



Welcome to Lucy Sitton Hertsmere Mencap's CEO

We are delighted to announce that Lucy Sitton has been appointed as the first ever CEO of Hertsmere Mencap. We are really excited that Lucy is re-joining us to lead the charity through its next chapter.

On accepting the position, Lucy said "I'm delighted to return to Hertsmere Mencap as Chief Executive. Many of you will know I first started here as a volunteer and later had the privilege of setting up the Activities Programme and managing the Jubilee Club. Since then, it's been wonderful to see how much the charity has grown and evolved by expanding services, strengthened relationships and reaching more people across our community is a real credit to the commitment and heart of our staff and volunteers.

Hertsmere Mencap has always meant so much to me, and I'm excited to be reconnected with our members, families and supporters. I'm looking forward to working together as we move into this next chapter.

Please do get in touch to say hello or share your thoughts — I'd genuinely love to hear from you. My email is chiefexec@hertsmeremencap.org.uk"

Paul, Chair of Trustees said "The Trustees are delighted that Lucy is returning to work for Hertsmere Mencap. She has always kept in touch when she was working elsewhere and, indeed, became a valued member of the trustee board a year ago. Lucy will bring many qualities to the organisation, empathy, a collaborative approach and, above all, a palpable passion for Hertsmere Mencap and our members."

Welcome aboard Lucy!



What's coming up at Hertsmere Mencap

- We are looking forward to welcoming our children to **Easter Holiday Club** commencing **Wednesday 1st April**.
- April's Lunch Out is taking place at **Dragon Garden** on **Wednesday 15th April**. If you would like to come along, contact **Adam on 07460 458216** or development@hertsmeremencap.org.uk

Diary dates:

- **Youth Club** will not be running on **Thursday 2nd & Thursday 9th April**
- **Dance** will not be running on **Good Friday 3rd April**
- **Art** will not be running on **Easter Monday 6th April**
- **Move to the Beat** will not be running on **Tuesday 7th April**
- **Jubilee Club** will not be running on **Tuesday 28th April**
- **Radlett Rotary Fun Run** - Bank Holiday Monday 4th May. You can find sign up details in this newsletter

Adult activities throughout April



APRIL 2026 Adult Activities Borehamwood (WD6)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10-11.30am Coffee Morning	2 10.30-11.30am Bingo NO YOUTH CLUB	3 Good Friday NO DANCE	4
5	6 Easter Monday NO ART	7 NO MOVE TO THE BEAT 7-9pm Jubilee Club <i>Easter decorations</i>	8 10-11.30am Coffee Morning	9 10.30-11.30am Bingo NO YOUTH CLUB	10 10-11am Dance	11
12	13 10.30-12pm Art	14 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Jubilee's Got Talent</i>	15 10-11.30am Coffee Morning <i>11.45am Lunch out at Dragon Garden</i>	16 10.30-11.30am Bingo 7-9pm Youth Club <i>Colombia slide show</i>	17 10-11am Dance	18
19	20 10.30-12pm Art	21 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Quiz night</i>	22 10-11.30am Coffee Morning	23 10.30-11.30am Bingo 7-9pm Youth Club <i>Movie night</i>	24 10-11am Dance	25
26	27 10.30-12pm Art	28 10.30-12pm Move to the Beat NO JUBILEE CLUB	29 10-11.30am Coffee Morning	30 10.30-11.30am Bingo 7-9pm Youth Club <i>Quiz night</i>		

A round up of March activities

We welcomed artist Carla Jacobson to Art & Crafts during March. Carla ran two painting workshops and taught us different painting techniques. We also enjoyed designing Easter cards and created different types of mosaic artwork.

At Move to the Beat this month, we have played various instruments and members have conducted the group, playing different beats & rhythms.



At this quarter's Learning Disability Forum, Senior Victim Fraud Hub Manager (Herts Police), Elaine Crate talked to us about Fraud Prevention. We learnt what to look out for and how to manage fraud situations. A very interesting and informative session.

We enjoyed Lunch Out at Linger & Taste. Next month we will be enjoying Chinese food at Dragon's Garden.



