



The local charity delivering on the promise that all people matter.

September 2019



SUPPLEMENTARY NEWS HEADLINES

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Saturday 14th October

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Tin Shake at Morrison's
at Woosehill**
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to Christmas Ideal Home
Show**
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Children's and Family
Christmas Party**
Friday 29th November

MESSAGE FROM OUR JOINT CEOS

Welcome to our new style quarterly newsletter. Over the last 3 years we have worked with staff and the membership and more recently with the marketing agency Dynamiq to look closely at our charity's mission and vision and update our branding and image. Following on from the launch of our new logo and colour scheme, we are very excited to announce the next exciting stage which is a new name for the charity which 'does what it says on the tin'! Turn to page 2 to see our fantastic new name and please follow our Facebook page. In the autumn our marketing campaign will continue with an updated website.

Heather & Mary
Joint Chief Executive

Marketing News

Over the past few months local Marketing company Dynamiq have been working with us to help us launch a new logo and branding and increase awareness of the charity locally using Social Media. The new logo is firmly embedded and we also have new publicity banners and marketing materials, including a short video about our work available for viewing on our Facebook page.

The next part of our exciting marketing campaign is to update our website and change the charity name. We wanted to move away from the 'Mencap' name because it restricts our ability to get funding (particularly locally) as people assume that we are funded by Royal Mencap Society and we also want to have a different image that delivers on our promise that "All People Matter" and ties in with our new logo and branding. The new name that has been developed is Promise Inclusion (Pinc for short) and will be launched on 1st November. There will be a short crossover period where we will continue to trade as Wokingham, Bracknell & Districts Mencap Ltd. We will continue to be affiliated to Royal Mencap Society as we share the same aims and ethos.



KEEP WATCHING THIS SPACE!

www.facebook.com/bracknell.mencap/

Fundraising News

THANK YOU!

to all those who have donated money to us during the past few months or helped us to fundraise in some way.

Special thanks to our Marketing Company Dynamiq who helped us obtain £2,500 from the St. James Place Foundation, which will help fund our Youth Club @ Addington.

A huge thank you to the Riseley, Swallowfield and Farley Hill Trust who organised a Flappers and Penguin Ball at Bearwood Lakes on behalf of our charity and another charity. We were

really pleased to receive £1350 from the proceeds which will also go towards subsidising our Youth Club @ Addington.

Thank you also to Asda and their Community Life Champion, Natalie, who awarded us £500 towards our Children and Family Christmas Party.

Thanks also for all our individual donors and to the Bull pub in Bracknell, which raised over £50 for our charity.

SPONSORED CHARITY SKYDIVE



Special thanks to our two brave skydive volunteers, Matt and Heather who completed their skydives on 7th September. You can still sponsor our brave volunteers via their Virgin MoneyGiving page which will remain open until the end of October. Go to:

<https://www.virginmoneygiving.com/fund/wbdmskydive> OR

You can contact us at the office on 0300 777 8539 or via admin@wokinghammencap.org

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Amazon donates 0.5% of the net purchase price (excluding VAT, returns and shipping fees) of eligible purchases to the charitable organisation of your choice. AmazonSmile is the same Amazon you know - same products, same prices, same service.

Support your charitable organisation by starting your shopping at smile.amazon.co.uk. Use this link to raise funds for us:

<https://smile.amazon.co.uk/ch/1122662-0>

News

HELLOS AND GOODBYES

We were really sad to say goodbye to Heather Ward who ran the Gateway project - Heather very kindly jumped out of an airplane for money for us before she went – but we are really pleased to welcome Katie O’Donnell who started with us on the 26th September and once she has found her feet will get the Gateway project up and running again.

CHILDREN’S & FAMILY CHRISTMAS PARTY – Save the date

Our Christmas Party for Children and their families will be held on **Friday 29th November** at the Crescent Centre, Lower Earley. This is one of our favourite events of the year, especially when we get a special visit from Father Christmas. Please put the date in your diary. A booking form will be sent out with the October mailing.



VOLUNTEERS NEEDED FOR FUNDRAISING

Could you spare us 1 or 2 hours of your time on Thursday 14th November to help at our Tin Shake at Morrison’s in Woosehill? The money raised will be put towards our social activities for adults with a learning disability.

We also need volunteers to help at our Christmas tombola stalls at the Wokingham Winter Carnival on Sunday 24th November and Woodley Winter Carnival on Sunday 1st December.

