



PPROMISE
INCLUSION

Registered Charity No. 1122662

NEWSLETTER

DELIVERING ON THE PROMISE THAT ALL PEOPLE MATTER

December 2019

SUPPLEMENTARY
NEWS HEADLINES



Christmas Opening Hours

The office will close midday on Thursday 19th December and will re-open on Monday 6th January

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MESSAGE FROM OUR JOINT CEOS

Well the time has come to say 'goodbye' as the song says. After 22 years with the charity I am retiring at Christmas. I don't think I'm going to get off that lightly though as Mary has already put me on the 'volunteer' list for fundraising events! I have been overwhelmed with the lovely messages and gifts and would like to say a huge Thank You to all you lovely members – many of whom I have become good friends with over the years. I would also like to say a massive Thank You to Mary and the wonderful staff team at Promise Inclusion – I couldn't have done my job without their support and dedication. Mary will be taking over as CEO with support from the Board of Trustees. We have also managed to get funding for a dedicated fundraiser which hopefully will take a lot of the pressure off Mary. I'm sure that I will still see a lot of you at different events – only this time I won't be working!

With very best wishes for a peaceful Christmas and a happy New Year

Heather & Mary
Joint Chief Executive

Membership fees are due now – please see page 2 for further details.

We have 2 Job Vacancies – please see page 2 for further details

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Membership Fees 2020

Promise Inclusion (formerly Wokingham, Bracknell & Districts Mencap) is a membership organisation and its annual membership fee (currently £15 per year) is due on the 1st January of each year. This membership fee ensures that anyone attending any activity or club that we run is fully covered by our insurance.

From January 2020 all members will be sent an invoice for this fee with terms to pay by the end of the month. A reminder will be sent in February and if the membership payment has not been received by the end of February the member will be removed from the database except in cases of genuine hardship, which have been agreed in advance with the CEOs. You will not be able to attend a club or activity, even if you have paid the club fees, if you have not paid the membership fee.

If you already have a standing order set up for our membership fee, can you please ensure that this fee comes out at the beginning of January from 2020 and that it is for £15.

(This policy was agreed by the Board of Trustees on 1st August 2019 and is effective from 1st January 2020.)

Job Vacancies

Promise Inclusion is a local charity working with people with a learning disability and those with an autism spectrum condition, their carers and families. We have the following job opportunities:

FAMILY LIAISON WORKER – Transition and Adults

Wokingham

13 hours per week over 2/3 days - £22,750 pro rata (based on 35 hour working week)

We have a vacancy for a part time Family Liaison Worker to be part of our Family Liaison Team and to support Wokingham families with young people of transition age and adults with a learning disability and/or autism spectrum condition. We are looking for a self-motivated, empathetic and flexible person to provide a direct information and support service to carers and families of people with a learning disability. Knowledge of the needs of the learning disabled and those with an autism spectrum condition and their families is desirable. Must have own transport.

FUNDRAISER

10 hours per week. May be flexible as occasional out of hours working- £24,570 pro rata (based on 35 hour working week).

We have a vacancy for a part time fundraiser to develop and increase the fundraising potential of Promise Inclusion through charitable trusts, statutory funders, community and corporate fundraising and explore all opportunities to increase funds i.e. grants, trusts, regular giving and to expand Pinc's community and corporate funding to grow revenue. The ideal candidate needs to be someone comfortable asking for money, with an ability to recognise and capitalise on funding opportunities and be able to build and maintain relationships with funders. This post will initially be a one-year contract based at The Court House, Bracknell.

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. This time of year is always busy for us with a number of regular fundraising events.

Special thanks to Sonning Golf Club who raised the fantastic sum of £725 at the 2nd and 3rd Annual Team Match and which will help to fund our Paul's Karaoke group.

A huge thank you to Bracknell Waitrose Community Matters scheme and all who put their green tokens in our box as they gave us a cheque for £277.



Thank you also to the Rotary Club of Easthampstead and everyone who supported us and bought tickets. We expect to raise at least £290 from the sale of tickets, which is wonderful.

