



## What's coming up in January at Hertsmere Mencap

- Activities resume with Coffee Morning on Wednesday 7th January at 10am. Activities will be running from different locations from January:
    - **Art, Coffee Morning and Bingo (Bingo's new start time is 10.30am)** will take place at **Aberford Hall, WD6 1PL**
    - **Move to the Beat and Dance** will take place at **- 96 Shenley Rd, WD6 1EB**
    - **Jubilee Club** will take place at **Maxwell Park Community Centre, WD6 1JJ**
    - **Youth Club** will take place at **St Teresa's School, WD6 5HL**
  - A warm welcome to **Tracy Scott, our new Jubilee Club leader**
  - Read about our member Courtney's new business **"Inktastical"** - handmade beaded pens
  - The next **employment training course** begins on Wednesday 14th January - best of luck to our learners and enjoy!
  - New 2026 "Lunch Out" venue is **Linger & Taste** on Aycliffe Rd. Come join us on Wednesday 14th January
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## **A message from Paul Moser**

### **Chair of Trustees**

Wishing you all a wonderful festive season, I wanted to thank all our very committed staff and our many volunteers for all going the extra mile to make every one of our activities and the support we offer to our hundreds of members - and their families - such a success. It has been a particularly active year for us - confirmed by fact that our footfall in 2025 was in excess of 7,000.

I would also like to welcome to our Trustee Board, two new trustees, Lucy Sitton and Nick Moser (yes, a relation!), both of whom have been working for or very much part of, Hertsmere Mencap for a long time.

2026 will be an exciting and eventful year - we will be moving into our new building, 49c Theobald Street, when renovations are completed. We're looking forward to seeing many of you there!

Happy New Year,

Paul Moser

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**Strictly Comes Dancing to our Friday Dance  
session**

In early December, Strictly Come Dancing's production team came along to Friday's dance session to film our members sending messages to Strictly contestants to be broadcast at the Strictly Final on the 20th December.

We were delighted to see Courtney, Emma, Katie and Alex on our screens. Sophie, Duchess of Edinburgh recorded a meaningful message which included thoughtful messages from Mitchell, Jason and Simon. Well done to everyone who took part!



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**Activities and venues throughout January**



**JANUARY 2026 Activities  
Borehamwood (WD6)**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1 Happy New Year!</b>  <b>No Bingo</b> <b>No Youth Club</b>	<b>2</b>  <b>No Dance</b>	3
4	<b>5</b>  <b>No Art</b>	<b>6</b>  <b>No Move to the Beat</b> <b>No Youth Club</b>	<b>7</b> 10-11.30am <b>Coffee Morning</b> Aberford Hall	<b>8</b> <u>NEW TIME</u> 10.30am-11.30am <b>Bingo</b> Aberford Hall  7-9pm Youth Club St Teresa's school	<b>9</b> 10-11am <b>Dance</b> 96 Shenley Rd	10
11	<b>12</b> 10.30-12pm <b>Art</b> Aberford Hall	<b>13</b> 10.30-12pm <b>Move to the Beat</b> 96 Shenley Rd  7-9pm Jubilee Club Maxwell Park	<b>14</b> 10-11.30am <b>Coffee Morning</b> <i>11.45am Lunch out at Linger &amp; Taste, 134A Aycliffe Rd</i>	<b>15</b> <u>NEW TIME</u> 10.30am-11.30am <b>Bingo</b> Aberford Hall  7-9pm Youth Club St Teresa's school	<b>16</b> 10-11am <b>Dance</b> 96 Shenley Rd	17
18	<b>18</b> 10.30-12pm <b>Art</b> Aberford Hall	<b>20</b> 10.30-12pm <b>Move to the Beat</b> 96 Shenley Rd  7-9pm Jubilee Club Maxwell Park	<b>21</b> 10-11.30am <b>Coffee Morning</b> Aberford Hall	<b>22</b> <u>NEW TIME</u> 10.30am-11.30am <b>Bingo</b> Aberford Hall  7-9pm Youth Club St Teresa's school	<b>23</b> 10-11am <b>Dance</b> 96 Shenley Rd	24
25	<b>26</b> 10.30-12pm <b>Art</b> Aberford Hall	<b>27</b> 10.30-12pm <b>Move to the Beat</b> 96 Shenley Rd  7-9pm Jubilee Club Maxwell Park	<b>28</b> 10-11.30am <b>Coffee Morning</b> Aberford Hall	<b>29</b> <u>NEW TIME</u> 10.30am-11.30am <b>Bingo</b> Aberford Hall  7-9pm Youth Club St Teresa's school	<b>30</b> 10-11am <b>Dance</b> 96 Shenley Rd	31



