

Learning Disability News

March 2019

Message from Our Joint Chief Executives



Dear Members,

Welcome to our Spring newsletter. We would love to see as many of you as possible at our **AGM on Monday 29th April** at 7.30pm at Easthampstead Park Conference Centre. We are looking forward to Cllr Alvin Finch, the Bracknell Forest Council Mayor, presenting Award Certificates to participants of the Gateway project. We are also pleased to announce that the Bracknell Forest Council Mayor's Poet (Clare Bevan) will read the poem that she has especially written for Wokingham, Bracknell & Districts Mencap.

We have vacancies for trustees to join our Board of Trustees. Part of the role of our Board is to oversee the management of our charity and that includes ensuring sustainability for all the services we offer. A number of our current Board of Trustees, including our Treasurer, will be standing down at our AGM. We have a new Treasurer who will be taking over, but are looking for carers and people with business skills to join the Board. If you would like to have a chat about what is required, please phone the office on 0300 777 8539 and talk to Heather or Mary.

As part of our ongoing work on our rebranding, a graphic designer has been working on our logo (for free) and has come up with some great suggested designs. We will be asking members at the AGM to choose their favourite design to become the new logo for our charity. We are not planning a change of name for the charity at this point.

We are sad to announce that after reviewing funding for all the services that we run, our Board of Trustees have taken the decision to close the **Friday Alternative** group at the end of May 2019. Unfortunately the income from club fees is not enough to cover the group's running costs. All participants have been notified by letter. The last session will be on Friday 31st May.

On a more positive note we have a number of very enthusiastic 'volunteers' who will be taking part in sponsored sky dives for our charity. You can find details of how to sponsor 1 or more of these brave people on page 2.

Don't forget to keep putting all your unwanted clothes in the clothes banks located around the car parks in Bracknell where it states that the proceeds go to the Mayor's Charity.

Heather and Mary
Joint CEOs

**A local
charity
supporting
local people
to be
included in
their local
community**

**Bracknell
Forest
Borough
Mayor's
Charity of
the Year
2018-2019**

FUNDRAISING & NEWS

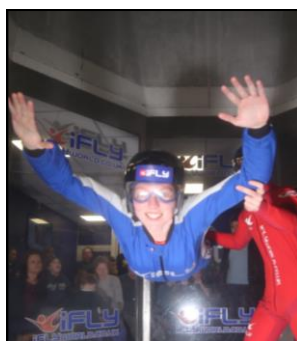
THANK YOU

To all those who have donated money to us during the past few months or helped us to fundraise in some way.

Event	Amount Raised
Asda Green Token Scheme	£200
Reading Lodge of Union 414	£1000
Mondelez International	£100
Residents of Stevens Court	£35
A Goddard	

THANK YOU

CHARITY SKYDIVE



We have a team of brave volunteers who are going to undertake a tandem skydive for us over the summer months to raise funds for the Gateway project.

We have set up a Virgin Moneygiving page so that you can sponsor our brave volunteers online.

Go to: <https://www.virginmoneygiving.com/fund/wbdmskydive>
OR

You can contact us at the office on 0300 777 8539 or via admin@wokinghammencap.org to sponsor them.

Bracknell Forest Mayor's Charity of the Year 2018-19

The Mayoral year is almost coming to an end but there is still a chance to help raise money towards the running costs for the Gateway project.

If you would like to help raise funds for this great project you can donate your unwanted clothes to one of the clothes banks which are located in car parks around the Bracknell Forest Borough, where it states that the proceeds go to the Mayor's Charity. Proceeds from these will be donated to our charity.

NEWS

DON'T FORGET! OUR ANNUAL GENERAL MEETING

Our AGM will this year take place on **Monday 29th April at 7.30 pm** at **Easthampstead Park Conference Centre**

This is a time for us to reflect on our achievements during 2018 and also look forward to the future. We are looking for Trustees as a few of our current Board will be standing down at the AGM. **If we do not have Trustees then the Charity will have to close** so if you are interested or have skills such as health and safety, safeguarding, HR, marketing, legal or caring and would like to know more please contact Heather or Mary at the office on 0300 777 8539.

An agenda for the meeting is included with this newsletter and other documents, including our annual report and accounts will be available at the meeting itself.