Thank you to all those who volunteered and helped us at Wokingham Winter Carnival, Woodley Extravaganza, Santa's Sleigh and with tin shakes at Morrison's, Woosehill, Wokingham and Tesco's, Wokingham. In total we raised £1169.68

Morrison's Tin Shake	£231.78
Wokingham Carnival	£263.14
Woodley Extravaganza	£234.75
Santa's Sleigh	£256.16
Tesco's Tin Shake	£183.85

SPECIAL THANKS TO L& G HOMES

We would like to say a huge thank you to everyone at L& G Homes who has supported us as their 3 Charity of the Year for 2019. The company have been fantastic raising in excess of £26,000 for the charity with a number of fundraising events throughout 2019 including a Gala Dinner. L& G's staff has been lovely and supportive all year welcoming us into their office and making us feel at home and going over and above to support us. Two of their wonderful staff even volunteered to help at our Christmas Party. We were overwhelmed by the support they gave to us and certainly never expected them to raise such a large amount for us. This money means that our Adult Social Groups are now funded for at least another year and we have a contingency to ensure all our current services continue.

smile.amazon.co.uk

You shop. Amazon gives.

Amazon donates 0.5% of the net purchase price (excluding VAT, returns and shipping fees) of eligible purchases to the charitable organisation of your choice. AmazonSmile is the same Amazon you know - same products, same prices, same service.

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>

Please note you cannot access Amazon Smile via your normal Amazon page or app, you have to go into the Amazon Smile through the link or your browser and then use your Amazon log in details.

GOODBYE HEATHER

Staff, Trustees and members are sad to say goodbye and a big thank you to Heather. After 22 years with the charity and 12 years as the Joint CEO Heather's last day will be 19th December as she heads off to a relaxing (we hope), but probably busy retirement. Heather has made a huge impact on the charity - initially as a Trustee in the early days helping to do the admin and establish the charity and for the past 12 years as Joint CEO working to expand the work of the charity and grow its services to ensure the charity's valuable work continues.



She has been, and continues to be, a passionate advocate for the rights of people with a learning disability and she will be missed not just by the charity but by the whole of the local learning disability community. We all wish her well!



CHILDREN'S & FAMILY CHRISTMAS PARTY

On Friday 29th November we held our annual Children's and Family Christmas Party at the Crescent Centre in Lower Earley. 25 children came along with their parents to have fun and enjoy the activities, which included arts and crafts, face painting and learning some circus skills. While the children were being entertained their parents were able to sit and chat to each other and enjoy a cuppa and a festive mince pie. The children had pizza and crisps followed by gingerbread men and brownies, which they all enjoyed.

Finally after tea and after waiting patiently Father Christmas and one of his elves arrived to deliver presents. Everyone was very excited! Fortunately all the children had been good so everyone got a lovely present from Santa.

We would like to say a big thank you to Natalie and the Asda Community Foundation, who gave us funding for our party and to Matt and 4 Hannah from L&G Homes, who also supported us at this event.



SOCIAL GROUPS

@ THE ACORN SOCIAL GROUP

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

This is a social group for all people aged 16+ with learning disabilities, including people with more complex needs. It is an opportunity for people to meet with their friends, do fun things and make new friends in a relaxed and suitable venue. You can do activities, listen to music or just hang out with friends in the Rainbow Café.

Activities in the New Year will include a trip to the Panto, Picture Bingo, Arts and Crafts, Skittles and Karaoke.

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

This social group is for adults aged 18+ with mild to moderate learning disabilities. The group meets every Tuesday evening at venues within the community and is an opportunity for people to meet new people, make friends and have fun!

Activities for January include:

Tuesday 7th January – 7.00-8.30pm Bowling at Hollywood Bowl. £3.00 for bowling (1 game). Bring money for drinks.

Tuesday 14th January – 7.00-9.00pm The Running Horse – ‘Grotty Pressy Swap Shop’. Re-wrap an unwanted Christmas present and swap it. Approx. £12 for food and drinks

Tuesday 21st January – 7.15-9.15pm Yoga session at Fujitsu Social Club, Lovelace Road, Bracknell. Yoga suitable for all - £3 for yoga, bring money for drinks.

Tuesday 28th January – to be advised. Cinema at The Point. Please let Chris know (see contact details below) and he will call you to let you know the film/time a few days before.

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).



Some of the participants enjoying Pamper Night in November



SOCIAL GROUPS

GATEWAY

What is the Promise Inclusion 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 further levels may take longer to complete.

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 held once a week on Thursday evenings and cost £5 per session. The enrolment fee is £21 for the Awards and is payable after a trial period.

Participants need to be members of Promise Inclusion, which also gives access to many other 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: Katie O'Donnell on 0300 777 8539 or mobile: 07827340407 or email: gateway@bracknellmencap.org

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.

