



30<sup>th</sup> October 2017

## OCTOBER BRACKNELL MAILING

Dear Member,

September marks the start of our 20th Anniversary year and we are planning an Anniversary Ball on 5<sup>th</sup> May 2018 at Hilton St. Anne's Manor, Wokingham. Please put the date in your diary and we will send out a booking form shortly so that you can book your tickets.

We are really pleased to welcome our new Office Co-ordinator Eleanor Vora who started with us on Monday 30<sup>th</sup> October. We are also pleased to welcome Debora Hughes Casabal as our new Smiles for Sibs Co-ordinator in Woodley. We currently have 3 job vacancies: Gateway Co-ordinator, Youth Club Playworker and a Family Liaison Worker working with families with children 0-16 in Wokingham – please see page 3 for more details and how to apply.

Our Chair of Trustees, Janet Dean, will be moving out of the area at the end of November, so sadly has to step down from the Board of Trustees. If you have a business background and are interested in becoming a trustee to help direct the future of our charity, please contact the office and ask to speak to Mary or Heather who can give you more details of what the position of trustee entails.

Did you know that there is a new Changing Places toilet in the foyer of the new Avenue car park in the Lexicon? This is not just another disabled toilet but is a great facility with an adult size changing bed and hoisting facilities so you can visit the Lexicon with the confidence that if the person you are supporting needs additional hoisting support, the facilities are there for you – you won't have to go home to change them.

**We are looking for volunteers to help at Christmas fundraising events.** Every year we run tombola stalls at the Wokingham and Woodley Winter Carnivals. **Wokingham is on Sunday 26<sup>th</sup> November** from 11am to 5pm and **Woodley is on Sunday 3<sup>rd</sup> December** from 10.30am to 4.00pm. Could you spare an hour or two to help man the stall and sell tombola tickets? Also, courtesy of West Forest Round Table, we will be following **Santa's Sleigh** around one of the estates in Wokingham on **Sunday 10<sup>th</sup> December** from about 5pm to 8pm. If you would like to join us to collect money (Christmas hats optional), please let us know.

We are also collecting good quality tombola prizes for our stalls at the 2 carnivals. If you have any new, unwanted gifts, please let us know at the office.

### **Christmas Shopping trip to Bath Christmas Market Saturday 25<sup>th</sup> November**

We are organising a shopping trip to Bath Christmas Market for carers and their families and friends. This is a brilliant market and if you do manage to go all the way round there are still plenty of other sights to see in Bath. Tickets are only £12 and are going fast, so contact the office on 0300 777 8539 or return the attached flyer by Monday 6<sup>th</sup> November if you want to go.

## Wokingham, Bracknell & Districts Mencap

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*Chair*  
Janet Dean

*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



## NEWS AND EVENTS FOR CARERS

### Carers Meeting

The next carers' lunch will be on **Thursday 16<sup>th</sup> November** from 12.15pm to 2.00pm at the New Priestwood Community Centre. Gill Vickers the Director of Adult Social Care Health & Housing at Bracknell Forest Council will be coming along to join us for lunch and introduce herself. *This is your opportunity to ask Gill directly about changes to the assessment process or any other concerns you may have.* A flyer is attached so that you can book a place at the lunch.

### Christmas Pottery Painting and Lunch – Wednesday 6<sup>th</sup> December

We are organising something different for carers in December – a relaxing pottery painting session and lunch at Lili Pottery, Fernygrove Farm in Warfield. The cost is only £5. Contact the office or return the attached flyer if you want to go.

## NEWS AND EVENTS FOR CHILDREN

### Children and Family Christmas Party – Friday 1<sup>st</sup> December

The Children and Family Christmas Party will be held this year at the Crescent Resource Centre, Lower Earley from 5pm to 7pm on Friday 1<sup>st</sup> December. We have invited Bonnie the Bubble Lady to come along and make enormous bubbles big enough to put a person in, which sounds a lot of fun. There will also be Face Painting and of course a visit from Father Christmas. **You must let us know if you plan to attend** and you can do that by completing the attached booking form or emailing the office at [admin@wokinghammencap.org](mailto:admin@wokinghammencap.org)

### 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 November will include:

- **Tuesday 7<sup>th</sup> November – Swimming at Coral Reef – 7.00pm-8.30pm.**
- **Tuesday 14<sup>th</sup> November – Our own Pub Quiz at the Running Horse - 7.00pm-9.00pm.** Approx. £12 for food and a drink.
- **Tuesday 21<sup>st</sup> November – Laser Quest and Burger King – 6.45pm-9.00pm – Laser Quest £7.90 for 2 games + money for Burger King.** Book the R Bus early.
- **Tuesday 28<sup>th</sup> November – Bowling at Hollywood Bow – 7.00pm to 9.00pm.** £5.80 for bowling (2 games) + money for 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.*

### TGIF/Friday Alternative

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

- **Wednesday 8<sup>th</sup> November – Badminton & Table Tennis at Bracknell Sports Centre – Game starts at 7.30pm.** The cost is £3.40
- **Wednesday 15<sup>th</sup> November – Dinner at Red Lion Pad Thai, Wokingham – Table booked for 7pm.** You will need between £20.00 and £25.00 for food and a drink.
- **Friday 24<sup>th</sup> November - Dinner or Drinks at The Olde Leathern Bottle, Wokingham – Tables booked for 7pm.** You will need between £20 and £25 for food and a drink.

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 the TGIF/Friday Alternative Christmas Party will be on Friday 15<sup>th</sup> 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.