**HERTSMERE MENCAP ACTIVITIES LOCATIONS  
FROM JANUARY 2026**



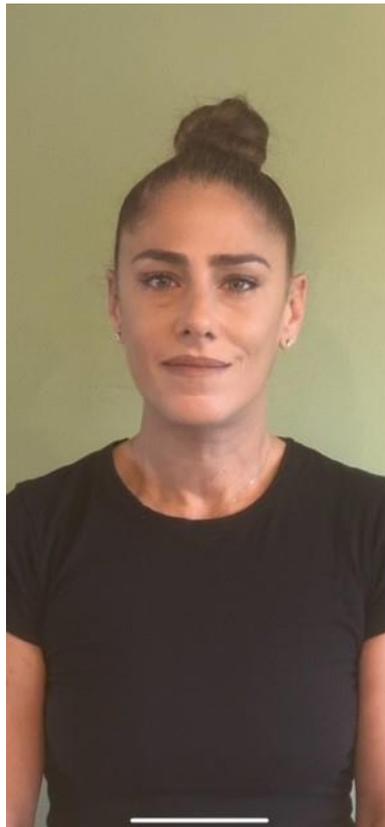
Monday	Tuesday	Wednesday	Thursday	Friday
<b>ART</b> 10.30am-12pm Aberford Hall Aberford Road Borehamwood WD6 1PL	<b>MOVE TO THE BEAT</b> 10.30am-12pm 96 Shenley Rd Borehamwood WD6 1EB  <b>JUBILEE CLUB</b> 7pm-9pm Maxwell Park Community Centre Maxwell Rd Borehamwood WD6 1JJ	<b>COFFEE MORNING</b> 10am-11.30am Aberford Hall Aberford Road Borehamwood WD6 1PL	<b>BINGO</b> 11.30am-12.30pm Aberford Hall Aberford Road Borehamwood WD6 1PL  <b>YOUTH CLUB</b> 7pm-9pm St Teresa' School Brook Rd Borehamwood WD6 5HL	<b>DANCE</b> 10am – 11am 96 Shenley Rd Borehamwood WD6 1EB

Any questions, contact Hayley – 07861 891 706 / [activities@hertsmereencap.org.uk](mailto:activities@hertsmereencap.org.uk)

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## Welcoming Tracy Scott - Jubilee Club Leader

We are delighted to welcome Tracy Scott, who joins the team as our new Jubilee Club leader from January. Many of you will know Tracy as she has been involved with Hertsmere Mencap for the last few years and has many years experience supporting people with learning disabilities. Tracy said "Supporting people with learning disabilities gives me great joy and I am very excited to start my new role in January, we are going to have a lot of fun together!"



## Hertsmere Mencap's Adult Christmas party

On Saturday 12th December, we celebrated Christmas, Hertsmere Mencap style and it was a night to remember! The hall looked very festive, members enjoyed a buffet dinner while being entertained by magician Mark Warwick.

The atmosphere was electric and the dance floor was buzzing with music from DJ Raf Jack. We enjoyed a special performance by our Friday dance group as well as a solo dance by Michelle and a duet from Electric Umbrella's Gavin and Jodie. Members also enjoyed a visit from Santa with his sackful of gifts.



Trustee Lucy Sitton presented Hertsmere Mencap's Michelle with the Roy Pursey member award in recognition of Michelle's kindness, helpfulness and inclusiveness at our activities.

Vice Chair Tony Walton presented the Elisabeth Spector award for volunteering to Yvonne, in recognition of Yvonne's kindness, dedication and exceptional voluntary contribution to Hertsmere Mencap.

Huge congratulations to Michelle & Yvonne!



