



31st July 2017

JULY BRACKNELL MAILING

Dear Member,

We currently have the following job vacancies:

Job vacancy - Gateway Award Project Co-ordinator, Bracknell – Average 11 hours per week - £11.00 per hour.

We have a vacancy for a Co-ordinator to lead in providing activities at workshops (currently run on a Monday and Thursday evening), organising trips off-site to meet the requirements of the Gateway Award, helping to support adults to enrol on the Award and verify evidence collected by individuals to send for external verification. The club will be closed for the holidays in August.

Job Vacancy – Smiles for Sibs Co-ordinator, Wokingham - Average 3-5 hours per week - £10.50 per hour.

The Smiles for Sibs club is a social group for children, aged 8-13 years, who are the siblings of children with learning disabilities. The club takes place on Mondays (term-time only) between 4.15pm and 6.00pm at Woodley Airfield Community Centre. We have a vacancy for a Co-ordinator to supervise and lead in providing activities at the club, playing games and occasionally organising trips off-site, e.g. to the cinema, bowling or laser quest. To attend training, meetings, outings and special activities as required.

Job Vacancy – Playworker Bracknell Smiles for Sib Club - 2 hours per week - £7.00 per hour.

The club runs from 4.30pm – 6.15pm on Thursdays (term time) at Braybrooke Community Centre, Bracknell and is a club for children aged 8-13 years who are the brothers and sisters of children with learning disabilities. The Playworker will assist with running activities at the club, including playing games, arts & crafts, making smoothies, cooking, outdoor activities and occasional holiday day trips.

Job Vacancy – Playworker Wokingham Smiles for Sibs Club - 2 hours per week - £7.00 per hour.

The club runs from 4.15pm – 6.00pm on Mondays (term time) at Woodley Airfield Community Centre, and is a club for children aged 8-13 years who are the brothers and sisters of children with learning disabilities. The Playworker will assist with running activities at the club, including playing games, arts & crafts, making smoothies, cooking, outdoor activities and occasional holiday day trips.

Please contact the office on 0300 777 8539 for more information about these posts and to request an application form.

NEWS AND EVENTS FOR CARERS

Carers Meeting

Please note that there is no carers meeting in August.

Wokingham, Bracknell & Districts Mencap

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Janet Dean

Joint Chief Executives
Mary Durman
Heather Young

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

Affiliated to but not funded by
Royal Mencap Society



'Thinking Ahead' Workshop for Carers – Save the Date

The third in this series of 'Thinking Ahead' workshops for carers will take place during the day on **Thursday 12th October** at The Masonic Centre, 7 Reading Road, Wokingham, RG41 1EG. This workshop will include sessions on Advocacy, Mental Capacity Act, Mindfulness plus other topics. Refreshments and lunch will be provided. A flyer with further details and how to book will be sent out with the August mailing so please **SAVE THE DATE**.

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 club will start again after the summer holidays on Thursday 14th September 2017. There are spaces at the group for new children. Lynn Nicholas runs this group and can be contacted on 07551 159072 or contact the office on 0300 777 8539. **We have a vacancy for a Playworker at this group. See above for details.**

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 August will include:

- **Tuesday 1st August – Cinema at The Point – 6.00pm-8.10pm**
- **Tuesday 8th August – Pottery Painting at Madhatters, 366 Yorktown Road, College Town – 6.30pm-8.30pm.** £10 to include a choice of pots + one cup of tea or squash. Other drinks will be extra.
- **Tuesday 15th August – Pizza Hut – 7.00pm-9.00pm – Approx £12 for meal and drink**
- **Tuesday 22nd August – Treasure Hunt at the Lookout and Coffee at Sainsbury's – 7.00pm to 9.00pm.** Meet at the Lookout at 7pm. Walk to Sainsbury's for coffee. Pick up at Sainsbury's at 9pm.
- **Tuesday 29th August – Around the World Quiz at The Bridge.** 7.00pm to 9.00pm. £6.00 for buffet, quiz included. Bring money for drinks.

TGIF – Good News!!!

This social group for adults aged 16+ with Aspergers Syndrome/high functioning autism **has now merged with the Friday Alternative in Wokingham.** This means that members of TGF and Friday Alternative can attend both groups without paying any additional club fees. The new group will meet 3 times a month on the first and second Wednesdays and the last Friday. In August the next meetings are:

- **Wednesday 2nd August meet at 7.00pm** for a meal at The Weathervane Pub, Arlington Square, Wokingham Road, Bracknell RG42 1NA. You will need between £10 and £20.
- **Wednesday 9th August meet at 7.45pm ready to jump at 8pm** at Gravity Force, 6-7 Admiralty Way, Camberley. You will need £11 + £2 for socks + train fare
- **Friday 25th August meet at 7pm for a Dinner or Drinks** at The Olde Leathern Bottle. You will need between £15 and £25.

Ruth Hatch runs the group and can be contacted by email at autism@bracknellmencap.org, or phone/text 07929 114179. **(Please note that in April an annual charge of £60 was introduced for this group. Invoices have now been sent out to members)**

Gateway

We are currently recruiting for a Gateway Co-ordinator to run the Gateway Award programme. The group is currently closed over the summer holiday period and we hope to re-start the group when a new Co-ordinator is in place. Until that time, unfortunately the group will remain closed.

