

What's coming up in February at Hertsmere

Mencap

- From **Tuesday 3rd February** **Move to the Beat** will take place at **Maxwell Park Community Centre, WD6 1JJ**
- On **Wednesday 4th March at 11am**, Hertsmere Mencap's holding a coffee morning for SEND parents & carers, in collaboration with Aldenham Parish Council & Radlett Lodge. The topic is **Autism & Anxiety** and it's being held at **The Radlett Centre, WD7 8HL**. For more info, contact **Susannah** on **childrenandyouth@hertsmeremencap.org.uk**
- We are returning to our new "**Lunch Out**" venue at **Linger & Taste** on Aycliffe Rd on **Wednesday 11th February from 11.45am** - come join us!
- Diary dates:
 - **Move to the Beat** will not be running on **Tuesday 17th February**
 - **Youth Club** will not be running on **Thursday 19th February**
 - **Dance** will not be running on **Friday 20th February**
- This month's **Information Corner** provides information on joining the **Learning Disability Register**. By signing up you are helping to ensure people with Learning Disabilities receive the healthcare they deserve.

Adult activities throughout February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10.30-12pm Art Aberford Community Centre	3 10.30-12pm Move to the Beat NEW VENUE: <u>Maxwell Park</u> 7-9pm Jubilee Club Maxwell Park <i>Blankety Blank</i>	4 10-11.30am Coffee Morning Aberford Community Centre	5 10.30-11.30am Bingo Aberford Community Centre 7-9pm Youth Club St Teresa's school <i>Bingo night</i>	6 10-11am Dance The Venue	7
8	9 10.30-12pm Art Aberford Community Centre	10 10.30-12pm Move to the Beat NEW VENUE: <u>Maxwell Park</u> 7-9pm Jubilee Club Maxwell Park <i>Disney Karaoke</i>	11 10-11.30am Coffee Morning Aberford Community Centre <i>11.45am Lunch out at Linger & Taste</i>	12 10.30-11.30am Bingo Aberford Community Centre 7-9pm Youth Club St Teresa's school <i>Valentine's disco</i>	13 10-11am Dance The Venue	14
15	16 10.30-12pm Art Aberford Community Centre	17 No Move to the Beat 7-9pm Jubilee Club Maxwell Park <i>80's quiz night</i>	18 10-11.30am Coffee Morning Aberford Community Centre	19 10.30-11.30am Bingo Aberford Community Centre No Youth Club	20 No Dance	21
22	23 10.30-12pm Art Aberford Community Centre	24 10.30-12pm Move to the Beat NEW VENUE: <u>Maxwell Park</u> 7-9pm Jubilee Club Maxwell Park <i>Hobbies night</i>	25 10-11.30am Coffee Morning Aberford Community Centre	26 10.30-11.30am Bingo Aberford Community Centre 7-9pm Youth Club St Teresa's school <i>Quiz night</i>	27 10-11am Dance The Venue	28

Reminder of our Venues



HERTSMERE MENCAP ACTIVITIES LOCATIONS FROM JANUARY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
ART – from 12th January 10.30am-12pm <u>Aberford Park Community Centre</u> Borehamwood WD6 1PN	MOVE TO THE BEAT – from 13th January 10.30am-12pm <u>Maxwell Park Community Centre</u> Maxwell Rd Borehamwood WD6 1JJ JUBILEE CLUB – from 13th January 7pm-9pm <u>Maxwell Park Community Centre</u> Maxwell Rd Borehamwood WD6 1JJ	Coffee Morning – from 7th January 10am-11.30am <u>Aberford Park Community Centre</u> Borehamwood WD6 1PN	BINGO – from 8th January 10.30am-11.30am <u>Aberford Park Community Centre</u> Borehamwood WD6 1PN YOUTH CLUB – from 8th January 7pm-9pm <u>St Teresa' School</u> Brook Rd Borehamwood WD6 5HL	DANCE – from 9th January 10am – 11am The Venue (Dance studio, ground floor) Borehamwood WD6 1JY

A round up of January activities

We have crafted penguin pictures, winter teddy bear pictures and designed prince & princess, dragon and unicorn puppets at this month's Arts & Crafts.

At Move to the Beat this month, we have seen our members confidence growing. Well done to Simon and Jason who sang a duet & well done to Dorothy who sang a full song, along with the movements too! Well done everyone.



We have enjoyed catching up and playing games at Coffee Morning this month.

We had a great time at our new Lunch Out venue, Linger & Taste, it has lots of space and they are giving a free drink with every meal purchased. Next lunch out is **Wednesday 11th February**. If you would like to go along, contact Adam - development@hertsmerecap.org.uk



We have enjoyed another month of fun-filled and lively Bingo.

We are having a super time every Friday at our new Dance venue, feeling like

dancing superstars! We have danced to the themes of New Year & 80's party and colours.



