



What's coming up at Hertsmere Mencap throughout July

- **Wednesday 1st July** - Herts Learning Disability Forum talk on the Pegasus scheme which helps you to communicate with the police.
- **Sunday 5th July** - Come and visit us on our stall at the Shenley Fete from 12 noon
- **Wednesday 15th July** - SEND coffee morning for SEND parents & carers at The Radlett Centre. WD7 8HL at 11am. For more info, contact Susannah on childrenandyouth@hertsmeremencap.org.uk
- **Wednesday 15th July - Hertsmere Mencap summer trip to Southend**
- **Thursday 23rd July** - Last session of Youth Club for the summer

A Message from Lucy, our CEO

Our first ever Primary Schools Campaign was a real success. 25% of local schools took part, raising around £500 for Hertsmere Mencap and local PTAs, while helping young children develop a greater understanding of learning disability, kindness and inclusion. A brilliant start that we're already looking to build on next year. Learning Disability Week was full of highlights, none more joyful than watching our members become pizza chefs at Pizza Express - the video says it all - watch it [here](#)

We also hosted a business breakfast with the Kinetic Centre, where members Vicky and Aaron spoke brilliantly about their experiences with Hertsmere Mencap. The room was captivated and we're hopeful local businesses will want to get behind us.

Our name is well and truly out there and it's wonderful to hear what a strong reputation we have across the community.



Learning Disability Week 2026

During Learning Disability Week 2026 we celebrated the contributions our members make to our community.

Empowering our members to have a voice is at the heart of what we do. Many of our members take on roles and responsibilities, and during Learning Disability Week 2026 we spotlighted some of those members. Thank you for all you do.



Our Dance Troupe Lights Up Tesco!

This month our talented dance troupe once again took centre stage at Tesco, Borehamwood. This was our 4th year and 8th performance and we absolutely nailed it! It was a proud moment, watching our talented stars and seeing how much their confidence has grown, and it was wonderful to see so many shoppers stop to watch. Well done to you all! You can watch their performance [here](#)



Volunteers' Week 2026

Volunteers' Week is a wonderful opportunity to celebrate the volunteers who give their time so generously to Hertsmere Mencap.

Every one of our volunteers brings their own unique qualities to what we do, and the difference they make to our members and their families is immeasurable. We are truly thankful for each and every one of you.

In celebration of Volunteers' Week 2026 we spotlighted some of our wonderful volunteers throughout the week.

VOLUNTEER SPOTLIGHT

Meet Angie!



I have been volunteering for Hertsmere Mencap for over 4 years. I'm retired and I always wanted to do something in the community and Hertsmere Mencap seemed the perfect way to use my time.

When I first joined, I was involved in the Thursday cookery activity. I helped prepare food with our food that we made. When this activity finished the Arts and Craft session interested me. I find it very rewarding to see all our members finished work at the end of each session.

I have met some other volunteers who have become friends socially. Volunteering is fun and it's a great way to give back to your local community.

VOLUNTEERS' WEEK

CELEBRATING AND THANKING OUR VOLUNTEERS FOR YOUR INVALUABLE SUPPORT.

WE COULD NOT PROVIDE OUR IMPORTANT SERVICES WITHOUT YOU.

VOLUNTEER SPOTLIGHT

Meet Dora!



I began volunteering with Hertsmere Mencap in September 2025 and I volunteer at Monday's Art session.

Since I was little, I always had a feeling that I wanted to help others and when my son was born 9 years ago, I was a very busy mum. I had a lot of things to do and I was very busy. Now I have time to help others and I want to use my time to do something useful. I am so happy that I found Hertsmere Mencap and started my volunteering.

I feel much happier on Mondays when I go to the Art session, the "team" feels like a big family, the members are nice and we always have fun. When I am there, I feel relaxed and I like to help the members with cutting, or chatting with them, or getting coffee & biscuits for them. I enjoy being there again, after all the time I can now do what I love most, helping others.

If you have some extra time, if you like to help others or if you want to be part of something good, we are here for you! Come and join today!

VOLUNTEERS' WEEK

CELEBRATING AND THANKING OUR VOLUNTEERS FOR YOUR INVALUABLE SUPPORT.

WE COULD NOT PROVIDE OUR IMPORTANT SERVICES WITHOUT YOU.

VOLUNTEER SPOTLIGHT

Meet Julie!



I have been volunteering for Hertsmere Mencap since February 2023, but I have been volunteering for over 25 years. I decided to volunteer because I wanted to help people and do something worthwhile and rewarding with my time. The chance to support people, build friendships and make a difference really appealed to me.

The things I've enjoyed most are the people. Seeing someone gain confidence, achieve something they're proud of, or simply having a great time makes volunteering really rewarding. I've also learned a lot along the way.

