



28 February 2017

FEBRUARY BRACKNELL MAILING

Dear Member,

AGM – date for your diary

Once again our Annual General Meeting, which takes place in May is fast approaching. This year it will be held on Thursday 11th May at the Masonic Centre, 7 Reading Road, Wokingham. An agenda will follow in due course. A booking slip is attached. Please come along and support our organisation and hear about our successes over the last year and plans for the coming year.

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, so will be holding an open afternoon/evening where you can come along to chat with some of our current Trustees and Joint CEOs to discover more about the role. As a user-led organisation it is important for us to have carers as Trustees. If you are interested please contact Mary or Heather on 0300 777 8539.

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 13th March.

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 it for 1st January.*

Smiles for Sibs Fun at the Hollywood Bowl, Bracknell

We are offering all siblings aged 8-13 who are members of Wokingham, Bracknell & Districts Mencap a trip to the Hollywood Bowl at The Point, Bracknell on Monday 3rd April from 2-4pm. We will cover the cost of 2 games and a drink. Please complete the attached booking form and return to us by 23rd March if your sibling wishes to attend.

Wokingham Walk - Sunday 7th May.

Registration for this event will open in March and information about how to register will be included in our March newsletter. 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 and will be used to help fund the Family Liaison Worker supporting families with children post. In addition walkers can choose to get sponsorship for our charity (or the charity of their choice) to increase the amount raised. **So get your teams ready!**

Wokingham, Bracknell & Districts Mencap

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Heather Young

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

Affiliated to but not funded by
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NEWS AND EVENTS FOR CARERS

Carers Lunch

Our next Carers group meeting is our lunch on **Thursday 16th March** from 12.15pm until 2.00pm in the New Priestwood Community Centre, Priestwood Court Road, Bracknell RG42 1TU. Maureen Chapman from SEAP will be coming along to talk to carers about Care Act advocacy. 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.**

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 March the next meetings are:

- **Wednesday 1st March meet at 7 pm for Dinner or Drinks** at The Horse and Groom, Bagshot Rd, Bracknell RG12 9RB
- **Wednesday 15th March meet at 7pm for a Bowling** at Hollywood Bowl, The Point, Bracknell, RG12 1EN.

Ruth Hatch runs the group and can be contacted by email at autism@bracknellmencap.org, or phone/text 07929 114179. **Please note that we will be introducing a small charge for this group from 1st April.**

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 March include:

- **Tuesday 7th March – Pottery Painting** – 6.30pm to 8.30pm at Madhatters, 366 Yorktown Road, College Town. GU47 0PU. The cost is £10 to include a choice of pots, one cup of tea, coffee or squash. Other drinks will be extra. The pottery will have to stay at the studio for two weeks and Chris Ward will collect them when they are ready.
- **Tuesday 14th March – Trip to see ‘Made in Dagenham’** – 7.15pm to 9.45pm at South Hill Park Theatre in Bracknell. The cost is £15 per ticket (*carers to speak to Chris Ward*). Tickets are sold on a first come first served basis!
- **Tuesday 21st March – Bowling** – 7.00pm to 8.45pm at The Hollywood Bowl
- **Tuesday 28th March – Disco and buffet** – 6.30pm to 8.30pm at College Town Junior School

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. **Please note that we will be introducing a small charge for this group from 1st April.**

Gateway

We have spaces available for new participants. Gateway is a programme of activities designed to give adults with a learning disability or autism the opportunity:

- to experience real challenges
- express creativity
- increase confidence & independence
- gain a sense of personal achievement

There are three levels of award: Bronze, Silver and Gold. New participants will start at Bronze, which takes around a year 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. If you are interested in joining the programme, contact Anita on 0300 777 8539/07827 340407 or email: anita@bracknellmencap.org

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

NEWS FROM OTHER GROUPS

Bracknell Forest Cultural Festival

Due to the enormous success of last year's Cultural Festival, involve Community Services invites you to The Bracknell Forest Cultural Festival 2017. The Festival will take place on Saturday 11th March from 10.00am—2.00pm at Bracknell & Wokingham College, Bracknell and will include music, arts, food and more. Plus there is FREE ENTRY FOR ALL THE COMMUNITY.