These can be really fun events – even an hour of your time can make a big difference.

Victoria, our Office Co-ordinator, will be putting rotas together shortly, so if you can help, please email admin@wokinghammencap.org or phone the office on 0300 777 8539.

But if you can’t attend a fundraising event, you can still help us by donating items for our tombola or raffle prizes.



ROTARY CLUB OF EASTHAMPSTEAD 2019 COMMUNITY DRAW

We are taking part in the 2019 Christmas Community Draw which will take place at 8pm on Monday 16th December 2019. The 1st prize is £500. Tickets cost £5 per book and we will keep all the money that we raise from ticket sales as all costs are being covered by sponsors. So, let us know how many tickets you would like to buy – you can either email admin@wokinghammencap.org, phone 0300 777 8539 or buy tickets at our carers meetings and events. Good luck!!

SOCIAL GROUPS

@ THE ACORN SOCIAL GROUP

Tuesday evenings from 7pm to 9pm at the Acorn Community Centre, Fernlea Drive, Woosehill, Wokingham, RG41 3DR.

This is a social group for all people aged 16+ with learning disabilities, including people with more complex needs. It is an opportunity for people to meet with their friends, do fun things and make new friends in a relaxed and suitable venue. You can do activities, listen to music or just hang out with friends in the Rainbow Café.

Activities this Autumn will include Biscuit and cake decorating, penalty shootout, bongos and Halloween crafts.

COST: £4 per session (to be invoiced in advance) or £8 Ad Hoc

For more information contact the office on
0300 777 8539

1:1 support is not currently provided

(Funded by club fees and a grant from United Charities)



BRACKNELL SOCIAL GROUP

This social group is for adults aged 18+ with mild to moderate learning disabilities. The group meets every Tuesday evening at venues within the community and is an opportunity for people to meet new people, make friends and have fun!

Activities for October include:

Tuesday 1st October – 6.30-8.30pm Glass Fusion at Moss End Garden Centre. Starts at £10 per piece

Tuesday 8th October – 7.00-9.00pm Christmas Card Design Evening at the Court House £3 for cakes and drinks

Tuesday 15th October – 7.00-8.30pm Bowling at Hollywood Bowl £2.95 for 1 game

Tuesday 22nd October – 7.00-9.00pm Curry Night at Raj Tandoori Sandhurst £13.95 plus drinks

Tuesday 29th October – 7.00-9.00pm Halloween Fancy Dress Party at the Bridge meal approx. £12

For more information including times, costs and how to book please contact 07557 231360 or email chris@bracknellmencap.org. There is a weekly charge of £3 per person (to be invoiced in advance or £6 ad hoc).

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SOCIAL GROUPS

GATEWAY

What is the Mencap Gateway Award?

The Gateway Award is a programme of activities, designed to give adults with learning disabilities and/or autism the opportunity to:

- Experience real challenges
- Express creativity
- Increase confidence and independence
- Gain a sense of personal achievement

How does it work?

There are three levels: *Bronze*, *Silver* and *Gold*. Bronze will take about a year to complete and then further levels may take longer to complete.

On completion of each Award level an Award Ceremony will be held where participants will be presented with a Gateway Award certificate and badge.

Workshops are held once a week on Thursday evenings and cost £5 per session. The enrolment fee is £21 for the Awards and is payable after a trial period.

Participants need to be members of Wokingham, Bracknell & Districts Mencap, which also gives access to many other clubs and services. (Membership costs £15, and is payable yearly each January)

Other charges may be incurred for some projects, such as Fitness or Adventure Challenge units. Participants will need sensible walking shoes in order to take part in the hike during early summer.

For more information contact: Katie O'Donnell on 0300 777 8539 or mobile: 07827340407 or email: gateway@bracknellmencap.org

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PAUL'S KARAOKE

Kirsty Regan and volunteers run karaoke evenings on a Wednesday for everyone over 16 years old with a learning disability. Come along and join in the fun! Soft drinks provided.

The group meets in the Rose Room, Rose Street Methodist Church, Rose Street, Wokingham from 7.30pm to 9.00pm

Please note that there is a £4 charge per session

Dates of Future Meetings:

9th & 16th October
13th & 20th November
11th & 18th December

(This group is funded by Donations & Fundraising)

CARERS' GROUPS AND EVENTS

CARERS' GROUP MEETINGS

Our Carers' Group meetings bring together family carers from a wide range of backgrounds and offer an opportunity to meet the local Wokingham & Bracknell Mencap staff and share experiences and offer support to one another. We often have guest speakers and we welcome your suggestions for activities.