Please come along and support us.

PLEASE NOTE MEMBERSHIP FEES FOR 2019 ARE OVERDUE.

**FEES ARE DUE ON 1st JANUARY
FOR THE CALENDAR YEAR 2019.**

**PAYING YOUR MEMBERSHIP FEE
ALLOWS YOU ACCESS TO OUR
SERVICES AND CLUBS INCLUDING
OUR MAILINGS AND ENSURES
THAT YOU ARE COVERED BY OUR
PUBLIC LIABILITY INSURANCE IF
YOU OR YOUR FAMILY MEMBER
ATTEND ANY CLUB OR EVENT.**

**Please contact the office for details
of how to pay or if you are not sure
if you have paid.**

Hellos and Goodbyes



Welcome to Simone Mark, who joined us in February to be our new Family Liaison Worker in Wokingham working with carers and families whose young person with a learning disability is going through transition or who care for an adult with learning disabilities. Simone has been meeting carers and professionals and getting to know everyone.

In February, Laura McClintock joined us as our Co-ordinator at the Youth Club @ Addington. Laura has also been getting to know the Youth Club members and staff.

Currently we have a job vacancy for a Support Worker at @ The Acorn. (See Page 5)

smile.amazon.co.uk

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Support your charitable organisation by starting your shopping at smile.amazon.co.uk. Use this link to raise funds for us:

<https://smile.amazon.co.uk/ch/1122662-0>

SOCIAL GROUPS & EVENTS

Paul's Karaoke



Kirsty Regan and volunteers run karaoke evenings on a Wednesday for everyone over 16 years old with a learning disability. Come along and join in the fun! Soft drinks provided.

7.30 – 9.00 p.m.

In the Rose Room, Rose Street Methodist Church, Rose Street, Wokingham

£4 per session

Dates of Future Meetings:

10^h April (only 1 session in April)
8th & 15th May
12th & 19th June

(Funded by Donations & Fundraising)

@ THE ACORN SOCIAL GROUP

Tuesday evenings from 7pm to 9pm at the Acorn Community Centre, Fernlea Drive, Woosehill, Wokingham, RG41 3DR.

A social group for all people aged 16+ with learning disabilities including people with more complex needs.

An opportunity for people to meet with their friends, do fun things and make new friends in a relaxed and suitable venue. They can do activities, listen to music or just hang out with friends in the Rainbow Café.

Activities this Spring will include Playdough, Bongos, Easter Sock Bunnys, St Georges Day Quiz and a Penalty Shoot out.

COST: £4 per session (to be invoiced in advance) or £8 Ad Hoc

For more information contact the office on 0300 777 8539

1:1 support is not currently provided

(Funded by club fees and a grant from United Charities)

BRACKNELL SOCIAL GROUP

A social group for adults aged 18+ with mild to moderate learning disabilities.

An opportunity for people to meet new people, make friends and have fun!

The group meets every Tuesday evening at venues within the community.

Activities for April include:

Tuesday 2nd April – Meal and Disco at the Bridge

Tuesday 9th April – Swimming at Coral Reef

Tuesday 16th April – Fun and Games at the Court House

Tuesday 23rd April – Easter Hunt at the Look Out

Tuesday 30th April – Walk at South Hill Park and Picnic

For more information including times, costs and how to book please contact 07557 231360 or email chris@bracknellmencap.org. There is a weekly charge of £3 per person (to be invoiced in advance or £6 ad hoc).

(Funded by club fees and fundraising)

The Friday Alternative Social Group

A social group for young adults aged 18+ with mild Autism or Aspergers.

The meetings in April will be:

- **Wednesday 10th April – Wokingham Superbowl**
- **Friday 26th April – Ye Olde Leathern Bottel**

More information about future meetings will be sent by email to the Friday Alternative members. To be added to the mailing list please call Ruth on 07929 114179, email autism@bracknellmencap.org, or phone the office 0300 777 8539.



(Funded by donations and charges)

SOCIAL GROUPS, NEWS & EVENTS

Gateway



What is the Mencap Gateway Award?

The Gateway Award is a programme of activities, designed to give adults with learning disabilities and/or autism the opportunity to:

- Experience real challenges
- Express creativity
- Increase confidence and independence
- Gain a sense of personal achievement

How does it work?

