



27th November 2017

NOVEMBER BRACKNELL MAILING

Dear Member,

We are Moving!

From Tuesday 2nd January 2018 we will be moving to our new office in Bracknell. **Our new address will be: The Court House, Broadway, Town Square, Bracknell, RG12 1AE.** Our telephone number will remain the same: **0300 777 8539.** We are really excited about our move as we will be sharing a building with other local voluntary sector organisations such as involve, Cruse, Kids etc. The move does mean that **our office will not re-open after the Christmas holidays until Monday 8th January.** We plan to have an open day when members can pop in to see our new office - details for this event will follow once we have settled in.

Our **Anniversary Ball** has been arranged for **Saturday 5th May 2018** at Hilton St. Anne's Manor, Wokingham. Tickets are £55 per person and will include:

- A welcome drink on arrival
- A delicious 4-course meal with half a bottle of wine each
- A live auction
- A silent auction
- A great raffle
- Live music from 'Flashback' who recapture all the excitement of the golden age of Swing and Rock'n'Roll featuring the iconic hits of the 1940s and 1950s.

We will be selling tables of 10, so you can either get together with a group of friends and book table of 10 or come on your own or with a partner and we can seat you. A booking form is attached. We look forward to seeing you at what will be a fabulous event that will also help raise funds for our charity – bring your dancing shoes!

We are still looking for volunteers to help at Christmas fundraising events. Can you help us following **Santa's Sleigh**, courtesy of West Forest Round Table, around the Oxford Road area in Wokingham on **Sunday 10th December** from about 5pm to 8pm. If you would like to join us to collect money (Christmas hats optional), please contact the office on 0300 777 8539.

NEWS AND EVENTS FOR CARERS

Christmas Carers Coffee Morning

The next carers' meeting will be our Christmas Coffee Morning on **Thursday 21st December** from 10.00am to 12.00noon at the office in Binfield. Come along for a festive mince pie and a chat with other carers and the Bracknell Mencap staff and don't forget to wear your Christmas jumper!

Wokingham, Bracknell & Districts Mencap

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Chair
Janet Dean

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



Carers Respite Trip to see Motown the Musical

We have 50 tickets to see this fantastic musical at the Shaftesbury Theatre, London on **Thursday 22nd March**. 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. 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. *Please note the last session before Christmas is Thursday 21st December.*

Sibs Panto Trip to Robin Hood at the New Victoria Theatre

We are offering a trip to see Robin Hood at the New Victoria Theatre, Woking, on **Saturday 6th January** to our siblings aged 8 years and above. We are subsidising the cost of the tickets so they will only cost £5 per child. Further details and how to book are included on the enclosed flyer or you can ring the office on 0330 777 8539 by **5th December** at the latest.

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 December will include:

- **Tuesday 5th December – Cinema at The Point. Time to be advised.**
- **Tuesday 12th December – Group Christmas meal at The Running Horse from 7.00pm to 9.00pm.**
- **Tuesday 19th December – CLOSED for Christmas**
- **Tuesday 26th December – CLOSED for Christmas**

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.*

TGIF/Friday Alternative

This social group is for adults aged 16+ with Aspergers Syndrome/high functioning autism. The group meets 3 times a month on the first and second Wednesdays and the last Friday. In November the next meetings are:

- **Wednesday 6th December – meal at Tang's Oriental Buffet (next to Cineworld) at 7.00pm. £15.00** - pay on entry plus money for drinks.
- **Friday 15th December – Christmas Dinner at The Olde Leathern Bottle, Wokingham** – Tables booked for 7pm. Festive menu £18.99 for 2 courses and £21.99 for 3 courses plus money for a drink. Please note you must have booked to come along to eat.
- **Wednesday 20th December – Swimming and Spa at Coral Reef Waterworld at 7.00pm.** Peak disabled adult ticket £9.90.

Ruth Hatch runs the group and can be contacted by email at autism@bracknellmencap.org, or phone/text 07929 114179. *Please note that the **TGIF/Friday Alternative Christmas Party will be on Friday 15th December and Ruth is taking bookings now.***

Gateway

We are currently recruiting for a Gateway Co-ordinator to run the Gateway Award programme. The group is currently suspended and we hope to re-start the group when a new Co-ordinator is in place. Until that time, unfortunately the group will remain closed.

