



27<sup>th</sup> April 2017

## APRIL BRACKNELL MAILING

Dear Member,

### AGM – date for your diary

Our Annual General Meeting which takes place in May is fast approaching. This year it will be held on Thursday 11<sup>th</sup> May at the Masonic Centre, 7 Reading Road, Wokingham, RG41 1EG. Parking is available at the Masonic Centre and it is a 5 minute walk from Wokingham Station. An agenda is enclosed with this mailing. Please come along and support our organisation and hear about our successes over the last year and plans for the coming year. The Wokingham Borough Mayor will be presenting the Gateway Award Certificates. Please email [admin@wokinghammencap.org](mailto:admin@wokinghammencap.org) or phone 0300 777 8539 if you intend to come along to our AGM.

### Call for Trustees

Have you thought about giving something back to the organisation that supports you? We are looking for Trustees to join our Board and appreciate that you may be nervous or have concerns about what might be involved, but if you are interested please contact Mary or Heather on 0300 777 8539 for an informal chat and to discover more about the role.

### JOB VACANCIES

#### Job Vacancy – Wokingham Smiles for Sibs Co-ordinator

We have a vacancy for a Co-ordinator at our Wokingham Smiles for Sibs Group, which runs at Woodley Airfield Community Centre on Monday evenings (term-time only) from 4.15pm to 6.00pm. The salary for the post is £10.50 per hour and the closing date is 12 noon on 17<sup>th</sup> May.

#### Job Vacancy - Gateway Award Project Co-ordinator, Bracknell

We have a vacancy for a Co-ordinator to lead in providing activities at workshops (currently run on a Monday and Thursday evening), organising trips off-site to meet the requirements of the Gateway Award, helping to support adults to enrol on the Award and verify evidence collected by individuals to send for external verification. The post is for an average of 11 hours per week at £11 per hour. The closing date for this post is 12 noon on 17<sup>th</sup> May.

Please contact the office on 0300 777 8539 for more information about these posts and to request an application form.

### MEMBERSHIP

#### Membership Subscriptions for 2017 are now overdue

Please note that subscriptions for 2017 membership of Wokingham, Bracknell & Districts Mencap are now overdue. If your subscription is not up-to-date you will not be able to receive Family Liaison Worker home visits, go on our trips and events, or receive our newsletters and mailings. Thank you to all those who have already paid. Please note that the annual membership fee is £15, so if you pay by Standing Order please check that it is for the correct amount. ***It would help us if you dated your Standing Order for 1<sup>st</sup> January.***

## Wokingham, Bracknell & Districts Mencap

Suite 2, Oakmede Place  
Terrace Road South  
Binfield  
Berkshire  
RG42 4JF  
Tel: 0300 777 8539

[admin@wokinghammencap.org](mailto:admin@wokinghammencap.org)  
[www.wokinghambracknellmencap.org](http://www.wokinghambracknellmencap.org)

*President*  
Lady Elizabeth Godsal

*Chair*  
Janet Dean

*Joint Chief Executives*  
Mary Durman  
Heather Young

**A Local Charity  
supporting  
Local People to  
be included in their  
Local  
Communities**

Affiliated to but not funded by  
Royal Mencap Society



## FUNDRAISING

### Wokingham Walk - Sunday 7<sup>th</sup> May

Registration for this event is open if you would like to take part. Further information about the event including routes can be found at <https://www.wokinghamwalk.co.uk>. All proceeds raised from entry fees will be donated to our charity. If you don't want to walk yourself, **Graeme Lodge, a young man with ASD, is walking 5 miles for our charity and would really like you to sponsor him.** He is hoping to raise a minimum of £100 and can be sponsored on his Virginmoneygiving page: <http://uk.virginmoneygiving.com/GraemeLodge1>