Partito Events once again provided a selfie pod which brought a lot of laughter. We raised funds for Hertsmere Mencap during the raffle, thank you to Dragon Garden, Salt Cave & Heaven Scent for donating raffle prizes.

Thank you to our local Borehamwood Coop, Poundland and Farmfoods and Make it Personal, for your contributions and Shenley Sandwich Bar & Bakery, Costco Watford, Borehamwood Tesco & Morrisons for the tasty food & drink.

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**Hertsmere Mencap's Children's Christmas  
party**

We had a wonderful Christmas party for all our Holiday Club children and their families. It was lovely to see everyone coming together after a hugely successful Easter and Summer Holiday Club this year.

We welcomed many new families who were able to enjoy the party and socialise with existing families. We danced, ate pizza, and took part in the entertainment provided by Party on a Cloud.



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## Our Dance Troupe Lights up Tesco

Last Friday our Dance troupe once again outdid themselves in our annual Christmas performance at Tesco. The confidence of our Dance group has developed over the year and it was a truly wonderful and heartwarming display. Many shoppers stopped to watch and even took part! A huge well done to Angie and the team! You can watch their performance [here](#)



## Inktastic! Courtney launches her own business

We are so proud of Courtney, she has launched her own business called "Inktastic". Courtney is using her creative skills to produce handmade beaded pens that fit perfectly into your handbag. Each pen can be personalised and for £2 per pen they are a great gift for your family, friends, teachers and many more! ***If you are interested in purchasing an Inktastic pen, contact Courtney on 07711 940682.***



## A Festive Thank you to our Wonderful Volunteers

In early December we held a festive thank you party for our volunteers. Our volunteers are at the heart of all we do and we couldn't run our activities without their support and dedication - thank you to every one of you!



## A round up of December activities

A festive Arts & Crafts this month! Each artist designed a different letter for the Christmas party banner, enjoyed Christmas colour by numbers, crafted Christmas tree decorations and ended the month personalising Christmas cards.

December's Move to the Beat sessions were filled with festive fun, music and dance. We said 'Farewell' to Fairway Hall and look forward to the new year in our new venue at 96 Shenley Rd from Tuesday 13th January.



***December's Learning Disability Forum*** was a very informative talk from Herts County Council's Health team. We talked about how to stay healthy at home. The team have produced a detailed booklet to help people with learning disabilities (& carers/families) to navigate their health, which you can read by clicking [here](#)

Our Coffee Morning took to the road for a trip to Panto (oh no you didn't....!) to see Cinderella at the Radlett Centre, a fun morning was had by all.



Our first Lunch Out of 2026 will be on Wednesday 14th January at "Linger & Taste" on Aycliffe Rd. It has lots of space and they are giving a free drink with every meal. If you would like to go along, contact Adam - [development@hertsmeremencap.org.uk](mailto:development@hertsmeremencap.org.uk)

**LUNCH OUT : L & T**

**Hertsmere**  
**mencap**

**WEDNESDAYS  
ONCE A MONTH  
FROM 11:45AM  
BOREHAMWOOD**



**WEDNESDAY 14 JANUARY**  
JOIN US AFTER COFFEE MORNING,  
FOR OUR MONTHLY 'LUNCH OUT!'

**> LINGER & TASTE <**  
134A Aycliffe Rd, WD6 4DY

**1 FREE DRINK\* with every MEAL**



**To reserve your space, email Adam  
development@hertsmere Mencap.org.uk**

We had a fun-filled December at Bingo, ending the year with a Christmas themed Bingo session. Don't forget - from **Thursday January 8th, Bingo will be at the new time of 10.30am - 11.30am.**

We have had an extremely varied and thrilling month at Dance. Practising for our performances at the Christmas party and Tesco, as well as an exciting visit from Strictly Come Dancing's production team.



It has been a joyful month at Jubilee Club. We enjoyed a Christmas Duets Karaoke session, a member's choice activity which was a Pamper night, chosen by Rachel and for those who opted out, they enjoyed a creative Christmas decoration activity. We ended the month with a Jubilee style party and a fond farewell to our wonderful Jubilee Club leader, Mary Harris and thanked her for her dedication, support, and leadership.

December at Youth Club has been full of festive fun! We enjoyed a Christmas themed party, making Christmas cards and ended the month in style with a Christmas meal full of food, laughter and quizzes.



