



January Newsletter

In this month's newsletter:

- A round up of January's activities at Hertsmere Mencap
- Member Spotlight - have a look at this month's member in the spotlight
- Save the Date:
 - Tuesday 18th - Thurs 20th February - Club 15 -19
 - Wednesday 5th March - Hertsmere's Learning Disability Forum

Member Spotlight



Thank you for sharing your artwork with us Stuart. You are very talented.

February's activity schedule



FEBRUARY 2025 Activities Borehamwood, WD6



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3 10.30-12pm Art	4 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Bingo</i>	5 10-11.30am Coffee Morning	6 11.30-12.30pm Drama 7-9pm Youth Club <i>Smoothies night</i>	7 10-11am Dance	8 1-3pm Stay & Play Borehamwood <i>*booking required</i>
9	10 10.30-12pm Art	11 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Karaoke (love songs)</i>	12 10-11.30am Coffee Morning <i>11.45am Fish & Chips Lunch out at Golden Plaice (132 Shenley Rd)</i>	13 11.30-12.30pm Drama 7-9pm Youth Club <i>Valentine's disco</i>	14 10-11am Dance	15
16	17 10.30-12pm Art	18 No Move to the Beat 10-2pm Club 15-19 7-9pm Jubilee Club <i>Healthy snacks</i>	19 10-11.30am Coffee Morning <i>**Change of venue today only – Aberford Hall (WD6 1PN)</i> 10-2pm Club 15-19	20 No Drama 10-2pm Club 15-19 7-9pm Youth Club <i>Spa (nails) night & board games</i>	21 10-11am Dance	22
23	24 10.30-12pm Art	25 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Blankety Blank</i>	26 10-11.30am Coffee Morning	27 11.30-12.30pm Drama 7-9pm Youth Club <i>Social media safety talk</i>	28 10-11am Dance	

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

A round up of January's activities

This month at Arts & Crafts we created beautiful, winter snow scenes, crafted dragon themed pompoms, designed winter art that doubled up as jigsaws and made colourful snakes for the Chinese New Year.

Our first Move to the Beat session in the New Year brought snow! But this did not put anyone off! We had a packed hall of dancers, singers and musicians. Lots of smiles and laughter all around.



Borehamwood Fire station visited our Coffee Morning this month. They gave us many tips on fire safety, answered many of our questions and brought along their fire engine for a photo opp!

We had great fun and chatter at January's "Lunch Out" at the Dragon Garden.



In Drama this month we used scripts to create winter scenes. Although the scripts were a challenge, members overcame any fears they had and performed with confidence and creativity - well done everyone!

Our dance sessions this month have been full of energy, excitement and smiley faces. We danced along to songs spelling **winter**, songs from popular films and celebrated our January member's birthdays.



Jubilee Club started off the year with some lovely singing and guitar playing from Paul and Bev. We had a great karaoke session with members taking turns singing their favourite songs. We got creative, producing Valentine's cards and other fun art activities and we ended the month with the members showing and talking about their collections or favourite possessions, which everyone really enjoyed.

It's been a chilled out January at Youth Club, we started off the month sharing our new year resolutions and talked about what we want to achieve in 2025. For our movie night we watched "School of Rock". We have enjoyed a quiz night, games night and finished off the month with a session favourite; karaoke, with lots of great performers.



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

Children & Youth

We are looking forward to opening our doors to the popular Club 15-19 this February half term. We have planned a stimulating environment with lots of activities including arts and crafts, gaming, cooking, quizzes and a trip to the cinema.

Easter Holiday Club returns this year for 5 days of fun. The Holiday Club team are looking forward to seeing the children after such a successful Summer Holiday Club last year. The dates are **10th April – 16th April (inclusive)** and the deadline for requesting places is **Friday February 21st**.

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

Sad news

It is with deep sadness that we report the passing of Brenda Lawrence and Judy Orwin.

For many years Brenda was a regular at the Holding Hands Club, "It was always nice to talk to Brenda when I saw her at the Holding Hands Club and at Grove House where she lived" said Mencap Vice Chair, Tony Walton. Residents of Grove House remember Brenda loving butterflies, the colour blue and her enjoyment of soap operas!

As the daughter of Hertsmere Mencap's former Treasurer, Tony Parker, Hertsmere Mencap was always a part of Judy's life.

Simon, Judy's husband said, "I liked Judy's company, we had a nice time together. Judy was a big fan of Cliff Richard and saw him perform in Hatfield House. "

I've known Judy for over forty years, she was a big fan of tv", remembers Neil Hoskin, Hertsmere Mencap's Member Transport Officer.

Our thoughts are with the Lawrence family and Simon Orwin and family.
Sending much love and strength.

Diary Dates

Saturday 8th February 2025

Under 11s 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 11s stay & play in Borehamwood

(booking essential)

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

Easter Holiday Club

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