



26<sup>th</sup> April 2018

## APRIL BRACKNELL MAILING

Dear Member,

### Data Protection - last chance to stay in touch

Help Wokingham, Bracknell & Districts Mencap keep in touch with you. Please read the attached letter and return it to us with your answers via email or post as soon as possible. Please remember to include your name. **It is important that you respond to allow us to continue to contact you after 25<sup>th</sup> May 2018.**

### AGM – Save the Date

Our Annual General Meeting will take place at Easthampstead Park Conference Centre on **Thursday 5th July**. Further information about this event will be sent out in a few months' time, but PLEASE SAVE THE DATE!

This is a time for us to reflect on our achievements during 2017 and also look forward to the future. We are looking for Trustees as a number of our current Board, including our Treasurer, will be standing down at the AGM. **If we do not have Trustees then the Charity will have to close** so 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 raffle and silent auction

Our 20<sup>th</sup> Anniversary Ball due to take place on Saturday 5<sup>th</sup> May had to be cancelled due to a poor response, but we do have a number of fantastic prizes which were sourced for the Ball. We will be holding a raffle with some of these prizes later in the year but some have shorter dates so we are offering these to our members to the highest bidder!

- LOT 1 - 2 General Admission tickets to Henley Festival
- LOT 2 - Afternoon tea for 2 at Coworth Park, Ascot
- LOT 3 - Voucher for Honey Beauty Bar, Wokingham
- LOT 4 - Cut & Blow Dry at Zappas Wokingham
- LOT 5 - Cut & Finish at Zappas Crowthorne

Please see the attached sheet for a more detailed description of each Lot and send us your bid by **Tuesday 22<sup>nd</sup> May** at the latest. If there is more than one highest bid for a lot then the winning bids will be randomly chosen from these bids – don't forget to put your name and contact details on your bid sheet.

### 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](mailto:admin@wokinghammencap.org). References and an Enhanced DBS check will be carried out on the successful candidates. Closing date for applications is noon on Wednesday 23<sup>rd</sup> May.

## Wokingham, Bracknell & Districts Mencap

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*Interim Chair*  
Ray Clarke

*Joint Chief Executives*  
Mary Durman  
Heather Young

## Celebrating our 20<sup>th</sup> Anniversary

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

Affiliated to but not funded by  
Royal Mencap Society



### **Are you replacing your kitchen or have an old kitchen wall cabinet to spare?**

We need a kitchen wall cabinet to put up in our new office. If you have an old cabinet that you don't want, please let us know. It doesn't matter what colour it is! We can collect it from you.

### **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.

## **NEWS AND EVENTS FOR CARERS**

### **Carers Lunch**

The next carers' meeting will be a lunch on **Thursday 17<sup>th</sup> May** from 12.15pm to 2.00pm at the New Priestwood Community Centre. This month Emma Dollymore, an Independent Supporter at Adviza will be joining us for lunch. Emma will be available to offer advice on the EHCP (Education Health Care Plan) process and support available once the EHCP is in place. Please see attached flyer for further details and how to book your lunch.

## **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 May will include:

- **Tuesday 1<sup>st</sup> May – Laser Quest and Burger King.** Bring £7.90 for Laser Quest plus money for Burger King.
- **Tuesday 8<sup>th</sup> May – Cinema at The Point.** Let the Co-ordinator know if you are interested and they will call you to let you know the film and time a few days before.
- **Tuesday 15<sup>th</sup> May – Walk around Lily Hill Park and Meal at Running Horse.** Approximately £12 for food and drink.
- **Tuesday 22<sup>nd</sup> May – Swimming at Coral Reef.** £4.50 for swimming plus £1 for the locker.
- **Tuesday 29<sup>th</sup> May – Curry Night at The Shenai, 78 Yorktown Rd, Sandhurst.** £12.95 for a meal plus drink. Bring money for other drinks.

Chris Ward runs this group and can be contacted on 07557 231360 or by email at [chris@bracknellmencap.org](mailto: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.*

### **TGIF/Friday Alternative**

This social group is for adults aged 16+ with Aspergers Syndrome/high functioning autism. It meets 3 times a month. In May the next meetings are:

- **Wednesday 9<sup>th</sup> May – Bowling at Wokingham Super Bowl.** £9.99 for 2 games. Meet at 7pm
- **Wednesday 16<sup>th</sup> May – Curry Night at The Tamarind Tree, Wokingham.** The table is booked for 7pm and a meal will cost between £20-25.
- **Friday 25<sup>th</sup> May – Dinner/drinks at The Olde leathern Bottel.** The table is booked for 7pm and dinner will cost between £15 and £25.

Ruth Hatch runs the group and can be contacted by email at [autism@bracknellmencap.org](mailto: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

We are very pleased that Heather Ward, the new Gateway Co-ordinator has started. Heather hopes to start the workshops again in June. She will contact all the existing Gateway participants over the next couple of weeks. If you want to contact Heather her email address is: [gateway@bracknellmencap.org](mailto: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

### 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 15<sup>th</sup> May, Tuesday 19<sup>th</sup> 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 9<sup>th</sup> May, Wednesday 13<sup>th</sup> June.

### Mixed Ability Rugby – Chargers Recruitment Drive

The Surrey Chargers are on a recruitment drive to attract new players and volunteers to join up with them. Their partnership with Chobham Rugby Club has come around thanks to the delivery of a brand new RFU & Premiership Rugby initiative 'Project Rugby'. The aim of the project is to introduce rugby to new audiences of traditionally underrepresented community groups; specifically in the case of the Chargers this includes people with either physical or learning disabilities.

