

## CONGRATULATIONS!!!!

We are pleased to announce that another ROAR baby is on the way! Congratulations to volunteers Janou and Tom who are expecting a new arrival in March next year. They promise to bring their little bundle along to meet us all, but Elaine is first in the queue for a cuddle xxxxxx



### Thank you

Thank you to everyone who cannot make the sponsored walk, but has donated to Mitch's travel fund for next year's Special Olympics in LA. He will be sending out thank yous personally after the sponsored walk.

**Don't forget that photographs of most activities end up on our facebook group "ROAR with Dacorum Mencap". This is a private group, ask to join, and admin will let you in if you have a connection with Dacorum Mencap.**

This month 23 people booked activities and didn't turn up without letting us know they had cancelled. This means that these people have wasted their money, and when places were limited, others missed out, **please remember to cancel if you can't make it .**

We are always keen to find new members and also volunteers. If you know of anyone that would be interested please contact Elaine or Liz on 01442 247675 or 07879 855950



# ROAR

## August 2014 Newsletter

**A massive THANK YOU needs to go to all our volunteers who help us at our activities, and behind the scenes, planning and in the office. We couldn't do it without you. We have the BEST volunteers!**

**For more information about ROAR or to become a member,  
Please call Elaine on 01442 247675**

### **Bag Packing 2<sup>nd</sup> August**

Thanks to M&S and the Volunteer Centre, we got to get some work experience bag packing for a couple of hours at the check outs. Mitch, Conor and Charlie worked really hard. Well done guys!

### **Swan 4<sup>th</sup> August**

It was a great night at the Swan again. It was good to see so many there also some new faces as well. To see Birju's face when he beat Inno at ice hockey was priceless!

### **Nightclub 6<sup>th</sup> August**

This month we celebrated one whole year of Ministry of Mencap. Well done to our resident DJ Birju who has spun the discs for us every month. Continue to tell your friends about our special nightclub so that it can continue. Please make sure that your taxis home are booked for 10pm at the latest.

### **Knebworth 8<sup>th</sup> August**

We were very lucky with the weather on our trip to Knebworth House! We toured round the gardens and did the dinosaur trail, and some of us got lost in the maze! We sat outside and had a picnic before we went to the rock exhibition and toured the house; we even got a quick go on the slides in the adventure playground before we left for Hemel, what a great day.

### **Football Festival 10<sup>th</sup> August**

After weeks of glorious sunshine the heavens opened, so unfortunately the football festival had to be cancelled.

### **Picnic 11<sup>th</sup> August**

What a nice afternoon in the park playing some great games and playing on the swings. Thank you to the volunteers that helped on the day. We are looking forward to more days like this, everyone who attended and stayed had great fun.

### **Drop in 12<sup>th</sup> August**

At the drop in today we shared the Purple Folder film that was made by Kate many months ago. It is only just finally finished. The general consensus was that it would have been better if she had used a tripod and our ideas!

### **Football Club 14<sup>th</sup> August**

What a great night at football club. We couldn't do mini sports day outside due to weather, so we decided to have it indoors instead. We had 4 teams of 4 playing with bean bags hula hoops and skipping ropes. The winning team was Tommy, Kwasi, Charlie and Harry ( who did retire before the end). But the winner for me was volunteer Linda who laughed so hard and long she had us all crying with laughter.

### **Swan 18<sup>th</sup> August**

It was a great night again. The back room is getting quite popular now we have found it . Lots of games of ice hockey were played, but pool is the most popular game.

### **Canvey Island 22<sup>nd</sup> August**

We had a great time in Canvey Island. The weather was great and the people who attended made choices of what they wanted to do. Everyone supported each other in things they were less able to do, so, .thank you to everyone involved for making it a great trip.

### **Pub meet 28<sup>th</sup> August**

We had a nice evening at the Red Lion in Nash Mills, and we relaxed out in the pub garden. Some of us were feeling energetic and went and played on the swings! Others decided that the sofas outside were a great place for a quick nap!