



31<sup>st</sup> October 2018

## OCTOBER BRACKNELL MAILING

Dear Member,

### Christmas Shopping Trip to Chichester – Saturday 8<sup>th</sup> December

We are organising a shopping trip to Chichester Christmas Market for carers and their families and friends. The market has over 60 festive stalls and there are plenty of other shops and sights to see in Chichester. Tickets are only £12 so contact the office on 0300 777 8539 or return the attached flyer by Monday 19th November if you want to go.

### Job Vacancies

Currently we have several vacancies including for:

**A Family Liaison Worker** working with carers of young people going through transition and adults with learning disabilities in Wokingham. The post is for 23 hours per week over 5 days at £12.50/hr.

**A Wokingham Smiles for Sibs Co-ordinator** on Mondays (4.15pm-6.00pm) for an average of 3-5 hours per week.

**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](mailto:admin@wokinghammencap.org). References and an Enhanced DBS check will be carried out on the successful candidates.

### Fundraising

**We are looking for volunteers to help at Christmas fundraising events.** This year as the Bracknell Forest Mayor's Charity we will be collecting at **The Meadows Shopping Centre, Sandhurst on Tuesday 11<sup>th</sup> December** and at **the Lexicon on Saturday 15<sup>th</sup> December**. In addition every year we run tombola stalls at the Wokingham and Woodley Winter Carnivals. **Wokingham is on Sunday 25<sup>th</sup> November** from 11am to 5pm and **Woodley is on Sunday 2<sup>nd</sup> December** from 10.30am to 4.00pm. Could you spare an hour or two to help us at any of these events? Also, courtesy of West Forest Round Table, we will be following **Santa's Sleigh** around one of the estates in Wokingham Borough on **Wednesday 19<sup>th</sup> December** from about 5.30pm to 8pm. If you would like to join us to collect money (Christmas hats optional), please let us know.

### 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 at the weekend 50 people joined the Mayor for an enjoyable lunch at the Koh-I-Noor accompanied by musical entertainment. We do not have final figures yet but hope the event will have raised over £600 towards the Gateway Award project.

### 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.

Wokingham, Bracknell & Districts  
Mencap

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

[admin@wokinghammencap.org](mailto:admin@wokinghammencap.org)  
[www.wokinghambracknellmencap.org](http://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



### **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 or 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.

### **Green Token Scheme - Asda Lower Earley**

Our charity has been selected to take part in the Green Token scheme at Asda Lower Earley starting on 1st October 2018. 3 groups are selected each quarter and the group who receive the most 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.

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**

### **Carers Meeting**

The next meeting will be a lunch on **Thursday 15th November** from 12.15pm to 2.00pm at The New Priestwood Community Centre. This month Dorne Kanereck Interim Head of Commissioning at Adult Social Care Health & Housing Bracknell Forest Council will be joining us for lunch. Dorne will be seeking views on how things can change and improve for Carers. 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 November will include:

- **Tuesday 6<sup>th</sup> November – 7.00pm-9.00pm – Music quiz for Ginny's Birthday at the Running Horse.** Approx. £12 for food and drink.
- **Tuesday 13<sup>th</sup> November – 6.00pm-8.00pm – Christmas pottery painting at Madhatters, 366 Yorktown Road, GU47 0PU.** Approx. £10 to £15 depending on items chosen. Squash and water provider. Other drinks extra.
- **Tuesday 20<sup>th</sup> November – 7.00pm-9.00pm – Golf Driving Range at Lavender Park, Swinley Road, SL5 8BD.** £4.30 for 60 balls. Meal and drink in the bar afterwards approx. £12 if you wish.
- **Tuesday 27<sup>th</sup> November – 7.00pm-9.00pm – Craft Evening making Christmas cards at the Court House, Bracknell, RG12 1AE.** £3.00 for craft materials, mince pies and 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 annually. This charge helps to fund staffing for the group.*

