



Wokingham, Bracknell & Districts
Mencap
The Court House
Broadway
Town Square
Bracknell
Berkshire RG12 1AE
Tel: 0300 777 8539

30th April 2019

APRIL WOKINGHAM MAILING

Dear Member,

Sponsored Charity Skydive

Please help our charity by sponsoring our brave skydive volunteers. We have a team of volunteers who will be undertaking a tandem skydive over the summer months to raise money for the Gateway Award project.

Go to our Virgin Moneygiving page to sponsor our brave volunteers online at <https://www.virginmoneygiving.com/fund/wbdmskydive> OR you can contact us at the office to sponsor them on 0300 777 8539 or via admin@wokinghammencap.org

admin@wokinghammencap.org
www.wokinghambracknellmencap.org

Joint Chief Executives
Mary Durman
Heather Young

Could YOU be a trustee?

We need trustees to run this amazing charity that provides support to children and adults with a learning disability/autism spectrum condition, their carers and families across the Boroughs of Wokingham and Bracknell. We cannot run this organisation without trustees. We are looking to appoint trustees to strengthen the expertise of our board and to help meet the challenges of delivering its strategy of growth. Of particular value would be expertise in one or more of the following fields:

- *Marketing*
- *Project Management*
- *IT*
- *Fundraising*
- *HR*

Understanding of legal duties, responsibilities and liabilities of trusteeship of a charity would be an advantage, but training will be provided. In accordance with the Charity Commissioner's regulations, no remuneration is payable for these positions, but expenses will be reimbursed. If you can commit to up to 6 evenings and a few days per year to keeping this vibrant organisation running, please contact the Chief Executives at admin@wokinghammencap.org attaching a full CV or telephone Heather or Mary on 0300 777 8539 for an informal chat.

**A local Charity
supporting
local people to
be included in their
local
communities**

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

Notice to all Members regarding membership and club fees

This is a reminder that everyone accessing our clubs and activities must be a fully paid up member of Wokingham, Bracknell & Districts Mencap in order to ensure they are covered by our insurance. (The membership fee is £15 per year and is due on 1st January every year).

Affiliated to but not funded by
Royal Mencap Society



All our clubs and activities are now funded through club fees and most are invoiced on a termly or yearly basis (@ the Acorn – yearly and Youth Club @ Addington - termly). To keep the clubs running, we need all participants to pay the relevant annual Club fee (this covers staff and volunteer costs, publicity and stationery costs, hall hire, activity costs etc). Participants will be invoiced for this fee and if it is an annual invoice then you can pay by instalments.



Unfortunately if you do not pay the invoice within 30 days of receiving it, you will have to pay double the weekly fee when you attend a Club. *If we do not receive enough club fees, then sadly clubs may have to close.* Please note that if you do not pay the Wokingham, Bracknell & Districts Mencap membership and Club fees, unfortunately, you will not be allowed to continue to participate in any of the activities.

This policy was agreed by the board of Trustees on 31st January 2019 and is effective from 1st March 2019.

NEWS AND EVENTS FOR CARERS

Carers Lunch

The next meeting will be a lunch on **Tuesday 14th May** from 12.15pm to 2.00pm at **Rose Street Methodist Church, Rose Street, Wokingham**. Wokingham Borough Council's Sports and Leisure team will be attending our lunch this month to talk to carers about health and fitness and demonstrate some seated exercises. 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 **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. Ruth Hatch runs this group and can be contacted on 07551 159072 or contact the office on 0300 777 8539 for further information.

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. Each week a variety of different activities are planned, including a quiz, sports, music and dance, pizza making, a tuck shop and more. There is a weekly charge of £5 (to be invoiced in advance). **You can pay for Youth Club from your Short Breaks budget.** Laura, the Co-ordinator for this group and can be contacted on 07551 159073 or phone 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 usually on the middle two Wednesdays of each month. The next meetings are **Wednesday 8th May and Wednesday 15th May**. The group is open to anyone over the age of 16 who has a learning disability. There is a charge of £4 per session.

