



31st May 2017

MAY BRACKNELL MAILING

Dear Member,

We are looking for a Gateway Award Project Co-ordinator to work in our office in Binfield and the Bracknell area.

Job vacancy - Gateway Award Project Co-ordinator, Bracknell

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 post is for an average of 11 hours per week at £11 per hour. Please note the club will be closed for the holidays in July and August.

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

Carers Coffee Morning

Our next Carers group meeting is our coffee morning on **Thursday 15th June** from 10.00am until 12.00noon in the Wokingham, Bracknell & Districts Mencap office in Binfield.

'Thinking Ahead' Workshop for Carers – Transition/Approaching Adulthood – Save the Date

The second in this series of 'Thinking Ahead' workshops for carers will take place during the day on **Thursday 13th July** at The Masonic Centre, 7 Reading Road, Wokingham, RG41 1EG. The theme for the workshop will be transition/approaching adulthood with speakers from local councils and colleges. Refreshments and lunch will be provided. A flyer with further details and how to book will be sent out with June's newsletter so please SAVE THE DATE.

Carers Week - Monday 12th June-Sunday 18th June

SIGNAL have arranged a number of activities for carers before and during Carers Week including:

Friday 9th June: 10am-11.30am – Coffee for carers at Crowthorne Library. SIGNAL are bringing cake. No need to book. Cared for are welcome.

Monday 12th June: 2pm-5pm - Wills, Trusts and Future Planning Workshop at TRAX, Mill ride, North Ascot– FREE. Contact SIGNAL to book on 01344 266088 or email:info@signal4carers.org.uk.

Tuesday 13th June: 1pm-4pm – SIGNAL open house with tea, coffee and cake. Bracknell Forest Benefits Team will be there. Drop in, no need to book.

Wednesday 14th June: 9.45am-10.45am – FREE yoga taster session at Great Hollands Community Centre. To book call 07795 441796 or email: annie.vickery@hotmail.co.uk and mention SIGNAL.

Wednesday 14th June: 12.15pm-1.15pm – FREE adult dance class, 'Musicals!', at Bullbrook Community Centre, Bracknell. To book call 01344 484736 and mention SIGNAL.

Wednesday 14th June: 6.25pm-7.10pm – FREE Adult Dance Class, Tap beginner/rusty, at Martin's Heron & The Warren Community Centre. To book call 01344 484736 and mention SIGNAL.

Wokingham, Bracknell & Districts Mencap

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

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Thursday 15th June: 11.45am-12.30pm – FREE Adult dance class, Tap beginner/rusty at Birch Hill Community Centre. To book call 01344 484736 and mention SIGNAL.

12th-18th June: Golf - have a go on the driving range at Downshire Golf Complex for FREE or get 25% off the cost of Pitch & Putt. SIGNAL voucher needed.

12th-16th June: Get 5% off a haircut or a manicure from Salon Creative, Market St, Bracknell. SIGNAL voucher needed.

For further information about the activities in Carers Week please contact SIGNAL on 01344 266088 or email: info@signal4carers.org.uk.

Learning Disability Week – 19th-23rd June

Wokingham, Bracknell & Districts Mencap in partnership with Bracknell Forest Council and a number of other local organisations have organised a week of activities for people with learning disabilities and their carers: Please see the attached flyer for further information about the week's events.

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. The club will return after the half-term break on Thursday 8th June. 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 18+ with Aspergers Syndrome/high functioning autism and meets twice a month on the first and third Wednesday. For information about June's activities contact Ruth Hatch, who runs the group and can be contacted by email at autism@bracknellmencap.org, or phone/text 07929 114179. ***(Please note that from 1st April there is an annual charge of £60 for this group).***

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 June include:

- **Tuesday 6th June – Bingo night at The Bridge.** 7.00pm-9.00pm. Approximate cost £12 for food and drink. Bingo free.
- **Tuesday 13th June – Snow-tubing at Bracknell Ski Centre.** 5.45pm-7.30pm. £9.50 for snow-tubing. Bring money for drink/snack afterwards.
- **Tuesday 20th June – BBQ and Bracknell's Got Talent –** 6.30pm to 9.00pm. £3 for BBQ and soft drinks. At College Town Junior School to celebrate Learning Disability Week
- **Tuesday 27th June – Cinema at The Point –** Time and film to be advised.

