



Wokingham, Bracknell & Districts  
Mencap  
The Court House  
Broadway  
Town Square  
Bracknell  
Berkshire RG12 1AE  
Tel: 0300 777 8539

admin@wokinghammencap.org  
www.wokinghambracknellmencap.org

26<sup>th</sup> February 2019

**FEBRUARY BRACKNELL MAILING**

Dear Member,

**AGM – Save the Date**

Our Annual General Meeting will take place at Easthampstead Park Conference Centre on **Monday 29<sup>th</sup> April at 7.30pm**. Please come along and support our organisation and hear about our successes over the last year and plans for the coming year. The Bracknell Forest Borough Mayor, Alvin Finch, will be presenting the Gateway Award Certificates at our AGM. Please email [admin@wokinghammencap.org](mailto:admin@wokinghammencap.org) or phone 0300 777 8539 if you intend to come along to our AGM.

*Joint Chief Executives*  
Mary Durman  
Heather Young

**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](mailto:admin@wokinghammencap.org) attaching a full CV or telephone Heather or Mary on 0300 777 8539 for an informal chat.

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

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

**Membership**

We would like to remind members that the **membership fee for 2019 is OVERDUE**. Paying the membership allows you to continue as a member of our organisation and to continue to have access to our services. The membership fee is £15 for the year and can be paid by cash or cheque or into our bank account. Cheques should be made payable to Wokingham, Bracknell & Districts Mencap and sent to our office address. Our bank details are:

Affiliated to but not funded by  
Royal Mencap Society



Name of Account: Wokingham, Bracknell & Districts Mencap Ltd  
Account Code: 03839646  
Sort Code: 30-91-11  
Bank: Lloyds, High Street, Bracknell RG12 1BT



Thank you to those members who have already paid their fees for 2019.

## Bracknell Forest Mayor's Charity of the Year:

### Mayor's Spring Soiree Friday 22<sup>nd</sup> March



The Mayor of the Borough  
of Bracknell Forest's Spring Soirée

Venue: Bracknell Rugby Football Club  
Lily Hill Park, Lily Hill Dr,  
Bracknell RG12 2UG  
Date: Friday 22 March 2019  
Reply by: Monday 4 March 2019

Dress Code: Smart / Lounge Suit  
Time: 7pm until 11pm

Ticket price: £24.00 per person

Two course spring buffet and live music to entertain you throughout the evening.

To book a place for you and your guest(s) please go to  
[www.bit.do/bwmencap](http://www.bit.do/bwmencap) or call 01344 352000.

All proceeds from the fundraising activities will go to the Mayor's chosen charity:  
Wokingham, Bracknell and Districts Mencap.



Join us for this great fundraising event at Bracknell Rugby Football Club on **Friday 22<sup>nd</sup> March**. Tickets cost £24 per person and include a 2-course Spring Buffet and live music. **Book by 4<sup>th</sup> March**. All proceeds will go towards our Gateway Project. To book a place go to [www.bit.do/bwmencap](http://www.bit.do/bwmencap) or call 01344 352000.

#### ***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 – we already have 4 volunteers, but the more who take part, the more money we can raise. You need to raise a minimum of £400 sponsorship which will include the cost of the skydive – but what an experience!

We are also looking 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. **All the money raised by the Mayor's Charity this year will go towards the Gateway Project to help keep it running.**

### **NEWS AND EVENTS FOR CARERS**

#### **Carers Lunch**

The next meeting will be a lunch on **Thursday 21<sup>st</sup> March** from 12.15pm to 2.00pm at The New Priestwood Community Centre. This month Joy Devlin, a tutor from the Open Learning Centre, will be coming along to talk about Life Coaching/Mindfulness. Please see attached flyer for further details and how to book your lunch.

#### **Thinking Ahead Workshop**

We have organised another workshop for carers as part of our Thinking Ahead series. The workshop will take place on **Wednesday 27<sup>th</sup> March** at the Town Hall, Wokingham. The workshop will focus on Health and Well-

being for carers. As always a lunch and refreshments will be provided. For more information please see the attached flyer and details of how to book your place.