@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, Woosehill. The activities in May include:

- **Tuesday 7th May – Rainbow Twirlers**
- **Tuesday 14th May – Games night**
- **Tuesday 21st May – Boccia**
- **Tuesday 28th May – Biscuit and Cake decorating**

Please note that there is a weekly fee of £4 to attend this group which is invoiced annually.

Friday Alternative

This social group is for adults aged 16+ with Asperger's Syndrome/high functioning autism. Please note that this group is closing and its last session will be on Friday 31st May. In May the next meetings are:

- **Wednesday 8th May – Film at Showcase Cinema to be confirmed as soon as listings are released.** Meet at Showcase Cinema at 7pm. Cost between £15.00-£20.00.
- **Friday 31st May – Dinner/drinks at The Olde Leathern Bottle, Wokingham.** The table is booked for 7pm and a meal and drinks will cost between £18.00-£25.00.

Ruth Hatch runs the group and can be contacted by email at autism@bracknellmencap.org or phone/text 07929 114179.

NEWS FROM OTHER GROUPS

Carers' Crafts

This is a drop-in craft group for carers run by carer Pat Regan. The group meets every month and does a variety of craft activities, drinks lots of tea and chats. The group runs from 10am to 12noon at Wokingham Fire Station, Easthampstead Road, Wokingham. Please note that there is no parking on site, but there is a public car park next door. If you intend to come along please bring a small sewing kit with you containing needle, thread, scissors, pencil and ruler. We do have a theme each month but also have cards available to decorate. Members are welcome to bring their own projects to finish and/or give ideas to others. No need to book a place now that we have a new larger venue. The dates for future meetings are: **Thursday 9th May, Thursday 13th June, Thursday 11th July, Thursday 8th August, Thursday 12th September.**

Save the Date

Carers week is Monday 10th June—Sunday 16th June. Wokingham Carers Hub will be organising activities during the week. Further details will be confirmed nearer to Carers Week. Contact: 0118 324 7333 or Email: ask@berkshirecarershub.org

CLASP Coffee Shop

CLASPS run a drop-in Coffee Shop every Tuesday from 10am-12noon at the Bradbury Centre in Wokingham. CLASP invites visitors to come along to the Coffee Shop to give support and run activities

Carers UK State of Caring Survey 2019

Each year Carers UK runs the State of Caring Survey, and they need your help to paint a picture of what it is like to be a carer in 2019. The survey is the UK's most comprehensive research into the lives and experience of carers and last year was completed by over 7,000 carers. Carers UK hope that you will join them by completing the survey and/or sharing it with other carers. The survey closes on 24th May and takes approximately 20-30 minutes to complete. Visit Carers UK website to find out more: carersuk.org/survey

Citizens Advice helping people to claim for Universal Credit

Help to Claim:

From 1st April Citizens Advice Bureaus will be helping people claim Universal Credit, by offering advice and support, from making the claim until the first correct payment is received. They will give support and advice on:

- whether Universal Credit is the right benefit to be claiming
- making a claim on-line, or via alternative channels if appropriate
- submitting the necessary information to support a claim
- managing the first few weeks until the first payment is received
- what do to if the first payment isn't right, or if Universal Credit is refused

How to access the service:

- Call the free national Help To Claim phone line 0800 144 8 444
- Drop in to your local CAB to make an appointment
- Via Bracknell Job Centre Plus which can refer claimants directly

CMG Launches Pioneering Easy-Read Transgender Guide

CMG, a leading provider of support for people with learning disabilities and associated complex needs, has joined forces with charities CHANGE and Choice Support to launch an easy-read Transgender guide, providing support and advice to individuals across the country. In the first of its kind, the easy read guide explains to individuals with learning disabilities and/or autism what it means to be transgender; the issues or challenges that may be experienced; and to help them understand their thoughts, feelings and gender identity. The pioneering booklet enables individuals to be better informed about everyday issues that affect people who have or are thinking of transitioning, and incorporated contributions from many people across the many months of its development. The Guide was launched at the national Learning Disability England Conference and is freely available from CMG, Change and Choice Support Websites, as well as accessible via the Supported Loving Network Facebook page and website.

