



27<sup>th</sup> April 2017

## APRIL WOKINGHAM MAILING

Dear Member,

### AGM – 11<sup>th</sup> May 2017

Our Annual General Meeting which takes place in May is fast approaching. This year it will be held on Thursday 11<sup>th</sup> May at the Masonic Centre, 7 Reading Road, Wokingham, RG41 1EG. Parking is available at the Masonic Centre and it is a 5 minute walk from Wokingham Station. An agenda is enclosed with this mailing. Please come along and support our organisation and hear about our successes over the last year and plans for the coming year. The Wokingham Borough Mayor will be presenting the Gateway Award Certificates. Please email [admin@wokinghammencap.org](mailto:admin@wokinghammencap.org) or phone 0300 777 8539 if you intend to come along to our AGM.

### Call for Trustees

Have you thought about giving something back to the organisation that supports you? We are looking for Trustees to join our Board and appreciate that you may be nervous or have concerns about what might be involved, but if you are interested please contact Mary or Heather on 0300 777 8539 for an informal chat and to discover more about the role.

## JOB VACANCIES

### Job vacancy - Wokingham Smiles for Sibs Co-ordinator

We have a vacancy for a Co-ordinator at our Wokingham Smiles for Sibs Group, which runs at Woodley Airfield Community Centre on Monday evenings (term-time only) from 4.15pm to 6.00pm. The salary for the post is £10.50 per hour and the closing date is 12 noon on 17<sup>th</sup> May.

### Job vacancy - Gateway Award Project Co-ordinator, Bracknell

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 post is for an average of 11 hours per week at £11 per hour. The closing date for this post is 12 noon on 17<sup>th</sup> May.

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

## MEMBERSHIP

### Membership Subscriptions for 2017 are now overdue

Please note that subscriptions for 2017 membership of Wokingham, Bracknell & Districts Mencap are now overdue. If your subscription is not up-to-date you will not be able to receive Family Liaison Worker home visits, go on our trips and events, or receive our newsletters and mailings. Thank you to all those who have already paid. Please note that the annual membership fee is £15, so if you pay by Standing Order please check that it is for the correct amount. ***It would help us if you dated your Standing Order for 1<sup>st</sup> January.***

## Wokingham, Bracknell & Districts Mencap

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*President*  
Lady Elizabeth Godsal

*Chair*  
Janet Dean

*Joint Chief Executives*  
Mary Durman  
Heather Young

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

Affiliated to but not funded by  
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## FUNDRAISING

### Wokingham Walk - Sunday 7<sup>th</sup> May

Registration for this event is open if you would like to take part. Further information about the event including routes can be found at <https://www.wokinghamwalk.co.uk>. All proceeds raised from entry fees will be donated to our charity. If you don't want to walk yourself, **Graeme Lodge, a young man with ASD, is walking 5 miles for our charity and would really like you to sponsor him.** He is hoping to raise a minimum of £100 and can be sponsored on his Virginmoneygiving page: <http://uk.virginmoneygiving.com/GraemeLodge1>

## NEWS AND EVENTS FOR CARERS

### Carers Lunch

Our next Carers group meeting is our lunch on **Tuesday 9<sup>th</sup> May from 12.15pm until 2.00pm** in the Rose Room at the Bradbury Centre, Rose Street, Wokingham. Karen Attree, the senior Direct Payments Officer from Wokingham Borough Council will be coming along to talk to carers about WBC's new payment card system. Please see the enclosed flyer for more information and to book your place for the lunch. **Please note that it is essential that you let us know if you plan to attend so that we can cater for you.**

### 'Thinking Ahead' Workshop for Carers – Health & Wellbeing

We are holding another series of 'Thinking Ahead' workshops for carers. The first will be on **Thursday 25<sup>th</sup> May** at The Masonic Centre, 7 Reading Road, Wokingham, RG41 1EG with registration from 9.45am. The theme of the workshop will be Health & Wellbeing with speakers talking about nutrition, exercise, mental health and self-care for carers. Refreshments and lunch will be provided and we are pleased that the new choir for carers, VoxChoir, will be coming along to entertain us. Please see the enclosed flyer for more information and details of how to book your place.

## NEWS AND EVENTS FOR CHILDREN

### Smiles for Sibs Club

The **Smiles for Sibs Club** runs weekly during term time on **Monday evenings from 4.15pm-6.00pm** at Woodley Airfield Community Centre and costs just £1 a session. There are spaces at the group for new children. If you want further details then please contact the office on 0300 777 8539.

