

**Thursday 25<sup>th</sup> September – Boxmoor Trust, Old Barn, West Brook Hay Drive, off London Road, Hemel Hempstead.**

We have been invited back to Boxmoor Trust for some activity sessions and this month we will be doing pond dipping and a woodland creature hunt with Vicky. Please wear suitable clothing.

If you require transport up to the old barn we can provide a lift from Hemel Hempstead Station but you will need to let us know.

**Time – 1pm’ til 3pm (at the Old Barn, if you require a lift up the hill, you will have to arrange to meet us earlier)**

**Cost - £3**

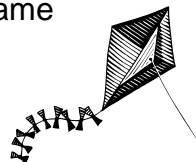
**Friday 26<sup>th</sup> September – Kite flying at Dunstable Downs**

We are going kite flying at Dunstable downs with Jason. Please wear suitable clothing and bring a picnic along.

This is a minibus trip and the bus will collect you from behind the bus stop in Gadebridge park, car park and return to the same place.

**Time – 10.30am ‘til 1.30pm**

**Cost - £4**



**\*\*\* Drop Ins, Every Tuesday 12 – 2pm @ St Marys Church Hall, 50p or £1.00 when food is provided \*\*\***

**Call Elaine on 01442 247675 or 07879 855950  
or email**

**[elaine.precious@dacorummencap.org.uk](mailto:elaine.precious@dacorummencap.org.uk)**

**If you have any queries or wish to cancel a booking.**

Dacorum Mencap  
48 High Street  
Hemel Hempstead  
Herts  
HP1 3AF



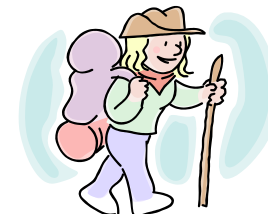
# R.O.A.R

Recreational Opportunities Allowing Respite

## Programme of Events for September 2014

**We have over 100 members so places for activities fill up quickly. As ROAR was set up to provide social activities for people who are unable to do this for themselves, we give priority to those people who without us would have no social life.**

**To get priority you must return your form to us by  
Friday 22<sup>nd</sup> August  
when all the booking forms will be processed.**



**Please ensure that you provide the right money with your booking form for activities.**

**Thank you to everyone for your support in continuing to make ROAR a roaring success!**

**Wednesday 3<sup>rd</sup> September – Ministry of Mencap, Function Rooms, Hemel Bus station, Hemel Hempstead.**

Come along to our monthly nightclub for adults with learning disabilities. Meet friends, old and new! Bring along your carer, family and friends.

**Time – 6pm ‘til 10pm**

**Cost - £5 payable on the door**



**Friday 5<sup>th</sup> to Sunday 7<sup>th</sup> September – Phasels wood weekend.**

Have a great time all the people that are booked onto the weekend!!! No more places available.

**Monday 8<sup>th</sup> and 22<sup>nd</sup> September - Evening at the Swan Youth Centre, Berkhamsted High Street.**

Join Lucille for an evening at the Swan Youth Centre with your friends. We have the usual, table football, air hockey, music and pool. Bring change for the tuck shop.

A minibus is available from behind the Police Station in Hemel Hempstead. **Bus places are limited, you must book your place with Elaine.**

**Time - 7pm ‘til 9pm.** If you are getting the minibus, we meet at 6:30pm and return at 9:30pm.

**Cost - £3 or £6 with minibus.**



**Wednesday 10<sup>th</sup> September – Bowls in Berkhamsted.**

Join Lucille for a game of bowls at Berkhamsted Bowls Club, Kitchener’s Field. Meet in front of Berkhamsted Train station where you will be collected and returned to. This is green bowls so you must wear flat shoes to be on the green. Please wear sensible clothing and bring a drink.

**Time - 12pm’ til 2pm**

**Cost - £2**



**Sunday 14<sup>th</sup> September – Sponsored Walk for Mitchell Camp, Fisheries Inn,**

Mitchell is raising money to go to America to take part in the Special Olympics in Los Angeles. We want to help him with his fundraising and so are having a sponsored walk.

Come along and help send Mitchell to America.

Come with friends and family (please let us know if you are bringing anyone else). Your sponsorship form is with your programme. We will be meeting outside the Fisheries Inn in Hemel Hempstead, HP1 1NA and walking about 4 miles to Berkhamsted Football Club.

**Time - 11.30am ‘til 2pm**

**Cost - £3 (includes hotdog and chips)**



**Tuesday 16<sup>th</sup> September – Drop In**

Vicky is doing a craft session for us. You can make a bracelet and keyring with your name on. Come and give it a try.

**Time – 12 – 2pm**

**Cost - £5**

**Thursday 18<sup>th</sup> September- Berkhamsted Football Club, Broadwater, Berkhamsted.**

Karaoke time at Berkhamsted Football Club again! Come and sing your heart out with Lucille. Have a drink with friends and meet new people. Think about what songs you want to sing before you come.

**Time - 8pm ‘til 10pm**

**Cost - £2**



**Saturday 20<sup>th</sup> September – Around the World in a Dozen Dances at the Old Town Hall, Hemel Old Town, HP1 3AE**

Come along for an afternoon of music and dance from around the world.

We have a limited amount of tickets so book early! You will need to bring money if you would like to buy a drink in the break. Meet outside the Old Town Hall.

**Time - 1.45pm ‘til 4.45pm (performance starts at 2pm)**

**Cost - £6**

