

Wokingham, Bracknell & Districts Mencap

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28th September 2018

AUGUST BRACKNELL MAILING

Dear Member,

Celebrating our 20th Anniversary

This month marks the end of our 20th Anniversary year. We look forward to another 20 years supporting carers, families, adults and children with a learning disability/autism spectrum condition.

Bracknell Forest Mayor's Charity of the Year

We are continuing our fundraising activities as part of the Mayor's Charity of the Year with the last Summer of Fun Day on Wednesday 29th August at South Hill Park. We would like to thank all the volunteers who gave up their time to 'man' our Secret Strings game.

Clothes Banks donations

If you would like to help raise funds for our charity 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, as these will be donated to our charity.

Social Media

Look out for us on the Bracknell Forest Mayor's social media at **mayorbfc** on Facebook and on our Facebook page and like us and share our posts on Facebook and Twitter.

Help us raise funds as the Mayor's Charity

We are looking for brave volunteers to take part in a **sponsored skydive** for the charity or for runners and non-runners to sign up for the Bracknell half-marathon which will take place in May 2019. Or you could think of your own sponsored challenge! If you are interested or have an idea for a sponsored event please let us know at the office and we can work with you to make this happen.

Job Vacancies

We have vacancies for Playworkers at the Bracknell Smiles for Sibs group on Thursdays for 2 hrs per week at £7 per hour (16-18 year olds). 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.

Green Token Scheme - Asda Lower Earley

Our charity has been selected to take part in the next Green Token scheme at Asda Lower Earley starting on 1st October 2018. 3 groups are selected each quarter and the group who receive the most green tokens from our customers receive £500 and the 2 runners up each receive £200. So if you shop there, please put your green tokens in our box.

We would like to be chosen for the green token scheme at **John Lewis in Reading** and have tried a number of times without success. *If you visit the store, can you please nominate us?* You just have to fill in a card and put in the box by the cafe.

Save your plastic milk bottle tops for us

Wokingham Borough Council is collecting plastic milk bottle tops for recycling and we are the chosen charity to receive the funding from this scheme. Can you collect your milk bottle tops for us? You can bring them to the coffee mornings/lunches and we will take them to the Council offices in Wokingham. The tops must have 2 or 4 written in the triangular recycling symbol

NEWS AND EVENTS FOR CARERS

Carers Meeting

The next meeting will be a lunch on **Thursday 20th September** from 12.15pm to 2.00pm at The New Priestwood Community Centre. This month Rifit Hussain-Curtis Joint Commissioning Manager at Adult Social Care Health & Housing Bracknell Forest Council will be joining us for lunch. Rifit will be seeking views on how things can change and improve for Carers. 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. The group will re-start after the summer holidays on **Thursday 13th September**. 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 September will include:

- **Tuesday 4th September – 6.00-9.00pm – Kayaking & Paddle Boarding followed by BBQ.** Watersports £20 (wetsuit supplied); Watersports + BBQ £25. *Please note that you will get wet.*
- **Tuesday 11th September – 7.00-9.00pm – Alex H's Birthday Bingo at The Bridge.** Approx. £12 for food and drink.
- **Tuesday 18th September – 7.00-8.30pm – Walk around Mill Pond followed by meal at McDonalds.** Approx £7.00 for meal at McDonalds.
- **Tuesday 25th September – 7.00-8.30pm – Swimming at Coral Reef.** £8.00 for swimming.

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.*

Friday Alternative

This social group is for adults aged 16+ with Aspergers Syndrome/High Functioning Autism. Now that the TGIF and Friday Alternative groups have merged, they meet twice a month. In September the next meetings are:

- **Wednesday 12th September – Nando's Restaurant, 29 Market Place, Wokingham.** The table is booked for 7pm and a meal will cost between £15.00-£25.00.
- **Friday 28th September – Dinner/drinks at The Olde Leathern Bottle, Wokingham.** The table is booked for 7pm and a meal 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. *Please note that there is an annual charge of £60 to attend TGIF/Friday Alternative. This can be paid in 2 instalments. This fee helps to cover the cost of staffing the group.*

Gateway

The Gateway Award is back up and running on Thursday evenings from 7-9pm 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.

NEWS FROM OTHER GROUPS

Ambitious about Autism.

Ambitious about Autism are the national charity for children and young people with autism. They are currently running a campaign called We Need An Education, drawing attention to the problems young people with autism face accessing education in England. Earlier this year – as part of their campaign - they published a report on the alarming rise in school exclusions for young people with autism. The findings were reported on BBC Breakfast and Sky News and brought to the attention of the government's independent school exclusions review panel. As they continue their campaign they are keen to hear from parents or carers of young people with autism about their experiences of the education system. To do this they have created a short survey: <https://www.surveymonkey.co.uk/r/K6DBX2C> Please help Ambitious about Autism gather new evidence for their We Need An Education campaign by completing this short survey.

Autism friendly shopping hour

Morrisons is introducing an autism friendly shopping hour after trialling it in three stores. The 'Quiet Hour' will take place in all Morrisons stores from 9am to 10am every Saturday morning. Lights will be dimmed, music and the radio will be turned off, stores will avoid making tannoy announcements and checkout beeps and other electrical noises will be turned down. In addition they will reduce the moving of baskets and trolleys.

