

Wokingham, Bracknell & Districts Mencap

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30th May 2018

MAY BRACKNELL MAILING

Dear Member,



AGM – Change of Date and venue and 20th Anniversary Party

Our Annual General Meeting will take place at Hilton St. Anne's Manor, London Road, Wokingham on **Monday 2nd July**. **This year as it's our 20th Anniversary year the AGM will be followed by a free party to celebrate. There will be music and dancing until late. Tea, coffee and light refreshments will be provided and there will be a grand raffle.** A flyer is attached with further details.

The AGM is a time for us to reflect on our achievements during 2017 and also look forward to the future. **We urgently need new Trustees including a Chair and a Treasurer or the Charity will have to close.** If you are interested or have skills such as accounting, HR, marketing, legal or caring and would like to know more please contact Heather or Mary at the office on 0300 777 8539.

Fundraising silent auction

We raised £185 from the 5 lots advertised in the April mailing – thank you to all those who sent in bids. The winning bidders have been informed.

Job Vacancies

We have 2 vacancies – one for a Support Worker for our '@ the Acorn' Social Group for adults with a learning disability in Wokingham – average. 2.5 hours per week, £8.50 per hour. The other is for a Playworker at Bracknell Smiles for Sibs for 2 hrs per week at £7 per hour. 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.

Save your plastic milk bottle tops for us

Wokingham Borough Council are 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 Lunch

The next carers' meeting will be a coffee morning on **Thursday 21st June** from 10.00am to 12.00pm at **The Court House, Town Square, Broadway, Bracknell.**

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.

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 June will include:

- **Tuesday 5th June – 7.00-9.00 pm - Skittles Evening at Jack O’Newbury Pub in Binfield RG42 5PH.** Bring £10.55 for meal and skittles. Drinks extra
- **Tuesday 12th June – 6.00-8.00pm - Crazy Golf and Picnic at Jock’s Lane. £2.05 for crazy golf.** Bring your own picnic and drinks.
- **Tuesday 19th June – 7.00-9.00pm - Meal at Admiral Cunningham.** Approximately £12 for food and drink.
- **Tuesday 26th June – 7.00-9.00pm – Bowling at Hollywood Bowl. £6.00 for Bowling (2 games).** Bring money for 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 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 will meet twice a month from June. In June the next meetings are:

- **Wednesday 13th June – Meal at Sedero Lounge, Wokingham.** The table is booked for 7pm and the meal will cost between £15.00-£25.00.
- **Wednesday 29th June – Meal at The Olde Leathern Bottle, Wokingham.** The table is booked for 7pm and a meal will cost between £20.00-£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

Good news! The Gateway Award is back up and running starting on Thursday 7th June from 7-9pm at The Court House, Broadway, Bracknell and will cost £5 per session. The group is starting with the Thursday workshops, but the Monday group will be coming back in September. We will be looking to complete the Adventure Challenge in the next 2 months so fingers crossed the weather stays beautiful for us.

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

Coffee Cake and Crafts

For adults with a learning disability, at Bracknell Open Learning Centre, Tuesdays 14.00-15.30. Each week there will be a different craft to do whilst you have a drink and biscuit or cake. There will be a charge of £2 for craft and 30p for tea/coffee. For more information contact; Emma Shaw 01344 354499 or by email emma.shaw@berkshire.nhs.uk or Donna Payne 01344 353340 or by email donna.payne@bracknell-forest.gov.uk

Challenge Club

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

BERKSHIRE ADULT SIBLING WORKSHOPS - SATURDAY 30TH JUNE 2018, READING

The national organisation 'Sibs' has received funding to run a series of information and support workshops for adult siblings living in Berkshire, who have a brother or sister who have a lifelong learning disability and/or autism. These workshops will be an opportunity for you to meet siblings in similar situations and to gain more information on the practical and legal aspects of taking over the care and support role from your parent – you may already be doing this or thinking about the implications of this in the future. If you are an adult sibling living in Berkshire and are interested in attending the following workshops and having your questions answered, please visit their website (below) to register your interest:

Decision-making and the law, 9.30am-12pm - *My autistic sister is non-verbal – when she goes into hospital, who can consent to treatment on her behalf?*

Managing your brother or sister's finances, 1-4pm - *If we set up a trust fund for my brother, who has a learning disability, will it affect his benefits?*

Booking essential. Visit www.sibs.org.uk/support-foradult-siblings/berkshire-adult-sibling-project/
Funded by Berkshire Carers Service for adult siblings who live in Berkshire.

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 19th June.

Former carers meet at The Refresh Café, Crownwood Community Centre, Opladen Way, Crownwood, Bracknell RG12 0PE from 10am-12 noon. Future dates for meetings are: Wednesday 13th June.

#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)

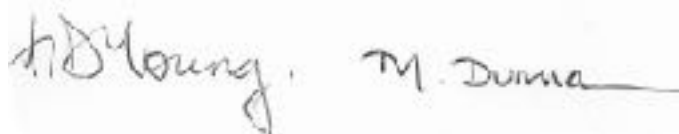
Fun and friendly dance classes are held weekly in Bracknell. Adult Tap classes for a range of abilities are held at Bullbrook Community Centre on Wednesday mornings and evenings and at Birch Hill Community Centre on Thursday mornings. Jazz and lyrical dance classes from the musicals are held on Wednesdays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

SIGNAL – Tangled Tales

Unpaid carers registered with SIGNAL are welcome to come along to the Ark @ The Space, 20-21 Market St. Bracknell, RG12 1LG on Thursdays from 10.30am to 12.30pm for Tangled Tales. As well as working with textiles and yarn we will also be sharing stories of Bracknell and you can work on a group textile art installation, based on these tales, and highlighting to you what is important in modern Bracknell. For more information contact SIGNAL on 01344 266899 or info@theark.org.uk.

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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**20th
ANNIVERSARY
PARTY**



**20th
ANNIVERSARY
PARTY**

Don't forget our

Annual General Meeting and 20th Anniversary Party

on

Monday 2nd July

at 7.30pm

**at Hilton St. Anne's Manor
London Road
Wokingham
RG40 1ST**

Light refreshments and tea/coffee will be available on the evening. There will also be a bar where you can buy your own drinks

****There will be a silent auction and raffle on the night****