



June Newsletter

In this month's newsletter:

- Our talented Dance troupe take to the stage in Tesco
- A wonderful summer tea party
- Read about the recent Learning Disability Forum - ***Motivate yourself to Move!***
- Remembering Rosie Langley at Rosie's Day
- A round up of June's activities at Hertsmere Mencap
- Save the Date:
 - Wednesday 30th July to Tuesday 26th August (excluding Bank Holidays and weekends) - Summer Holiday Club
 - Wednesday 3rd September - Hertsmere's Learning Disability Forum
 - Thursday 18th September - Hertsmere Mencap's Annual Golf Day at Essendon Golf & Country Club
 - Sunday 12th October - Rotary North London Disability Games

Friday's Dance Troupe performs at Tesco

A huge congratulations to our Friday Dance group who took to the "stage" at Tesco, Borehamwood for an outstanding performance. It was a proud moment, watching our talented stars and seeing how much their confidence has grown. Well done to you all! You can watch the performance [here](#)



Hertsmere Mencap's Summer Party

At the end of June we welcomed many members to our first ever summer party which took place at The Clubhouse at Rowley Lane. We enjoyed a traditional cream tea while being entertained by our very own DJ John Goodenough and some beautiful singing by our members too!

Thank you to Teatime event, Amy's Bakehouse & Flourish Craft Bakery for the beautiful cakes, scones and cupcakes. Allan Reeder Ltd, Netherend Farm Butter, Rodda's Cornish Crafted Cream and Tesco Borehamwood for their support donating items.





Rosie's Day - Remembering Rosie Langley

Thank you to Aaron and Michael Langley who raised £550 at “Rosie's Trophy Day” at Harperbury Bowls Club in memory of their dear Rosie, a good friend of Hertsmere Mencap.

Michael and Aaron once again chose to donate the money raised to Hertsmere Mencap. Thank you Michael & Aaron, your generosity is greatly appreciated



Employment Training Course

June saw our five learners graduate from our employment training course. Many of our learners began the course with limited confidence in their job-seeking abilities, by the end they all demonstrated significant improvement in areas such as CV writing, interview skills and workplace communication.

Several learners secured interviews and work experience before the course even concluded with several more opportunities in the pipeline

For more information about our employment training course, please contact Pamela:

employsupportadvisor@hertsmeremencap.org.uk



Children & Youth

This month the Holiday Club children were invited with their families to the Meadow Park funfair for a special inclusive morning where they were able to explore the fair, experience all the rides, and have lots of candy floss and lollipops. A huge thank you to Swaley, who runs the funfair, and invites us along every year.

Summer Holiday Club will be in full swing next month, and we are full! We have planned many exciting activities, and the Holiday Club staff are looking forward to seeing all the children again.

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



July's activities schedule

<div>  JULY 2025 Activities Borehamwood, WD6  </div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Caribbean night</i>	2 10-11.30am Coffee Morning	3 11.30-12.30pm Bingo 7-9pm Youth Club <i>Karaoke</i>	4 10-11am Dance	5
6	7 10.30-12pm Art	8 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Chocolate night</i>	9 10-11.30am Coffee Morning <i>11.45am Lunch out at Toby Carvery</i>	10 11.30-12.30pm Bingo 7-9pm Youth Club <i>Ice cream night</i>	11 10-11am Dance	12
13	14 10.30-12pm Art	15 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Weather night</i>	16 10-11.30am Coffee Morning	17 11.30-12.30pm Bingo 7-9pm Youth Club <i>Games night</i>	18 10-11am Dance	19
20	21 10.30-12pm Art	22 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>60s party night</i>	23 10-11.30am Coffee Morning	24 11.30-12.30pm Bingo 2.45pm Youth Club trip to Sky Studios	25 10-11am Dance	26
27	28 No Art	29 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Big Cats Quiz night</i>	30 10-11.30am Coffee Morning	31 11.30-12.30pm Bingo 7-9pm Youth Club <i>Bingo</i>		
Interested in attending? 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 June's activities

We've had a very creative month at Arts & Crafts, creating colourful spring collages, Kandinsky inspired art and 3D summer pictures. We designed beautiful sun catchers and decorated monkey pictures. ***There is no Art session on Monday 28th July.***

At Move to the Beat this month, everyone has played their percussion instruments with gusto and we have learnt new rhythms and beats. Some members have conducted the group with confidence and performed solo songs and duets.



We hosted Hertsmere's Learning Disability Forum this month, welcoming Luke from Watford FC CSE Trust. Luke gave a very inspiring talk which involved much discussion about motivating ourselves to move.



We took over The Golden Plaice for our tasty lunch out in June.

We've had lots of bingo winners this month, come along and try it out - it's great fun!



At Jubilee club this month we have enjoyed a range of activities including a royal celebration for King Charles's birthday and a quiz night run by Jim.

At Youth Club this month, we had a fun-filled games night, led by Karen, which everyone really enjoyed. We held a performance evening where members showed off their talents. We enjoyed creative night making a beautiful handprint tree, with everyone adding their own unique touch. To round off the month, we enjoyed a delicious Chinese meal out together.



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

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 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 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](#).

