

# Spring 2018 Newsletter

Issue 131

Charity No: 01035252

Registered No: 2903642

[office@harpendenmencap.co.uk](mailto:office@harpendenmencap.co.uk)

## **Mayor's Pride award for former service user**



At a recent dinner in St Albans our former service user, Freddie Latham, received the Mayors Pride Community Champion Award for helping others. Despite the challenges he faces he has proved to be an inspiration to many and has raised about £2,000 for charity in the last six months. Freddie was very proud and happy to receive his award and gave a speech using his tablet saying thank you to all the people who sponsored him. He was even more thrilled when he received a standing ovation for his speech!

Freddie took up running with his Dad last year. Since then he has run the Herts 10k, St Albans Jingle Bell Jog and the 10k London Winter Run on a very cold day in February. He may not be the fastest but just keeps going. After finishing 3 seconds ahead of his Dad on the Winter Run he now wants to run with 'someone faster who i don't have to push up hills like Dad'.

He has already planned lots of other runs this year, including the St Albans half marathon and says, 'Not sure if we run or walk. Dad won't keep up if we run'. His ambition for next year; he is

quite taken with the idea of the Paris marathon.....

When he does his half marathon on June 10<sup>th</sup> he will be raising money for Harpenden Mencap. He says 'I have had Stairways looking after me all these years and I want to help them'.

If you would like to sponsor him he has a JustGiving page:

[www.justgiving.com/fundraising/freddie-latham3](http://www.justgiving.com/fundraising/freddie-latham3)



## Events @ Harpenden Mencap

### **Saturday 28<sup>th</sup> April – High Street Methodist Church**

Join us for our **5<sup>th</sup> Music Medley concert** and enjoy an evening of music and dance performed by local acts giving up their time to perform for free to help us fundraise for our charity.

There will be a wonderful mix of music from acts including:

**Harpenden Musical Theatre Company** – directed by Alistair Sharp, performing, Noah and his Floating Zoo

**St George's School Jazz Band** performing a selection of best-loved tunes

**Abafando** – classical music with a twist

**Elizabeth Bottone – Soprano and David Crew – Baritone** performing a musical montage – from Mozart to Monty Python!

And for the first time we welcome **Apex Dance** who will be attending with some students from their dance academy.

The concert promises something for everyone and we would encourage you to purchase your tickets in advance to avoid disappointment.

Tickets are £15 with a £10 concession ticket price for over 60s, under 18s and for disabled people with one attending carer. Tickets can be obtained from three outlets in Harpenden: News 4 U newsagent in Station Road, Rolands Carpets in Church Green Row (next to M&S Foods) and Harpenden Mencap's own charity shop in Southdown. Or for early postal requests contact Natalie on 07961 015272 or email on [events@harpendenmencap.co.uk](mailto:events@harpendenmencap.co.uk)

Doors open at 6.45pm, concert starts at 7.30pm. Interval with refreshments by donation.

### **Saturday 9<sup>th</sup> June – Wesley's Café Takeover**

On Saturday 9<sup>th</sup> June volunteers from Harpenden Mencap will be taking over Wesley's Café at the High Street Methodist Church in Lower High Street Harpenden and serving refreshments to raise money for Harpenden Mencap. We will have a cake stall and are looking for cake donations to sell by the slice with refreshments and as whole cakes to take home. This is a great way to raise money, and the home-made cakes always sell very well. If you can bake for us please let us know on: [events@harpendenmencap.co.uk](mailto:events@harpendenmencap.co.uk) If you are in town that morning pop in and say hello, and enjoy a brew – from 10.00am until 12.30pm.

### **Friday 29<sup>th</sup> June – 8<sup>th</sup> Harpenden Mencap Charity Golf Day at Harpenden Common Golf Club.**

We have raised thousands of pounds over the years since our first golf day in 2011 and plans are underway for our 8<sup>th</sup> annual golf day to be held on Friday 29<sup>th</sup> June at Harpenden Common Golf Club.

Enter as an individual golfer, a two-ball or a four-ball and come along and enjoy 18 holes of golf and a two course evening meal. The cost per golfer is £70.00. There will be an evening auction and raffle. For more information please email [events@harpendenmencap.co.uk](mailto:events@harpendenmencap.co.uk)

**Not interested in golf?** You may still be able to join us by donating an auction lot or prize for the raffle. We are looking for high value auction lots and these could be:

Tickets to a sporting event

A four-ball game of golf at a prestigious golf club

Signed memorabilia

A beauty and/or hair treatment

A weekend/week's stay in your holiday home

A driving or flying experience

We would welcome all offers for prizes for our auction, or raffle, and ask that you contact us via the email address: [events@harpendenmencap.co.uk](mailto:events@harpendenmencap.co.uk).

### **We are 60 in 2019!**

In 1959 Harpenden Mencap was born, so next year sees us celebrating our 60<sup>th</sup> anniversary. We are currently working on a programme of fundraising events running throughout next year to help us raise **£60,000** in our 60<sup>th</sup> year. Further details will be published later in the year.