There are three levels: Bronze, Silver and Gold. Bronze will take about a year to complete and then will increase as you enter the next level.

On completion of each award level an award Ceremony will be held where participants will be presented with a Gateway award certificate and badge.

Workshops are once a week on Thursday and costs £5.

The enrolment fee is £21 for the Awards and is payable after a trial period.

Participants need to be members of Bracknell Mencap, which also gives access to many other helpful clubs and services.

(Membership costs £15, and is payable yearly each January)

Other charges may be incurred for some projects, such as fitness or adventure challenge units.

Participants will need sensible walking shoes in order to take part in the hike during early summer.

For more information contact: Heather Ward on 0300 7778539 or mobile: 07827340407 or email: gateway@bracknellmencap.org

JOB VACANCIES

We are looking for enthusiastic and self-motivated people to join our charity. Experience of working in similar positions is desirable, but full training will be given for the successful applicants

SUPPORT WORKER – @ The Acorn Wokingham

Average 2.5 hours per week - £8.50 per hour

We have a vacancy for a Support Worker at our Adult Social Group in Wokingham, @ The Acorn. The group takes place on Tuesdays between 7.00pm and 9.00pm at The Acorn Centre, Fernlea Drive, Wokingham, RG41 3DR. @ The Acorn is for adults aged 16+ with learning disabilities including those with more profound learning disabilities and the support worker will assist in providing activities at the club including playing games, arts & crafts, music, cooking and much more.

For further details and a job specification please contact the office on 0300 777 8539 or email admin@wokinghammencap.org

References and an Enhanced DBS check will be carried out on the successful candidates

CARERS GROUPS & EVENTS

CARERS' GROUP MEETINGS

Our Carers' Group meetings bring together family carers from a wide range of backgrounds and offer an opportunity to meet the local Wokingham & Bracknell Mencap staff and share experiences and offer support to one another. We often have guest speakers and we welcome your suggestions for activities.



WOKINGHAM MENCAP CARERS' GROUP MEETINGS

This group has been running for 16 years. We hold a lunch and a coffee morning on alternate months in the Rose Room, Rose Street Methodist Church, Wokingham.

If you would like to attend please let us know at the office on 0300 777 8539.

Future Meetings

Tuesday 9th April – Carers' Coffee Morning 10.00am-12 noon

Tuesday 14th May – Carers' Lunch 12.15pm-2.00pm

BRACKNELL MENCAP CARERS' GROUP MEETINGS

This group has been running for 9 years. We alternate between a lunch held at the New Priestwood Community Centre, Priestwood Court Road, Bracknell, RG42 1TU and a coffee morning in the Court House (opposite Easthampstead House) RG12 1AE.

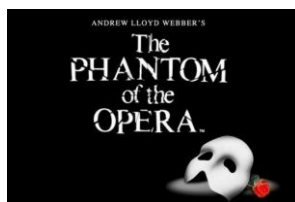
If you would like to attend please let us know at the office on 0300 777 8539.

Future Meetings

Thursday 18th April – Carers' Coffee Morning 10.00am-12noon

Thursday 16th May – Carers' Lunch 12.15pm-2.00pm

Carers' Theatre Trip



45 carers from Bracknell and Wokingham enjoyed a wonderful night at the theatre in London on Thursday 14th March watching The Phantom of the Opera. We had a fantastic view from our seats right at the front of the stalls, although a few of us had our eyebrows singed by the special effects!

CHILDREN'S GROUPS & EVENTS

Smiles for Sibs Groups – Wokingham & Bracknell

We run two siblings groups, one in the Wokingham Borough, and one in Bracknell Forest providing the opportunity for Sibling children to have some 'Me' time; meet other siblings; try out various activities; play games together and have FUN!

Mondays 4.15pm - 6.00pm at Woodley Airfield Community Centre
(Closed for Easter holidays from Friday 5th April. Club restarts on Monday 29th April)

Thursdays 4.30pm – 6.15pm at Braybrooke Community Centre
(Closed for Easter holidays from Friday 5th April. Club restarts on Thursday 2nd May)

There is a small cost per session of £1.00

For further information contact the office on 0300 777 8539.
Please note these clubs run during term time only.