## **Notice to Club Members**

(Bracknell Social Group, The Friday Alternative, @ The Acorn, Youth Club@Addington)

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 1<sup>st</sup> January every year).

For our clubs and activities to run, all participants must also 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. 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 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. Please be aware, if we do not receive enough club fees, then sadly clubs may have to close.

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

### **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 March will include:

- **Tuesday 5<sup>th</sup> March – 6.30pm-8.30pm – Koh-I-Nor, Priestwood, Bracknell.** Approx. £17.50 for food.
- **Tuesday 12<sup>th</sup> March – 7.30pm finish time to be advised – 9 to 5 Musical at South Hill Park.** Tickets are £18.
- **Tuesday 19<sup>th</sup> March – Time TBA – Cinema at the Point Bracknell.**
- **Tuesday 26<sup>th</sup> March – 7.00pm-9.00pm – Easter cards and crafts –** At the Court House. £5 for materials and a snack.

Chris Ward runs this group and can be contacted on 07557 231360 or by email at [chris@bracknellmencap.org](mailto: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](mailto: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. In March the next meetings are:

- **Wednesday 13<sup>th</sup> March – Calzone Italian Pizza Restaurant, 95B Bean Oak Road, Wokingham.** The table is booked for 7pm and a meal and drinks will cost between £15.00-£25.00.
- **Friday 29<sup>th</sup> March – 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](mailto:autism@bracknellmencap.org) or phone/text 07929 114179. **Please note that there is an annual charge of £60 to attend Friday Alternative. This can be paid in 2 instalments. This fee helps to cover the cost of staffing the group.**

### **NEWS FROM OTHER GROUPS**

#### **NHS Long Term Plan**

NHS Long Term Plan - In January, the NHS unveiled its 'Long Term Plan' to ensure the NHS is fit for the future for patients, their families and the people who work for the NHS. It includes autism alongside learning disability as a clinical priority and commitments to tackle inequality and improve health and social care services across the country. You can read the plan here: <https://www.longtermplan.nhs.uk/>

#### **Royal Mencap Society National Survey**

Royal Mencap Society is running the first national survey of people with a learning disability in 15 years! This national survey will be a chance for people with a learning disability to tell Mencap about their everyday lives and experiences. The survey will be asking questions on topics that people with a learning disability have told Mencap are important to them, such as health, relationships, employment and inclusion. The results will help Mencap to provide better support and further improve the lives of people with a learning disability. Go to: [www.surveymonkey.co.uk/r/big-learning-disability-survey](http://www.surveymonkey.co.uk/r/big-learning-disability-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. The group meets on the first Thursday of the month from 10am -12pm at Bracknell Library. The next meeting dates are: 7<sup>th</sup> March, 4<sup>th</sup> April, 2<sup>nd</sup> May, 6<sup>th</sup> June, 4<sup>th</sup> July, 1<sup>st</sup> August, 5<sup>th</sup> September, 3<sup>rd</sup> October, 7<sup>th</sup> November, 5<sup>th</sup> December.

#### **Early Steps**

Early Steps is a new service for families of pre-school children with additional needs, including autism and Down syndrome. Early Steps groups are designed to help prepare children aged 18 months to 5 years old for the transition into school or nursery and improve social communication skills. During an eight-week course, parents and children will work on group skills and focus on school readiness.

Targets include: Communication; Following instructions; Play; Social skills.

After an initial assessment, children are placed in a group with others learning similar skills across the areas of communication, friendship and following instructions. The groups are run by professionals with extensive experience in teaching children with social communication needs and parents support their children during the groups in order to understand how to facilitate the skills they learn at home too.

We have a group starting on the 1st March in Bracknell which is aimed at children who need to develop their communication skills. The links for our website and social media pages are:

<https://www.early-steps.co.uk>

<https://www.facebook.com/EarlyStepsSchoolReady/>

[https://www.instagram.com/early\\_steps\\_school\\_ready](https://www.instagram.com/early_steps_school_ready)

For further details contact Carina Greening, email: [Earlysteps@behavioursolutions.net](mailto:Earlysteps@behavioursolutions.net)

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



Heather Young and Mary Durman  
Joint Chief Executives

*Enclosures*