friday 18th April

No Dance (Good Friday)

Monday 21st April

No Arts & Crafts (Easter Monday)

Monday 5th May

Radlett Rotary Five Fields Fun Run

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



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