



30<sup>th</sup> August 2017

## AUGUST BRACKNELL MAILING

Dear Member,

We have been doing a bit of housekeeping over the quieter summer months. Some of you may receive a separate letter to say that you have not paid your membership for this year. As a membership organisation it is important that all members pay their annual membership which remains at £15 and is exceptionally good value for money. ***If you receive such a letter (and hopefully not in error), please pay promptly.*** The money raised from annual membership fees goes towards keeping the charity running, which in the current times of shrinking grants can make a huge difference to the Charity's finances and the services we are able to offer.

We currently have 4 job vacancies: Office Co-ordinator, Gateway Co-ordinator, Smiles for Sibs Co-ordinator and Playworkers – please see page 2 for more details and how to apply.

### NEWS AND EVENTS FOR CARERS

#### Carers Meeting

The next carers' lunch will be on Thursday 21<sup>st</sup> September from 12.15pm to 2.00pm at the New Priestwood Community Centre. Emma Willmott from Bracknell Forest Council will be coming along to share updates of projects that she is working on in her role as Carers Development Worker. A flyer is attached so that you can book a place at the lunch.

#### 'Thinking Ahead' Workshop for Carers – Thursday 12<sup>th</sup> October

The third in this series of 'Thinking Ahead' workshops for carers will take place during the day on **Thursday 12<sup>th</sup> October** at The Masonic Centre, 7 Reading Road, Wokingham, RG41 1EG. This workshop is focusing on Self-Help and Empowerment and will include sessions on Advocacy, Mental Capacity Act, Mindfulness plus other topics. Refreshments and lunch will be provided. A flyer with further details and how to book is attached to this mailing.

#### Nirvana Spa Experience for Carers – 3<sup>rd</sup> and 5<sup>th</sup> October

We are organising a relaxing spa evening break for carers only who are members of Wokingham, Bracknell & Districts on Tuesday 3<sup>rd</sup> and Thursday 5<sup>th</sup> October at Nirvana Spa Sindlesham. The cost is only £10 per person. If this Spa Experience is oversubscribed, we will draw names out of a hat. Please see attached flyer for details of how to book a 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 Braybooke Community Centre and costs just £1 a session. The club will start again on **Thursday 14th September 2017**. 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. ***We have a vacancy for a Playworker at this group. See page 2 for details.***

## Wokingham, Bracknell & Districts Mencap

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*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



## 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 September will include:

- **Tuesday 5<sup>th</sup> September – Bowling at Hollywood Bowl – 7.00pm-9.00pm.** £2.90 for bowling plus money for drinks
- **Tuesday 12<sup>th</sup> September – James Bond Style Cocktail Evening, College Town Junior School – 7.00pm-9.00pm.** Dress up in your finest! Dance the evening away. £5 for cocktails and nibbles.
- **Tuesday 19<sup>th</sup> September – Meal at Admiral Cunningham – 7.00pm-9.00pm –** Approx £15 for meal and drink
- **Tuesday 26<sup>th</sup> September – Swimming at Coral Reef (hopefully!) – 7.00pm to 8.30pm.** Prices at times to be advised when Coral Reef opens

### TGIF – Good News!!!

This social group for adults aged 16+ with Aspergers Syndrome/high functioning autism **has now merged with the Friday Alternative in Wokingham.** This means that members of TGIF and Friday Alternative can attend both groups without paying an additional annual charge. The new group will meet 3 times a month on the first and second Wednesdays and the last Friday. In September the next meetings are:

- **Wednesday 6<sup>th</sup> September meet at 7.00pm** for a meal at Nando's, 29 Market Place, Wokingham RG40 1AP. You will need between £15 and £20.
- **Wednesday 15<sup>th</sup> September meet at times to be confirmed** at Cineworld, The Lexicon, Bracknell Town Centre. Tickets from £10.00
- **Friday 29<sup>th</sup> September meet at 7pm for a Dinner or Drinks** at The Olde Leathern Bottle. You will need between £20 and £25.

