



## May Newsletter

In this month's newsletter:

- Congratulations to Simon Orwin on receiving this year's Rumble Awards
- A successful May half term, Club 15 -19
- Gavin and Chloe perform with Electric Umbrella at BGT's semi-final
- A round up of April activities at Hertsmere Mencap
- Save the Date:
  - Wednesday 4th June - Hertsmere Learning Disability Forum:  
***Motivate yourself to Move!***
  - Friday 20th June - come along to Tesco Borehamwood and support our dance troupe performing from 10am
  - Friday 20th June - come along to Tesco Borehamwood and support our dance troupe performing from 10am
  - Wednesday 30th July to Tuesday 26th August (excluding Bank Holidays and weekends) - Summer Holiday Club

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## Rumble Awards 2025

Well done to Simon Orwin, who received the Braveheart award at the Rumble Awards this month, "I feel honoured to receive the award, I have never won an

award before" said an elated & proud Simon.

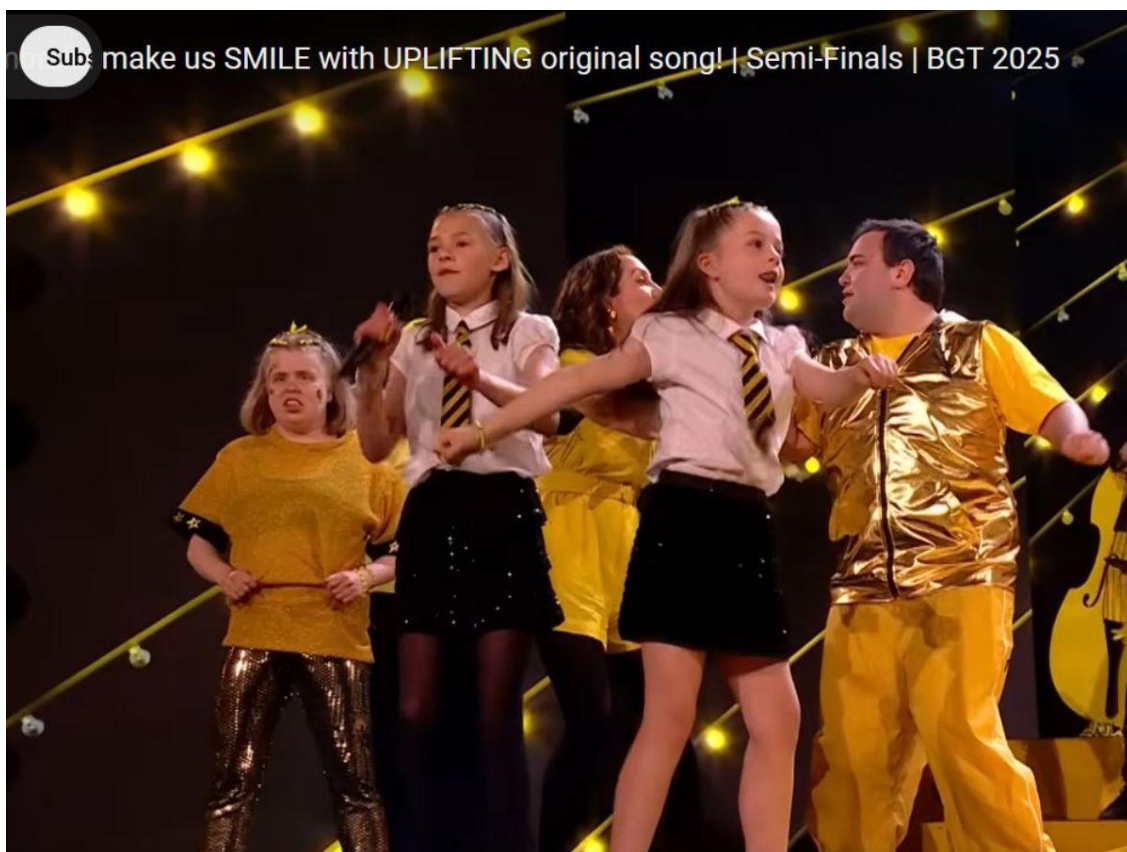
Well done to Neil Hoskin for hosting the event for the 3rd year.



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**BGT Semi-finals**

Well done to Chloe and Gavin who performed with Electric Umbrella at the semi-finals of Britain's Got Talent.



## Children & Youth

Club 15-19 was in full swing this half term, and a great time was had by all. We went to the cinema to see the new Lilo and Stitch film, which was very funny! The day ended with lunch at the library and a quiz. Day two of Club 15-19 was held at Fairway Hall. We made delicious chocolate brownies and had a bowling competition on the Wii. During the afternoon we played Bingo all together. Well done to our winners, Emily, Oliver, and Riley who were presented with their certificates. We bid a fond farewell to

our wonderful Annie who has graduated from Club 15-19, and hope to see her again soon at our Thursday Youth Club.