### **Friday Alternative**

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

- **Wednesday 14<sup>th</sup> November – Showcase Cinema, Reading Rd, Winnersh.** The group is going to see The Grinch at 7pm.
- **Friday 30<sup>th</sup> November – Dinner/drinks at The Olde Leathern Bottle, Wokingham.** The table is booked for 7pm and a meal will cost between £18.00-£25.00

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**

The Gateway Award is back up and running 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](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 Parent Carer Forum**

As the autumn arrives and we look forward to Christmas the Bracknell Parent Carer Forum have been busy taking part in an EHCP (educational health and care plan) audit process with the CCG, Bracknell Forest Council (BFC), Slough and Royal Borough of Windsor and Maidenhead professionals and forum representatives. The Forum also had a meeting with BFC Transport, where the Forum introduced themselves to the new head of Transport at BFC. The Forum also had successful open meeting at Easthampstead Baptist Church where speakers such as Frank Glennon ( Head of Psychology), Short Breaks, IASS and the Post 16 Co-Ordinator were present.

A summary of all meetings held can be found on the Forum website: [www.bracknellpcf.com](http://www.bracknellpcf.com) and on their Facebook page: Bracknell Carer Forum. Any potential new members can join through either site.

### **Pranic Healing**

The Mission of the MCKS Charitable Foundation UK is to help alleviate suffering by empowering people with self-development tools through support, educational programs and charitable services to create healthy and resilient communities. Our aim is to provide caring and compassionate services to all regardless of cultural or religious backgrounds utilising universal spiritual principles, Pranic Healing Teachings and practices to achieve physical, emotional and mental wellbeing.

### **Free health checks for over 14s with Learning Disabilities**

If you are aged over 14 and have a learning disability then you can have a FREE health check at your local GP practice. An annual health check helps you stay well by talking about your health and finding any problems early, so you get the right care. You do not have to be ill to have a health check – in fact, most people have their annual health check when they're feeling well. Anyone aged 14 or over who's on their GP's learning disability register can have a free annual health check once a year. You can ask to go on this register if you think you have a learning disability. You do not need to be diagnosed with a learning disability to be on the register. The learning disability register is different from the register of social care needs managed by local councils. Check with your GP practice if you or the person you care for is on the register. Most GP surgeries offer annual health checks to people with a learning disability. However, GP surgeries don't have to offer this service. If your GP surgery hasn't offered you an annual health check, you can ask them if they could provide one. If they say no, ask your local community learning disability team for advice. They should be able to help you access an annual health check.

### **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.

### **SIGNAL 4 Bracknell Forest Carers Social Event for Carers' Rights Day**

Carers and ex-carers are invited to an evening of live music, disco and a 70s inspired buffet –feel free to dress up! The event is being held on Friday 30<sup>th</sup> November from 7.30pm to 11.00pm at Windsor Racecourse. For further details please contact SIGNAL on 01344 266088 or email at: [info@signal4carers.org.uk](mailto:info@signal4carers.org.uk).

### **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 20<sup>th</sup> November and Tuesday 18<sup>th</sup> 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 14<sup>th</sup> November and Wednesday 12<sup>th</sup> December.

### **Advocacy Skills for Families**

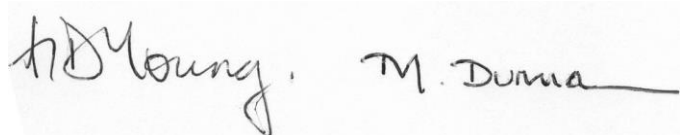
Learning Disability England is offering free one-day training for family members of people with a learning disability who want to work with services and practitioners to get better outcomes for their loved ones and to support their friends in an informal capacity. The training will look at: *the role 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 22<sup>nd</sup> November from 10am to 3pm. To book a place or for further information please email: [info@LDEngland.org.uk](mailto: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](mailto: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'. Both are written in a cursive, flowing style.

Mary Durman and Heather Young  
Joint Chief Executives

Encs