It's sad to see someone who's thinking of volunteering to go for it. Volunteering is a rewarding experience, and it can make a real difference to people's lives, while gaining valuable experience, difference to people's lives, while gaining valuable experience, difference to people's lives, while gaining valuable experience. You'll be supporting people who really appreciate your time and commitment.

It's fun and it's a great way to give back to your local community.

VOLUNTEERS' WEEK

CELEBRATING AND THANKING OUR VOLUNTEERS FOR YOUR INVALUABLE SUPPORT.

WE COULD NOT PROVIDE OUR IMPORTANT SERVICES WITHOUT YOU.

VOLUNTEER SPOTLIGHT

Meet Raz!



I have been volunteering for Hertsmere Mencap for 4 years.

My decision to volunteer as a minibus driver came about as I cared for my father, when he was ill. He was a coach driver. After he passed away, I had a lot of spare time in the evenings and wanted to do something similar to honour him, this opportunity came up at the perfect time, I had a minibus volunteer since!

What I most enjoy are the laughs we have on the bus, as well as the singing. It's an incredibly fun job.

For anyone interested in volunteering, I'd say do it! It's so rewarding, the team on the bus are so lovely and important to this club is to them, so the fact you can take them there and get them home safely, is something special. Do it!

VOLUNTEERS' WEEK

CELEBRATING AND THANKING OUR VOLUNTEERS FOR YOUR INVALUABLE SUPPORT.

WE COULD NOT PROVIDE OUR IMPORTANT SERVICES WITHOUT YOU.

VOLUNTEER SPOTLIGHT

Meet Sherie!



I've been volunteering for Hertsmere Mencap for about seven years now. As a retired interior designer, I thought it would be nice to get involved with the Arts and Craft activity on a Monday.

I originally started volunteering as I thought it would be nice to give something back. Little did I know it would be me who would be getting the greatest pleasure from being with and spending time with Hertsmere Mencap's gorgeous members.

It has also been lovely getting to know the other great volunteers. There is a warmth and real family feel throughout the organisation.

I know anybody thinking of joining will have a wonderful experience.

VOLUNTEERS' WEEK

CELEBRATING AND THANKING OUR VOLUNTEERS FOR YOUR INVALUABLE SUPPORT.

WE COULD NOT PROVIDE OUR IMPORTANT SERVICES WITHOUT YOU.

VOLUNTEER SPOTLIGHT

Meet Sue!



I have been volunteering for Hertsmere Mencap for 5 years now. I have been volunteering for over 30 years, sometimes alongside employment, but more regularly since I have been classified as being too old for employment!

I decided to volunteer because I had the time and I wanted to be helpful in any way I could through my life experiences and the love and appreciation I receive back, without any expectation on my part, makes it so worthwhile. I cannot envisage my life today without being able to volunteer.

Hertsmere Mencap is such a wonderful organisation, with such a caring team running it and a great group of volunteers. The members are all delightful and the ones who know me are always so happy to see me and there is so much warmth and gratitude which they all express, to the best of their individual abilities.

Although I am no longer able to help with the actual projects due to eyesight problems, there is still plenty to do making the members feel comfortable and wanted. My Monday mornings are the highlight of my week!

VOLUNTEERS' WEEK

CELEBRATING AND THANKING OUR VOLUNTEERS FOR YOUR INVALUABLE SUPPORT.

WE COULD NOT PROVIDE OUR IMPORTANT SERVICES WITHOUT YOU.

VOLUNTEER SPOTLIGHT

Meet Yvonne!



I have been volunteering for Hertsmere Mencap for two years and 8 months! I started out many years ago working with special needs children and I thought this would be suitable for Hertsmere Mencap.

What I most enjoy about volunteering is watching the members have fun and enjoying all the different activities. It brightens up my whole day.

I'd say to someone who's thinking of volunteering to go for it, you won't regret it for a second!

VOLUNTEERS' WEEK

CELEBRATING AND THANKING OUR VOLUNTEERS FOR YOUR INVALUABLE SUPPORT.

WE COULD NOT PROVIDE OUR IMPORTANT SERVICES WITHOUT YOU.



Children's Activities

Our Holiday Club children and their families had a wonderful morning at Meadow Park funfair. Thank you to Swaley for inviting our children once again.

The next coffee morning for parents/carers with children who have SEND takes place on Wednesday 15th July, 11am at the Radlett Centre. This will be an opportunity for parents/carers to network together with professionals in a safe and inclusive environment. It will be the last coffee morning before school's break up for the Summer. We look forward to seeing you there. If you have any questions, or need further support, please contact Susannah at childrenandyouth@hertsmeremencap.org.uk

With Summer Holiday Club just around the corner, Susannah and the team are busy finalising a fantastic 4 weeks of fun for your children. Expect lots of messy play, and so much more, including our firm favourites - picnics outside, weekly disco's, Holiday Club's Got talent, and Scavenger Hunts! The team can't wait to see you all again! Daily photo's will be posted on our social media platforms and will culminate in a video showcasing all the highlights.