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. ***(Please note that from 1st April there is an annual charge 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. Unfortunately until the Co-ordinator is in place we will have to suspend the Thursday workshop. In the meantime we will continue to run the Monday workshop but regret that we cannot sign up any new participants at the moment.

For further information about our clubs or to book a place, please contact the office on 0300 777 8539.

NEWS FROM OTHER GROUPS

General Election – 8th June 2017

Royal Mencap Society Mencap has produced a series of easy-read guides to voting and the manifestos of the major parties. For further information and to find the guides go to: www.mencap.org.uk

Bracknell Forest Carers Questionnaire

Bracknell Forest's Carers Development Worker, Emma Willmott, would like the views of carers regarding the words used for 'respite'. She will be in the Refresh Café on Friday 2nd June from 10am to 12.30pm to chat to carers or you can return the enclosed questionnaire to the Wokingham, Bracknell & Districts Mencap office.

Changing Places Toilet, Royal Berkshire Hospital

There is now a Changing Places Toilet facility in the Royal Berkshire Hospital. The bathroom is located at ground level at the Craven Road entrance at the Royal Berkshire Hospital and is registered on the Changing Places Consortium list of facilities in the UK and is available for use by anyone needing this type of facility. A Changing Places Toilet is for people with disabilities who are unable to use standard or disabled toilets. The new facility is wheelchair accessible and has a height-adjustable adult-sized changing bed, a ceiling track hoist and plenty of space for carers.

Bracknell Parent Forum

Bracknell Parent Forum would like to invite parents and carers to a coffee morning and meeting with CAMHS on Wednesday 21st June from 10.00am to 12.30pm at Easthampstead Baptist Church. The meeting is an opportunity to have questions answered but please note this is about the overall picture and not about individual cases. For further information email: bracknellparentforum@virginmedia.com.

Festival of Learning, Norwood

The 2017 Festival of Learning (previously Adult Learners' Week) is the biggest celebration of lifelong learning in England. Norwood are running free 'Have a Go' workshops to highlight the benefits of learning, celebrate the achievements of adults who have used learning to transform their lives, and encourage everyone to learn something new. The workshops are:

- o Friendships on Monday 19th June, 1.30pm – 3.45pm at Wokingham Library
- o The Good Book Club on Wednesday 21st June, 9.30am – 11.45am at Earley Crescent Centre
- o Grow & Eat Your Greens on Thursday 13th July, 9.30am – 11.45am at Ravenswood Village

For more details and to book your place, please contact Karen Thackray on phone: 01344 755593 or email: lifeskillsandlearning@norwood.org.uk by 7th June.

seAp Advocacy Drop-ins

SeAp are hosting drop-ins at involve, The Court house, Broadway, Bracknell, RG12 1AE (near Police Station and library) on alternate Fridays 2-4pm – 2nd, 16th & 30th June. Come along to learn more about advocacy or if you need support with a health or care need. You can drop-in or book ahead on 0300 343 5702.

Well Being and Leisure Team Activities

The Bracknell Well Being and Leisure Team have the following activities in June:

Table Tennis – Bracknell Leisure Centre, Monday from 11am-12pm. £3.40/£1.50 on Leisure Saver scheme

Ten Pin Bowling – Hollywood Bowl, Monday from 7pm and Thursday from 2pm. £5.78 for 2 games.

RPM (cycling to music) - Bracknell Leisure Centre, Thursday from 11.30am – 12 noon. £4.45 per session.

Keep Fit – Bracknell Leisure Centre, Thursday from 12.15pm-12.45pm. £3.40 per session.

Boccia – Bracknell Leisure Centre, Friday from 10.15am-11.15am or 11.30am-12.30pm. £2.75 per session.