Funded by Children in Need



YOUTH CLUB @ ADDINGTON SCHOOL

Every Wednesday during Term-time, 7pm - 9pm
(Club re-starts Wednesday 24th April after Easter holidays)

For young people with learning disabilities between the ages of 13 (Year 9) & 19

Activities for the Spring term include:
Wednesday 3rd April - Pizza and Movie night
Wednesday 24th April - Games Night

For further details please contact the office on 0300 777 8539

[This club is funded by a grant from Berkshire Community Foundation's Give a Child a Chance fund and parental contributions of £5 per session, invoiced half-termly]

Charity Quiz Night for Bracknell Forest Mayor's Charity Friday 5th April

Easthampstead Park Conference Centre

Easthampstead Park Conference Centre are holding a Charity Quiz Night to raise funds for Wokingham, Bracknell and Districts Mencap. Tickets cost £15 per person and the price includes a 2 course fork buffet.

For further information and to book tickets go to:
<https://www.eastpark.co.uk/Whats-On/charity-quiz-night.html>

NEWS & EVENTS FROM OTHER GROUPS



CLASP Coffee Shop

CLASP is a self-advocacy charity for adults with learning disabilities in Wokingham. CLASP runs a weekly drop-in Coffee Shop every Tuesday from 10am-12noon at the Bradbury Centre in Wokingham. CLASP invites visitors to come along to the Coffee Shop to give support and run activities. The following activities are happening in April:

2nd April – Waffle Station

9th April – Book Corner with Heather Dyson and Visit from Jodie & Nikita from Optalis

23rd April – Visit from Kerrie Carpenter, UK Parliament Representative

For further information please contact Anna on:

Office: 01189796364 Mobile: 07780749453 Email: anna.overd@claspwokingham.org.uk



Forget-me-Knot opens to the public on the 1st April 2019 at 12 noon. With a focus on the quirky, vintage, retro and unique, *Forget-me-Knot* will be a welcoming, accessible place where people can browse, enjoy a cup of coffee, play on the retro games machine, meet up with friends and receive advice and information on the groups and services available in the community to support them. It will also be a place to find new hand crafted and upcycled items. **Forget-me-Knot is based at 9 Wildridings Square, Bracknell, RG12 7SJ.**

It will also be providing volunteering and employment opportunities for people who, because of their disabilities and/or support needs may find it difficult to find other opportunities to contribute to their community and develop valuable employment and life skills.

The Ark welcome donations and enquiries from anyone who wishes to volunteer. For further information contact Andrea on 01344 266899 or andrea@theark.org.uk

Rough Guide to Accessible Britain

Packed with over 180 reviews of accessible and inspiring days out, there's something for everyone in the Rough Guide to Accessible Britain. The Guide aims to inspire and support people with diverse needs in enjoying the best of Britain's attractions – whatever their disability.

For further information go to: <https://www.motability.co.uk/news-views-and-events/rough-guide-to-accessible-britain/>

MORE NEWS & EVENTS FROM OTHER GROUPS

Carers' Craft



This craft group is run by carers for carers.

At Wokingham Fire Station
Easthampstead Rd, Wokingham

10am - 12 noon

The meetings for 2019 are on:

11th April

9th May

13th June

11th July

8th August

12th September

10th October

14th November

12th December

Contact Pat on 0118 9340288

Or email: regans2@btopenworld.com

Wokingham Carers Hub Support Group

You are warmly welcome to attend this group for a cuppa and to meet up with other carers. Please call us at the Hub if you have any queries before attending.

General Carers Group

held every 2nd Wednesday of the month
10 - 12pm.

Next group is at The Berkshire Care Home, 126 Barkham Rd, Wokingham, RG41 2RP

Future dates

10th April 2019

8th May 2019

Tel: 0118 324 7333

Email: janineoakley@berkshirecarershub.org



Unpaid carers are people who support members of their family or friends and neighbours who have a disability or long-term health condition.

SIGNAL stands for Support, Information, Guidance, Networking, Advice and Learning. These terms generally describe what the SIGNAL service provides for carers.