Supporting Young People with SEND to Have Good Adult Lives

Bracknell Forest Parents Forum are hosting a FREE event designed to support parent/carers in Bracknell to think about what is positive and possible for young people with SEND as they move into their adult lives. It will be facilitated by: Julie Pointer from 'Preparing for Adulthood' and Laura Davies from Ways into Work will be the guest speaker. There will be free coffee & cake, lunch, crèche, information stalls and goody bags.

The event will take place on Saturday 1st April 2017 from 9.30am – 2.30pm at Bracknell Leisure Centre, Bagshot Road, Bracknell, RG12 9SE. To book a place, go to: <https://supporting-young-people-with-send.eventbrite.co.uk/> or call: Audrey 07541 668115 or Debbie 07541 680804, email: bracknellparentforum@virginmedia.com

Community Choir

Bracknell Community Choir 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 meet between 6.00pm – 7.00pm every 1st and 3rd Tuesday of the month at Coopers Hill Youth and Community Centre, Crowthorne Rd North, off Bagshot Rd, Bracknell, RG12 7QS. The first meetings will be 7th March 2017. The cost is a 20p donation for tea/coffee and biscuits and under 18's must be accompanied by an adult. If you are interested please contact **Emma Shaw - 01344 354499** or email: Emma.shaw@berkshire.nhs.uk

#differentworldfest

The Different World Festival will take place on Saturday 29th 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

Interactive Sensory Reading Group

Bracknell Forest Council OT is running an Interactive Sensory reading group on Friday 24th March from 10.00am – 11.00am at the Binfield Library, Benetfield Road, Binfield RG41 4JZ. For further details contact: Emma Shaw on 01344 35499.

Pizza and Games Night

If you are bored and want to meet up with friends and new people come along to Pizza and Games Night on Saturday 4th March at The Space, 20-21 Market Street, Bracknell. The event is organised by The Ark and The Umbrella and there will be X-Box, board and card games. The cost is £1 to Umbrella members, £3 for friends and everyone else. The event will run from 6.00pm – 9.00pm (food at 7.30pm). Lemonade will be provided but you can bring along your own favourite drinks. Book your place(s) by calling the Ark office on: 01344 266899 or email: info@theumbrella.org.uk.

Football for Mental Wellbeing

There will be a free session every Thursday from 3.00pm – 4.00pm in the Main Hall at Bracknell Leisure Centre, Bagshot Road, RG12 9SE. These will be fun, casual drop-in football sessions for people experiencing mental health problems. This group is provided free by Berkshire mental health charity Sport in Mind to promote mental well-being. For more information please visit www.sportinmind.org or text/call 0734 1267740.

SIGNAL

SIGNAL provide free support, information, guidance, networking, advice and learning to all unpaid (non-professional) carers who care for someone in Bracknell Forest, Windsor, Ascot or Maidenhead. For further information go to: www.signal4carers.org.uk. To contact SIGNAL phone: 01344 266088 or email: info@signal4carers.org.uk

Carers Support Groups:

Autism Berkshire

Third Monday of the month – 9.30am-11.30am

Forest Park Community Centre, Horndean Rd, Forest Park, RG12 0XQ

Contact Number: 0118 9594594

Carers Support Group (General)

Second Thursday of the month – 10.30am – 12noon

Recreation hall, The Pavilion, Broomhall Lane, Sunningdale, SL5 0QS

Bracknell Forest Carers Support Group (General & former Carers)

15th March – 10.00am-12noon

The Refresh Café, Crown Wood Community Centre, Opladen Way, Bracknell, RG12 0PE

Contact Number: 01344 831848

Bracknell Forest Carers Support Group (Working Carers)

21st March –

South Hill Park, Ringmead, Bracknell, RG12 7PA

Contact Number: 01344 831848

Coffee for Carers (General)

Second Friday of the month – 10.00am-11.30am

Crowthorne Library, 162 High Street, Crowthorne, RG45 7AT

Contact Number: 01344 266088

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

The image shows two handwritten signatures in black ink. The first signature is 'H Young' and the second is 'M. Durman'. They are written on a light-colored background.

Mary Durman and Heather Young
Joint Chief Executives

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