*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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## Children & Youth

The Holiday Club team are looking forward to seeing the children again at Easter Holiday Club. Information on how to book will be sent out in the New Year.

### **Dates for your Diary**

**Easter Holiday Club 2026** - Wednesday 1<sup>st</sup> April - Thursday 9<sup>th</sup> April  
(excluding Good Friday and Easter Monday).

**Summer Holiday Club 2026** - Wednesday 29<sup>th</sup> July - Tuesday  
25<sup>th</sup> August.

Wishing all our families a very Merry Christmas, and a happy and healthy New Year.

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

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## Sad News

It is with great sadness we announce the passing of Sandy Cole. Sandy was the daughter of May Cole, one of the founders of Hertsmere Mencap.

Sandy will be remembered as someone who was always smiling and singing as well as enjoying fish & chips! Sandy used to love attending the Holding Hands Club and Jubilee Club, where she had so many friends.

We send love and strength to those who knew her.

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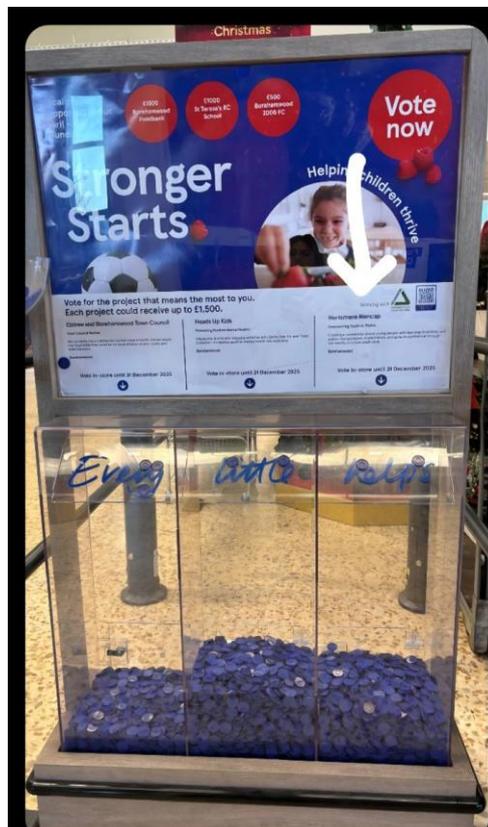
## Keep voting for Hertsmere Mencap at Tesco

### Borehamwood

There's just a few more weeks to vote for Hertsmere Mencap with your blue token at **Borehamwood's Tesco Extra**. Hertsmere Mencap's project which will be supporting our youth to thrive!

If Hertsmere Mencap receives the highest number of votes, we will receive **£1500** towards much needed, new equipment for our youth club.

Thank you for your support, it's greatly appreciated! Have a listen [here](#) to a special message of support from Jessica Ennis-Hill



## Information Corner

Have you joined the Learning Disability Register?

The Learning Disability Register is a list of people with a learning disability that most doctors surgeries have. It helps the doctor's surgery know who may need extra health support.

To join the Learning Disability Register you will need to give your GP a

letter to ask them to add you. Royal Mencap have created an easy to build letter [here](#) which you can fill in the information and ask someone to print for you so you can hand it into your GP's.

## Diary Dates

Wednesday 7th January

Activity sessions resume with Coffee Morning

Aberford Hall

Wednesday 14th January

Lunch out at Linger & Taste on Aycliffe Rd

Wednesday 4th March

Herts Learning Disability

Wednesday 1st - Thursday 2nd and Tuesday 7th - Thursday 9th April

Easter Holiday Club

Monday 4th May

Radlett Rotary Funday

Wednesday 3rd June

Herts Learning Disability Forum

Wednesday 29th July to Tuesday 25th August  
Summer Holiday Club

Wednesday 2nd September  
Herts Learning Disability Forum

Thursday 17th September  
Hertsmere Mencap Annual Golf Day  
Hartsbourne Country Club

Sunday 11th October  
Rotary North London's Disability Games

Wednesday 2nd December  
Herts Learning Disability Forum

Monday 7th December  
Hertsmere Mencap AGM

Saturday 12th December  
Hertsmere Mencap Children & Adult Christmas parties

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