This service is provided in and funded by the Local Authorities and Clinical Commissioning Groups in the Royal Borough of Windsor and Maidenhead and the Bracknell Forest area.

Last year we registered over 1000 active carers to which we provide a wide range of support to which includes;

Listening, Encouragement and Emotional Support
Financial, Benefits and Health Information
Newsletters
Social and Education events
Training and a lot of advice

Contact 01344 266 088 to register with the service

www.signal4carers.org.uk

Bracknell Forest Carers Support Group

Bracknell Forest Carers Support Group runs 2 groups for carers including working carers and ex-carers.

The working carers' group meets on one Tuesday a month at South Hill Park Café, South Hill Park, South Hill Rd, Birch Hill, Bracknell RG12 7PA from 5.30pm-7.00pm.

The group for ex-carers meets on one Wednesday a month at Crown Wood Community Centre, Opladen Way, Bracknell, RG12 0PE from 10am to 12 noon

For more information contact: 07972 609621

MORE NEWS FROM OTHER GROUPS

Training Courses at The CresCent Centre, Lower Earley

Free Employability Workshops

Monday 1 April 9.30am-12.30pm - Is volunteering for You? – Do something amazing! Find out how volunteering can benefit your job search and your life

Monday 29 April 9.30am-12.30pm - Confidence Building Workshop – Practical techniques to identify your strengths and boost your self confidence in preparation for work

IT Courses

Wednesday 3 April 10am-3pm (£25) - Explore Ebay - Learn how to buy and sell on Ebay

Wednesday 24 April-22 May 10am-12noon (£50) - Introduction to Windows 10 - A 5 week course to highlight the Windows 10 operating system and new office apps

Wednesday 24 April-22 May 1pm-3pm (£50) - Start Computing – A 5 week course to help you feel comfortable with using a computer including writing a letter and using the internet

Thursday 25 April-9 May 1pm-3pm (£30) - Discover the Cloud and how it works

Courses for people working for voluntary/community groups

Wednesday 3 April 9.30am-5pm (£50) - Level 2 accredited course in Food Safety in Catering

For further information contact The CresCent Centre on 0118 9210555 or email: earleycrescent@btconnect.com

'Learn My Way' Computer Course



The Wokingham Learning Disability Partnership Board (LDPB) is working with the Adult Education team at Wokingham Borough Council to offer training sessions for adults with learning disabilities to improve their confidence in using a computer. Topics will include using a mouse, keyboard and Internet basics. There are still places available on the session on Wednesday 3rd April from 10am to 12noon at Wokingham Library. The Board is also running another session on Wednesday 15th May from 10am to 12noon at Wokingham Library. To book a place, please contact Adult Education on tel: 01189 743 797 or email: adulteducation@wokingham.gov.uk

Tell us about your care: There is so much for a disabled person to think of when visiting their GP or hospital – the parking situation, will the receptionist understand my request, what if I need to change my appointment? The regulator for care and the NHS in England is The Care Quality Commission (CQC) and they're asking disabled people, those living with a long-term health condition, and their families to share their experiences through the Tell Us About Your Care survey. You can help shape the plans for the NHS by completing the survey at <https://www.cqc.org.uk/share-your-experience-finder?referer=disabilityrights> so that the CQC will be better able to understand the needs of disabled people. If you're not able to complete the survey online and would like to call us to do it on your behalf, please call Monday-Friday (afternoons are usually quieter) on 0330 995 0400, choose Option 1 and quote; 'CQC' when your call is answered.

MORE NEWS & EVENTS FROM OTHER GROUPS

Information about Council tax in Wokingham

For the purpose of Council Tax a person is disregarded as severely mentally impaired, if he or she suffers from severe mental impairment of intelligence or social functioning which appears to be permanent e.g. Alzheimer's or other similar illnesses.

The person must be certified by a doctor as severely mentally impaired and entitled to certain benefits.