WOKINGHAM CARERS' GROUP MEETINGS

This group has been running for 16 years. We hold a lunch and a coffee morning on alternate months in the Rose Room, Rose Street Methodist Church, Wokingham.

If you would like to attend please let us know at the office on 0300 777 8539.

Future Meetings:

Tuesday 8th October – Carers' Coffee 10.00am-12.00pm
Tuesday 12th November – Carers' Lunch 12.15pm-2.00pm

BRACKNELL CARERS GROUP MEETINGS

This group has been running for 9 years. We alternate between a lunch held at the New Priestwood Community Centre, Priestwood Court Road, Bracknell, RG42 1TU and a coffee morning in the Court House (opposite Easthampstead House) RG12 1AE.

If you would like to attend please let us know at the office on 0300 777 8539.

Future Meetings:

Thursday 17th October – Carers' Coffee 10.00am-12.00pm
Thursday 21st November – Carers' Lunch 12.15pm-2.00pm

CARERS' AND FAMILIES TRIP TO CHRISTMAS IDEAL HOME SHOW

We are organising a coach trip to the Christmas Ideal Home Show on Saturday 23rd November. There will be a small charge of £10 per person. This trip is open to carers and their families – but please note that anyone with a mobility issue may have difficulty accessing the coach. See poster and booking form attached for further details.

CHILDREN'S GROUPS AND EVENTS

Smiles for Sibs Groups – Wokingham & Bracknell

We run two siblings groups, one in the Wokingham Borough and one in Bracknell Forest providing the opportunity for Sibling children to have some 'Me' time; meet other siblings; try out various activities; play games together and have FUN!

Mondays 4.15pm - 6.00pm at Woodley Airfield Community Centre

Thursdays 4.30pm – 6.15pm at Braybrooke Community Centre

There is a small cost per session of £1.00

*For further information contact the office on 0300 777 8539.
Please note these clubs run during term time only.*



Funded by Children in Need



YOUTH CLUB @ ADDINGTON SCHOOL

Every Wednesday during Term-time, 7pm – 9pm

For young people with learning disabilities between the ages of 13 (Year 9) & 19

Activities for the Autumn term include:

Wednesday 2nd October – Walk Outdoors

Wednesday 9th October – Table Tennis

Wednesday 16th October – Autumn Arts and Crafts

Wednesday 23rd October – Halloween Games

For further details please contact the office on 0300 777 8539

Please note that there are vacancies at this group this term

[This club is funded by a grant from Berkshire Community Foundation's Give a Child a Chance fund, a donation from St. James's Place, a donation from RS&FH Trust and parental contributions of £5 per session, invoiced half-termly]

Please note that parents can use their direct payments to pay session fees

NEWS & EVENTS FROM OTHER GROUPS

CARERS' RIGHTS DAY

Wokingham Outreach Service is organising Carers' Rights Day on: **Thursday 21st November 2019** at The Bradbury Centre, Rose Street, Wokingham, RG40 1XS from 10.00am to 2.30pm

Programme for the day:

10.00-12noon Info on Carers Rights

12.00-12.45 Lunch

1.00-2.30 David Lacey Respite presentation

Stallholders available throughout the day. For more details call the hub 0118 324 7333 or email ask@berkshirecarershub.org

CARERS' CRAFTS

This craft group is run by carers for carers at Wokingham Fire Station, Easthampstead Rd, Wokingham from 10am – 12 noon

The meetings for 2019 are on:

10th October, 14th November, 12th December

Contact Pat on 0118 9340288

Or email: regans2@btopenworld.com

LOCAL OFFER DAY LIVE – FAMILY INFORMATION AND FUN DAY

SEND Voices Wokingham in partnership with Wokingham Borough Council are organising the Local Offer Live Day on:

Saturday 12th October 2019

11am-3pm

St. Crispin's Leisure Centre

London Road

Wokingham RG40 1SR

This free event is open to anyone living in the Wokingham Borough who has a child or young person with any special educational need or disability. There will be numerous information stalls and activities to keep the children entertained including Quirks Animal Roadshow, trampolines, bouncy castle, sports activities, martial arts, face painting and a climbing wall.

