



27th November 2018

NOVEMBER BRACKNELL MAILING

Dear Member,

Job Vacancies

Currently we have several vacancies including for:

A Co-ordinator at the Youth Club@ Addington on Wednesdays (6.45pm-9.15pm) for an average of 3-5 hours per week.

A Playworker at the Bracknell Smiles for Sibs group on Thursdays for 2 hrs per week at £7 per hour (16-18 year olds).

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.

Fundraising

Bracknell Forest Mayor's Charity of the Year

We are continuing our fundraising activities as part of the Mayor's Charity of the Year and will be taking part in 2 tin shakes in December – on Tuesday 11th December at The Meadows and on Saturday 15th December in the Lexicon. If you are shopping on those days, look out for us and please put some money in our tins.

Clothes Banks Donations

If you would like to help raise funds for our charity you can donate your unwanted clothes to one of the clothes banks, which are located in car parks around the Bracknell Forest Borough, where it states that the proceeds go to the Mayor's Charity, as these will be donated to our charity.

Social Media

Look out for us on the Bracknell Forest Mayor's social media at **mayorbfc** on Facebook and on our Facebook page and like us and share our posts on Facebook and Twitter.

Help us raise funds as the Mayor's Charity

We are looking for brave volunteers to take part in a **sponsored skydive** for the charity – we already have 4 volunteers, but the more who take part, the more money we can raise. We are also looking for runners and non-runners to sign up for the Bracknell half-marathon which will take place in May 2019. Or you could think of your own sponsored challenge! If you are interested or have an idea for a sponsored event please let us know at the office and we can work with you to make this happen. **All the money raised by the Mayor's Charity this year will go towards the Gateway Project to help keep it running.**

Green Token Scheme - Asda Lower Earley

Our charity has been selected to take part in the Green Token scheme at Asda Lower Earley for 3 months starting on 1st October 2018. 3 groups are selected each quarter and the group who receive the most number of green tokens from Asda's customers receive £500 and the 2 runners up each receive £200. So if you shop there, please put your green tokens in our box.

Wokingham, Bracknell & Districts Mencap

The Court House
Broadway
Town Square
Bracknell
Berkshire RG12 1AE
Tel: 0300 777 8539

admin@wokinghammencap.org
www.wokinghambracknellmencap.org

Joint Chief Executives
Mary Durman
Heather Young

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

**Bracknell Forest
Borough Mayor's
Charity of the Year
2018-2019**

Affiliated to but not funded by
Royal Mencap Society



Green Token Scheme – John Lewis

We would like to be chosen for the green token scheme at **John Lewis in Reading** and have tried a number of times without success. We are looking for funding for our **Youth Club@Addington** which runs on Wednesday evenings during term-time at Addington School and supports between 15-20 young people with learning disabilities to have time with their friends. ***If you visit the store, can you please nominate this group?*** You just have to fill in a card and put in the box by the cafe.

Save your plastic milk bottle tops for us

Wokingham Borough Council is 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

Christmas Carers Coffee Morning

The next meeting will be our Christmas Coffee Morning on **Thursday 20th December** from 10.00am to 12.00noon at The Court House, Broadway, Town Square, Bracknell RG12 1AE. 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!

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 20th December.***

Sibs Panto Trip to see Dick Whittington and his Cat at the Wilde Theatre, South Hill Park

We are offering a trip to see Dick Whittington and His Cat at the Wilde Theatre, South Hill Park on **Saturday 15th December** to our siblings aged between 8 and 13 years old. 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 **Thursday 6th 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 4th December – 7.00pm-9.00pm – Group Christmas Meal at The Bridge. (This must be pre-booked).** £11.99 for 2 courses, £13.99 for 3 courses. Plus money for drinks.
- **Tuesday 11th December – 7.00pm-8.30pm – Swimming at Coral Reef.** £8 for swimming. You will need a £1 coin for your locker.
- **Tuesday 18th December – Time to be advised – Cinema at The Point.** Please contact the group leader if you are interested in attending.

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.*** The group will return on Tuesday 8th January 2019.

Friday Alternative

This social group is for adults aged 16+ with Asperger's Syndrome/High Functioning Autism. In December the next meetings are:

- **Wednesday 5th December – Curry at The Tamarind Tree, Wokingham.** The table is booked for 7pm and a meal and drinks will cost between £20.00-£25.00.

- **Friday 14th December – Christmas Dinner/drinks at The Olde Leathern Bottle, Wokingham.** The table is booked for 7pm and 2 courses cost £18.99, 3 courses £21.99 – please note that a £5.00 deposit is needed if you are having the Christmas dinner. You can order your usual meal if you want to.