The group meets in the Rose Room, Rose Street Methodist Church, Rose Street, Wokingham from 7.30pm to 9.00pm

Please note that there is a £4 charge per session

Dates of Future Meetings:

8th & 15th January
12th & 19th February
11th & 18th March

(This group is funded by Donations & Fundraising)

CARERS' GROUPS AND 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 Promise Inclusion staff and share experiences and offer support to one another. We often have guest speakers and we welcome your suggestions for activities.



WOKINGHAM 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 14th January– Carers' Lunch 12.15pm-2.00pm
Tuesday 11th February– Carers' Coffee 10.00am-12.00pm

BRACKNELL 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 16th January– Carers' Lunch 12.15pm-2.00pm
Thursday 20th February – Carers' Coffee 10.00am-12.00pm

CARERS' AND FAMILIES TRIP TO CHRISTMAS IDEAL HOME SHOW

Twenty-one carers enjoyed a day out at the Christmas Ideal Home Show at Kensington Olympia on Saturday 23rd November. It was very busy, but as well as stalls selling beautiful craft items for the home there was a wonderful food festival with lots of good things to taste and a beauty section where you could be pampered. As one carer said, 'It was absolutely fantastic!'

CHILDREN'S GROUPS AND 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
Starting back on Monday 13th January**

**Thursdays 4.30pm – 6.15pm at Braybrooke Community Centre
Starting back on Thursday 9th January**

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

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

The club will re-open on Wednesday 8th January

Each week there is a variety of different activities planned as well as a tuck shop.

For further details please contact the office on 0300 777 8539

Please note that there are vacancies at this group this term

[This club is funded by a grant from Berkshire Community Foundation's Give a Child a Chance fund, a donation from St. James's Place, a donation from RS&FH Trust and parental contributions of £5 per session, invoiced half-termly]

Please note that parents can use their direct payments to pay session fees

NEWS & EVENTS FROM OTHER GROUPS

CARERS' CRAFTS

This craft group is run by carers for carers at Wokingham Fire Station, Easthampstead Rd, Wokingham from 10am – 12 noon

The next meetings are on:

13th February, 12th March, 9th April

(Please note there is no meeting in January)

Contact: ask@berkshirecarershub.org



Accessible for Everyone at Coral Reef

Accessible sessions for people with disabilities, their families, carers and friends – an opportunity for the whole family to enjoy the pool!

Exclusive use of the pool and the 5 iconic waterslides from 3.30pm-8.45pm on

Tuesday 28th January

Book online at www.everyoneactive.com/CoralReef

(Carers goes free with a disabled concession ticket, but carers ticket cannot be used with a child under 5)

healthwatch
Wokingham Borough



Do you or the person you care for have a health passport? Health passports are for all people with a learning disability. They contain medical history as well as the best ways to communicate with someone, their likes and dislikes. They allow medical staff to adjust the way they care for an individual with a learning disability.

<https://www.mencap.org.uk/advice-and-support/health/health-guides>

Healthwatch Wokingham would like to hear about your experiences. Do you have one? If not, would it be useful? If you have one, is it used and updated? We will use this information in a project to raise awareness.

Contact us

joanna.dixon@healthwatchwokingham.co.uk

Or nicholas.durman@healthwatchwokingham.co.uk

M & S LAUNCH EASY DRESSING RANGE FOR CHILDREN WITH DISABILITIES

Marks and Spencers family fashion retailer has designed easy dressing, a range of clothing designed to be easier to those with disabilities to put on and take off.

Children using wheelchairs, crutches, or who have different needs can now have all the same clothes as their able friends, but they are specifically designed for their bodies. 'There are around 1.5 million children in the UK who have a sensory or physical disability,' explained M&S online. 'so after talking to parents and experts, we've developed an easy-dressing range for kids that's fun to wear, plus the designs are the same as our standard range, so kids have the choice to wear the same cool clothes as their friends or siblings.

'From all-in-ones that allow for a cast (for hip dysplasia) to tees and dresses with discreet pockets for feeding tubes, the range uses the softest materials, the fewest seams possible and hidden care labels that won't irritate sensitive skin.'

'To show off the range, the company used youngsters with Down's Syndrome, cerebral palsy and hip dysplasia, to show off bodysuits, detachable jackets, coats and trousers with spaces for nappies and leg openings to ensure the quick change that is needed.

For more information go to:

<https://www.familiesonline.co.uk/news/ms-has-launched-easy-dressing-range-for-children-with-disabilities>

NEWS & EVENTS FROM OTHER GROUPS

NEWS FROM CLASP WOKINGHAM

The CLASP office will be closed for the Christmas period.

