



30th April 2019

APRIL BRACKNELL MAILING

Dear Member,

Sponsored Charity Skydive

Please help our charity by sponsoring our brave skydive volunteers. We have a team of volunteers who will be undertaking a tandem skydive over the summer months to raise money for the Gateway Award project.

Go to our Virgin Moneygiving page to sponsor our brave volunteers online at <https://www.virginmoneygiving.com/fund/wbdmskydive> OR you can contact us at the office to sponsor them on 0300 777 8539 or via admin@wokinghammencap.org

Could YOU be a trustee?

We need trustees to run this amazing charity that provides support to children and adults with a learning disability/autism spectrum condition, their carers and families across the Boroughs of Wokingham and Bracknell. We cannot run this organisation without trustees. We are looking to appoint trustees to strengthen the expertise of our board and to help meet the challenges of delivering its strategy of growth. Of particular value would be expertise in one or more of the following fields:

- Marketing
- Project Management
- IT
- Fundraising
- HR

Understanding of legal duties, responsibilities and liabilities of trusteeship of a charity would be an advantage, but training will be provided. In accordance with the Charity Commissioner's regulations, no remuneration is payable for these positions, but expenses will be reimbursed. If you can commit to up to 6 evenings and a few days per year to keeping this vibrant organisation running, please contact the Chief Executives at admin@wokinghammencap.org attaching a full CV or telephone Heather or Mary on 0300 777 8539 for an informal chat.

Notice to all Members regarding membership and club fees

This is a reminder that everyone accessing our clubs and activities must be a fully paid up member of Wokingham, Bracknell & Districts Mencap in order to ensure they are covered by our insurance. (The membership fee is £15 per year and is due on 1st January every year).

All our clubs and activities are now funded through club fees and most are invoiced on a yearly basis (Bracknell Social Group, @ the Acorn). To keep the clubs running, we need all participants to pay the relevant annual Club fee (this covers staff and volunteer costs, publicity and stationery costs, hall hire, activity costs etc). Participants will be invoiced for this fee on a yearly basis but you can arrange to pay in instalments.

Wokingham, Bracknell & Districts Mencap

The Court House
Broadway
Town Square
Bracknell
Berkshire RG12 1AE
Tel: 0300 777 8539

admin@wokinghammencap.org
www.wokinghambracknellmencap.org

Joint Chief Executives
Mary Durman
Heather Young

**A local Charity
supporting
local people to
be included in their
local
communities**

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

Affiliated to but not funded by
Royal Mencap Society



Unfortunately if you do not pay the invoice within 30 days of receiving it, you will have to pay double the weekly fee when you attend a Club. *If we do not receive enough club fees, then sadly clubs may have to close.* Please note that if you do not pay the Wokingham, Bracknell & Districts Mencap membership and Club fees, unfortunately, you will not be allowed to continue to participate in any of the activities.

This policy was agreed by the board of Trustees on 31st January 2019 and is effective from 1st March 2019.

NEWS AND EVENTS FOR CARERS

Carers Lunch

The next meeting will be a lunch on **Thursday 16th May** from 12.15pm to 2.00pm at The New Priestwood Community Centre. This month Sarah Kennedy, Information and Marketing Librarian from Bracknell Library will be coming along to talk about the Bracknell Library Service. Please see attached flyer for further details and how to book your lunch.

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 Braybooke Community Centre and costs just £1 a session. There are spaces at the group for new children. Lynn Nicholas runs this group and can be contacted on 07929 114324 or contact the office on 0300 777 8539.

NEWS AND EVENTS FOR ADULTS

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 with a learning disability.

The activities in May will include:

- **Tuesday 7th May – 7.00pm-9.00pm – Meal at The Golden Retriever, Nine Mile Ride, Crowthorne.** Approx. £15.50 for 2 courses plus money for drinks..
- **Tuesday 14th May – 7.00pm-9.00pm – Roxy's Birthday Bowling at Hollywood Bowl.** £2.95 for bowling (1 game). Bring money for drinks.
- **Tuesday 21st May – 7.00pm-9.00pm - Meal and Bingo at The Admiral Cunningham.** Approx. £14 for food and a drink. Bingo FREE.
- **Tuesday 28th May – 7.00pm-9.00pm – Tennis and a Picnic at Jock's Lane.** Tennis £2 bring your racquets and balls. Bring your own picnic and drink.

Chris Ward runs this group and can be contacted on 07557 231360 or by email at chris@bracknellmencap.org. *Please remember that all activities **must be booked in advance** and there may be limited availability.* **Please note that there is a £3 a week charge to attend this group which is invoiced annually. This charge helps to fund staffing for the group.**

Gateway

The Gateway Award runs on Thursday evenings from 7.00-9.00pm at The Court House, Broadway, Bracknell and costs £5 per session. The Monday group will restart when we have sufficient numbers. In the meantime there are spaces on the Thursday group, so if you are interested in joining have a chat to Heather Ward, the Gateway Co-ordinator. Heather's email address is: gateway@bracknellmencap.org or you can leave a message for her on the Gateway mobile: 07827 340407 or at the office on 0300 777 8539.

