

31st July 2018

JULY BRACKNELL MAILING

Dear Member,

AGM and 20th Anniversary Party

Thank you to everyone who came along to our AGM this year, which was followed by a party to celebrate our 20th Anniversary. The event was a great success and everyone had a good time dancing the evening away!!

Bracknell Forest Mayor's Charity of the Year Summer of Fun

As the Mayor's Charity we have been invited to have a stall at the Summer of Fun events held around Bracknell Forest during the school summer holidays. The events have activities for all the family. We can't be at all the events but hope to have a stall at the following:

Wednesday 1st August – Wildridings Playing Field

Tuesday 7th August – Farley Wood Centre, Binfield

Thursday 9th August – Sandhurst Memorial Park

Tuesday 14th August – Morgan Recreation Ground, Crowthorne

Thursday 16th August – Braybrooke Recreation Ground

Wednesday 22nd August – Locks Ride Recreation Ground

Wednesday 29th August – North Lake, South Hill Park

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 or 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.

Job Vacancies

We have a number of vacancies including a Smiles for Sibs Co-ordinator at the group in Wokingham – average. 2.5 hours per week, £10.50 per hour and for a Playworker for our Youth Group @ Addington for 3hrs per week at £8.50 an hour. The other vacancies are for Playworkers at Bracknell Smiles for Sibs and Wokingham Smiles for Sibs for 2 hrs per week at £7 per hour (16-18 year olds). 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.

Wokingham, Bracknell & Districts Mencap

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Town Square
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Interim Chair
Ray Clarke

Joint Chief Executives
Mary Durman
Heather Young

Celebrating our 20th Anniversary

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

Affiliated to but not funded by
Royal Mencap Society



Save your plastic milk bottle tops for us

Wokingham Borough Council is collecting plastic milk bottle tops for recycling and we are the chosen charity to receive the funding from this scheme. Can you collect your milk bottle tops for us? You can bring them to the coffee mornings/lunches and we will take them to the Council offices in Wokingham. The tops must have 2 or 4 written in the triangular recycling symbol.

NEWS AND EVENTS FOR CARERS

Carers Meeting

There is no coffee morning in August and the next meeting will be a lunch on **Thursday 20th September** from 12.15pm to 2.00pm at The New Priestwood Community Centre.

Carers Respite Trip to see Dreamgirls

We have 50 tickets to see this fantastic musical at the Savoy Theatre, London on **Thursday 20th September**. 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).*

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 group is closed for the summer but will re-open on **Thursday 13th September**. 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 August will include:

- **Tuesday 7th August – 7.00-8.30 pm – Jess' birthday request – bowling at Hollywood Bowl.** Bring £6.90 for bowling (1 game as it's school holidays). Drinks extra
- **Tuesday 14th August – 7.00-9.00pm – Golf Driving Range at Lavender Park, Swinley Rd, SL5 8BD.** £4.30 for 60 balls. Meal and drink in bar afterwards around £12 if you wish.
- **Tuesday 21st August – 6.30-8.30pm – Meet, greet and walk alpacas, Pennybridge Farm, Hook, RG27 9PJ. YOU NEED TO BOOK.** £10 per member, carers free.
- **Tuesday 28th August – 7.00-9.00pm – Tennis and a picnic at Jock's Lane. Tennis £2 – bring your own racquets and balls.** Bring your own picnic and a drink.

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 quarterly. This charge helps to fund staffing for the group.***

Friday Alternative

This social group is for adults aged 16+ with Aspergers Syndrome/high functioning autism. Now that the TGIF and Friday Alternative groups have merged, they meet twice a month. In August the next meetings are:

- **Wednesday 8th August – Meal at Zizzi Italian Restaurant, Broad St, Wokingham.** The table is booked for 7pm and a meal will cost between £15.00-£25.00.
- **Friday 31st August – Dinner/drinks at The Olde Leathern Bottle, Wokingham.** The table is booked for 7pm and a meal 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 is back up and running on Thursday evenings from 7-9pm at The Court House, Broadway, Bracknell and costs £5 per session. The Monday group will be coming back in September so watch this space! The Thursday group is looking to complete the Adventure Challenge over the summer.

If you want to contact Heather Ward, the Gateway Co-ordinator, for further details or to sign up for Gateway, her 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

Robin Hood - A Musical Celebration

Come join the summer festivities and share in the stories of *Friar Tuck*, *Little John*, *Maid Marian* and more in South Hill Park's lyrical and interactive production of Robin Hood. Take a journey around the musical maypole and into the English countryside with a troupe of village players as they delight in these tales of *Robin Hood*.

Fri 17 - Sun 19 & Thu 23 - Mon 27 Aug at 12noon & 4pm in the Wilde Theatre. There will be a 'Relaxed' Autism Friendly Performance on Thu 23 Aug at 12noon. For more information go to:
<https://www.southhillpark.org.uk/events/robinhood/>

Autism friendly shopping hour

Morrisons is introducing an autism friendly shopping hour after trialling it in three stores. The 'Quiet Hour' will take place in all Morrisons stores from 9am to 10am every Saturday morning. Lights will be dimmed, music and the radio will be turned off, stores will avoid making tannoy announcements and checkout beeps and other electrical noises will be turned down. In addition they will reduce the moving of baskets and trolleys.

