

29th January 2019

JANUARY BRACKNELL MAILING

Dear Member,

AGM – Save the Date

Our Annual General Meeting will be taking place on **Monday 29th April**. Further information about this event will be sent out next month, but **PLEASE SAVE THE DATE!**

Job Vacancies

Currently we have several vacancies for staff:

A Co-ordinator at the Youth Club@Addington on Wednesdays (6.45pm-9.15pm) for an average of 3-5 hours per week.

A Playworker at the Bracknell Smiles for Sibs group on Thursdays for 2 hrs per week at £7.50 per hour (16-18 year olds).

A Co-ordinator for The Friday Alternative twice a month - on the last Friday of the month and one evening mid-month - for an average of 10 hours per month.

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.

Bracknell Forest Mayor's Charity of the Year:

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!

Wokingham, Bracknell & Districts
Mencap

The Court House
Broadway
Town Square
Bracknell
Berkshire RG12 1AE
Tel: 0300 777 8539

admin@wokinghammencap.org
www.wokinghambracknellmencap.org

Joint Chief Executives
Mary Durman
Heather Young

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

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

Affiliated to but not funded by
Royal Mencap Society



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 Coffee Morning

The next meeting will be our Coffee Morning on **Thursday 21st February** from 10.00am to 12.00noon at The Court House, Broadway, Town Square, Bracknell RG12 1AE.

Theatre trip for carers

We will be running a theatre trip for carers to see the musical **Phantom of the Opera** on **Thursday 14th March**. Priority will be given to carers who have not been on a theatre trip before. See enclosed flyer for details of how to book.

Thinking Ahead Workshop

We will be organising another workshop in the Thinking Ahead series in the Spring. The topic and venue of the workshop are yet to be confirmed but full details will be advertised once finalised. The workshops are always well received and an opportunity for carers to receive relevant information in a relaxed and welcoming environment. As always a lunch and refreshments will be provided.

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.

Sibs Half Term fun - Bowling and Pizza at The Point Bracknell

We are offering a trip to go bowling followed by Pizza at Pizza Hut on **Monday 18th February** to our siblings aged between 8 and 13 years. We are subsidising the cost of the trip so it will only cost £5 per child. Further details and how to book are included on the enclosed flyer or you can ring the office on 0330 777 8539 by **Monday 11th February** at the latest.

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 February will include:

- **Tuesday 5th February – 7.00pm-8.30pm – Swimming at Coral Reef.** £8 for swimming. You will need a £1 coin for your locker.
- **Tuesday 12th February – 7.00pm-9.00pm – The Running Horse.** “Grotty Pressy Swap Shop”. Re-wrap your unwanted Christmas presents and swap them for others! Approx. £12 for food and drink.
- **Tuesday 19th February – 7.00pm-9.00pm - Meal at Bill's Restaurant (The Lexicon).** 2 courses £11.95, 3 courses £14.95, plus drinks.
- **Tuesday 26th February – 7.00pm-9.00pm - An evening of board games –** At the Court House. £3 for snacks and drinks.

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 Asperger's Syndrome/High Functioning Autism. In February the next meetings are:

- **Wednesday 13th February – Sederø Lounge, Wokingham.** The table is booked for 7pm and a meal and drinks will cost between £15.00-£25.00.
- **Friday 22nd February – 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, 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 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 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

Carers Events and Bracknell Library

Coffee for Carers is a new monthly coffee session for carers and those in their care and friends. It is completely free and tea, coffee and cake etc. will be served every time. It is held at Bracknell Library in our main meeting room on Thursdays from 10am -12pm. The hosts will be Library assistant Lynn and Sarah Kennedy. We are keen to support our valued carers as a library service and as part of the Council. It will be held on the last Thursday of each month after January at the same time.

Community Learning at Bracknell Open Learning Centre

New Adult courses are starting in the Spring:

English Language café – Mondays and Thursday, 10am to 12noon (term time only) – improve your English conversation over a cup of tea or coffee with others like you who may have English as their second language. Just turn up and chat. £1 per session to include a drink

Job Club – every Tuesday 9.30am to 12 noon Bracknell Library

Job Club – every Thursday 9.30am to 4pm at Bracknell Open Learning Centre.

FREE job-seeking advice in a comfortable, friendly environment, improve your CV, learn interview techniques, browse the internet and search in the local papers for suitable jobs. Qualifications and refreshers include retail, customer service, IT, health and safety and food safety

IT open session – Fridays 10am to 2pm (term time only). Please book your time slot to practice and improve your IT skills. Self-learning at your own pace alongside others, with help on hand from our tutor. £1 per hour.

To book a course:

Online: www.bracknell-forest.gov.uk/community-learning

Phone: 01344 354220

Email: community.learning@bracknell-forest.gov.uk

In person: Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR

Pranic Healing event:

Join Les Flitcroft for this month's Live Stream Lecture: Manifest Your Goals for 2019 - Les Flitcroft will be giving the inner secrets of the Buddhist Teachings to help with your goals, targets and objectives for the year ahead which will include about health, wealth, relationships and spirituality for 2019 and beyond. Don't forget to bring a Note Book and Pen!

Date: 2nd February, Venue: Coronation Hall, Headley Road, Woodley, RG5 4JB, Time: 7.30-9.30pm
Streamed Live from Berkshire, UK to many parts of the UK, Ireland, Gibraltar & Costa del Sol.

Every month Les gives a lecture on different areas of life, with a group healing and guided Meditation on Twin Hearts to flush out stress and negative emotion.

FEE: Donation Box. OPEN to Public!

Renewing your Blue Badge

You can now apply for or renew your Blue Badge online within half an hour thanks to a new online service launched by the Department for Transport. [Apply for or renew your Blue Badge online](#)

John Nike Leisuresport – Wheelchair Users on Ice

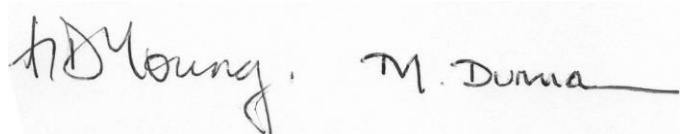
Wheelchairs are allowed on the ice at selected times on Fridays – 10.30-12.30 and 14.00-15.30. Our wheelchair users are pushed around the ice for 10 minutes by a steward. The carer can be assessed by one of our stewards, in order to push the wheelchair around the ice themselves. Limited availability and must book in advance by giving us a ring 01344 789 000. Cost for 10 minute session is £3.10/person, carer free.

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: 5th and 19th Feb, 5th and 19th March, 2nd and 16th April, 7th and 21st May, 4th and 21st June, 2nd and 16th July.

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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