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Harpenden

Your Newsletter - Summer 2026



Dear _____

Welcome to the summer edition of Your Newsletter from Harpenden Mencap.

Learning Disability Week 2026

We celebrated Learning Disability Week (15th - 21st June) with three open community events: Allotment Club Open Day, Picnic in the Park and Disco Night.

It was wonderful to welcome lots of new faces throughout the week, including several people who discovered Harpenden Mencap for the first time - some of whom have since become volunteers!



The celebrations reached even further online, with one of our reels from Disco Night taking off and attracting 40 new followers.

You can watch the reel on:

- Facebook: HarpendenMencap
- Instagram: HarpendenMencap_

To top it all off, our Learning Disability Week celebrations were featured in the St Albans Times (Issue 177, pages 38 - 39), helping us share our message of inclusion with an even wider audience.



The success of the week has inspired us to plan more open community events, including more inclusive Disco Nights since so many new people came along and had such a great time.

We'll share details of upcoming events as they're confirmed. The best way to stay up to date with our events is by following us on social media. We're looking forward to celebrating together soon!

Find our stalls at local events

We're excited to be hosting stalls at local events; do come see us at:

- Batford Community Festival - Sunday 5th July
- Harpenden Festival - Saturday 5th September
- Harpenden Farmers' Market - Sunday 27th September
- Harpenden Christmas Carnival - Sunday 22nd November

There will be **free fuzzies** for everyone, plus a **free pencil case** for everyone who signs up to receive this quarterly newsletter - please tell all your friends!



Fundraising success at the Golf Day

Over £9,000 raised!

This year's Charity Golf Day at Harpenden Common Golf Club was our biggest fundraiser to date, raising over £9,000!

We want to say a huge thank you to everyone who participated, sponsored, donated, and volunteered for this event.



We could not have achieved so much without you, and we really appreciate your support.

Special thanks to our 2026 hole sponsors: Abbey Law, Allsopp, Austin's Funeral Directors, Belief Dynamics Hypnotherapy, Brad & Dills, Dor-2-Dor, Dubetta Limited, fit20, Harpenden Building Society, Harpenden Construction, Hicks & Company, JW Plumbing Services Limited, Moveli, PG Mutual, Pither Landscaping & Construction, Silver Palate, Tailored Floors Specialists, Taylor Walton Solicitors.

A new challenge for Jenny, Penny and Susan



At Harpenden Mencap, one of our core values is 'empowering'. This means we enable people with learning disabilities to make their own choices, do things that matter to them and take an active role in their community.

When a much-loved manager was diagnosed with cancer, Jenny, Penny and Susan decided they wanted to do something to show they care.

"You can always do something to help, no matter how small," says Jenny.

Their answer was to train for the Cancer Research UK Race for Life in St Albans on Sunday 12th July. Sporty Support Workers Angela, Cassie, Emma and Heather will join them.

Lucy, our Marketing & Communications Manager, visited the team last week to find out how they're preparing for the big day and what they're most looking forward to. You can read the full interview by following the URL below.

We're incredibly proud to cheer on the Harpenden Mencap team.

Wishing you all the jelly babies in the world!

Read the interview:

<https://tinyurl.com/Race-Challenge>

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 suggestions for future editions, please email them to: comms@harpendenmencap.co.uk

Past editions of Your Newsletter are available via our website.

With grateful thanks for your support,

Angela Duce, CEO
Harpenden Mencap

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