



28th May 2019

MAY BRACKNELL MAILING

Dear Member,

Sponsored Charity Skydive

Please help our charity by sponsoring our brave skydive volunteers. We have a team of volunteers who will be undertaking a tandem skydive over the summer months to raise money for the Gateway Award project.

Go to our Virgin Moneygiving page to sponsor our brave volunteers online at <https://www.virginmoneygiving.com/fund/wbmdskydive> OR you can contact us at the office to sponsor them on 0300 777 8539 or via admin@wokinghammencap.org

THANK YOU

We would like to say a big THANK YOU to the Bracknell Forest Mayor, Alvin Finch, who raised a fantastic £16,450 for our charity and in particular for the Gateway project during his Mayoral year. This money means that the Gateway project is fully funded for at least another year. Alvin, supported by his sister, Jennie Green, and many others has worked hard during the past year to raise this amount and there is still some money to come in so the total will increase. We are also pleased to announce that Jennie is now one of our Trustees and has taken on the role of Treasurer.

Carers Week - 10th-16th June Carers Workshop – 13th June

This year Carers Week takes place from 10th - 16th June and we are holding a workshop for carers focussing on Wills and Trusts, Deputyship and Lasting Power of Attorney. The workshop is on **Thursday 13th June** from 7.30pm-9.30pm in the Rose Room of the Bradbury Centre, Rose St Methodist Church, Wokingham. For further information and details of how to book please see the attached flyer.

Learning Disability Week – 17th-23rd June

This year the theme is sport and the Bracknell Social Group are holding a BBQ near Pistachios In The Park, Sandhurst Memorial Park with sporting games on the nearby field including Boccia. The group are also hoping that an England Boccia player will be coming along to join in and give them some tips. The cost for the BBQ will be £7 to cover food and drinks. Booking is essential so if you are interested in coming along for this event, please let us know on 0300 777 8539 and tell us if you have any dietary requirements.

Notice to all Members regarding membership and club fees

This is a reminder that everyone accessing our clubs and activities must be a fully paid up member of Wokingham, Bracknell & Districts Mencap in order to ensure they are covered by our insurance. (The membership fee is £15 per year and is due on 1st January every year).

All our clubs and activities are now funded through club fees and most are invoiced on a yearly basis (Bracknell Social Group, @ the Acorn). To keep the clubs running, we need all participants to pay the relevant annual Club fee (this covers staff and volunteer costs, publicity and stationery costs, hall hire, activity costs etc). Participants will be invoiced

Wokingham, Bracknell & Districts Mencap

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Bracknell
Berkshire RG12 1AE
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admin@wokinghammencap.org
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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



for this fee on a yearly basis but you can arrange to pay in instalments.

Unfortunately if you do not pay the invoice within 30 days of receiving it, you will have to pay double the weekly fee when you attend a Club. *If we do not receive enough club fees, then sadly clubs may have to close.* Please note that if you do not pay the Wokingham, Bracknell & Districts Mencap membership and Club fees, unfortunately, you will not be allowed to continue to participate in any of the activities.

This policy was agreed by the board of Trustees on 31st January 2019 and is effective from 1st March 2019.

NEWS AND EVENTS FOR CARERS

Carers Coffee Morning

The next meeting will be a coffee morning on **Thursday 20th June** from 10.00am to 12noon at The Court House, Broadway, Town Square, Bracknell RG12 1AE. Please come along to chat to other carers and our staff.

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 4th June – To be advised – Cinema at The Point.** Please let Chris know if you are interested in attending (even if you are undecided) and he will ring you back to let you know the film and time.
- **Tuesday 11th June – 7.00pm-9.00pm – Games at South Hill Park.** Bring your own picnic. Drinks available at the café.
- **Tuesday 18th June – 6.30pm-9.00pm – Sports Night and a BBQ at Pistachio's in the Park, Sandhurst.** £7.00 for food and drinks. Let Chris know if you are attending and any dietary needs.
- **Tuesday 25th June – 6.30pm-8.30pm – Outdoor Crafts at The Look Out.** Coffee at Starbucks (Sainsbury's). Drop off at the Look Out. Pick up from Sainsbury's. Bring money for drinks and snack.