The UK's mass autism-friendly shopping event is back! From Saturday 6 October at 10am, there will be a week of Autism Hours in shops across the country. Last year 5,000 retailers got involved, and this year The National Autistic Society are hoping even more will take part. Go to:

https://www.autism.org.uk/get-involved/tmi/autism-hour/customers.aspx?utm_source=The%20National%20Autistic%20Society&utm_medium=email&utm_campaign=9674551_18.07.2018%20-%20July%20monthly%20newsletter%20passive&dm_i=YA3,5RCXJ,A576DX,MG9E7,1

Bracknell Forest Carers Support Group

Bracknell Forest Carers Support Group runs two groups – one for carers including working carers and one for former carers. The group for carers including working carers meets at South Hill Park Café, South Hill Park, South Hill Rd, Birch Hill, Bracknell RG12 7PA from 5.30pm-7.00pm. Future dates for meetings are: Tuesday 18th September, Tuesday 16th October, Tuesday 20th November and Tuesday 18th December.

Former carers meet at The Look In, Great Hollands Square, Great Hollands, Bracknell RG12 8UX from 10am-12 noon. Future dates for meetings are: Wednesday 12th September, Wednesday 10th October, Wednesday 14th November and Wednesday 12th December.

Berkshire Fire & Rescue Consultation

Berkshire residents, workers and commuters have a chance to have their say on the future of Royal Berkshire Fire and Rescue Service (RBFRS) during an eight-week consultation on the Royal Berkshire Fire Authority's (RBFA) **draft Corporate Plan and Integrated Risk Management Plan (IRMP) for the years 2019 – 2023**.

The public consultation will run until **Friday, 28 September 2018 (5pm)**, during which RBFRS is encouraging anyone that lives, works or travels in Berkshire to have their say on the proposals outlined. The plan outlines how RBFRS identifies and assesses all fire and rescue related risks that could affect Royal Berkshire's communities. This includes incidents that are routinely dealt with, such as fires and vehicle accidents to incidents that occur less frequently, such as large-scale flooding. People can take part in the consultation in a number of ways: **Click here to take part in the online survey** or **Email: IRMP@rbfrs.co.uk** or **Call us on 0118 945 2888** or **Write to us at: Newsham Court, Pincents Kiln, Calcot, Reading, Berkshire, RG31 7SD** If anyone would like a hard copy or require assistance with accessing the information in an alternative format or language, please contact us using any of the methods above.

Norwood's Increasing Independence for Adults with Learning Disabilities Programme.

The new programme is now available and offers life skills courses for all abilities that will enable learners to gain confidence and increase their independence. Courses run for 28 weeks throughout the year during term time. If you need help or have any questions, please contact the Life Long Learning team by email: lifeskillsandlearning@norwood.org.uk or telephone: 020 8809 8809 or write to: Ravenswood, Nine Mile Ride, Crowthorne, Berkshire RG45 6BQ

Physical Activity Conference Friday 5th October

A free (£20 deposit returned after attendance) Physical Activity Conference will take place on Friday 5th October at Sindlesham Court, Wokingham with lunch and refreshments throughout the day provided. The workshops will include:

- *Inclusive Marketing and Communication (Activity Alliance)*
- *Supporting people's Mental Health Needs – How this is has been achieved by West Berkshire Run Together*
- *Supporting people with disabilities and long term health conditions into physical activity – West Berkshire Therapy Centre, Ever Active*
- *How a coach can support a disabled person to access physical activity – The stories of Steph Johnson Reading Rockets Basketball Club and Sally Utting Tennis Coach*

These workshops are all in addition to a keynote speech from Dr William Bird MBE focusing on why physical activity is so valuable to adults with disabilities and long term health conditions and a market place of providers including a come and try Just Bowls area and Wheels for All. To book onto this conference please visit <http://gba.sportsuite.co.uk/events/2018/10/disabilityconference>

Community Choir

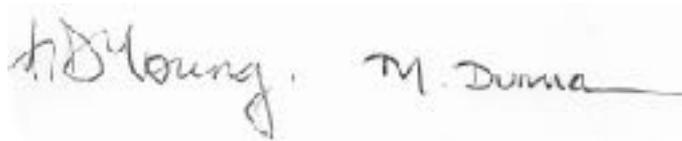
We are looking for people who enjoy singing, whether it is in the car, shower or in a professional choir, we need you!!! The choir is for everyone no matter what level their singing / music ability is, and is open to all ages and members of the local community. The choir will be every 1st and 3rd Tuesday of the month from 6-7pm at Astbury Manor Care Home, Crowthorne Road North, Bracknell RG12 7AU. Dates of future meetings are: 4th and 18th September, 2nd and 16th October, 6th and 20th November, 4th and 18th December, 8th and 22nd Jan 2019, 5th and 19th Feb, 5th and 19th March, 2nd and 16th April, 7th and 21st May, 4th and 21st June, 2nd and 16th July.

Challenge Club

The Challenge Club is up and running again. It starts on Wednesday, 5th September at Easthampstead Baptist Church. For more information, please call 07932 489487 or email TheChallengeClub@hotmail.co.uk.

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



Mary Durman and Heather Young
Joint Chief Executives

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