But can you help us to reach this massive goal? £60,000 is a huge amount to raise but we believe it will be possible with the help of our extended family and local community. We will be writing to local businesses to ask if they will fundraise on our behalf; we will be contacting local organisations to see if they will chose HM as a beneficiary charity for the their fundraising activity, and we wondered if you would be able to help us as well? Would you raise some money on our behalf to go towards this £60,000 target? Some ideas for you could be:

- A sporting activity such as Tough Mudders, a fun run, colour run or half or full marathon
- A coffee morning with home-made cakes
- A supper at home where you charge your guests to attend and donate the money raised
- A sponsored event
- A major fundraiser like a sky dive or cycle ride

We have a Just Giving page so can help you make it easy for people to give to support you.

We'd love to hear from you so please get in touch if you have an idea: [events@harpendenmencap.co.uk](mailto:events@harpendenmencap.co.uk)

Have a fundraising idea? Want to volunteer your time to join our Fundraising Team? Please contact Natalie on 07961 015272 or [events@harpendenmencap.co.uk](mailto:events@harpendenmencap.co.uk). We'd love your help!



**2017/2018 has been a sad year for us at Harpenden Mencap, with a staff member dying this year and also a service user as well as ex committee members.**

Back in November last year we also lost a founder member of Harpenden Mencap David Janes. David alongside his family helped with the introduction of stairways in many ways including the extensive building work that took place.

For many years David was responsible for the newsletter and encouraging others to get involved. David was also on internal committees over the years.

We wish Trisha and the family best wishes.

Thomas Griffin passed away suddenly in December 2017. Tom had been living in Flat 1 at Stairways for the past 4 years. Tom appeared to very much enjoy his life at Stairways, swimming, music sessions and spending time with his family here. He is greatly missed.

It with sadness that we have to share the news that Barbara Maryan passed away recently after a short illness. Barbara was one of the founder members of Harpenden Mencap and put a lot of hard work, passion and love into getting the building that we know as Stairways up and running.

Barbara was a member of many committees and in fact was chairman of the executive committee back in 1990/91.

Many of you would have received a birthday card each year and this was down to Barbara who started and kept this task up for many years.

Barbara will be greatly missed by her family and all of us here at Harpenden Mencap.

Recently Peter Warren passed away, once again Peter was on our executive committee for many years until he stepped down a year ago.

Peter was involved in many policy making decisions and played a huge part on our Ethics Advisory committee. Peter will be greatly missed and we send Jenny and her sisters and family all our best wishes at this time.

Christine Violet who was a long serving member of the executive committee and also on many of the early committees back in the late 80/90's at Harpenden Mencap has recently sadly passed away. Christine was a passionate dedicated person who will be greatly missed, and we send our best wishes to her family at this time.





**PRESENTS  
TALKING GROUP  
WHEN**

**1st May then every first Tuesday thereafter  
7:30pm till 9pm**

**WHERE**

**Pine court  
10 Carlton Road AL5 4UZ**

**TALKING GROUP IS A NEW GROUP DESIGNED TO ENCOURAGE THOSE  
IN THE LEARNING DISABILITY COMMUNITY TO SELF ADVOCATE AND  
SPEAK ABOUT THE THINGS THAT MATTER TO THEM.**

**COME ALONG TO FIND OUT MORE.**

**WE ARE HOPING TO RUN THE GROUP THE FIRST TUESDAY OF EVERY  
MONTH AND APPRECIATE YOUR SUPPORT AND IDEAS.**

**PLEASE CALL NIALL OR ANGELA ON 01582 460055 EXT 7**



**Harpenden Gateway Club-** Since 1980 the Gateway Club offers adults with learning disabilities a warm, friendly place to meet friends and enjoy social activities such as board games, arts and crafts, music making, drama, walking football, external visits to see local shows and lots more. We meet each Wednesday evening, during term-time, from 7.00pm until 9.00pm at a local school and we welcome new members.

Come along for a free taster session and find out more about our Club. Please contact Natalie on 07961 015272 to arrange a mutually convenient time.

*Look what Gateway Club members have got up to in the past:*



## New Beginnings

Due to movement around the building here at Douglas road since the children's service finished last year, we are looking forward to welcoming three young local people to move into a shared flat within the building in the next month.

There is also a person moving in to another flat where there was a vacancy.

It's so good that we here at Harpenden Mencap can continue to expand and support local people to live fulfilled lives in their local community.

The General Data Protection Regulation (GDPR) comes in force on 25<sup>th</sup> May 2018. As a result, if you wish to give consent to Harpenden Mencap retaining your contact details to pass on our Newsletter please tick the method in which you are happy for Harpenden Mencap to keep in touch via

Email ☐ post ☐

Name: .....

Signature: .....

*If you have agreed to receive the newsletter via email please provide an address below*

Email address: .....

*"As you will see from the newsletter legislation is changing surrounding the way in which Harpenden Mencap manages personal information, through the introduction of the General Data Protection Regulation. As a result we have asked those receiving the newsletter to give Harpenden Mencap consent to continue sending this information out to everyone. As you currently receive the newsletter through email you can reply to this email giving permission rather than sending back the slip at the back of the newsletter itself. Please ensure you read the information contained within the consent request and get in touch if you require any further information".*