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

The Gateway Award runs on Thursday evenings from 7.00-9.00pm 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

Special Needs Dance Class

A special needs dance class (mostly modern/disco type music) is held on Thursday evenings, term time only. It is held in the multi-purpose room in Bracknell Sports and Leisure Centre, (through the other side of the cafe area next to 'whoosh' children's soft play area). Michelle, the qualified instructor, is great with the young people and the sessions are all about the young people enjoying themselves and having fun dancing to the music. Any person (child or adult) with any disability is welcome to come along and give it a try. The sessions are from 4.30pm-5.30pm and will cost around £5 depending on numbers. Last date this term is Thursday 13th December but the sessions will start back on Thursday 10th January. Please contact Val on 07703844277 or just come a long and join in at the sports centre.

Eye Care in Special Schools

NHS England are currently designing a programme to improve access to eye care for children in special schools. It is recognised that there is huge unmet need for many children, the majority of whom have never had an eye tests. Learning Disability England has been asked to join in the working group, and we would like to offer the opportunity to a family member who has experience of their child being in special school and/or experience of trying to access eye care services. You would be asked to attend a couple of meetings over a 5-month period in central London, or to dial in if you cannot attend in person. Travel expenses will be covered by NHS England. This is a real opportunity to make sure people who will be using the service have a say in its design. We are happy offer you support to enable you to go. Please get in touch with Rachael if you are interested in participating, or would just like to share your experiences, at rachael.hall@LDEngland.org.uk

Living Together in a Fair Way

The Institute for Health Equity looks at how to make health services fair for everyone. This report has been written by the Institute for Health Equity at University College London and is about why people with learning disabilities don't live as long as other people. For the easy-read version of the report, go to: http://www.instituteofhealthequity.org/file-manager/PDFs/NHSE_LD_Report/ld-report-easy-read-lo-res_v1pages.pdf

Decision Making under the Mental Capacity Act 2005 and Adults with a Learning Disability

When the Mental Capacity Act 2005 came into force, there were high hopes that it would revolutionise the way in which decisions were made and empower those who lacked mental capacity. It is important to assess whether the Act has done this in practice, or whether the law on mental capacity needs to be reformed. This research seeks to assess how effective the Act has been in achieving its aims in the context of decisions about sex and contraception for adults with a learning disability. Can you help? Do you have experience with using the Mental Capacity Act 2005 to make decisions concerning adults with a learning disability? If yes, then you can help by filling in a questionnaire. Got to: <https://learningdisabilitiesandmentalcapacity.wordpress.com/>

Free Flu Injections for people with Learning Disabilities

People with Learning Disabilities are entitled to FREE flu injections. Flu injections protect you against catching the flu, which is important for people with learning disabilities as they are more likely than other people to get seriously ill if they catch flu. Having a flu injection is the best way to avoid flu and it also makes it less likely that you will give flu to someone else. You can make an appointment at your GP surgery or you can go to a pharmacy for the flu injection. If you find it difficult to have injections GP surgeries can help with reasonable

adjustments, which may mean that a spray up the nose is given instead of an injection, although this is not as effective.

Free Flu vaccination for Carers

Family carers of people with learning disabilities are also eligible for FREE flu vaccinations. Please contact your GP Surgery or local pharmacy to arrange an appointment for a flu injection.

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 18th December.

Former carers meet at The Look In, Great Hollands Square, Great Hollands, Bracknell RG12 8UX from 10am-12 noon. Future dates for meetings are: Wednesday 12th December.

Advocacy Skills for Families

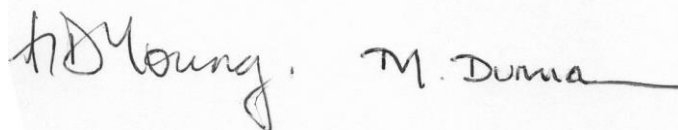
Learning Disability England is offering free one-day training for family members of people with a learning disability who want to work with services and practitioners to get better outcomes for their loved ones and to support their friends in an informal capacity. The training will look at: *the role of an informal advocate; how meetings work; working in partnership; presenting your ideas; negotiation skills; action planning and prioritising; staying strong*. The training takes place in London on 22nd November from 10am to 3pm. To book a place or for further information please email: info@LDEngland.org.uk or phone on 0300 201 0455.

Community Choir

We are looking for people who enjoy singing, whether it is in the car, shower or in a professional choir, we need you!!! The choir is for everyone no matter what level their singing / music ability is, and is open to all ages and members of the local community. The choir will be every 1st and 3rd Tuesday of the month from 6-7pm at Astbury Manor Care Home, Crowthorne Road North, Bracknell RG12 7AU. Dates of future meetings are: 6th and 20th November, 4th and 18th December, 8th and 22nd Jan 2019, 5th and 19th Feb, 5th and 19th March, 2nd and 16th April, 7th and 21st May, 4th and 21st June, 2nd and 16th July.

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. The first signature is 'H Young' and the second is 'M. Durman'. They are written on a light-colored background.

Mary Durman and Heather Young
Joint Chief Executives

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