

31 January 2017

JANUARY BRACKNELL MAILING

Dear Member,

Happy New Year to you and your family. We hope you all had a great Christmas. If you are wondering what to do with all those great Christmas presents that were kindly given to you, but you do not want and are not sure what to do with, ease your conscience and send them into us and we can make money from them.

Please read this mailing to find out useful information about the activities and events being provided by us in the next couple of months, and also at the end of the mailing there is some information from other local organisations.

Membership Subscriptions for 2017 are now due

Please note that your subscription for 2017 membership of Wokingham, Bracknell & Districts Mencap is now due. 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 membership fee is £15, so if you pay by standing order please check that it is for the correct amount.

Family Liaison Worker post

Sharon Jones, our Family Liaison Worker for families with adults in Bracknell, has moved away to sunnier climes by the seaside – lucky Sharon! Christine Randle will be taking over this post from the beginning of February. Christine will now support carers of young people aged 17 upwards and adults. Sadly we have no funding to provide family liaison support to carers of children, but all carers are welcome to join us at carers meetings and on respite trips.

Dates for your diary

The **Wokingham Walk** will take place on Sunday 7th May. There will be a choice of 5, 10 or 15 mile routes. All proceeds raised from entry fees will be donated to our charity. In addition walkers can choose to get sponsorship for our charity (or the charity of their choice) to increase the amount raised. So polish off your walking boots. Further details will be in the February mailing.

Our **20th Anniversary year** starts in September 2017 and as part of the celebrations we will be holding a fundraising Autumn Ball. Details will be in the February mailing.

Waitrose Community Matters

We are really pleased to have been chosen as one of the 3 charities for Waitrose Wokingham as part of their Community Matters scheme during February. At the end of February they split £1,000 between the 3 charities, so if you are shopping in Waitrose in Wokingham, please collect your green token and vote for Wokingham, Bracknell & Districts Mencap.

Wokingham, Bracknell & Districts Mencap

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**Supporting Local
People Who Have
Learning Disabilities**

Affiliated to but not funded by
Royal Mencap Society



NEWS AND EVENTS FOR CARERS

Carers Respite Trip to see Sister Act

We have 50 tickets to see this fantastic musical at New Victoria Theatre, Woking on **Thursday 23rd March**. Tickets cost **£15** each and include the cost of the coach. If this trip is oversubscribed, preference will be given to carers who have never been on a theatre trip before. Please see the enclosed flyer for further details and how to book tickets. *Please note that this trip is for carers only (not the person they care for).*

Carers Coffee Morning

Our next Carers group meeting is on **Thursday 16th February** from **10.00am until 12.00pm** in our office in Binfield. Come along to chat to other carers and our Family Liaison Worker.

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 16+ with Aspergers Syndrome/High Functioning Autism and meets twice a month on the second Wednesday and the last Friday. The February meetings are:

Wednesday 1st February, at 7.00pm – TGIF - Table booked at **The Bridge Pub**. Cost is £15.00 to £20.00

Wednesday 15th February, at 7.00pm – TGIF - Badminton and Racquet Ball at **Bracknell Sports Centre**. Cost is £3.35

For more details of either evening or to let us know if you plan to attend, contact Ruth by email at autism@bracknellmencap.org, or phone/text 07929 114179.

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 February include:

Tuesday 7th February – Dinner – 7.00pm to 9.00pm at Frankie & Benny's

Tuesday 14th February – Boccia and Curling – 7.00pm to 9.00pm at College Town Junior School

Tuesday 21th February – Snow-tubing – 5.45pm to 7.30pm at Bracknell Ski Centre

Tuesday 28th February – Bingo night – 7.00pm to 9.00pm at The Running Horse

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

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 7778539.

NEWS FROM OTHER GROUPS

Drama group for young people with additional needs

The 3.4.5 Club is an exciting and innovative drama group for young adults with additional needs aged between 13-22. The aim of each session will be to increase social interaction, develop transferable life skills and enhance communication whilst having lots of fun! The 3.4.5 Club will meet for a 1 hour class every Thursday (term time) at Cooper Hill Youth and Community Centre and is led by an experienced, enthusiastic drama teacher, who has extensive special needs experience. Cost is £6 per session. Contact Carla Bellis by Email: carlabellis_345club@yahoo.com or telephone: 07940007695

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 to be included no matter what level their singing / music ability is, and is open to all ages and abilities. Times and venue to be confirmed. If you are interested please contact Emma Shaw on 01344 354499 or email: emma.shaw@berkshire.nhs.uk

Free Karate Sessions

Philip Trivett has started a project for the Disability Karate Federation in the Bracknell Forest district meeting on Thursdays at 6pm in Crowthorne Parish Hall (see flyer enclosed with this mailing). Contact Philip on 07859 013104.