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 in April an annual charge of £60 was introduced for this group. Invoices have now been sent out to members)***

### Gateway

We are currently recruiting for a Gateway Co-ordinator to run the Gateway Award programme. The group is currently suspended and we hope to re-start the group when a new Co-ordinator is in place. Until that time, unfortunately the group will remain closed.

## OTHER NEWS FOR MEMBERS

We currently have the following job vacancies:

### **Job vacancy - Gateway Award Project Co-ordinator, Bracknell – Average 11 hours per week - £11.00 per hour.**

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 club will close for the holidays in August.

### **Job Vacancy – Smiles for Sibs Co-ordinator, Wokingham - Average 3-5 hours per week - £10.50 per hour.**

The Smiles for Sibs club is a social group for children, aged 8-13 years, who are the siblings of children with learning disabilities. The club takes place on Mondays (term-time only) between 4.15pm and 6.00pm at Woodley Airfield Community Centre. We have a vacancy for a Co-ordinator to supervise and lead in providing activities at the club, playing games and occasionally organising trips off-site, e.g. to the cinema, bowling or laser quest. To attend training, meetings, outings and special activities as required.

### **Job Vacancy – Playworker Bracknell Smiles for Sib Club - 2 hours per week - £7.00 per hour.**

The club runs from 4.30pm – 6.15pm on Thursdays (term time) at Braybrooke Community Centre, Bracknell and is a club for children aged 8-13 years who are the brothers and sisters of children with learning disabilities. The Playworker will assist with running activities at the club, including playing games, arts & crafts, making smoothies, cooking, outdoor activities and occasional holiday day trips.

### **Job Vacancy – Playworker Wokingham Smiles for Sibs Club - 2 hours per week - £7.00 per hour.**

The club runs from 4.15pm – 6.00pm on Mondays (term time) at Woodley Airfield Community Centre, and is a club for children aged 8-13 years who are the brothers and sisters of children with learning disabilities. The Playworker will assist with running activities at the club, including playing games, arts & crafts, making smoothies, cooking, outdoor activities and occasional holiday day trips.

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

### **NEWS FROM OTHER GROUPS**

#### **Norwood – new course programme**

The new course programme for Norwood is now available at: <http://www.norwood.org.uk/Page/Life-Long-Learning>. The contacts details for enquiries is: 01344 755593 or [lifeskillsandlearning@norwood.org.uk](mailto:lifeskillsandlearning@norwood.org.uk)

#### **Bracknell Parent Forum Workshop – Autism Spectrum Disorder**

Bracknell Parent Forum in conjunction with Autism Berkshire, Parenting Special Children and The Autism Group will be running a Workshop and talk for parents of children awaiting diagnosis, post diagnosis or newly diagnosed with Autism Spectrum Disorder on Thursday 14<sup>th</sup> September from 9.30am-12.30pm at The Oaks and Hollies Children's Centre, Wordsworth, Bracknell RG12 8QN. They will be providing information on their services and how they can offer support and guidance. Tea, coffee, cake and biscuits provided. All parents/carers welcome. Further information can be found at the individual charity websites: [www.autismberkshire.org.uk](http://www.autismberkshire.org.uk); [www.parentingspecialchildren.co.uk](http://www.parentingspecialchildren.co.uk); [www.theautismgroup.org.uk](http://www.theautismgroup.org.uk)

#### **Bracknell Parent Forum**

Bracknell Parent Forum will be holding a catch-up coffee evening meeting on October 4<sup>th</sup> from 7.30pm-9.00pm at the Margaret Wells Furby Children's Centre at Great Hollands. We are hoping to have with us: Frank Glennon, Principal Educational Psychologist & Head of SEN Learning & Achievement Children, Young People & Learning Bracknell Forest Council Tel: 01344 354198 Email: [Frank.Glennon@bracknell-forest.gov.uk](mailto:Frank.Glennon@bracknell-forest.gov.uk) or go to: Web: [www.bracknell-forest.gov.uk](http://www.bracknell-forest.gov.uk) and Geoff King SEN Consultant, Learning & Achievement, Children, Young People & Learning, Bracknell Forest Council, Tel: 01344 354071, Email: [Geoff.King@bracknell-forest.gov.uk](mailto:Geoff.King@bracknell-forest.gov.uk), Web: [www.bracknell-forest.gov.uk](http://www.bracknell-forest.gov.uk)