Coffee Morning for SEND parents/carers

Group discussion on everyday challenges

Informal help and support from local organisations

Which services can I have access to?

Want to speak to other parents of children with SEND?

Come and join us for a chat!

Are you a parent/carer of a child with SEND aged 0-25? If so, we'd love it if you would join us at our coffee morning on **Wednesday 15th July 2026 at 11am** in **Douglas Hicks Room, 1st Floor, The Radlett Centre.**

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

Employment Training programme

This month our most recent cohort graduated from our 9 week employment course. As always, we were delighted to have a very mixed cohort, all with different aspirations, ranging from working in a library right through to cyber security. As the Hertsmere Mencap offering develops we are reaching out to a wider audience and building stronger relationships with existing employers.

Places for September's course are filling up fast and we are very excited that all the sessions for the next course will be running out of Kinetic Business Centre.

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



Adult activities throughout July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10-11.30am Coffee Morning 11.45am Lunch out at Linger & Taste	2 10.30-11.30am Bingo 7-9pm Youth Club	3 10-11am Dance	4
5	6 10.30-12pm Art	7 10.30-12pm Move to the Beat 7-9pm Jubilee Club 80's disco	8 10-11.30am Coffee Morning	9 10.30-11.30am Bingo 7-9pm 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 Games night	15 Southend Summer Trip (No Coffee Morning today)	16 10.30-11.30am Bingo 7-9pm Youth Club	17 10-11am Dance	18
19	20 10.30-12pm Art	21 No Move to the Beat 7-9pm Jubilee Club Bring & buy night	22 10-11.30am Coffee Morning	23 10.30-11.30am Bingo 7-9pm Youth Club Final session for the summer	24 10-11am Dance	25
26	27 10.30-12pm Art	28 10.30-12pm Move to the Beat 7-9pm Jubilee Club Jim's quiz	29 10-11.30am Coffee Morning	30 10.30-11.30am Bingo No Youth Club	31 10-11am Dance	

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 June activities

At Art this month we have created colourful mosaic sun catcher, became designers for the day and produced our very own models. We enjoyed crafting monkey puppets and finished off the month creating "Happy Birthday NHS" pictures to be displayed at Fairbrook Medical Centre.

At Move to the Beat this month we have enjoyed singing & signing with Makaton. For Learning Disability Week, our theme was, 'Friends, Music & Song' we danced to party music and sang party songs to celebrate.



June's Lunch Out was a fun and tasty pizza making masterclass at Pizza Express in Radlett. We are back at Linger & Taste for July's Lunch Out on the 1st July.



We have had another fun month at Bingo, celebrating birthdays and cheered on our Bingo winners.

The highlight of our month at Dance was performing at Tesco! We have also enjoyed our regular weekly sessions dancing to songs from Australian artist, Latino rhythms and Club Tropicana!



Jubilee Club this month began with a smoothie and milkshake making night followed by a game of charades. We have also enjoyed games night, arts and crafts where we painted bird houses for the garden as well as beautiful key rings. We had great fun playing bingo and we ended the month creating colourful loom band bracelets.

At Youth Club we played classic circle games, enjoyed a music quiz hosted by John, which was a great success and brought out everyone's competitive spirit. During Learning Disability Week we designed caps featuring the message "Do You See Me?". It was a creative and meaningful activity that encouraged discussion and understanding. We ended the month with an exciting sports-themed night.

Finally, we also welcomed John as our joint Youth Club Leader. John has already been busy planning and running activities for our youth. Welcome John!



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

Members Corner

Congratulations to Neil who was invited to the Palace of Westminster to celebrate Royal Mencap's 80th birthday. Neil was invited in his capacity as Royal Mencap Trustee and said "It was an honour to be there and I had a fantastic day".

Congratulations also goes to Gavin who was awarded Electric Umbrella's Elana award in recognition of Gavin helping other, "I was shocked and very happy" Gavin said, "I am very proud of myself".



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@hertsmeremencap.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 hertsmeremencap.org.uk/golf-day
or email golfday@hertsmeremencap.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 Date

Diversity Festival - 24th & 25th October 2026



Diary Dates

Wednesday 1st July (rescheduled)

Herts Learning Disability Forum

Wednesday 15th July

Summer trip to Southend

Thursday 23rd July

Last Youth Club session for the summer

Wednesday 29th July to Tuesday 25th August

Summer Holiday Club

Wednesday 9th September

Autumn's Employment Training course begins

Wednesday 16th 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](#).



Copyright © 2023 Hertsmere Mencap Society. All rights reserved.

You are receiving this email because you opted in.

Our mailing address is:

Hertsmere Mencap Society

27 Hartfield Avenue

Elstree

WD6 3JB