



March Newsletter

In this month's newsletter:

- Read about Chloe and Electric Umbrella's amazing "golden buzzer" result at **Britain's Got Talent**
 - Welcome back to Lucy Sitton, our new Trustee
 - Congratulations to the first graduates of Hertsmere Mencap's Employment Training course
 - It's not too late to sign up for the **Radlett Rotary Five Fields Fun Run** on **5th May**, we are also looking for volunteers to help out on the day.
 - A round up of March activities at Hertsmere Mencap
 - Save the Date:
 - Thursday 10th - Wednesday 16th April - Easter Holiday Club look out. Look out for all the Easter Holiday Club news in next month's newsletter
 - Monday 5th May - Radlett Rotary Five Fields Fun Run
 - Saturday 10th May (1pm - 3pm) - Under 11s stay & play
 - Tuesday 27th and Wednesday 28th May - May half term Club 15-19
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Member Spotlight - Congratulations Chloe!



In January, Chloe and Electric Umbrella secretly attended Britain's Got Talent auditions in Blackpool. From the moment they stepped onto the stage they blew away the judges and the audience, resulting in a "golden buzzer" from Simon Cowell, taking the group straight to the semi finals.

This achievement showcases the importance of inclusion and breaking down barriers. Good Luck to Chloe and Gavin who will both perform with the group at the semi finals!



Our Chair and Trustees are delighted to "welcome back" Lucy Sitton as a Trustee, joining Trustees Chair Paul Moser, Vice-Chair Tony Walton, Treasurer Krishna Chandak, Edmund Grower and David Diamond.

Lucy was previously our Head of Communications before moving to Bedfordshire Police, Hertfordshire & Cambridgeshire Constabularies (BCH) to become Inclusion Manager, where Lucy trains the police force on disability awareness and neurodiversity in the workplace.

Hertsmere Mencap Employment Training Course



Congratulations to Courtney, Aaron, Stuart and Elise - the first graduates from our 9 week Employment training course. You all worked very hard as well as having great fun on the course.

We have already made two placement and working on other placements.

If you are 18 years + and interested in hearing more about the course, please contact Pamela, our Employment Support Advisor on employsupportadvisor@hertsmeremencap.org.uk

April's activities schedule

 APRIL 2025 Activities Borehamwood, WD6 						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31st March 10.30-12pm Art	1 10.30-12pm Move to the Beat 7-9pm Jubilee Club Magician night	2 10-11.30am Coffee Morning	3 11.30-12.30pm <u>Final Drama session</u> 7-9pm Youth Club Nail painting	4 10-11am Dance	5 No under 11's Stay & Play
6	7 10.30-12pm Art	8 No Move to the Beat 7-9pm Jubilee Club Games night	9 10-11.30am Coffee Morning	10 11.30-12.30pm *NEW* Bingo Come along & try it out! 7-9pm Youth Club Milkshake making	11 10-11am Dance Easter Holiday Club	12
13	14 10.30-12pm Art	15 No Move to the Beat 7-9pm Jubilee Club Easter decorations	16 10-11.30am Coffee Morning 11.45am Lunch out at The Arch	17 11.30-12.30pm *NEW* Bingo Come along & try it out! 7-9pm Youth Club Gaming night	18 Good Friday No Dance	19
20	21 Easter Monday No Art	22 10.30-12pm Move to the Beat 7-9pm Jubilee Club Easter egg hunt	23 10-11.30am Coffee Morning	24 11.30-12.30pm *NEW* Bingo Come along & try it out! 7-9pm Youth Club Drama show	25 10-11am Dance	26
27	28 10.30-12pm Art	29 10.30-12pm Move to the Beat 7-9pm Jubilee Club Name that tune	30 10-11.30am Coffee Morning			

A round up of March activities

This month's Arts & Crafts was Spring themed! We crafted St Patrick's Day themed agamographs, celebrated Mardi Gras by designing carnival themed masks, created beautiful spring flowers and ended the month with a spring colour by numbers.