## ***OTHER NEWS FOR MEMBERS***

We currently have the following job vacancies:

### **Job Vacancy - Gateway Award Project Co-ordinator, Bracknell – Average 11 hours per week - £11.00 per hour.**

We have a vacancy for a Co-ordinator to lead in providing activities at workshops (currently run on a Monday and Thursday evening), organising trips off-site to meet the requirements of the Gateway Award, helping to support adults to enrol on the Award and verify evidence collected by individuals to send for external verification. The club will close for the holidays in August.

### **Job Vacancy – Youth Club Playworker, Woodley – Average 3 hours per week - £8.50 per hour**

We have a vacancy for a Playworker to assist in the provision of a term time evening youth club for young people with a learning disability and/or autism, aged 13 (Year 9) to 19, in Woodley.

### **Job Vacancy – Family Liaison Worker - Children, Wokingham - Average 9 hours per week - £22,750 pro rata based on 35 hour week.**

We have a vacancy for a Family Liaison Worker to provide support to parent carers of children aged 0-16 and their families who are residents of Wokingham Borough. This post will be based in the Wokingham, Bracknell & Districts Mencap office and across all areas of the Wokingham Borough. A car will be essential.

Please contact the office on 0300 777 8539 for more information about these posts and to request an application form.

## ***NEWS FROM OTHER GROUPS***

### **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 3 meetings are: Thursday 16<sup>th</sup> November, Thursday 14<sup>th</sup> December and Thursday 18<sup>th</sup> January. The December meeting is a Christmas meal and must be booked in advance. For more details contact [3frogs@asdfamilyhelp.org](mailto:3frogs@asdfamilyhelp.org) or call/text Jayne on 07733 601755

### **Three Frogs Club – Henley Shopping & Christmas Market Trip**

The Three Frogs Club are organising a shopping and Christmas market trip to Henley on Saturday 18<sup>th</sup> November. The subsidised cost is £5 per person. To reserve your place and for payment details contact [3frogs@asdfamilyhelp.org](mailto:3frogs@asdfamilyhelp.org) or call/text Jayne on 07733 601755 by Monday 6<sup>th</sup> November.

### **Three Frogs Club – Beauty & the Beast Pantomime**

The Three Frogs Club are organising a trip to the pantomime at South Hill Park on Saturday 2<sup>nd</sup> December at 7pm. The subsidised cost is £5 per person. For more details contact [3frogs@asdfamilyhelp.org](mailto:3frogs@asdfamilyhelp.org) or call/text Jayne on 07733 601755

### **Pablo – television programme for children with autism**

One of our parents told us that there is a new programme for autistic children which is acted by children on the autistic spectrum. The children do the voices of the characters based on their own knowledge of how they perceive the world. The programme is called Pablo and is aimed at the pre-school age. It is shown at 9.00am every morning on Cbeebies.

### **Relaxed performance of Dick Whittington**

The Yvonne Arnaud theatre at Guildford is presenting a relaxed performance of Dick Whittington on Wednesday 3<sup>rd</sup> 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

## **Bracknell Forest Community Network**

The Bracknell Forest Community Network connects people aged 18+ experiencing stress, anxiety or low mood with a network of resources and activities in the community to develop confidence, interests and hobbies, life skills and resilience that will help them to remain socially connected, better understand their mental health, prevent relapse and live as independently as possible with a reduced likelihood of needing secondary mental health support. The Network provides support for the people within the criteria set out as follows:

- Bracknell Forest residents aged 18+
- People recovering from an episode of mental ill-health
- People “stepping down” from CMHT support
- Individuals at risk from suffering an episode – preventative
- Support for carers of individuals with mental ill-health

Contact the Bracknell Forest Community Network by email: [network@berkshire.nhs.uk](mailto:network@berkshire.nhs.uk) or by telephone: 01344 823300.

## **Ikaido inclusive martial arts lessons**

The sessions are held on Thursday evenings at 6pm at the Parish Hall in Crowthorne. You get 8 free lessons after which the cost is £17 a month. We have an adapted syllabus so that anyone, no matter what their ability or disability may be, can access martial arts and experience all of the physical, emotional and mental health benefits that often only regular practice of martial arts can bring. Membership to Ikaido includes: free suits, belts, gradings, and manuals. Plus free participation in martial arts festivals in UK and around the world and much more. For more details please call or text Phillip Trivett on 07859 013104

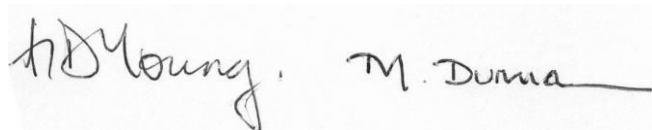
## **Animal Therapy**

Heroes Berkshire is a therapeutic farm in Holyport which works with young people who are struggling in mainstream education. Young people can attend on a daily basis as a placement, or one day/two days a week on a regular basis. Many of the young people we have worked with have gone back into education, onto college or into an apprentice scheme or work. We work closely with the BCA College and have many BCA students do their work experience with us and have many of our students go into the college. We also offer Animal Therapy hours where students can attend and spend some time in calm safe environment full of wonderful animals where they can get involved hands on and can help us with their care. They would get involved with the grooming, exercise, feeding and cleaning of the animals. We have lots of animals on site Alpacas, llamas, Shetland ponies, pigs, goats, dog, chickens, ducks, rabbits, Guinea pigs, degus, hamsters, dumbo rats, chinchillas, and a host of reptiles and snakes. We work on a one to one basis or in small groups depending on the student's needs. We work with main stream students and students with special needs.

If you would like to know about what we have to offer please email us on [dawndingwall@btinternet.com](mailto:dawndingwall@btinternet.com) or check out our websites [www.heroesberkshire.co.uk](http://www.heroesberkshire.co.uk) or [www.animalrangers.co.uk](http://www.animalrangers.co.uk)

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

Kind regards



Mary Durman and Heather Young  
Joint Chief Executives

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