## NEWS AND EVENTS FOR CARERS

### Carers Lunch

Our next Carers group meeting is our lunch on **Thursday 18th May** from 12.15pm until 2.00pm in the New Priestwood Community Centre, Priestwood Court Road, Bracknell RG42 1TU. Emma Willmott, Bracknell Forest Council's new Carers Development Worker, will be coming along to talk to carers about her role. Please see attached flyer for more details. **Please note that it is essential that you let us know if you plan to attend so that we can cater for you.**

### 'Thinking Ahead' Workshop for Carers – Health & Wellbeing

We are holding another series of 'Thinking Ahead' workshops for carers. The first will be on **Thursday 25<sup>th</sup> May** at The Masonic Centre, 7 Reading Road, Wokingham, RG41 1EG with registration from 9.45am. The theme of the workshop will be Health & Wellbeing with speakers talking about nutrition, exercise, mental health and self-care for carers. Refreshments and lunch will be provided and we are pleased that the new choir for carers, VoxChoir, will be coming along to entertain us. Please see the enclosed flyer for more information and details of how to book your place.

## NEWS AND EVENTS FOR CHILDREN

### Smiles for Sibs Club

The **Smiles for Sibs Club** runs weekly during term time on **Thursday evenings from 4.30pm-6.15pm** at Braybrooke Community Centre and costs just £1 a session. Lynn Nicholas runs the club and can be contacted on 07551 159072.

## NEWS AND EVENTS FOR ADULTS

### TGIF

This social group is for adults aged 18+ with Aspergers Syndrome/high functioning autism and meets twice a month on the first and third Wednesday, but in May the next meetings are:

- **Wednesday 3<sup>rd</sup> May meet at 7 pm for Dinner** at The Running Horse, London Rd, Bracknell, RG12 2UJ. You will need between £15 and £22 for a meal and a drink
- **Wednesday 17<sup>th</sup> May meet at 7pm for Ice Skating** at John Nike Leisuresport, John Nike Way, London Rd, Bracknell. You will need £6.80 or ££4.90 with a student ID card.

Ruth Hatch runs the group and can be contacted by email at [autism@bracknellmencap.org](mailto:autism@bracknellmencap.org), or phone/text 07929 114179. **(Please note that from 1<sup>st</sup> April there is an annual charge of £60 for this group).**

### Bracknell Social Group

This group meets in different venues in the Bracknell Borough every Tuesday and is open to anyone over the age of 18 who has a learning disability.

The activities in May include:

- **Tuesday 2<sup>nd</sup> May – Treasure Hunt at The Lookout and coffee at Sainsbury's** – Meet at The Lookout at 7.00pm. Walk to Sainsbury's for coffee. Pick up at Sainsbury's at 9.00pm. Please bring money for a snack and a drink
- **Tuesday 9<sup>th</sup> May – Meal at The Admiral Cunningham, Priestwood Court Rd** – 7.00pm- 9.00pm. Approximate cost for a meal and a drink is £15.00.
- **Tuesday 16<sup>th</sup> May – Bowling** – 7.00pm to 9.00pm at The Hollywood Bowl. Please bring £2.90 for bowling plus money for drinks.
- **Tuesday 23<sup>rd</sup> May – Our Quiz Night at the Hungry Horse** – 7.00pm-9.00pm. Approximately £12 for food and drink.

- o **Tuesday 30<sup>th</sup> May – Walk and Picnic at South Hill Park** – 7.00pm-9.00pm. Bring your own picnic. Drinks will be available at the bar.

To find out more information about this group or to book a place on these activities please text or call Chris on 07557 231360 or email [chris@bracknellmencap.org](mailto:chris@bracknellmencap.org). **(Please note that from 1<sup>st</sup> April there is an annual charge for this group).**

### **Gateway**

We are currently recruiting for a Gateway Co-ordinator to run the Gateway Award programme. Unfortunately until the Co-ordinator is in place we will have to suspend the Thursday workshop. In the meantime we will continue to run the Monday workshop but regret that we cannot sign up any new participants at the moment.

