



What's coming up throughout September

- **Jubilee Club** - there are no sessions on Tuesday 1st and 8th September. Sessions resume on Tuesday 15th September
- We look forward to welcoming back our **Youth Club beginning Thursday 3rd September**
- **Move to Beat** resumes on Tuesday 8th September
- **September's Employment training course** commences on Wednesday 9th September
- **Herts Learning Disability Forum** takes place on Wednesday 16th September. This quarter's topic is Basic First Aid Tips & Skills
 - RSVP to Karen hdcomm@hertsmeremencap.org.uk
- **September's Members Lunch Out** is on Wednesday 16th at Toby Carvery
 - RSVP to Adam development@hertsmeremencap.org
- **Thursday 17th September** - Hertsmere Mencap's Annual Golf Day Fundraiser at Hartsbourne Golf & Country Club

Monday	Tuesday	Wednesday	Thursday	Friday
	1 No Move to the Beat No Jubilee Club	2 10-11.30am Coffee Morning	3 10.30-11.30am Bingo 7-9pm Youth Club Welcome Back	4 10-11am Dance
7 10.30-12pm Art	8 10.30-12pm Move to the Beat No Jubilee Club	9 10-11.30am Coffee Morning	10 10.30-11.30am Bingo 7-9pm Youth Club Games & Sports	11 10-11am Dance
14 10.30-12pm Art	15 10.30-12pm Move to the Beat 7-9pm Jubilee Club Cakes decorating	16 10-11.30am Coffee Morning Learning Disability Forum Basic First Aid tips & skills 11.45am Lunch out at Toby Carvery	17 10.30-11.30am Bingo 7-9pm Youth Club Police visit	18 10-11am Dance
21 No Art	22 10.30-12pm Move to the Beat 7-9pm Jubilee Club Karaoke night	23 10-11.30am Coffee Morning	24 10.30-11.30am Bingo 7-9pm Youth Club Birthday disco	25 10-11am Dance
28 10.30-12pm Art	29 10.30-12pm Move to the Beat 7-9pm Jubilee Club Quiz night	30 10-11.30am Coffee Morning		

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)

SAVE THE DATE

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



This session is suitable for anyone wishing to learn about Basic First Aid Skills

Basic First Aid Tips & Skills
A valuable session to help you feel empowered
Wednesday 16th September at 10am – 11.30am

Guest speaker:
Betty Gat
Principal Trainer & Founder at Baby Safe Training

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

SAVE THE DATE

The Disability Games are back on Sunday 25th October, once we receive sign up details, we will be in touch to organise signing up.



Children's Holiday Club

Summer Holiday Club 2027 has now come to an end, and we have had the most fun over five thrilling weeks. It was lovely to see so many familiar faces, and many new families too. The children enjoyed all the activities that the Holiday Club team planned. We immersed ourselves in slime and cornflour, sand, water, and so much more. The children showcased their talents in our firm favourite; Holiday Club's Got Talent, danced the afternoons away at our disco's, and took part in the Scavenger Hunts.

We are very grateful to all the external service providers who once again visited Holiday Club with their amazing sessions; the PAT therapy team who came

each week with their therapy dogs, Imajica theatre Productions who performed a summer extravaganza, John Byrne from 4-4-2 Sports and 4-4-2 Together CIC for a thrilling outdoor sports session, the Herts NHS Wellbeing and Mental Health Team for their weekly sensory activities, and Gino's Ice Cream Van for visiting us one very hot afternoon so the children could have lots of ice cream treats!

A special thank you goes to Mary Rogers from the National Autistic Society, Radlett Lodge School, for providing a brilliant staff training session once again.

Thank you to the wonderful team of 38 staff and volunteers who make Holiday Club so special and memorable for the children.

Our next event is the Holiday Club Christmas party, taking place on December 12th. We can't wait to see you all there!

For information about our Holiday Club, please contact Susannah at childrenandyouth@hertsmeremencap.org.uk



A round up of August's activities

At Art this month we welcomed back Carla, who ran two watercolour painting workshops, and we also enjoyed creating brightly coloured sun catchers. ***Art is back on Monday 7th September at 10.30am.***

At Move to the Beat, we enjoyed a lively Fiesta and danced to Salsa, Samba and Carnival music. There was sensational group singing as well as fantastic solos. ***Move to the Beat is back on Tuesday 8th September at 10.30am.***



Our weekly (Wednesday) Coffee Mornings are a place to chat with friends over a cup of tea, play games and also meet with staff and volunteers for any support you may need. This month we were visited by Josie, the new Disability Employment Adviser at Borehamwood's Job Centre. It was great to make a connection and chat with Josie.

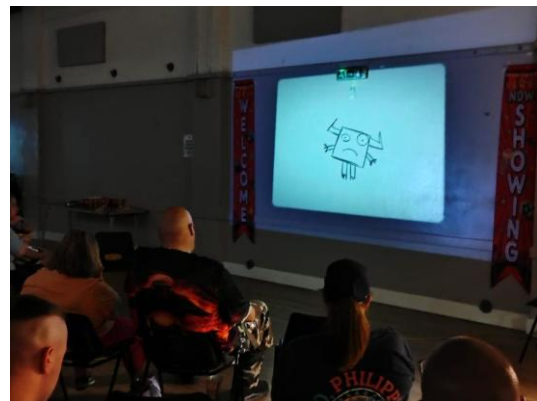


It's been an exciting and fun month at our Bingo sessions. Well done to all our August winners!

At Dance this month we enjoyed dancing to tunes spanning the decades of 2000's and 2010's.



At Jubilee Club this month we enjoyed our all-time favourite Board Games night, we put our artistic skills to the test at Art night making gorgeous tea lights, tea coasters and bookmarks. We ended the month with Movie night where we watched Stitch Head and enjoyed popcorn and sweet treats. ***Jubilee Club is back on Tuesday 15th September with cake decorating!***



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

Fun in the Park

Throughout August we enjoyed meeting the local community at InspireAll's Fun in the Park events. We had a great time on our stall and visitors enjoyed taking part in our competitions. Winners have been picked and the winning prizes will be distributed.



Employment Training programme

We are getting ready for our newest cohort to begin the course on Wednesday 9th September. We wish the group the best of luck and enjoy the next 9 weeks.

Over the summer we have built new relationships and strengthened existing relationship, ready to support both our graduates and new cohorts with future employment prospects.

If you would like to join our January cohort or if you are an employer who would consider providing a work opportunity for one of our graduates, whether it's paid, work experience or a voluntary role, please contact Pamela on 07838 746 389 /memberemployment@hertsmeremencap.org.uk

Members Corner

Looking for something to do on Sunday mornings?

Gratitude charity run a community litter picking activity each month, on a Sunday. Future dates are being agreed, if you would like to hear more and take part, please speak to Karen at Coffee Morning or on 07938 722 619 / hdcomm@hertsmeremencap.org.uk



Diary Dates

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

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email by clicking [here](#)