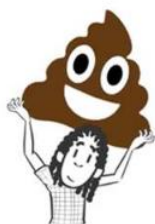
The Harlequins Foundation are looking to provide fun, and fully inclusive rugby taster session to adults and young people aged 16+ of all ability levels and experience. They truly believe there is a space for everyone on the rugby field, and so they would like to give more disadvantaged young adults the opportunities to take part in rugby. Please contact Harlequins Foundation Coordinator, Matthew Williams for more information on the Surrey Chargers & Project Rugby: [matthew.williams@quins.co.uk](mailto:matthew.williams@quins.co.uk).

### Cambridge University Mother and Baby Study

The Autism Research Centre at Cambridge University is currently looking for pregnant autistic women, or pregnant women who already have an autistic child, to take part in a research study which is observing the early development of the baby in pregnancies where the mother or an older sibling of the baby has a diagnosis of autism. If you decide to participate, you would be invited for an MRI scan in your last trimester of pregnancy, at the Rosie Maternity Hospital in Cambridge, so we can study your baby's brain even before birth. After your baby is born they will look at your baby's behaviour, including play, social behaviour, communication, and another MRI to look at their brain structure. They will also look at your baby's growth. There will be five visits in total: during your pregnancy (an in person visit for an MRI), when your baby is 2-3 months old (an in person visit for infant MRI), a 6-month (in person) visit, at 18-months (postal or online questionnaires only), and finally at 24-months (in person visit). If you live in the UK or in Europe the project can pay for you to visit Cambridge, and they will reimburse all travel expenses and hotel accommodation, and you will receive an additional £20/visit for each visit. They will also give you a picture of your baby from your scan. If you are interested in finding out more about this study or would like to take part, please contact Sarah Hampton or Ezra Aydin, by email ([infant.imaging.study@medschl.cam.ac.uk](mailto:infant.imaging.study@medschl.cam.ac.uk)) or by telephone (01223 465230).

### Dimensions – Poo & You

Dimensions has produced a short film called Poo & You. It highlights the importance of 'getting to know your poo'. **Why?** Up to 50% of people with learning disabilities are affected by constipation.



To watch the film, click on the link below -

[https://www.youtube.com/watch?v=C9jDDOA4pdY&feature=youtu.be&utm\\_source=Sign-Up.to&utm\\_medium=email&utm\\_campaign=32163-249332-26th+February+Newsletter](https://www.youtube.com/watch?v=C9jDDOA4pdY&feature=youtu.be&utm_source=Sign-Up.to&utm_medium=email&utm_campaign=32163-249332-26th+February+Newsletter)

### **Kidz to Adultz Events**

FREE events for children and young adults up to 25 with disabilities and additional needs, their families, carers and professionals who support them. Kidz to Adultz South is taking place on Thursday 17<sup>th</sup> May 2018 from 9.30am to 4.30pm at the Farnborough International Exhibition & Conference Centre, Etps Rd., Farnborough. For more information go to: Disabled Living, email: [info@disabledliving.co.uk](mailto:info@disabledliving.co.uk): tel: 0161 6078200: [www.kidzexhibitions.co.uk](http://www.kidzexhibitions.co.uk).

### **Keep Safe – FREE workshop for adults with learning disabilities**

Norwood are offering a FREE workshop for adults with learning disabilities on Wednesday 30<sup>th</sup> May 2018 at Ravenswood village, Crowthorne, RG45 6BQ from 10am to 3pm. The workshop will focus on ways to keep safe when at home or out and about. To apply for a place contact Sarah Pammer by 14<sup>th</sup> May on 01344 755593 or email: [lifeskillsandlearning@norwood.org.uk](mailto:lifeskillsandlearning@norwood.org.uk). *Please note that you will need to bring a vegetarian lunch with you.*

### **Digital Resources from Carers UK**

Bracknell Forest Council has joined forces with national charity Carers UK to offer support to carers via an online platform that can be accessed 24/7. At a click of a mouse carers in Bracknell Forest have free, 24/7 access to the Digital Resource for Carers, an online environment that hosts a range of resources to help carers manage care and caring. Go to: <https://www.signal4carers.org.uk/bfcarers/bfnoticeboard/39-digital-resources-from-carers-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](mailto:dancenow9@aol.com)

### **Dementia Forum**

Would you like to find out about all the support and activities available in Bracknell Forest for people with dementia and their carers? If so come along to our Dementia Forum Market Place at Easthampstead Baptist Church, Bracknell on Friday 4<sup>th</sup> May between 11.30am-2.30pm. For further information please contact Karen White on 01344 823220. No need to book, just turn up.

### **Turkey and Tinsel 2018**


We know it's only April however Turkey and Tinsel 2018 is only 234 days away! The venue is Mill Rythe Holiday Village from 10<sup>th</sup> to 14 December 2018. The cost is £300 which includes half board and travel. To book contact The Ark on 01344 266899 (they now take VISA). You can reserve your place now with a £50 deposit and pay in instalments if you need to between now and the final payment date of 29<sup>th</sup> October 2018. All holidays must be completely paid for by then without exception or else you will not be able to attend and we may not refund any deposit.

### **Challenge Club**

The Forest Suite at Bracknell Leisure Centre is currently unavailable due to emergency repairs, so they are going to have to cancel Challenge Club until the hall is available again. The Challenge Club will be in touch when the hall is available again.

If you have any questions about anything in this mailing, please call the office on 0300 777 8539 or email [admin@wokinghamcap.org](mailto:admin@wokinghamcap.org).

Kind regards



Mary Durman and Heather Young  
Joint Chief Executives

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