Summer Holiday Club is just around the corner, and the deadline to apply has passed. Any late applications will be placed on our waiting list. The Holiday Club team are busy planning four weeks of fun and are very much looking forward to seeing all the children again.

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







## Hertsmere Learning Disability Forum



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



### *Motivate Yourself to Move*

Wednesday 4th June at 10am – 11.30am

Guest speaker:

**Luke Denis Le Seve**

Health & Wellbeing Officer at the Watford FC CSE Trust  
MSc. Exercise Psychology



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

## Employment Training Course

Our Employment Training course is now over half way with learners demonstrating the valuable skills they have to offer prospective employers.



We have learned about various work cultures and environments and what is expected in the work place. We are now focussing on applying for jobs and understanding job adverts. It will not be long until they all have their CV's prepared.

We have learners interviewing for a role at a local nursery and work experience at an Equine therapy centre.

For more information about our employment training course, please contact Pamela: [employsupportadvisor@hertsmeremencap.org.uk](mailto:employsupportadvisor@hertsmeremencap.org.uk)



## June's activities schedule

<div style="display: flex; justify-content: space-between; align-items: center;"> <div>  </div> <div> <b>JUNE 2025 Activities</b>  <b>Borehamwood, WD6</b> </div> <div>  </div> </div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>2</b> 10.30-12pm Art	<b>3</b> <b>No Move to the Beat</b>  <b>No Jubilee Club</b>	<b>4</b> 10-11.30am Coffee Morning <i>Learning Disability Forum</i> <i>Motivate Yourself to Move</i>	<b>5</b> 11.30-12.30pm Bingo  7-9pm Youth Club <i>Games night</i>	<b>6</b> 10-11am Dance	<b>7</b>
8	<b>9</b> 10.30-12pm Art	<b>10</b> 10.30-12pm Move to the Beat  7-9pm Jubilee Club <i>Under the sea</i>	<b>11</b> 10-11.30am Coffee Morning <i>11.45am Lunch out at Golden Plaice</i>	<b>12</b> 11.30-12.30pm Bingo  7-9pm Youth Club <i>Performance evening</i>	<b>13</b> 10-11am Dance	14
15	<b>16</b> 10.30-12pm Art	<b>17</b> 10.30-12pm Move to the Beat  7-9pm Jubilee Club <i>A royal celebration</i>	<b>18</b> 10-11.30am Coffee Morning	<b>19</b> 11.30-12.30pm Bingo  7-9pm Youth Club <i>Let's get creative!</i>	<b>20</b> 10-11am <i>Dance troupe performance at Tesco</i>	21
22	<b>23</b> 10.30-12pm Art	<b>24</b> 10.30-12pm Move to the Beat  7-9pm Jubilee Club <i>Jim's quiz</i>	<b>25</b> 10-11.30am Coffee Morning	<b>26</b> 11.30-12.30pm Bingo  7-9pm Youth Club <i>Youth Club trip to Dragon Garden</i>	<b>27</b> 10-11am Dance	28
29 3 – 5pm Summer Party	<b>30</b> 10.30-12pm Art					

Interested in attending? Contact Hayley – 07861 891 706 / [activities@hertsmerencap.org.uk](mailto:activities@hertsmerencap.org.uk)

Interested in volunteering? Contact Karen – 07938 722 619 / [hdcomm@hertsmerencap.org.uk](mailto:hdcomm@hertsmerencap.org.uk)

## A round up of May activities

At this month's Arts & Crafts, we have decorated smiley-faced flowers and created colourful jungle pictures.

At Move to the Beat, we worked on rhythm and beats, playing our percussion instruments. Members led the group and played with confidence. In the second half of the sessions 'Sing Your Heart Out', members confidently sang solos, duets and led the group with movement.



At May's lunch out, we enjoyed a tasty meal at Dragon Garden.

It's been a busy month at our regular Wednesday Coffee Morning, we have enjoyed catching up with each other as well as playing games and doing arts and crafts.





We continue to enjoy our Bingo session on a Thursday.

We've had a jam-packed Fairway Hall this month at Dance. Come along and support us on Friday 20th June when we are performing at Tesco, Borehamwood, from 10am.



At Jubilee club this month we have enjoyed tasting and making different smoothies, playing bingo and taking part in games night. **There is no Jubilee Club on Tuesday 3rd June.**

At Youth Club this month, we took part in a paper airplane contest, enjoyed a talk from Hertfordshire Futures and showed off our talents at drama night. We ended the month with movie night watching "Men in Black".



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



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## Radlett Rotary Five Fields Fun Run

Thank you to everyone who volunteered at the Radlett Rotary Five Fields Fun Run this year. It was a great day, raising vital funds for Hertsmere Mencap.



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## 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 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



## Diary Dates

Wednesday 4th June

Hertsmere's Learning Disability Forum - ***Motivate yourself to Move!***

10am at Fairway Hall

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)

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



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