Friday Alternative

This social group is for adults aged 16+ with Asperger's Syndrome/high functioning autism. ***Please note that this group is closing and its last session will be on Friday 31st May.*** In May the next meetings are:

- **Wednesday 8th May – Film at Showcase Cinema to be confirmed as soon as listings are released.** Meet at Showcase Cinema at 7pm. Cost between £15.00-£20.00.
- **Friday 31st May – Dinner/drinks at The Olde Leathern Bottle, Wokingham.** The table is booked for 7pm and a meal and drinks will cost between £18.00-£25.00.

Ruth Hatch runs the group and can be contacted by email at autism@bracknellmencap.org or phone/text 07929 114179.

NEWS FROM OTHER GROUPS

Citizens Advice helping people to claim for Universal Credit

Help to Claim:

From 1st April Citizens Advice Bracknell & District will be helping people claim Universal Credit, by offering advice and support, from making the claim until the first correct payment is received. They will give support and advice on:

- whether Universal Credit is the right benefit to be claiming
- making a claim on-line, or via alternative channels if appropriate
- submitting the necessary information to support a claim
- managing the first few weeks until the first payment is received
- what do to if the first payment isn't right, or if Universal Credit is refused

How to access the service:

- Call the free national Help To Claim phone line 0800 144 8 444
- Drop in to our Bracknell Office to make an appointment
- Via Bracknell Job Centre Plus which can refer claimants directly

General advice:

For help with other matters, and for help with any Universal Credit problems once the claim is in payment, please see the Citizens Advice Bracknell & Districts website for details on how access their service by phone, online or face to face in the Bracknell area. Go to: www.CitizensAdviceBracknell.org.uk

Bracknell Community Day

Come and join involve Community Services in the Lexicon on Saturday 15th June for a fun-filled day for all the family, with charity & food stalls, songs, dancing & music! The Bracknell Community Day aims to celebrate Bracknell with Morris Dancers, Young Musicians, a Brass Band, Line Dancers & Singers as well as multicultural performances, plus over 15 stalls showcasing local voluntary & community groups & activities. The event will be on Bond Square, near the steps outside M&S, with stalls in the open space near Waitrose. For more information about the event, contact involve on 01344 304 404.

Carers UK State of Caring Survey 2019

Each year Carers UK runs the State of Caring Survey, and they need your help to paint a picture of what it is like to be a carer in 2019. The survey is the UK's most comprehensive research into the lives and experience of carers and last year was completed by over 7,000 carers. Carers UK hope that you will join them by completing the survey and/or sharing it with other carers. The survey closes on 24th May and takes approximately 20-30 minutes to complete. Visit Carers UK website to find out more: carersuk.org/survey

Coffee for Carers Bracknell Library

This group is for carers and those in their care and friends. It is completely free and tea, coffee and cake will be served every time. No need to book. The group meets on the first Thursday of the month from 10am -12pm at Bracknell Library. The next meeting dates are: 2nd May, 6th June, 4th July, 1st August, 5th September, 3rd October, 7th November, 5th December.

Love books? Can't get out? Try the Home Library Service!

- A free service for housebound customers.
- Delivery and collection of books, audiobooks and DVDs.
- Available to anyone living in the borough who, for physical or mental health reasons, is unable to visit a library.
- Personalized stock selection and regular visits by a member of staff or volunteer.

To join or for further information ask in any Bracknell Forest library or telephone the Home Library Service on 01344 352406

CMG Launches Pioneering Easy-Read Transgender Guide

CMG, a leading provider of support for people with learning disabilities and associated complex needs, has joined forces with charities CHANGE and Choice Support to launch an easy-read Transgender guide, providing support and advice to individuals across the country. In the first of its kind, the easy read guide explains to individuals with learning disabilities and/or autism what it means to be transgender; the issues or

challenges that may be experienced; and to help them understand their thoughts, feelings and gender identity. The pioneering booklet enables individuals to be better informed about everyday issues that affect people who have or are thinking of transitioning, and incorporated contributions from many people across the many months of its development. The Guide was launched at the national Learning Disability England Conference and is freely available from CMG, Change and Choice Support Websites, as well as accessible via the Supported Loving Network Facebook page and website.

CQC - Tell us about your care

The Care Quality Commission (CQC) are 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 also call them to complete the survey on your behalf - 0330 995 0400 (afternoons are quietest), choose Option 1 and quote; 'CQC' when your call is answered.

The Autism Trust

We are a small charity based in Camberley which provides an ASD friendly, real working environment, fostering independence and building work skills for individuals aged 16 years and older with autism. This is achieved through either work experience sessions or as appropriate by the ASDAN Employability programme. Our bespoke training, delivery and environment provides young adults with autism the opportunity to learn retail, office, manufacturing, photography, social media, hospitality and housekeeping skills. This teaching takes place at the charity training centre and 'Polly's Place' which is a shop and art gallery selling handcrafted gifts. We currently have vacancies for new Service Users on Wednesdays, Thursdays and Fridays. If you are interested please contact us at info@autismtrust.org.uk or telephone 01276 63578 to arrange a conversation to find out more about our organisation and how we might be able to help. More information can be found at: www.theautismtrust.org.uk/page/work-experience/

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

Kind regards



Heather Young and Mary Durman
Joint Chief Executives

Enclosures