CQC - Tell us about your care

The Care Quality Commission (CQC) are asking disabled people, those living with a long-term health condition, and their families to share their experiences through the [Tell Us About Your Care survey](#). You can also call them to complete the survey on your behalf - 0330 995 0400 (afternoons are quietest), choose Option 1 and quote; 'CQC' when your call is answered.

The Autism Trust

We are a small charity based in Camberley which provides an ASD friendly, real working environment, fostering independence and building work skills for individuals aged 16 years and older with autism. This is achieved through either work experience sessions or as appropriate by the ASDAN Employability programme. Our bespoke training, delivery and environment provides young adults with autism the opportunity to learn retail, office, manufacturing, photography, social media, hospitality and housekeeping skills. This teaching takes place at the charity training centre and 'Polly's Place' which is a shop and art gallery selling handcrafted gifts. We currently have vacancies for new Service Users on Wednesdays, Thursdays and Fridays. If you are interested please contact us at info@autismtrust.org.uk or telephone 01276 63578 to arrange a conversation to find out more about our organisation and how we might be able to help. More information can be found at: www.theautismtrust.org.uk/pages/work-experience

Events for Wokingham Well-Being Week, May 13-18 in Wokingham Borough Libraries

Sleep Talk- Find out how to improve Sleep in Adults. An event for Wokingham Well-Being Week with Dr Lindsay Browning from Trouble Sleeping. On Monday May 13 from 6pm to 7pm. Please book via <https://www.eventbrite.com/e/free-adult-sleep-talk-how-to-improve-your-sleep-tickets-59588621170>

Life's Little Bugs Story session - Come and meet author Tina Stubbs and meet the Little Bugs, with stories from Hum Bug and Fitness Bug with activities. For children aged 7 and under, free just drop in! Books will be on sale after the session. On Tuesday May 14th from 4pm to 4.30pm.

Reading Well for Mental Health- Library staff will talk about books available in the library to support adults and families during Wokingham Well-Being Week. Free Event. On Wednesday May 15 from 11am to 12noon.

Thrive Open Gardens 2019

Thrive are inviting people to come and explore their beautiful 3-acre gardens, enjoy a refreshing drink and some delicious home-made cake, and pick up a plant from their sales table. The Open Days are from 2pm to 4pm on Wednesday 31st July, Friday 30th August and Thursday 26th September at Trunkwell Garden, Beech Hill Rd, Beech Hill, Reading, RG7 2AT. Entry is by donation.

Short Breaks Survey 2019

Following the changes over the last year to Short Breaks and Respite care in the Wokingham Borough REACH Wokingham are carrying out a short survey. REACH would like to know how the changes have affected you and your family so that they can continue to work to improve this service for families. The link to the survey is here: <https://www.surveymonkey.co.uk/r/3T72QJW>. Any feedback you provide may be shared with Wokingham Borough Council however all responses will be anonymised. If you have more than 1 child please complete a separate survey for each child. The closing date for the survey has been extended to 31st May. Results will be available later in the year on their website.

REACH Wokingham name change to SEND Voices Wokingham from 1st May

Sarah Clarke, the Chair of REACH Wokingham announced this week that the parent carer forum for the Wokingham Borough will officially be changing its name to SEND Voices Wokingham as of 1st May 2019.

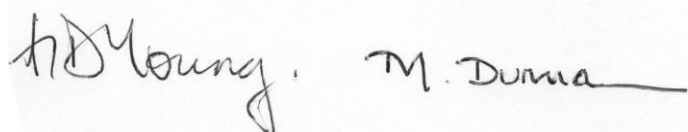
Sarah explained that following feedback from parents, the new name would reflect what the forum does in the Borough, adding, "parents told us that the name REACH Wokingham did not explain what we did. Our new name SEND Voices Wokingham better reflects that we are the independent voice of families, representing their experiences with the aim to improve lives".

SEND National crisis

There will be a rally and march on Thursday 30th May from Forbury gardens, Reading RG1 3EH from 1pm to 3pm to raise awareness of the SEND crisis. Marches will be taking place all over the country and everyone is invited. For more information go to: <https://www.facebook.com/SENDNationalCrisis/>

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



Heather Young and Mary Durman
Joint Chief Executives

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