- If you live with others, you will still qualify for a discount. If everyone is disregarded i.e. SMI, Student, Carer, a 50 percent discount is awarded
- If everyone but 1 person in a property is disregarded, a 25 percent discount is awarded
- If one person occupying property and is severe mentally impaired, a 100 percent discount is awarded
- If more than 2 people are not disregarded, no discount can be awarded

For further information go to :

<http://www.wokingham.gov.uk/council-tax/discounts-and-appeals/council-tax-discounts-for-people-with-severe-mental-impairment/>



If you are encountering difficulties securing help with health, social care and education support services, expert advice on what steps to take will be available at a free workshop with the charity Cerebra that Autism Berkshire is hosting in Reading in May. The workshop is open to all parents and carers of children with additional needs from the whole of Berkshire - and professionals who support them.

The Accessing Public Services Toolkit workshop will be led by trainers from Cerebra, who support children with brain conditions and their families.

The workshop will take place at RISC, in London Street, in the centre of Reading, on Thursday, May 23, from 10am to 2pm.

Click this link for more details of the workshop and to register for free places.

<https://bit.ly/2UTYznF>

Click this link for more information about the Accessing Public Services Toolkit and Cerebra

<https://bit.ly/2HzT367>

Carers UK State of Caring 2019 survey

The survey is the UK's most comprehensive research into the lives and experience of carers and many professionals who work with carers find the results provide a useful evidence base for their work locally.

Last year it was completed by over 7000 carers and Carers UK used the evidence to push carers up the agenda for policy makers and to campaign for recognition and change across the UK.

Please complete this survey if you are a carer yourself. The closing date is **24 May 2019**. Go to:

[https://www.carersuk.org/news-and-campaigns/state-of-caring-survey-](https://www.carersuk.org/news-and-campaigns/state-of-caring-survey-2019?utm_source=Carers%20UK&utm_medium=email&utm_campaign=10340353_Carers%20UK%20State%20of%20Caring%20Survey&dm_i=74C,65MO1,QWFQDR,O7RUT,1)

[2019?utm_source=Carers%20UK&utm_medium=email&utm_campaign=10340353_Carers%20UK%20State%20of%20Caring%20Survey&dm_i=74C,65MO1,QWFQDR,O7RUT,1](https://www.carersuk.org/news-and-campaigns/state-of-caring-survey-2019?utm_source=Carers%20UK&utm_medium=email&utm_campaign=10340353_Carers%20UK%20State%20of%20Caring%20Survey&dm_i=74C,65MO1,QWFQDR,O7RUT,1)

MORE NEWS



Build Better Relationships

Struggling to communicate at home or at work?
Would you like a happier, more positive relationship
with yourself and others?
Learn the secrets to achieving relationship success.

Monthly Evening Lecture with Les Flitcroft

Friday 3rd May, 7.30pm - 9.30pm

Coronation Hall, Headley Road, Woodley, RG5 4JB
www.ukpranichealing.co.uk info@ukpranichealing.co.uk
Streamed LIVE to other venues in the UK, Ireland, Gibraltar & Costa del Sol



Windsor Lions Fun Fest **Sunday 7th April** 2pm-6pm Windsor Leisure Centre

For children with disabilities and learning difficulties.

Activities will include: Human Table Football, Obstacle Course, Soft Play Area, Wii, Bungee Run & Bouncy Castles. The backdrop is the leisure pool with wave machine and slides etc. and there will be a children's entertainer for the smaller children (aged 3-8). Registration essential

Please [click here to register](#) and any questions please email: funfest@windsorlions.co.uk

DIRECTORY OF USEFUL INFORMATION

Wokingham, Bracknell & Districts Mencap

www.wokinghambracknellmencap.org

Email: admin@wokinghammencap.org

Tel: 0300 777 8539

Royal Mencap Society

www.mencap.org.uk

Tel: 0207 4540454

Mencap Direct

Email: helpline@mencap.org.uk

Tel: 0808 8081111

Autism Berkshire

www.autismberkshire.org.uk

Email: contact@autismberkshire.org.uk

Tel: 0118 9594594

Carers Trust

www.carers.org

Email: info@carers.org

Tel: 0300 772 9600

Carers UK Advice Line

www.carersuk.org

Email: advice@carersuk.org

Tel: 0808 8087777

Cerebra

www.cerebra.org.uk

Email: info@cerebra.org.uk

Tel: 0800 328 1159

Citizens Advice Bureaux:

www.citizensadvice.org.uk

Wokingham

Email: public@citizensadvicewokingham.org.uk

Tel: 0300 330 1189 (Wokingham)