The UK's mass autism-friendly shopping event is back! From Saturday 6 October at 10am, there will be a week of Autism Hours in shops across the country. Last year 5,000 retailers got involved, and this year The National Autistic Society are hoping even more will take part. Go to:

https://www.autism.org.uk/get-involved/tmi/autism-hour/customers.aspx?utm_source=The%20National%20Autistic%20Society&utm_medium=email&utm_campaign=9674551_18.07.2018%20-%20July%20monthly%20newsletter%20passive&dm_i=YA3,5RCXJ,A576DX,MG9E7,1

Regatta for the Disabled, Henley

Regatta for the Disabled offers a fun filled day on and by the River Thames for those with disabilities and their families. The event is held at The Paddock, Phyllis Court Club, Marlow Rd, Henley-on-Thames, RG9 2HT and offers accessible activities. The event takes place on Saturday 1st September from 10am until 4pm and costs £5 per person. Children under 4 and carers are free and parking is free.

Norden Farm Events

The Maidenhead Beach at Norden Farm is open every day throughout the summer holidays and is free to play on. As well as having 15 tonnes of sand transform the outdoor area, Norden Farm have created a relaxed, sensory space in the Gallery – perfect for children with SEND. There are also daily Arts and Craft and Storytelling sessions to keep little ones entertained.

Alongside the Beach, Norden Farm are hosting Kite Making Workshops throughout the summer ahead of our first Community Kite Festival at Boyn Grove Park (Punt Hill) in Maidenhead on Sunday 2 September between 1pm – 4pm. Workshops are suitable for all ages and tickets are just £3 per person.

More information about the Kite Festival and Workshops can be found on the Norden Farm website at www.nordenfarm.org

Bracknell Forest Carers Support Group

Bracknell Forest Carers Support Group runs two groups – one for carers including working carers and one for former carers. The group for carers including working carers meets at South Hill Park Café, South Hill Park, South Hill Rd, Birch Hill, Bracknell RG12 7PA from 5.30pm-7.00pm. Future dates for meetings are: Tuesday 21st August, Tuesday 18th September and Tuesday 16th October.

Former carers meet at The Look In, Great Hollands Square, Great Hollands, Bracknell, RG12 8UX from 10am-12 noon. Future dates for meetings are: Wednesday 8th August, Wednesday 12th September and Wednesday 10th October.

News from The Ark

The Ark's regular sessions start back on 10th September and run until 7th December 2018 with a break during the week of 22nd-28th October 2018. Activities include kick-boxing, yoga, introduction to self-defence, drama, tangled tales and crafty coffee.

The Ark's Annual General meeting and party event will take place on Saturday 22nd September at TRAX from 4.00pm until 9.30pm.

For more information contact The Ark on 01344 266899 and info@theark.org.uk or like their Facebook page at www.facebook.com/thearktrust

Volunteers Needed at the University of Reading

The University of Reading is carrying out a study to consult parents' ideas and views to develop an online resource giving information and peer support for parents of children with autism, as well as design music-assisted language interventions to elicit speech from non-verbal or minimally verbal children with autism. They are looking for parents who have a child diagnosed with autism and who are:

- Aged 18 or over
- Willing to attend a one-off focus group meeting at the University of Reading (or locally)
- Happy to share ideas to help design an online resource and language interventions for autism

Volunteers will be remunerated for time and travel expenses. Contact Dr Jacqueline Sin on 0118 3788122 or email: Jacqueline.sin@reading.ac.uk or Dr Fang Liu on 0118 3788122 or email: f.liu@reading.ac.uk

Challenge Club

The repairs to the Forest Suite at Bracknell Leisure Centre are finished and the Challenge Club is up and running again.

#differentworldfest

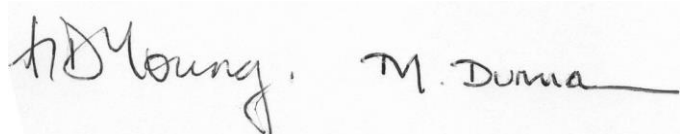
The Different World Festival will take place on **Saturday 4th August 2018** at Abbey Rugby Football club, Rose Hill, Peppard Rd, Reading RG4 8XA. It is a **fully inclusive music festival** and there will be bands, food and drink, stalls and daytime activities. Carers tickets are free. For more information and to book tickets go to: www.thelittleboxoffice.com/adwf or please visit www.adifferentworldfestival.co.uk

Dance for Adults (Elaine's Classes in Bracknell)

Fun and friendly dance classes are held weekly in Bracknell. Adult Tap classes for a range of abilities are held at Bullbrook Community Centre on Wednesday mornings and evenings and at Birch Hill Community Centre on Thursday mornings. Jazz and lyrical dance classes from the musicals are held on Wednesdays at Bullbrook Community Centre. For more information contact: 01344 484736 or dancenow9@aol.com

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

Handwritten signatures of Heather Young and Mary Durman. The signature for Heather Young is on the left and the signature for Mary Durman is on the right.

Mary Durman and Heather Young
Joint Chief Executives

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