CLASP's last session will be Friday 20th December, where CLASP will be doing a sing out at Sedero Lounge. There will be no Take Notice or Choir sessions on Friday 27th December or Friday 3rd January. There will be no coffee shop drop-in on Tuesday 24th December or Tuesday 31st December.

Normal activities will resume on Tuesday 7th January with the Coffee shop starting at 10am till noon.

LEARNING DISABILITY PARTNERSHIP BOARD Roadshow – Save the Date. The next Learning Disability Partnership Board Roadshow will take place on **Tuesday 25th February** at the Bradbury Centre.



BERKSHIRE TRANSFORMING CARE PARTNERSHIP Homes and Lives – Alternatives to Admission

Berkshire Transforming Care Partnership wants to support **children and adults who have a learning disability or autism and behaviour which challenges** to live full, safe and valued lives in their own homes.

The Transforming Care Partnership has members from all the councils in Berkshire and the NHS. The Partnership has supported many people who were in hospital because of their challenging needs to move back home. They have set up an Intensive Support Team to help adults who have a learning disability through difficult times in their lives. Now **they want to provide more support** to people of all ages who have behaviour which challenges so that they can get help earlier, avoid a crisis, and stay out of hospital.

Over the next few months the Partnership will be talking to people who have a learning disability or autism and who have behaviour which can be challenging and their families. The Partnership will also talk to staff who arrange services and staff who support people. They will look at good services elsewhere. They want to understand what works well and what doesn't work well, and how they could fill the gaps. They will need to work out what this would cost and how to use money differently to provide better services.

The Transforming Care Partnership Board has asked **Ann Nursey** to help with this work. She will be talking to people and arranging meetings over the next few months. Ann would like to invite family members who have a relative who has autism or a learning disability and behaviours which challenge to join her at one of two workshops on the following days:

22nd January 2020 from 11am to 1.30pm, including a sandwich lunch and chance to chat informally for the last half an hour. Venue: The Oakwood Centre, Headley Road, Woodley, RG5 4JZ

4th February 2020 from 11am to 1.30pm, including a sandwich lunch and chance to chat informally for the last half an hour. Venue: Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR

Please let Ann know by 10th January if you are coming and if you have any dietary requirements so that she can arrange refreshments. Reasonable travel expenses can be reclaimed.

Contact: Ann.Nursey@nhs.net or 07456 469194.

ROSE BUDDIES EVENTS

Rose Buddies is a community support service for adults with learning disabilities.

- o **Winter Walk** – Rose Buddies would like to invite members, their family friends and support workers for a Winter walk on **Monday 30th December** at 11.30am at Dinton Pastures, Hurst.
- o **Three Frogs Quiz Night** – Rose Buddies supports members to attend the quiz night at The Three Frogs pub, Wokingham on the first Wednesday of every month. The next quiz night will be **Wednesday 5th February 2020** from 8-11pm.

Rose Buddies is run by Creative Support as a Community Support Service for adults with learning disabilities. For more information please contact the office on 0118 979 9106 or email: Rosebuddies@creativesupport.org.uk

RESEARCH OPPORTUNITY

Are you a parent who is the main carer for your adult child with a learning disability?

Do you have a learning disability and are cared for by your older parent?

Would you like to talk about your experiences?

Parents must be over the age of 65

Both adults with a learning disability and/or their parent carer are invited to participate.

For more information, please contact

Katie Ash – Honorary Assistant Psychologist. Tel: 0118 2077685. Email: Katie.ash@berkshire.nhs

Dr Olivia Hewitt – Clinical Psychologist. Tel: 0118 2077685. Email: Olivia.hewitt@berkshire.nhs



HELP US, HELP YOU

Public Health England (PHE) and NHS have launched their seasonal flu marketing campaign. They're asking for your help to encourage people who are eligible to get the free flu jab.

They're trying to reach those who are at risk of severe illness if they catch flu – this includes people with long-term health conditions, those aged over 65, carers, people with learning disabilities, pregnant women and children under five. You can encourage people to get the vaccine through your networks, including publications, social media, websites, newsletters, forums, meetings or mailings, and of course word of mouth.

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 Bureau:

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

DIRECTORY OF USEFUL INFORMATION continued

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

SEND Voices Wokingham

www.sendvoiceswokingham.org.uk

Email: info@sendvoiceswokingham.org.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



PPROMISE
INCLUSION

Registered Charity No. 1122662

Delivering on the promise that all people matter