Reading & Bracknell

Tel: 03444 111 306

National Autistic Society

www.autism.org.uk

Tel: 0808 8004104

seAp Advocacy

www.seap.org.uk

Email: info@seap.org.uk

Tel: 0330 440 9000

Stop Hate UK

www.stophateuk.org

Email: info@stophateuk.org

Tel: 0808 802 1155

BRACKNELL ORGANISATIONS:

Adviza

www.adviza.org.uk

Email: info@adviza.org.uk

Tel: 0118 402 7050

Be Heard

www.seap.org.uk

Tel: 07713 196798

Breakthrough Supported Employment Services

Email: Karen.scott@bracknell-forest.gov.uk

Tel: 01344 307554

Bracknell Forest Carers Support Group

Tel: 07972 609621

Bracknell Parent Carer Forum

www.bracknellpcf.com

Tel: 07541 668115

Community Team for People with Learning Disabilities (CTPLD)

www.berkshirehealthcare.nhs.uk

Tel: 01344 354466

Family Information Service

Email: fis@bracknell-forest.gov.uk

Tel: 01344 353133

Friday Night Project (Hosted by the Ark)

www.theark.org.uk

Email: info@theark.org.uk

Tel: 01344 266899

Healthwatch Bracknell Forest

www.healthwatchbracknellforest.co.uk

Tel: 01344 266911

InnerSense

<http://innersense.org.uk>

Email: innersenseoffice@gmail.com

Tel: 01344 530965 (Tues-Fri 9am-5pm)

Involve

<http://involve.community>

Tel: 01344 304404

Kennel Lane School

<http://www.kennellaneschool.com>

Email: secretary@kennellaneschool.com

Tel: 01344 483872

Kerith Community Church (Hilltop & Konnections)

<http://kerith.church/>
Email: info@kerith.church
Tel: 01344 862699

Information, Advice & Support Service (formerly Parent Partnership)

Email: SEND.Support@bracknell-forest.gov.uk
Tel: 01344 354011

Short Breaks (formerly Aiming High)

Email: short.breaks@bracknell-forest.gov.uk

SIGNAL

<http://www.signal4carers.org.uk>
Email: info@signal4carers.org.uk
Tel: 01344 266088

The Ark

www.theark.org.uk
Email: info@theark.org.uk
Tel: 01344 266899

The R Bus

<http://www.bracknell-forest.gov.uk>
Email: RBUS@bracknell-forest.gov.uk
Tel: 01344 352095

Well-Being & Leisure

Tel: 07887 632627

WOKINGHAM ORGANISATIONS:

ASD Family Help

<http://www.asdfamilyhelp.org>
Email: contact@asdfamilyhelp.org
Tel: 07707 660599

Addington School

<http://addington.schooljotter2.com/>
Email: office@addington.wokingham.sch.uk
Tel: 0118 9669073

CAN Network

<http://www.wokingham.gov.uk>
Email: CAN.network@wokingham.gov.uk
Tel: 0118 9746897

CLASP

www.wokinghamclasp.org.uk/cm/
Email: admin@claspwokingham.org.uk
Tel: 0118 9796364

Crossroads

www.wokinghamcrossroads.org
Email: contact@wokinghamcrossroads.org
Tel: 0118 9795324

Healthwatch Wokingham

<http://healthwatchwokingham.co.uk>
Email: enquiries@healthwatchwokingham.co.uk
Tel: 0118 4181418

Optalis

<http://www.optalis.org>
Email: info@optalis.org
Tel: 0118 9778600

REACH Wokingham

<http://www.reachwokingham.com/>
Email: reachwokingham@hotmail.co.uk

SEND Carers United

www.sendcarersunited.co.uk
Email: admin@sendcarersunited.co.uk

The Acorn Centre

Email: acorncommunitycentre@wokingham.gov.uk
Tel: 0118 9746341

WBC Disabled Children's Team

Tel: 0118 9746881

Wokingham Outreach Carers Service

www.wokinghamoutreachcarersservice.org.uk
Email: ask@berkshirecarershub.org
Tel: 0118 324 7333

M2 Club

www.me2club.org.uk
Email: info@me2club.org.uk
Tel: 0118 969 6369