NEWS FROM OTHER GROUPS

Change to the Emergency Respite Scheme Bracknell Forest Council – Launch of the Carer Emergency Card

The Emergency Respite Scheme has been replaced by the 'Carer Emergency Support'. The scheme itself has very few changes. The key change is that you will not require an assessment and can register through SIGNAL. You will be provided with an emergency card to carry with emergency contact numbers.

If you are already on the current scheme, please do not worry. The changes have been made to make this more efficient and easy to access.

Carer Emergency Card

Do you ever wonder what would happen if an emergency meant that you couldn't provide the care you usually do? How would people know you were a carer? How would people know WHO to contact?

Having a Carers Emergency Card and making simple plans with family, friends and neighbours who could help in an emergency can help give you peace of mind.

What is the Carers Emergency Card?

The Carers Emergency Card is a small, credit card sized card that lets other people know in an emergency that the person you care for relies on you. The card should be carried with you at all times, for example in your bag or wallet. This provides the reassurance that, in an emergency, there are backup plans in place for the person you care for so they won't be left without support. A card is also given to the person you care for with your information. The cards are FREE.

What's included?

This pack includes cards for both you as the carer and the individual you care for, and 2 forms for you to fill out and give to your emergency contacts. SIGNAL, the local carers service, are working with the council to support carers and provide Carers Emergency Card packs. If you have any questions, want support, or need replacement or additional cards, contact SIGNAL.

Three Frogs Club

The Three Frogs Club is a social group for adults on the Autistic Spectrum. It meets usually on the third Thursday of every month. The next meetings are: Thursday 14th December and Thursday 18th January. The December meeting is a Christmas meal and must be booked in advance. For more details contact 3frogs@asdfamilyhelp.org or call/text Jayne on 07733 601755

NHS 111

NHS 111 (non-emergency number) is an inclusive service. Here is a link to a short film for people with learning disabilities, autism or both which explains:

- What NHS 111 is for
- What to expect during a 111 call
- Tips on how to have a good 111 call

The link for the film is: <https://www.youtube.com/watch?v=CMePMsS9KT8>

Flu Vaccinations

Here is a link to an easy read leaflet about getting a flu jab:

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/637939/PHE_Flu_easy_read_adult_flu_leaflet.pdf

ADHD/ADD/ASD Parent Support Group

Monthly parental support group meetings are held in Sandhurst on the first Tuesday of every month at 7pm in Sandhurst School, Owlsmoor Rd, Sandhurst.

Symptoms of ADHD include:

- Feeling restless or fidgety
- Talking a lot and interrupting
- Becoming easily distracted
- Finding it hard to concentrate
- Saying or doing things without thinking

No diagnosis is needed so please come along. If you are interested text email address to Sandra on 07957 891655 or email: Sandra@parentingachildwithADHD.com

Relaxed performance of Dick Whittington

The Yvonne Arnaud theatre at Guildford is presenting a relaxed performance of Dick Whittington on Wednesday 3rd January at 12 noon. This performance is open to everyone but the environment has been specifically adapted for families with children with an Autistic Spectrum Condition, individuals with sensory and communication disorders, those with learning disabilities and anyone who would benefit from a more relaxed environment. This performance of Dick Whittington is adapted in a variety of ways in order to reduce anxiety and ensure a safe and enjoyable live theatre experience. All tickets for this performance are £12. To find out more about this performance or to book your tickets, please call the Box Office on 01483 44 00 00

Public Health Portal

The public health portal includes lots of information to help you look after yourself or someone you care for. It includes a map which shows community groups, clubs, societies, activities and support services. They are run by local people for local people - and they all offer a warm welcome. The link for the portal is: <http://health.bracknell-forest.gov.uk/>

SIGNAL

Signal provides free support for adult carers who provide unpaid, informal care in Bracknell Forest. Their latest newsletter with useful information for carers can be found at: <http://mailchi.mp/a3e66de606ab/carers-rights-day?e=6243d28da7>.

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

The image shows two handwritten signatures in black ink on a light-colored background. The signature on the left is 'H Young' and the signature on the right is 'M. Durman'.

Mary Durman and Heather Young
Joint Chief Executives

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