More details will be available on the SEND Voices Wokingham website:

www.sendvoiceswokingham.org.uk

BLUE BADGE CHANGES

The changes that the Government promised to make to the Blue Badge Scheme last summer came into force in August. The expanded eligibility criteria will mean that many more autistic people will qualify for a Blue Badge. The old rules were too focussed on people's physical ability to walk, and changes to Government guidance in 2014 meant that autistic people found it too hard to get a Blue Badge. **Under the new rules** there will be two important new ways that autistic people may qualify for a Blue Badge:

You could be eligible subject to a further assessment if you can't undertake a journey without being at risk of serious harm, if it causes 'very considerable psychological distress' or if you have very considerable difficulty when walking.

You should be automatically eligible if you have qualified for PIP Mobility Component and have scored exactly 10 points for 'planning and making a journey' because making a journey caused 'overwhelming psychological distress'.

Children who get Higher Rate Mobility Disability Living Allowance will also continue to qualify, as before.

Not all autistic people need a Blue Badge. But it can be a lifeline for many autistic people and their families – helping them to go out in ways other people take for granted. If you think you could be eligible for a Blue Badge, check online with the **Gov eligibility checker**

NEWS & EVENTS FROM OTHER GROUPS

NEWS FROM CLASP WOKINGHAM

LEARNING DISABILITY PARTNERSHIP BOARD Roadshow – Save the Date. The next Learning Disability Partnership Board Roadshow will take place on **Thursday 26th November** at Woosehill Church Hall, Chestnut Avenue, Wokingham. The focus of the Roadshow will be Wokingham Borough Council's draft learning disability strategy and action plan

CLASP Hate Crime Awareness Week Workshop – National Hate Crime Awareness Week is Saturday 12th -19th October. You can read more about it here: <https://nationalhcaw.uk/> . CLASP will be holding a Hate Crime Awareness Workshop for people with learning disabilities on **Tuesday 15th October** from 10 - 11.30am at the Bradbury Centre, Wokingham.

CLASP Skittles Tournament and Dinner – This social event will be taking place on **Thursday 7th November** from 5-8pm at the Bradbury Centre, Wokingham. Entrance is £5 and dinner will be provided by Cook. This is an event for people with learning disabilities and their supporters. More details will be available nearer the time.

WOKINGHAM VOLUNTEER CENTRE FUNDRAISING QUIZ NIGHT

Thursday 7th November, 6.45pm for (approx. 7pm) start
Wokingham Town Hall
£10 payable in advance
Fish and chip supper (vegetarian option available booked in advance)
Bring your own bottle and drinking vessels
Raffle

RSVP to admin@wok-vol-org.uk as soon as possible to guarantee your places

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COURSES FOR OCTOBER AT EARLEY CRESCENT RESOURCE CENTRE

Free Work Skills Workshops

Prepare for a Successful Interview Monday 7 October 9.30am-12.30pm

Interview Skills Monday 14 October 9.30am-12.30pm

Want to start your own Business? Monday 21st October 9.30am-12.30pm

How to Create an Effective CV & Application Form Tuesday 22nd October 9.30am-12.30pm

Using Linked In for Job Opportunities Tuesday 22nd October 1.30pm-4.30pm

Job Support Extra Covering and Speculative Letters Thursday 17th October 10am-12noon

IT Course

Discover the Cloud & How it works Wednesday 16th & 23rd October 10am-1pm Fee £30

Information and Booking

Earley Crescent Resource Centre, Warbler Drive, Lower Earley, Reading RG6 4HB

0118 921 0555

www.earleycrescent.org

earleycrescent@btconnect.com

DIRECTORY OF USEFUL INFORMATION

Wokingham, Bracknell & Districts Mencap

www.wokinghambracknellmencap.org

Email: admin@wokinghammencap.org

Tel: 0300 777 8539

Royal Mencap Society

www.mencap.org.uk

Tel: 0207 4540454

Mencap Direct

Email: helpline@mencap.org.uk

Tel: 0808 8081111

Autism Berkshire

www.autismberkshire.org.uk

Email: contact@autismberkshire.org.uk

Tel: 0118 9594594

Carers Trust

www.carers.org

Email: info@carers.org

Tel: 0300 772 9600

Carers UK Advice Line

www.carersuk.org

Email: advice@carersuk.org

Tel: 0808 8087777

Cerebra

www.cerebra.org.uk

Email: info@cerebra.org.uk

Tel: 0800 328 1159

Citizens Advice Bureaux:

www.citizensadvice.org.uk

Wokingham

Email: public@citizensadvicewokingham.org.uk

Tel: 0300 330 1189 (Wokingham)

