



What's coming up at Hertsmere Mencap throughout June

We have an exciting month ahead!

- **Wednesday 17th June** - Learning Disability Week trip to Pizza Express Radlett for a pizza making masterclass. To book your place contact Adam on development@hertsmeremencap.org.uk
- **Friday 19th June** - **Come along and support our Dance troupe performing at Tesco Borehamwood from 10am - 11am**
- **Wednesday 24th June** - Herts Learning Disability Forum talk on the Pegasus scheme which helps you to communicate with the police. If you wish to attend please contact Karen at hdcomm@hertsmeremencap.org.uk

A Message from Lucy, our CEO

I had a great time at our annual Radlett Rotary Fun Run. What a brilliant community event! A heartfelt thank you to our incredible team of member volunteers who threw themselves into taking payments, collecting donations, marshalling and, most importantly, bringing plenty of fun and energy on the day. £1,250 was raised for us by the Radlett Rotary. We're already busy planning next year's event and are determined to make it bigger and better. Watch this space!

A huge thank you to all the members, staff and volunteers for such a warm welcome when I recently visited our Youth Club; we enjoyed lively quizzes on world flags and general knowledge, shared stories about our travels, and it was clear from the moment I walked in that this is a place where everyone truly belongs.

Learning Disability Week is just around the corner, and we're thrilled that schools across Hertsmere are already signing up to take part in our first ever local primary schools campaign. Our aim is to help children better understand learning disability and learn how they can support and include others. If you're connected to a local primary school, please encourage them to take part. For more information or to access the learning resources, contact Adam at development@hertsmere Mencap.org.uk

We also have an invaluable **Learning Disability Forum on June 24th**. Representatives from Hertfordshire police will be joining us to discuss the **Pegasus Scheme**, which includes a document you can carry with you to help communicate your needs to police officers. It contains your personal details and guidance for the officer, helping to ensure interactions are calm, informed and appropriate.



Rumble Awards 2026

Congratulations to Smiffy (Paul Smith) who received the Good Spirit

award at this month's Rumble Awards, "I feel happy and so proud" said Smiffy on receiving this special honour.

We are so proud of you Smiffy! And well done to Neil Hoskin for once again hosting the event.



Children's Activities

With Summer Holiday Club not too far away, a little reminder that all application forms need to be received by **Friday June 5th**. The team have planned an exciting programme of activities and can't wait to see all the children once again.

The Meadow Park Funfair takes place once again on Sunday June 14th from 10am - 12pm, and places are filling up fast. Don't forget to book your child a place by contacting Susannah at childrenandyouth@hertsmeremencap.org.uk

Employment Training programme

Our latest cohort are already over half way through the course and developing their skills and confidence ready to apply for jobs. It has been fantastic to see the progress they are making as they move closer towards employment opportunities.

We are pleased to have expanded our employment team and delighted to welcome Nikki Nir. Nikki has a wealth of coaching experience and is starting to build relationships with our current learners and supporting them throughout their journey.

May has also been a month of great achievements for our former learners. Serena has started voluntary work at Cecil's Horse Sanctuary in Elstree, gaining valuable experience and developing new skills and Luke's hard work and commitment have been recognised with an extension to his barista training programme. Both Harry and Steven have been busy delivering flyers for a local business.

For more information on our course or if you are interested in attending please contact Pamela at memberemployment@hertsmeremencap.org.uk





