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Harpenden

# Your Newsletter



Dear \_\_\_\_\_

Happy New Year and welcome to the January edition of Your Newsletter from Harpenden Mencap!

## 132 Days of Above and Beyond Care

**Huge thanks to everyone who donated to our Christmas appeal!**

With your generosity, we've raised enough to fund four days of exceptional Above and Beyond care for everyone we support. That equates to **132 individual days of moments that matter**, from mince pie making glory to fun-filled festive get-togethers with friends!



**The festive season was full of smiles, laughter, comfort and care.**

We're rested and re-energised, ready to embrace all that 2026 has to offer, and so grateful for your ongoing support.

## Inspiring Fundraising Challenge

Nicola Dudley is taking on the Marathon des Sables in April to raise vital funds for Harpenden Mencap.

This is a legendary 270km ultramarathon across the Sahara Desert. Over seven days, Nicola will race in searing heat, completely self-sufficient, carrying everything she needs except for a tent and water.



Read Nicola's story:  
[tinyurl.com/Nicola-Interview](https://tinyurl.com/Nicola-Interview)

Sponsor Nicola:  
[tinyurl.com/Nicola-JustGiving](https://tinyurl.com/Nicola-JustGiving)

## Memories by the Sea: Friends' Holiday in Dorset

Sarah Welsh, a local storyteller, recently sat down with six Harpenden Mencap holidaymakers to find out all about a special trip taken to Weymouth last year.

**“The Swanage-Corfe Castle rail journey and visiting the swannery were my favourite parts of the holiday,” Penny told Sarah.**

**“We all got on really well from beginning to end,” added Heather.**

**“It was so much fun!”**



Read the full story: [tinyurl.com/Dorset-Holiday](https://tinyurl.com/Dorset-Holiday)

# Save the Date: Charity Golf Day 2026

**Date:** Friday 5th June

**Location:** Harpenden Common Golf Club



Save the date for our 14th annual Charity Golf Day and be part of an event that combines the great outdoors, fantastic food and meaningful impact! Whether you're playing solo, as a two- or four-ball team, everyone is welcome to join in and make a difference.

**Registrations open next month - look out for our email!**

## Welcoming New Starters

January has brought new energy and new faces to Harpenden Mencap. A warm welcome to all our new starters!

We are delighted to introduce three new members of our leadership team:

- Ruth Slater - Registered Manager
- Ainsley Radgman - Head of Finance
- Colet Kiss - Head of Housing Operations

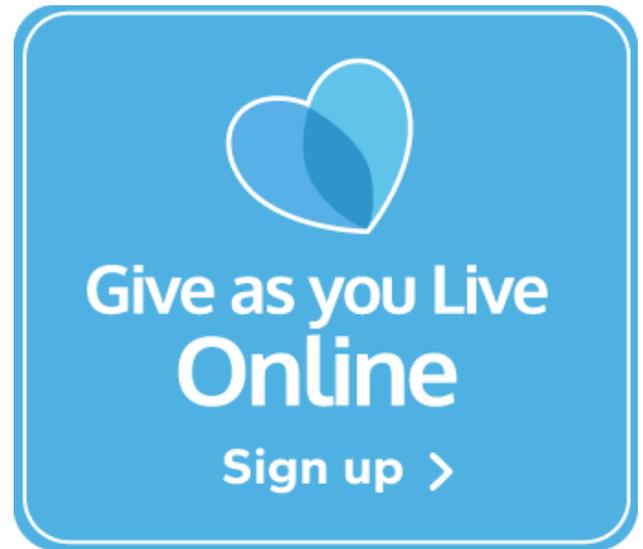
Learn about our leadership team:  
[harpendenmencap.com/about-us](https://www.harpendenmencap.com/about-us)

## Give as you Live

Make 2026 the year you **raise free funds for Harpenden Mencap** from your grocery shopping, insurance switches and other online purchases!

Plus, we'll get a bonus donation when you sign up before the end of February.

Sign up: [www.giveasyoulive.com](http://www.giveasyoulive.com)



## Your Feedback

We'd love to hear your thoughts on this latest edition of Your Newsletter. If you have any comments or would like to make any suggestions for future editions please get in touch with our Head of Fundraising Christine:

[Christine.Goldsmith@harpendenmencap.co.uk](mailto:Christine.Goldsmith@harpendenmencap.co.uk)

With grateful thanks for your support,

Angela Duce, CEO  
Harpenden Mencap