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

Gateway

The Gateway Award runs on Thursday evenings from 7.00pm-9.00pm at The Court House, Broadway, Bracknell and costs £5 per session. The Monday group will restart when we have sufficient numbers. In the meantime there are spaces on the Thursday group, so if you are interested in joining have a chat to Heather Ward, the Gateway Co-ordinator. Heather's 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

Bracknell Community Day

Come and join involve Community Services in the Lexicon on Saturday 15th June for a fun-filled day for all the family, with charity & food stalls, songs, dancing & music! The Bracknell Community Day aims to celebrate Bracknell with Morris Dancers, Young Musicians, a Brass Band, Line Dancers & Singers as well as multicultural performances, plus over 15 stalls showcasing local voluntary & community groups & activities. The event will be on Bond Square, near the steps outside M&S, with stalls in the open space near Waitrose. For more information about the event, contact involve on 01344 304 404.

Coffee for Carers Bracknell Library

This group is for carers and those in their care and friends. It is completely free and tea, coffee and cake will be served every time. No need to book. The group meets on the first Thursday of the month from 10am -12noon at Bracknell Library. Next Coffee for Carers is on Thursday 6th June 10am – 12noon. There will be 2 special guests joining carers for coffee, a benefits advisor and a wellbeing body awareness lady who can help you learn how to relax and will share her techniques. No need to book. Free Event - Free Coffee - Free Chat - Free Advice

Love books? Can't get out? Try the Home Library Service!

- A free service for housebound customers.
- Delivery and collection of books, audiobooks and DVDs.
- Available to anyone living in the borough who, for physical or mental health reasons, is unable to visit a library.
- Personalised stock selection and regular visits by a member of staff or volunteer.

To join or for further information ask in any Bracknell Forest library or telephone the Home Library Service on 01344 352406

Bracknell Jobcentre Move

Bracknell Jobcentre will close on Friday 7th June and move to its new location on Monday 10th June. Bracknell Job Centre will be closed to the public on Friday 7th June and Monday 10th June and will reopen on Tuesday 11th June. The Jobcentre is supporting claimants throughout the changes to make sure they have the information they need about what to do and when. This includes talking to people as they come into the jobcentre, posters, hand outs and letters. The new address for the Jobcentre is Bracknell Job Centre, Origin, Western Road, Bracknell, Berkshire, RG12 1US.

A Different World Festival

A Different World Festival is a small music festival for adults and young people with additional needs. It is held at Abbey Rugby Football Club in Emmer Green and this year will be on Sat 10th August. Inspired by our teenage son with autism who can't cope with a mainstream festival we decided to set up our own. What makes us different? Music not too loud, no flashing lights. A large flat wheelchair friendly site. A specialised Mobiloo with a hoist and large changing table. A sensory/chillout tent. Signing singing for the hearing impaired. Loads of fab music, stalls, workshops. Assistance dogs are welcome. Carers go free. Please go to the website <https://www.adifferentworldfestival.co.uk> and ticket link <https://thelittleboxoffice.com/adwf/> for more information and to book tickets.

Staying Up Late

Stay Up Late is a national campaign and charity. Stay Up Late helps people with a learning disability and people with autism to stay up late, if they want to. Stay Up Late found that lots of people with learning disabilities are unable to lead full and active social lives. Support workers usually finish shifts by 10pm. So lots of people with learning disabilities and autism leave events at 9pm or earlier. Everyone has the right to stay up late and have some fun if they want to. We need more opportunities to stay up late in Berkshire. If you are interested in staying up late you can contact Andrea McCombie at The Ark by telephone 01344 266899 or by email info@theark.org.uk. You can come along to a meeting on Tuesday 11th June, 8pm-10.30pm at the Manor Pub in Bracknell. This is a meeting to plan a social group for staying up late. You can bring a friend or carer if you want to.