### Youth Club @ Addington

The **Youth Club @ Addington School** runs **every Wednesday** during term-time from **7.00pm–9.00pm**. Young people with learning disabilities between the ages of 13 (year 9) and 19 are welcome to come along for a fun filled evening. The cost is only £1 per session. Each week a variety of different activities are planned, including board games, sports, movie nights, pizza making, a tuck shop and more. In May these will include:

- **Wednesday 3<sup>rd</sup> May – Cooking**
- **Wednesday 10<sup>th</sup> May – Outdoor Games**
- **Wednesday 17<sup>th</sup> May – Basketball**
- **Wednesday 24<sup>th</sup> May – Cinema Trip**
- **Wednesday 31<sup>st</sup> May – No club (half-term)**

For more information, contact Ben Willoughby on 07551 159072 or the office on 0300 777 8539.

## NEWS AND EVENTS FOR ADULTS

### Paul's Karaoke

Paul's Karaoke meets in the Rose Room at the Rose Street Methodist Church on the middle two Wednesdays of each month, and is open to anyone over the age of 16 who has a learning disability. There is a small charge of £3 per session. The next dates are **10<sup>th</sup> and 17<sup>th</sup> May from 7.30pm-9.00pm.**

### @The Acorn Social Group

@The Acorn is our weekly social club for adults 16+ with learning disabilities, including those with profound and multiple learning disabilities. The club runs every Tuesday evening from 7.00pm-9.00pm at the Acorn Community Centre. The activities in May include:

- **Tuesday 2<sup>nd</sup> May – Karaoke (bring your CDs)**
- **Tuesday 9<sup>th</sup> May – Games Night**
- **Tuesday 16<sup>th</sup> May – Arts and Crafts**

- **Tuesday 23<sup>rd</sup> May – Table tennis and snooker**
- **Tuesday 30<sup>th</sup> May – Learn basic Braille**

There is a small charge of £3 per person which includes drink, snacks and different activities every week.

### **The Friday Alternative**

This social group is for adults aged 16+ with Aspergers Syndrome/high functioning autism and usually meets twice a month on the second Wednesday and the last Friday. In May the next meetings are:

- **Wednesday 10<sup>th</sup> May meet at 7.00pm** for ice skating at John Nike **Leisuresport**, John Nike Way, London Rd, Bracknell. You will need £4.90 with a student card or £6.80 without.
- **Friday 26<sup>th</sup> May meet at 7pm for a Dinner or Drinks** at The Olde Leathern Bottle. You will need between £15 and £25.

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 from 1<sup>st</sup> April there is an annual charge of £60 for this group.)**

### **NEWS FROM OTHER GROUPS**

#### **Free Workshops for Carers**

The Carers Hub have organised some free workshops for unpaid carers in the Wokingham Borough. As well as being informative, the workshops aim to be fun and relaxing, and a chance for carers to try out some new activities. The first 3 sessions are:

**Making a Hanging Basket** – 2pm-4pm on Monday 15<sup>th</sup> May at The Oakwood Centre, Headley Rd, Woodley,  
**Aromatherapy** – 11am-1pm on Friday 26<sup>th</sup> May at the Haven Wellbeing Hub, 171 Evendons Lane, Wokingham

**Mindfulness** – 10am-12pm on Tuesday 27<sup>th</sup> June at the Bradbury Centre, Rose St, Wokingham

The Hub has a small respite budget so that carers can attend workshops. Please contact Kerry at the Carers Hub to find out more and to book- tel: 0118 324 7333, email: [kerrysinger@berkshirecarershub.org](mailto:kerrysinger@berkshirecarershub.org)

#### **Sing if you CARE!**

VoxChoir are coming to Wokingham to Care for Carers. They are a group of volunteers who are passionate about people and believe in the power of music and singing as a way to enable carers to keep healthy, socialize and have lots of fun. Sessions will be held on Tuesdays from 2.00pm to 4.00pm at Unit 8, Pinewood Centre, Old Wokingham Rd, Wokingham, RG40 3AQ. If you care for someone you need to be registered and will have free weekly membership for one year. For further details and to register please contact Victoria at [info@voxscool.com](mailto:info@voxscool.com) or call 07776 133 507.