The above people have been working closely with the Parent Forum to Co-Produce the SEND Strategy. We shall also be giving everybody an update on all the meetings and consultations that have been happening since the beginning of April 2017. We have been extremely busy and do apologize for not being able to have some evening meetings. Most of the organisations that we have been dealing with tend to work throughout the day but we will endeavour to organize some more evening meetings when possible. We are inviting all parents/carers; professionals to this meeting so please spread the word.

#### **Homeownership opportunities for people with disabilities (HOLD Schemes)**

Did you know that someone with a disability who relies on benefits for their income can secure a mortgage and part-buy a home of their own? It's all thanks to a Government approved housing model called HOLD (Home Ownership for people with Long-term Disabilities) and, since 1999, MySafeHome Limited has helped almost 1,300 people turn their hopes into homes. "The idea of shared ownership has always appealed to us as a family: a home chosen by us, tailored to our daughter's needs and supported by a specialist housing association, offering long-term security. We cannot thank MySafeHome enough for getting us on to this pathway" - the words of a Wokingham, Bracknell & Districts Mencap member who MySafeHome were recently privileged to support. To find out more please contact MySafeHome Limited on 02476 402211 or email [enquiries@mysafehome.info](mailto:enquiries@mysafehome.info)

#### **The Ark – Autumn Activities**

The Ark starts its regular sessions again the week beginning Monday 11<sup>th</sup> September. Sessions include Kick-Boxing, Beats Jammin, Drama, Art Group, Crafty Coffee, Radio Marmalade and the Friday Night Project. For further information and to book contact: The Ark on 01344 266899 or go to: [www.theark.org.uk](http://www.theark.org.uk).

#### **Improving Lives Conference**

A conference called *Improving Lives: Autism & Learning Difficulties* is taking place on Thursday 12<sup>th</sup> October in Manchester. For more details about the event, go to -

<http://www.openforumevents.co.uk/events/2017/improving-lives-autism-and-learning-difficulties/>

### **Oxford Christmas Shopping Trip**

Age Concern Bracknell Forest are running a Christmas Shopping Trip to Oxford on Thursday 7<sup>th</sup> December 2017. The coach will leave at 9.00am and return at 5.30pm from the Market Inn Pub (opposite Bracknell Bus Station). The coach costs £16.50 per person and places are limited. To book contact Debbie or Becky on 01344 862916. Please note tickets are non-transferable.

### **Healthmakers**

Healthmakers are offering FREE self-management courses for people living in Bracknell, Ascot, Windsor, Slough and Maidenhead to people who are living with a health condition and want to learn how to self-manage their condition better. The courses run for 6 weeks starting from:

Friday 15<sup>th</sup> September – 10.00am-1.00pm at Bracknell Open Learning Centre, Rectory Lane, RG12 7GR

Monday 25<sup>th</sup> September – 6.30pm-9.00pm at Slough Aspire, 350 Edinburgh Ave, Slough, SL1 4TU

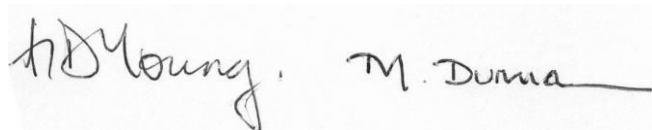
Tuesday 26<sup>th</sup> September – 1.00pm-4.00pm at Datchet Village Hall, Allen Way, Datchet, Slough, SL3 9HR

Thursday 5<sup>th</sup> October – 1.00pm-4.00pm at Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR

Tuesday 7<sup>th</sup> November – 1.00pm-4.00pm at Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR

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

Handwritten signatures of Heather Young and Mary Durman. 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

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