Sunflower Lanyard

If you are planning to fly from Heathrow then you can obtain a sunflower lanyard which enables staff to recognise that you have a hidden disability without you needing to declare it. This allows you to travel independently through the airport whilst knowing that if you need any additional support during your journey, any of the colleagues will be able to support. If you do find you are feeling any discomfort during your journey or would prefer extra assistance, head to one of the Assistance desks where one of the colleagues will be happy to help. Full details on how to obtain this free Lanyard can be found at: <https://www.heathrow.com/airport-guide/assistance-at-heathrow/hidden-disabilities>

Breaking Through the Barrier of Fear

Learn the Secrets to creating momentum for success in all areas. Is fear stopping you moving forward in your life? Would you like to have more confidence & positivity? Join us at our Monthly evening lecture with Les

Flitcroft. Friday 28th June 7.30-9.30pm. Coronation Hall, Headley Road, Woodley, RG5 4JB. £voluntary donation to the MCKS Charitable Foundation UK. www.ukpranichealing.co.uk .

Healthwatch and Frimley Health and Care ICS Long Term Plan Survey 2019

Frimley Health and Care Integrated Care System (ICS) is a group of organisations such as hospital trusts, GPs and Local Authorities, working together to provide the local population with a joined up health, care and wellbeing system. In January 2019 the NHS Long Term Plan was published. As environments and society develop, the way that we all look after our health and wellbeing has to change so that in 10 years' time we have a service which can face the challenges of the future. Your local healthwatch services, coordinated by Healthwatch Bracknell Forest, are supporting Frimley Health and Care ICS to find out what is important to you and your family so that your views can help to shape local plans so that you receive the right care at the right time in the right place. The feedback from this survey will be shared, anonymously, with local health and care services and a report will be made available on the websites of your local healthwatch services and Frimley Health and Care ICS in July 2019. The survey will take approximately 10-15 minutes to complete and can be found at <https://www.surveymonkey.com/r/ZT7H986>.

Boosting Aspirations for Young People with SEND

BASE/Elevate are holding two workshops for parents/carers of young people with special educational needs and disabilities who live in Berkshire. The workshops aim to raise employment aspirations across Berkshire through the European Social funded project, Employment is Everyone's Business. The project seeks to identify and promote best practice in the transition from education to employment. The workshops are on Tuesday 25th June, 11.00am-1.00pm at Newbury College, Monks Lane, Newbury, RG14 7TD and Wednesday 3rd July, 6.45pm-8.45pm at Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR. To confirm a place please email:laura.davis@base-uk.org or telephone 07879492630.

National Autistic Society Petition

Last week BBC One's Panorama revealed the cruel mistreatment of people with a learning disability and autism at Whorlton Hall, a specialist hospital in County Durham. The programme was very upsetting. If you were upset by the Panorama programme, please sign the National Autistic Society's petition calling for the Government to end the abuse and mistreatment of people with learning disabilities and autism in inpatient units. Go to: https://www.change.org/p/government-of-the-united-kingdom-end-the-abuse-of-autistic-people-people-with-a-learning-disability-in-inpatient-units?recruiter=963782821&utm_source=share_petition&utm_medium=copylink&utm_campaign=share_petition

Clothes Bank Bracknell

The Clothes Bank in Bracknell will be holding its Summer 2019 Giveaway from 10.15am to 1pm on Wednesday 26th June at St Joseph's Church, 39 Braccan Walk, Bracknell. Donations of seasonal adult and children's clothing, of all sizes, will be sorted by a team of volunteers to ensure the clothes are of a good quality and the volunteers distributing the clothing at the giving event will work from a set list of garments per client to ensure that it is distributed fairly. The Clothes Bank operates a voucher system, similar to the Foodbank. *Bracknell Mencap hold some vouchers so if you would like one, please contact their office on 0300 777 8539*

CQC - Tell us about your care

The Care Quality Commission (CQC) is asking disabled people, those living with a long-term health condition, and their families to share their experiences through the [Tell Us About Your Care survey](#). You can also call them to complete the survey on your behalf - 0330 995 0400 (afternoons are quietest), choose Option 1 and quote; 'CQC' when your call is answered.

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



Heather Young and Mary Durman
Joint Chief Executives

Enclosures