office@harpendenmencap.co.uk
01582 460055
harpendenmencap.org.uk

mencap Harpenden

Your Newsletter - Autumn 2026

Dear Friends and Supporters
Welcome to the autumn edition of Your Newsletter from Harpenden Mencap. Scroll down to read about our upcoming events, volunteering opportunities and news!

LIFE with Harpenden Mencap

Learning • Involvement • Friendship • Employment

A brand new day opportunity service in Harpenden for adults with learning disabilities

What is LIFE?
LIFE (Learning, Involvement, Friendship, Employment) is our new day opportunities service for adults with learning disabilities who are looking for new and exciting activities and adventures.

Starting in October 2026
LIFE will be running on Mondays, Tuesdays and Wednesdays. We have a whole host of activities scheduled, requested by the people joining this service! These include creating a community litter picking group, trying out Hertfordshire Health Walks and sports, joining the Intergenerational Choir, visiting local coffee mornings, and starting a project with Harpenden Mencap's Allotment Club.

Who can join LIFE?
The service is open to young people and adults with learning disabilities over the age of 18. We welcome those living in Hertfordshire and further afield, so long as you can travel to and from Harpenden. You can register your interest in taking part by getting in touch.

clare@harpendenmencap.co.uk

Volunteers Needed!

We are recruiting a whole team of supporters to help us run LIFE:

- **LIFE Enhancers** - volunteers who can help participants feel welcome, included, and able to enjoy sessions in their own way.
- **LIFE Mentors** - volunteers who would like to share their particular skills, knowledge and experience with participants.

Become a volunteer: tinyurl.com/VolunteerwithHM

Big Give Christmas Challenge

Save the date: our Big Give Christmas Challenge launches on **1st December at midday**, giving you the chance to make twice the difference with one donation!

Be among the first to hear about the Big Give launch by expressing your interest via the email below.

comms@harpendenmencap.co.uk

Upcoming Events 2026-27

Before the end of the year, you can visit us at the following local events:

- **Harpenden Christmas Carnival** on Sunday 22nd November
- **Christmas Tree Festival** on Friday 11th and Saturday 12th December at Harpenden United Reformed Church

Beat the Blues Disco - our first event of 2027!

Get your glad rags on and beat the blues at our inclusive disco on Friday 15th January at Gibbons Hall. This is an evening for everyone, not just those supported by Harpenden Mencap. Tickets cost £10 which includes your first drink, and Support People go free.

Spring Quiz Night in aid of Harpenden Mencap

Our fundraising volunteers are hosting a Spring Quiz Night on Friday 5th February at Bennet's Club. It's designed to put a spring in your step during the chillier winter months. Book tickets online via the button below at £10 per person.

Charity Golf Day 2027

Our 15th annual Charity Golf Day will take place on Monday 28th June at Harpenden Common Golf Club. Always a brilliant day out for our supporters, it includes 18 holes of golf with competitions and awards, a delicious two-course dinner, silent auction and raffle. Tickets are available to book now, priced at £320 for 4-ball teams, and £35 for a non-player diner.

How to book tickets

Visit our Linktr.ee to purchase tickets online for each event. Don't miss out; get yours today!

www.linktr.ee/harpendenmencap

Annual General Meeting on 3rd November 2026

Our AGM will be held on Tuesday 3rd November at 4.15pm at Abbeyfield Hall (above the Co-op) in Southdown. Read the notice of AGM and agenda, and RSVP here:

- tinyurl.com/AGM-Notice26
- tinyurl.com/AGM-RSVP26

Your Feeback

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 get in touch via comms@harpendenmencap.co.uk

Past editions of Your Newsletter are available via our website:

https://harpendenmencap.com/press-media

With grateful thanks for your support,

Angela Duce
Harpenden Mencap CEO

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