For further information about our clubs or to book a place, please contact the office on 0300 777 8539.

## **NEWS FROM OTHER GROUPS**

### **NHS England LD & Autism Forum**

The 'NHS England Learning Disability and Autism Forum' says what NHS England is doing to improve the health and wellbeing of people with a learning disability and/or autism. To find out more about their work, click here - <https://www.england.nhs.uk/learning-disabilities/get-involved/>. If you would like to read their newsletter, click here - <https://www.england.nhs.uk/learning-disabilities/get-involved/newsletters/>.

### **Autism Friendly Screenings - Regal Picturehouse, Henley**

These regular Sunday morning screenings at 11am will now be held on the 3rd Sunday of every month rather than the first. The next screening is Lego Batman on **Sunday 14 May**.

### **#differentworldfest**

The Different World Festival will take place on Saturday 29<sup>th</sup> July 2017 at Abbey Rugby Football club, Rose Hill, Peppard Rd, Reading RG4 8XA. It is a **fully inclusive music festival** and there will be bands, food and drink, stalls and daytime activities. For more information please visit [www.adifferentworldfestival.co.uk](http://www.adifferentworldfestival.co.uk)

### **Kidz to Adultz South – Thursday 8<sup>th</sup> June**

This is one of the largest free events supporting children and young adults up to 25 years with disabilities and additional needs, their families, carers and the professionals who support them. The event is held at the Rivermead Leisure Complex, Reading, RG1 8EQ and parking and entry are FREE. Register for your visitors' FREE entry tickets from the website [www.kidzexhibitions.co.uk](http://www.kidzexhibitions.co.uk) or contact Disabled Living by email: [info@disabledliving.co.uk](mailto:info@disabledliving.co.uk) or tel: 0160 607 8200.

### **New Multi-sensory interactive theatre**

Frozen Light is a touring theatre company creating multi-sensory performances for people with PMLD and complex needs. Their new show called 'Home' will be at the South Street Arts Centre in Reading on **Wednesday 3rd May**. There'll be things to touch, smell, taste and see, and one-to-one moments for the audience too. Each show is suitable for 6 people with their carers/staff. For more information, go to: <http://frozenlighttheatre.com/current-production/> or go to: South Street Arts

### **Health Apps for People with Learning Disabilities**

The NHS have some apps on their website that can help people with their learning disabilities with their health. For further information go to the link: <https://apps.beta.nhs.uk/?category=Learning%20Disabilities>. Please note that if you use these apps you will have to pay for them.

### **Chair Yoga for the over 50s**

If you would like be able to move around a bit better and are over 50 this yoga class might help. Berkshire Age UK Chair Yoga for the over 50s runs from **Thursdays from 27th April 2017** from 1.30 pm to 2.30 pm at Great Hollands Community Centre, The Square, Great Hollands, Bracknell, RG12 8UX. For further information go to: <https://facebook.com/BFCHealth/videos/417547891944644/>. Refreshments are included and the cost is £5 per session with the first session FREE. Contact Age UK Berkshire, Active Living Coordinator on 0118 959 4242 or email: [info@ageukberkshire.org.uk](mailto:info@ageukberkshire.org.uk).

### **Autism Conference**

Accept me for who I am and let me shine Autism & Mental Health Conference. This conference is on 23rd May at the Hilton in Reading and will look at coping strategies to support people with depression, anxiety or

low self-esteem who have autism and/or mental health issues.

<http://www.autism.org.uk/professionals/conferences/mental-health.aspx>

If you have any questions about anything in this mailing, please call the office on 0300 777 8539 or email [admin@wokinghammencap.org](mailto:admin@wokinghammencap.org).

Kind regards

A photograph of two handwritten signatures in black ink on a light-colored background. The signature on the left is 'H Young' and the signature on the right is 'M. Durman'.

Mary Durman and Heather Young  
Joint Chief Executives

Encs