Badminton – Bracknell Leisure Centre, Friday from 2pm-3pm. £3.40/£2.80 on Leisure Saver Scheme

Bracknell Rocks Autism Day

This charity fun day will be held on Saturday 24th June at Bracknell Town Football Club. Entrance costs £5 per adult and £1 per child. Please follow the Bracknell Rocks Autism Facebook page or go to the following link for more details:

<https://directory.wokingham.gov.uk/kb5/wokingham/directory/service.page?id=XbKg3QdWJNY>

#differentworldfest

The Different World Festival will take place on Saturday 29th July 2017 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. For more information please visit www.adifferentworldfestival.co.uk

Kidz to Adultz South – Thursday 8th June

This is one of the largest free events supporting children and young adults up to 25 years with disabilities and additional needs, their families, carers and the professionals who support them. The event is held at the Rivermead Leisure Complex, Reading, RG1 8EQ and parking and entry are FREE. Register for your visitors' FREE entry tickets from the website www.kidzexhibitions.co.uk or contact Disabled Living by email: info@disabledliving.co.uk or tel: 0160 607 8200.

Health Apps for People with Learning Disabilities

The NHS has some apps on their website that can help people with their learning disabilities with their health. For further information go to the link: <https://apps.beta.nhs.uk/?category=Learning%20Disabilities>. Please note that if you use these apps you will have to pay for them.

Hollywood Bowl, Bracknell

If you like bowling at Hollywood Bowl, you can get a reduced price game of £3.89 once a month if you are a member of The Ark. For more details, please email: info@theark.org.uk or go to their website: www.theark.org.uk

The Umbrella

Umbrella is the supported friendship and relationship service for adults with a learning disability, autism or acquired brain injury. It is managed by The Ark Trust Ltd. As well as providing training and workshops to support healthy friendships and relationships and matching for first dates, members are offered opportunities to attend social events for free or for low cost. Membership costs £10 per year. Anyone interested in joining The Umbrella can contact the office on 01183 800107 or email info@theumbrella.org.uk

CQC

The Care Quality Commission (CQC) are seeking responses from people living with a disability on their experience of using the services that they regulate; hospitals, GP surgeries, care homes, care at home services, for example. There are only 5 questions, you can answer anonymously and your answers will help the CQC's aim of improving the overall quality of care in England. Please go to: <http://www.cqc.org.uk/share-your-experience-finder?referer=disabilityrights>

Hate Crime: I'm With Sam

Dimensions are running a campaign to help tackle hate crime. They're sharing the message that learning disability and autism hate crime is unacceptable. If you'd like to sign up to the campaign and find out more, please go to: <https://www.dimensions-uk.org/campaign/imwithsam/>

Royal Berks Fire & Rescue Service

The RBFRS have made a fun video which is a cover of a Bruce Springsteen song, renamed and reworded "You Can't Stop The Fire". It shares important messages about preventing house fires in a light-hearted way – go to: <https://www.youtube.com/watch?v=mm-DHcGn36o>

Beware of internet fraud

Following the recent cyber-attack on the NHS, new scams are happening with fraudsters selling anti-virus computer software so that victims think they are protected. Here are some top tips to avoid becoming a victim:

- o Don't ring numbers from pop-up messages
- o Never allow remote access to your computer
- o Be wary of unsolicited calls. If you're unsure of a caller's identity, hang up.
- o Never divulge passwords or pin numbers.
- o Microsoft or someone on their behalf will never call you and they won't include a phone number in supposed warning messages.

Remember to report fraud and cyber-crime to: Actionfraud.police.uk

Support With Confidence

Support with Confidence is a local authority scheme which provides a list of approved care and/or support services that have been vetted around quality, safety and training. For a full list of accredited providers in the Bracknell Forest Borough please go to: <http://www.supportwithconfidence.gov.uk/> and scroll down to the 'Local Authorities in the Scheme' tab.

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



Mary Durman and Heather Young
Joint Chief Executives

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