This month's Move to the Beat has brought us sunshine, smiles, new members and lots of fantastic moves to music.



This month we hosted Hertsmere's Learning Disability Forum. This quarter's topic was "Sleep Hygiene" and we welcomed Hertfordshire Mind Network to talk to us. It was an extremely informative session and we learnt the important 3, 2, 1 bedtime routine:

No food - three hours before bed

No drinking - two hours before bed

No screens - one hour before bed

At our lunch out in March we enjoyed the tasty food at Toby Carvery. April's lunch out is on Wednesday 16th April - we are trying out Turkish food at The Arch, unanimously requested by all who attend!



It's been a busy month at Drama, we worked our drama scenes, directing skills and improvisation. ***Thursday 3rd April will be Sian's last Drama session.*** A huge thank you to Sian for creating truly exceptional Drama sessions, week after week, where we have seen an enormous rise in our members' confidence, skills and abilities.

Throughout the remainder of April, we will be playing Bingo at our Thursday 11.30-12.30 sessions; come along and join the fun and keep an eye on what's in store for May.

Our dance sessions this month have been full of smiley faces and wonderful moves from our talented dancers, each week we see a huge growth in our dancers

confidence. We have enjoyed dancing along to a range of tunes including 80's classics and a family connections theme.



At Jubilee Club we celebrated the start of Lent with a heroic pancake day and a choice of yummy toppings. We did some Spring cleaning, buying and selling bric a brac while practising the skill of negotiation or bartering with fellow members. We had great fun attempting country dancing and ended the month with an alphabet quiz, which gave us all a mental workout.

This month at Youth Club, we have enjoyed a number of different activities. We started the month with a cooking activity, making chocolate cornflake cakes. We had a karaoke night which our members always enjoy and we had some great performers! Youth Club enjoyed a trip to the bowling and we finished March off with a quiz night.



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

Children & Youth

Easter Holiday Club

We are getting ready to welcome the children to our fun-filled Easter Holiday Club commencing Thursday 10th April.

Under 11s Stay & Play

The next Stay & Play session is Saturday 10th May (1pm - 3pm) at Borehamwood Baptist Church, WD6 2DF. This is a free event (with a suggested donation of £5) however booking is required by emailing development@hertsmeremencap.org.uk

Dates for your Diary

Club 15 - 19

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

Summer Holiday Club

Summer Holiday Club is running from Wednesday 30th July till Tuesday 26th August (excluding weekends and Bank Holidays)

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

Radlett Rotary Five Fields Fun Run

Radlett Rotary Five Fields Fun Run returns on Monday 5th May 2025 (May Day Bank Holiday) at Tabard Rugby Club Grounds, off Cobden Hill (A5183), WD7 7JN. It's bound to be a fun day with inflatables for the children and a jazz band. Food and drink will be available from 9:00 am.

It is open to everyone and you can sign up [here](#).

We are delighted that Hertsmere Mencap is once again the nominated charity. If you would like to donate to Hertsmere Mencap you can do that [here](#).

If you would like more information or you are interested in volunteering on the day, please contact Hayley on 07861 891 706 / activities@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 golfer 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 18th 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 [goldfday@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



Diary Dates

Thursday 3rd April

Last Drama session

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

Saturday 10th May

Under 11s stay & play in Borehamwood

(booking essential)

Wednesday 4th June

Hertsmere's Learning Disability Forum

10am at Fairway Hall

Saturday 14th June

Under 11s stay & play in Borehamwood

(booking essential)

Wednesday 30th July - Tuesday 26th August (excluding Bank Holidays
and weekends)

Summer Holiday Club

Wednesday 3rd September

Hertsmere's Learning Disability Forum

10am at Fairway Hall

Thursday 18th September

Hertsmere Mencap Annual Golf Day

Essendon Golf & Country Club

Sunday 12th October

Rotary North London Disability Games

Wednesday 3rd December

Hertsmere's Learning Disability Forum

10am at Fairway Hall

Saturday 13th December

Hertsmere Mencap 2025 Christmas parties (adult & children)