#### **NHS England LD & Autism Forum**

The 'NHS England Learning Disability and Autism Forum' says what NHS England is doing to improve the health and wellbeing of people with a learning disability and/or autism. To find out more about their work, click here - <https://www.england.nhs.uk/learning-disabilities/get-involved/>. If you would like to read their newsletter, click here - <https://www.england.nhs.uk/learning-disabilities/get-involved/newsletters/>.

#### **Autism Friendly Screenings - Regal Picturehouse, Henley**

These regular Sunday morning screenings at 11am will now be held on the 3rd Sunday of every month rather than the first. The next screening is Lego Batman on **Sunday 14 May**.

#### **#differentworldfest**

The Different World Festival will take place on **Saturday 29<sup>th</sup> July 2017** at Abbey Rugby Football club, Rose Hill, Peppard Rd, Reading RG4 8XA. It is a **fully inclusive music festival** and there will be bands, food and drink, stalls and daytime activities. For more information please visit [www.adifferentworldfestival.co.uk](http://www.adifferentworldfestival.co.uk)

#### **Kidz to Adultz South – Thursday 8<sup>th</sup> June**

This is one of the largest free events supporting children and young adults up to 25 years with disabilities and additional needs, their families, carers and the professionals who support them. The event is held at the Rivermead Leisure Complex, Reading, RG1 8EQ and parking and entry are FREE. Register for your visitors' FREE entry tickets from the website [www.kidzexhibitions.co.uk](http://www.kidzexhibitions.co.uk) or contact Disabled Living by email: [info@disabledliving.co.uk](mailto:info@disabledliving.co.uk) or tel: 0160 607 8200.

### **New Multi-sensory interactive theatre**

Frozen Light is a touring theatre company creating multi-sensory performances for people with PMLD and complex needs. Their new show called 'Home' will be at the South Street Arts Centre in Reading on **Wednesday 3rd May**. There'll be things to touch, smell, taste and see, and one-to-one moments for the audience too. Each show is suitable for 6 people with their carers/staff. For more information, go to: <http://frozenlighttheatre.com/current-production/> or go to: South Street Arts.

### **Fit For Life**

The next free Fit For Life course to share practical ideas to help adults with learning disabilities (and their carers) eat healthily, lose weight and look after their long-term health conditions will be starting on **Monday 15th May**. The 3 week course will be held at the Earley Crescent Centre from 10am to 12noon. Places are limited so please contact the Partnership Board if you would like to attend at [jennie.grieve@partnershipboard.org.uk](mailto:jennie.grieve@partnershipboard.org.uk)

### **NHS questionnaire**

The Clinical Commissioning Groups in Berkshire are thinking about how they spend NHS money in our area and are proposing some changes around prescribing. Healthwatch Wokingham would like to know how the proposed changes would impact you. Please click on this link to complete the survey - [www.healthnetwork-berkshire.nhs.uk/consult.ti/Supmed/respondByQuestionnaire](http://www.healthnetwork-berkshire.nhs.uk/consult.ti/Supmed/respondByQuestionnaire).

### **CLASP Community Choir**

The choir has taken a break for Easter and will start again on **Friday 5th May** when they'll be learning a whole new set of songs, chosen by the members. The choir are always happy to see new faces so please get in touch if you'd like to join – tel: 0118 979 6364 or email: [admin@claspwokingham.org.uk](mailto:admin@claspwokingham.org.uk) . They meet every Friday at the Bradbury Centre, from 10.30am-11.30am. The first session is free and subsequent sessions cost £1.

### **Community Allotments**

Rose Buddies run the Community Allotments at Oakfield Court on Barkham Road. They offer support at the allotments every Wednesday morning but you can also go there with your own support throughout the week. Rose Buddies have 5 small plots available and 1 big plot available for this season. If you're interested in taking a plot or would just like to help generally, please contact Petra at Rose Buddies on tel: 0118 979 9106 or email: [rosebuddies@creativesupport.org.uk](mailto:rosebuddies@creativesupport.org.uk).

### **Three Frogs Club**

ASD Family Help's Three Frogs group meets regularly, usually on the third Thursday of the month, at the Three Frogs Pub, 222 London Road, Wokingham. The next meeting is a meal on Thursday 18<sup>th</sup> May from 7pm to 10pm. For more information please contact: [3frogs@asdfamilyhelp.org](mailto:3frogs@asdfamilyhelp.org) or 07554 303328.

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

Kind regards

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

Mary Durman and Heather Young  
Joint Chief Executives

Encs