Muay Thai (Thai Boxing)

Danny is offering training for beginners interested in Muay Thai – a combat sport using stand-up hitting and various holding techniques. If interested please contact Matthew Rowell at Well Being and Leisure: Well-BeingLeisure.Team@Bracknell-Forest.gov.uk or 07887 632627 and Matthew will pass your details on to Danny

Bracknell and Wokingham College Jobs Fair

On **Thursday 16th February from 10am until 2pm** there will be a **JOBS FAIR** at Bracknell & Wokingham College. This will give those who are unemployed the chance to:

- Find out what jobs, apprenticeships and voluntary roles are available
- Speak with employers to find out more
- Access careers/skills development support services

It is completely free to attend, so get yourself down there and see what you can do!

Rally Round

Rally Round is a free online support network that helps people who need some support to remain living independently in their own homes, with minimal reliance on statutory services. Building your network means inviting friends, family, neighbours, professional, work colleagues and anybody else you know and trust who could help you (or the person you care for) manage better day to day. Bracknell Forest Council has paid the licence to Rally Round so it is free to set up your account online. See leaflet enclosed with this mailing for further details or go to www.rallyroundme.com/bracknellandascot.

Owl Centre for Children's Therapy Speech and Language Therapy

The Owl Centre now offers a Speech and Language Therapy service in and around Berkshire which might benefit children with SEN and their families. They can also offer free telephone advice about the latest developments of intervention packages available for children with communication difficulties. For further details go to www.theowltherapycentre.co.uk or telephone 0800 917 7784

Support for people with learning disabilities in Royal Berkshire Hospital.

From January 2017 there will be a new resource available for people with learning disabilities at the Royal Berkshire Hospital. It is called 'While U Wait' and is a library of different activities resources which people can use when in/at the hospital. The resource includes: drawing materials, games, sensory pieces to investigate and enjoy, relaxation massage equipment, DVD players. The equipment can be lent to the patient for as long as they are in hospital. If someone you support is interested in using any of the equipment please contact Jane Wooldridge on 0118 322 8159.

Early in 2017 the Royal Berkshire hospital will have its own Changing Places toilet – this is on level 1 at the main hospital entrance. The key will be held at the main reception.

If the person with learning disabilities finds waiting difficult especially in out-patient clinics there are bleeps available from the PALS office which the person can borrow. If their support worker or family carers inform the clinic of the bleep number they can be elsewhere in the hospital or the grounds and the clinic staff will bleep them when ready. There is information for family carers about their rights and support available for them if they are supporting a family relative in hospital in the booklet 'I am a carer'. The booklet can be found at www.royalberkshire.nhs.uk/information-for-carers.htm. Finally please make sure that if possible when people with learning disabilities come to the hospital they bring their Hospital Passport if they have one and if they don't Carers can ask for one to complete. If they have an up to date Communication passport or DisDAT those would also be useful.

Bracknell Forest Council – Autism Alert App

We are looking for individuals with autism to take part in a **FREE** trial of a new mobile phone application - **The Autism Alert App!** It's an app that is being used in Hampshire with good feedback. *The app is compatible on iOS and Android products.* The App functions as an identity card to keep on your smartphone, so it can be used in the same way as the Autism Alert Card – instead of showing the card, a person can show the App. It stores personalised information about an individual and their autism, such as emergency contact details and how to support them. It also gives different strategies to help the individual in various emotional states, such as how to help them if they are sad, angry, anxious or over-excited (For example: What happens when I get anxious and uncomfortable – “I will cover my ears and may scream and shout at you to leave me alone”).

If you would be interested in trialling the App, and giving us your feedback, please contact Becky.gates@bracknell-forest.gov.uk or phone Becky on 01344 352275. We can then help set you up as a user which is quick and easy.

Flu Vaccines

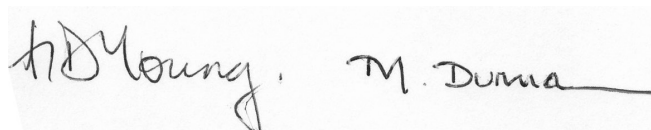
Do you have, or care for someone, with a learning disability? **They, and you, are entitled to a FREE flu vaccine.** Having the flu jab can help stop you from catching the flu and passing it onto other people. The jab is free to people with a learning disability and their carer(s). The flu jab is a quick and easy injection. After the jab you may feel a bit hot, have a sore arm and ache a bit, but you would feel a lot worse if you caught the flu. See your doctor, nurse or a pharmacist to get the free flu jab. The flu jab is an injection in your arm. Don't let this stop you. The doctor, nurse or pharmacist will look after you. The flu jab is very quick and can protect you from getting very. If you are terrified of needles, ask your doctor about the nasal vaccine.

Community Learning

In 2017 Community Learning based at Bracknell Open Learning Centre have a wide range of courses that are available to adults over the age of 19. We offer courses in Work Skills, Computing and Arts, Crafts and Lifestyle as well as offering a weekly Job Club, an English Language Café and an IT Open Session. We can offer qualifications in Retail, Customer Service, Hospitality and IT. There really is something for everyone! Take a look at what we have on offer by visiting our web page www.bracknell-forest.gov.uk/communitylearning where you can see all of our courses listed and make a booking.

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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