Reading & Bracknell

Tel: 03444 111 306

National Autistic Society

www.autism.org.uk

Tel: 0808 8004104

seAp Advocacy

www.seap.org.uk

Email: info@seap.org.uk

Tel: 0330 440 9000

Stop Hate UK

www.stophateuk.org

Email: info@stophateuk.org

Tel: 0808 802 1155

BRACKNELL ORGANISATIONS:

Adviza

www.adviza.org.uk

Email: info@adviza.org.uk

Tel: 0118 402 7050

Be Heard

www.seap.org.uk

Tel: 07713 196798

Breakthrough Supported Employment Services

Email: Karen.scott@bracknell-forest.gov.uk

Tel: 01344 307554

Bracknell Forest Carers Support Group

Tel: 07972 609621

Bracknell Parent Carer Forum

www.bracknellpcf.com

Tel: 07541 668115

Community Team for People with Learning Disabilities (CTPLD)

www.berkshirehealthcare.nhs.uk

Tel: 01344 354466

Family Information Service

Email: fis@bracknell-forest.gov.uk

Tel: 01344 353133

Friday Night Project (Hosted by the Ark)

www.theark.org.uk

Email: info@theark.org.uk

Tel: 01344 266899

Healthwatch Bracknell Forest

www.healthwatchbracknellforest.co.uk

Tel: 01344 266911

InnerSense

<http://innersense.org.uk>

Email: innersenseoffice@gmail.com

Tel: 01344 530965 (Tues-Fri 9am-5pm)

Involve

<http://involve.community>

Tel: 01344 304404

Kennel Lane School

<http://www.kennellaneschool.com>

Email: secretary@kennellaneschool.com

Tel: 01344 483872

DIRECTORY OF USEFUL INFORMATION continued

Kerith Community Church (Hilltop & Konnections)

<http://kerith.church/>

Email: info@kerith.church

Tel: 01344 862699

Information, Advice & Support Service (formerly Parent Partnership)

Email: SEND.Support@bracknell-forest.gov.uk

Tel: 01344 354011

Short Breaks (formerly Aiming High)

Email: short.breaks@bracknell-forest.gov.uk

SIGNAL

<http://www.signal4carers.org.uk>

Email: info@signal4carers.org.uk

Tel: 01344 266088

The Ark

www.theark.org.uk

Email: info@theark.org.uk

Tel: 01344 266899

The R Bus

<http://www.bracknell-forest.gov.uk>

Email: RBUS@bracknell-forest.gov.uk

Tel: 01344 352095

Well-Being & Leisure

Tel: 07887 632627

WOKINGHAM ORGANISATIONS:

ASD Family Help

<http://www.asdfamilyhelp.org>

Email: contact@asdfamilyhelp.org

Tel: 07707 660599

Addington School

<http://addington.schooljotter2.com/>

Email: office@addington.wokingham.sch.uk

Tel: 0118 9669073

CAN Network

<http://www.wokingham.gov.uk>

Email: CAN.network@wokingham.gov.uk

Tel: 0118 9746897

CLASP

www.wokinghamclasp.org.uk/cm/

Email: admin@claspwokingham.org.uk

Tel: 0118 9796364

Crossroads

www.wokinghamcrossroads.org

Email: contact@wokinghamcrossroads.org

Tel: 0118 9795324

Healthwatch Wokingham

<http://healthwatchwokingham.co.uk>

Email: enquiries@healthwatchwokingham.co.uk

Tel: 0118 4181418

Optalis

<http://www.optalis.org>

Email: info@optalis.org

Tel: 0118 9778600

SEND Voices Wokingham

www.sendvoiceswokingham.org.uk

Email: info@sendvoiceswokingham.org.uk

SEND Carers United

www.sendcarersunited.co.uk

Email: admin@sendcarersunited.co.uk

The Acorn Centre

Email: acorncommunitycentre@wokingham.gov.uk

Tel: 0118 9746341

WBC Disabled Children's Team

Tel: 0118 9746881

Wokingham Outreach Carers Service

www.wokinghamoutreachcarersservice.org.uk

Email: ask@berkshirecarershub.org

Tel: 0118 324 7333

M2 Club

www.me2club.org.uk

Email: info@me2club.org.uk

Tel: 0118 969 6369