Our Thursday It's been an exciting month at Bingo, we have enjoyed playing together, having fun and celebrate our wins.

The theme of this month's Dance has been PARTY! We also welcomed back our lovely session leader, Angie.

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At Jubilee Club this month, we were honoured with a visit from Elstree & Borehamwood's Mayor Dan Ozarow, we asked questions and heard about local developments. We baked brownies with Estelle, enjoyed country dancing and celebrated St Patrick's Day went off with a bang, enjoying dancing and an Irish quiz. We ended the month, playing games, singing, celebrating birthdays and decorating fairy cakes with Julie!

It's been a fantastic month at Youth Club. We enjoyed a brilliant bingo night, followed by a karate taster session with Moley & Peyton from Kosmo Shotokan Karate Club. We saw everyone's confidence grow at performance night with beautiful singing and we ended the month with a fun filled trip to Hollywood Bowls.



Employment Training Course

Our most recent cohort have successfully completed our 9 week employment training course . Since starting , it's been so evident that they

have all gained a lot of confidence and are ready for the next challenge. One of our learners has already taken on paid work throughout March and we look forward to seeing our other learners in work soon.

We are looking forward to welcoming our next cohort of learners at the end of April.

For more information or if you would like to join our 9 week course, contact

Pamela on **07838 746389**

/employsupportadvisor@hertsmeremencap.org.uk



Members Corner - Congratulations Stuart!

Stuart Brown recently completed a 100 lengths swimathon to raise money for Cancer Research, Marie Curie and the Swimathon Foundation. "I have been swimming since I was 6 weeks old and have done 7 Swimathon's on 20 years." said Stuart.

Well done Stuart, keep up the good work!



Children & Youth

Easter Holiday Club is back in action next week, and we are looking forward to a jam packed programme which I am sure all the children will enjoy.

I am delighted that Holiday Club families have once again invited to the Meadow Park Funfair on June 14th. Please contact Susannah to book on to this very popular and fun event. All the details are on the flyer below.

For more information on Children & Youth, contact **Susannah on 07727 339066 / childrenandyouth@hertsmeremencap.org.uk**



MEADOW PARK FUNFAIR
SUMMER 2026



THE FUNFAIR IS BACK!! COME AND JOIN US ONCE AGAIN AT
MEADOW PARK FOR A FUN MORNING OF **FREE** FAIRGROUND RIDES!

Sunday 14th June 2026

10.00am – 12.00pm

Meadow Park, Brook Road, Borehamwood WD6 1TL

Please bring your children for a morning of UNLIMITED, FREE FUN
(restricted to **Holiday Club Children and their Siblings** only)

ALL CHILDREN MUST BE ACCOMPANIED BY A RESPONSIBLE ADULT
- PLEASE NOTE: THIS IS NOT STAFFED BY HERTSMERE MENCAP -

IMPORTANT INFORMATION			
If you would like to attend the Funfair, please complete the details below or email directly, with the information requested. (Please Note: Only names on our list will be granted access to this FREE session)			
Parent/Carer's Full Name			
Parent/Carer's Contact Number			
Holiday Club Member Name(s)		Number of siblings	

Spaces are limited, on a first come first served basis.

Return by email to: childrenandyouth@hertsmereencap.org.uk



Part of Hertsmere Mencap
Charity No. 243871

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

Radlett Rotary Fun Run

This year's Five Fields Fun Run takes place on **Bank Holiday Monday 4th May 2026** at **Tabard Rugby Club Grounds, off Cobden Hill (A5183), WD7 7JN**. We are delighted that Hertsmere Mencap is once again the nominated charity.

There will be 2 runs:

1.5km for children under 11

5km for everyone 7 years and over.

There will be medals for all the finishers as well as trophies for the winners.

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

donate to Hertsmere Mencap you can do that [here](#).

For more information, contact **Hayley on 07861 891706 /**
activities@hertsmeremencap.org.uk

Diary Dates

Wednesday 1st - Thursday 2nd April

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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Hertsmere Mencap Society
27 Hartfield Avenue
Elstree
WD6 3JB