It has been great to be back at Jubilee Club, playing bingo crafting Easter mugs as well as board games.

Our Youth Club members have adapted well to our new venue. We enjoyed talking about our new year resolutions followed by karaoke. We also enjoyed a car boot sale with members bringing in items to sell or donate. We finished the month with a performance evening, showcasing some real talent.



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

Employment Training Course

Our six new learners began our course in January and have already made fantastic progress, demonstrating they are committed, enthusiastic and ready for work.

We are looking forward to finding our current learners work once they have completed the course and we continue to network with local employers for our past learners. Our past learners have recently been offered retail work experience and work experience within a school setting.

For more information on our course, contact **Pamela** on employsupportadvisor@hertsmeremencap.org.uk



Children & Youth

The Holiday Club team are busy planning a jam-packed week for Easter and looking forward to seeing all the children again. The deadline to apply is **February 20th**. Any late applications will be placed on the reserve list, so please get your applications in as soon as possible.

SEND Coffee Morning for Parents & Carers

On Wednesday 4th March at 11am, Hertsmere Mencap's holding a coffee morning in collaboration with **Aldenham Parish Council** and **Radlett Lodge School** (see leaflet below). It will be a very informative SEND coffee morning for parents and carers and the topic discussed is **Autism and Anxiety**. It will take place at **The Radlett Centre, 1st Floor. Douglas Hicks Room. WD7 8HL**

If you would like to attend, please contact **Susannah** on childrenandyouth@hertsmeremencap.org.uk

Our coffee mornings are a safe, inclusive space to offer support and guidance for families who may be struggling and feel the need to talk about their experiences with others. We do not judge, we listen and offer our support - signposting where necessary.



The poster features a central illustration of a brain with a sad face, surrounded by seven thought bubbles containing the following text: 'Uncertainty', 'Social situations or navigating relationships', 'Difficulty identifying & understanding emotions', 'Feeling misunderstood', 'Unfamiliar places or situations', 'Change in routine', and 'Sensory overload'. The brain is depicted with red squiggly lines around it, suggesting stress or anxiety.

Coffee Morning for SEND parents

Come along and join us for a chat!

Topic: **Autism & Anxiety**
When; **Wednesday 4th March 2026**
Time; **11am**
Where; **The Radlett Centre, 1st Floor, Douglas Hicks Room, WD7 8HL**

To register your place please call Jo Shearman on 01923 856433 or email admincomms@aldenham-pc.gov.uk

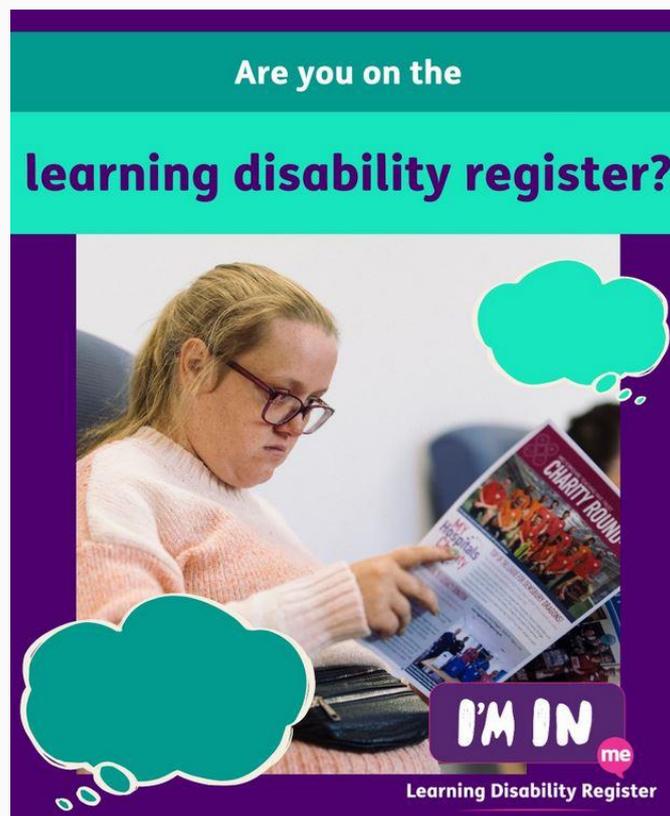
Information Corner

Join the Learning Disability Register
I'm in! Are you?

People with a learning disability are still not receiving the healthcare they deserve. Being on the Learning Disability Register gives you access to vital support, including annual health checks, flu jabs, cancer screening, extra time in appointments, and more. This can mean safer, better care.

Mencap are working to increase the number of people on the Learning Disability Register. Ismail at Mencap shares the benefits, watch Ismail's video [here](#)

To join the Learning Disability Register by clicking [here](#)



Diary Dates

Wednesday 11th February

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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