NEWS FROM OTHER GROUPS

Norwood – Life Skills Courses

Norwood is pleased to be running their **Increasing Independence for Adults with Learning Disabilities** programme again this academic year. This project will run with support from Wokingham Borough Council and will offer life skills courses and workshops for all abilities. The programme will enable learners to gain confidence, increase their independence and develop skills that can be used in everyday life. To find out more please contact Sarah Pammer on 01344 755593 or email lifeskillsandlearning@norwood.org.uk.

BEAD – Berkshire Epilepsy Awareness Day

Friday 29th September 2017 from 10am to 4pm at Bracknell Leisure Centre, Bagshot Road, Bracknell RG12 9SE. This free event is for family members and carers to find out about services within Berkshire for people with epilepsy. On the day there will be a number of health professionals discussing what services are available and how to access, as well as other organisations demonstrating their services and technology. Lunch and refreshments included. To book a place, contact Blandine Vassett, Occupational Therapist: blandine.vassett@berkshire.nhs.uk

Improving Lives Conference

A conference called *Improving Lives: Autism & Learning Difficulties* is taking place on Thursday 12th October in Manchester. For more details about the event, go to - <http://www.openforumevents.co.uk/events/2017/improving-lives-autism-and-learning-difficulties/>

Opening of The Lexicon

A four-day celebration will greet visitors to the town centre when The Lexicon opens on the 7th September. There will be lots of entertainment on all four days including roaming musicians, stilt walkers, acoustic performances and a family-friendly forest theme trail around the new town centre.

Some of the local bus services will run for longer before The Lexicon opens in September.

- Route 150 will run until 11pm Monday-Saturday and between 9am and 6pm on Sundays
- Route 108 will run until 11:30pm Monday-Saturday and between 9am and 6pm on Sundays
- Route 158 will run until 11:30pm Monday-Saturday and between 10am and 6pm on Sundays
- Route 162 will have an additional journey at 10:30pm Monday-Saturday

Routes operated by Courtney Buses will also operate a later service. You can get new timetables from libraries and council offices from the start of August or visit the Courtney Buses website.

Challenge Club

The Challenge Club is a social club for adults with learning disabilities and/or ASD. There will not be any Challenge Club in August but it will start again on Tuesday 5th September. The Club will change its meeting place to the Forest Suite at Bracknell Leisure Centre. Because the costs have gone up, each session will now be £2. There will be the usual activities, either a disco or a live band and the tuck shop will be open all evening and free tea, coffee and biscuits at break time. We are sorry for any upset these changes may cause our members and please get in touch with Joanna if you would like to speak to someone.

Waiting for an autism assessment?

Want to know what to expect and how to help those living with an autistic spectrum condition? Following a successful series of Parent Training Toolkits, The Autism Group offers a new title for those on the diagnosis pathway: **“Are we there yet?”** is a free 2 hour-training session for parents of children of any age who have been referred for an autism assessment. We cover diagnostic criteria, the assessment process and how a well-informed response can improve communication and behaviour. We will also give you tips and strategies that you can put into place while you are waiting for the appointment. Sessions are delivered by autism professionals who are also parents of young people on the autism spectrum and are open to anyone living in East Berkshire who has a child on the waiting list for an ASD assessment. They are funded by East Berkshire CAMHS Transformation Funds. **WHERE?** All sessions at Coopers Hill Youth and Community Centre, Crowthorne Road North, Bracknell, RG12 7QS **WHEN? Monday 11th September** 10am - 12 noon or **Wednesday 13th September** 6.30pm - 8.30pm, **Thursday 21st September** 10am - 12 noon (This is a follow

up session to review what we have learned and look at tried and tested strategies to meet challenging situations. parents should attend on September 11th or 13th before booking a place on this date.)

To book a place contact call or text Tricia Kempton on 07423 636339, e-mail tricia@theautismgroup.org.uk
www.theautismgroup.org.uk. **PLACES ARE LIMITED SO PLEASE BOOK IN ADVANCE**

“Parent Toolkits” - Free autism training from The Autism Group

Understanding behaviour: Making sense of sensory differences; How to respond when challenging sensory experiences impact on behaviour. Thursday 14th September, 6.30pm to 8.30pm

Misbehaving or Misunderstood? Finding a way through the social communication maze; How improved communication can have a positive impact on behaviour. Wednesday 27th September, 10am to 12 noon

WHERE? All sessions at Braywick Heath Nurseries, 41 Braywick Road, Maidenhead. SL6 1DX (next to Toby Carvery).

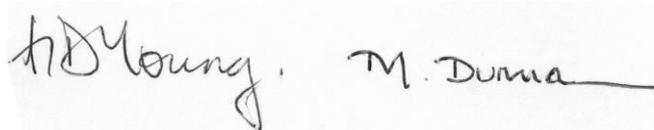
To book a place contact Tricia Kempton at tricia@theautismgroup.org.uk Call or text 07423 636339, www.theautismgroup.org.uk Sessions funded by East Berkshire CCGs - CAMHS Transformation Funds

AGE Concern Bracknell Forest – Horse-drawn canal boat trip

AGE Concern Bracknell Forest are running a horse-drawn boat trip on Kennet & Avon Canal on Friday 22nd September 2017. Departing 12.30pm and returning at 5pm. Meet at The Market Inn – opposite Bracknell bus station. £27 per person inc coach, boat trip, tea and cake. Places are limited and booking is essential. Please contact event organisers Debbie or Becky on 01344 862916. Tickets are non-refundable/transferable.

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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