Herts Learning Disability Forum



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



Let's talk about the Pegasus scheme Helping to communicate with the police

Wednesday 24th June at 10am – 11.30am

Guest speaker:
PC Dani Howlett-Bolton
Community Engagement PC

Location: **Aberford Park Community Centre Borehamwood
WD6 1PN**

Please RSVP to: hdcomm@hertsmeremencap.org.uk



Tea, coffee and
refreshments will
be served



Limited free
parking available
at Aberford Park
Community
Centre

Adult activities throughout June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10.30-12pm Art	2 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Smoothies night</i>	3 10-11.30am Coffee Morning	4 10.30-11.30am Bingo 7-9pm Youth Club <i>Circle games</i>	5 10-11am Dance	6
7	8 10.30-12pm Art	9 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Board games</i>	10 10-11.30am Coffee Morning	11 10.30-11.30am Bingo 7-9pm Youth Club <i>Music quiz</i>	12 10-11am Dance	13
14	15 10.30-12pm Art	16 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Arts & crafts</i>	17 10-11.30am Coffee Morning <i>(going ahead as normal)</i> 10-12pm <i>Learning Disability Week trip to Pizza Express, Radlett</i>	18 10.30-11.30am Bingo 7-9pm Youth Club <i>Do you see me?</i>	19 10-11am <i>Dance troupe performance at Tesco</i> <i>Come along & support our dancers!</i>	20
21	22 10.30-12pm Art	23 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Bingo</i>	24 10-11.30am <i>Learning Disability Forum</i> Coffee Morning	25 10.30-11.30am Bingo 7-9pm Youth Club <i>Sports night</i>	26 10-11am Dance	27
28	29 10.30-12pm Art	30 10.30-12pm Move to the Beat 7-9pm Jubilee Club <i>Loom band making</i>				

Mondays, Wednesdays & Thursdays (excluding Youth Club) – Aberford Park Community Centre

Tuesdays – Maxwell Park Community Centre

Thursday Youth Club – St Teresa's School

Fridays – The Venue (Dance studio)

A round up of May activities

It has been a short month at Art in May due to the Bank holidays but a creative one! We have enjoyed crafting beautiful, colourful flower pots and creating layered butterfly pictures.

At Move to the Beat this month we have sung along with microphones to party songs and danced to 90's Boy & Girl bands.



We returned to our old favourite for May's Lunch Out - Toby Carvery and enjoyed a tasty meal and lots of friendly conversation.

June's Lunch Out is a pizza making masterclass trip at Pizza Express Radlett. If you would like to attend contact Adam on development@hertsmeremencap.org.uk to book your place.



We have had another busy & lively month at Bingo, well done to all our Bingo winners.

At this month's Dance we started practising for our Tesco performance on Friday 19th December at Tesco in Borehamwood. We hope to see you there to support our troupe!



Jubilee Club kicked off this month with games night. We sang our hearts out with our favourite karaoke tunes. We got in the mood for summer with an enjoyable indoor Sports night where "Team England" enjoyed their win and we ended the month with an 80's themed quiz night where "Team Pink Panther" took first place.

It's been a music themed month at Youth Club, enjoying a Just Dance night, karaoke and performance night as well as a super quiz night. We ended the month with a fantastic trip to Sky Studios to watch the film "Michael" in their private screening room.



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

Hertsmere Mencap Golf Day

Our 2026 Golf Day is taking place on Thursday 17th September at Hartsbourne Country Club. If you are a keen golfer and would like to enter a team, you can sign up [here](#). Our Golf Day is more than just a great day of golf, it's a vital fundraiser for Hertsmere Mencap.

If you would like to support us with sponsorship, raffle prizes or auction prizes, please contact Lucy on chiefexec@hertsmereencap.org.uk / 07577 995161



**ANNUAL CHARITY
GOLF DAY
• 2026 •**

Thursday 17th September
HARTSBOURNE COUNTRY CLUB
Bushey Heath, WD23 1JW

A great day of golf on a beautiful course,
including breakfast, lunch, auction, raffle and prize-giving.
£600/team

Register online hertsmereencap.org.uk/golf-day
or email golfday@hertsmereencap.org.uk

7.30am Registration, Welcome Pack and Breakfast
9.00am Shot Gun Start
1.30pm Drinks in the Bar
2.00pm Lunch, Auction, Raffle and Prizegiving

Trophies for 1st, 2nd and 3rd Teams, Best Dressed, Nearest the Pin, Straightest Drive and Beat the Pro

This Golf Day is our major fundraising event to help us secure our first permanent base

Registered Charity 243871



Diary Dates

Sunday 14th June

Holiday Club Funfair morning

Wednesday 17th June

Pizza Express Radlett Pizza Making Masterclass

Friday 19th June

Come along and support our Dance troupe performing at Tesco

Borehamwood (10-11am)

Wednesday 24th June

Herts Learning Disability Forum

Wednesday 29th July to Tuesday 25th August

Summer Holiday Club

Wednesday 9th September

Herts Learning Disability Forum

Thursday 17th September

Hertsmere Mencap Annual Golf Day

Hartsbourne Country Club

Sunday 25th 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

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

