



30<sup>th</sup> August 2017

## AUGUST WOKINGHAM MAILING

Dear Member,

We have been doing a bit of housekeeping over the quieter summer months. Some of you may receive a separate letter to say that you have not paid your membership for this year. As a membership organisation it is important that all members pay their annual membership which remains at £15 and is exceptionally good value for money. ***If you receive such a letter (and hopefully not in error), please pay promptly.*** The money raised from annual membership fees goes towards keeping the charity running, which in the current times of shrinking grants can make a huge difference to the Charity's finances and the services we are able to offer.

We currently have 4 job vacancies: Office Co-ordinator, Gateway Co-ordinator, Smiles for Sibs Co-ordinator and Playworkers – please see page 3 for more details and how to apply.

### NEWS AND EVENTS FOR CARERS

#### Carers Meeting

The next carers' lunch will be on Tuesday 12<sup>th</sup> September from 12.15pm to 2.00pm at the Rose Street Methodist Church, Rose Street, Wokingham. Lesley Buckland, Commissioning Specialist - People, Strategy & Commissioning Department at Wokingham Borough Council will be attending the lunch to talk about the Carers Strategy and asking for your feedback. Please come along to give your views and/or to find out more and meet other carers. A flyer is attached so that you can book a place at the lunch.

#### 'Thinking Ahead' Workshop for Carers – Thursday 12<sup>th</sup> October

The third in this series of 'Thinking Ahead' workshops for carers will take place during the day on **Thursday 12<sup>th</sup> October** at The Masonic Centre, 7 Reading Road, Wokingham, RG41 1EG. This workshop is focusing on Self-Help and Empowerment for carers and will include sessions on Mental Capacity Act, Mindfulness and Advocacy plus other topics. Refreshments and lunch will be provided. A flyer with further details and how to book is attached with this mailing.

#### Nirvana Spa Experience for Carers – 3<sup>rd</sup> and 5<sup>th</sup> October

We are organising a relaxing spa evening break for carers only who are members of Wokingham, Bracknell & Districts Mencap on Tuesday 3<sup>rd</sup> and Thursday 5<sup>th</sup> October at Nirvana Spa Sindlesham. The cost is only £10 per person. If this Spa Experience is oversubscribed, we will draw names out of a hat. Please see attached flyer for details of how to book a place.

## Wokingham, Bracknell & Districts Mencap

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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  
Royal Mencap Society



## 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. The club will start again on **Monday 11th September 2017**. 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. **We have a vacancy for a Co-ordinator and a Playworker at this group. See below for details.**

### 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 board games, sports, movie nights, pizza making, a tuck shop and more. The club is now closed for the summer holidays but will re-start on **Wednesday 13th September. The weekly charge will be £2 per session when the club re-starts.**

For more information, contact 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. In September they will meet on **Wednesday 13<sup>th</sup> September and Wednesday 20<sup>th</sup> September**. The group is open to anyone over the age of 16 who has a learning disability. There is a small charge of £3 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. The activities in September include:

- **Tuesday 5<sup>th</sup> September – Playdough**
- **Tuesday 12<sup>th</sup> September – Quiz Night**
- **Tuesday 19<sup>th</sup> September – Karaoke**
- **Tuesday 26<sup>th</sup> September – Zumba**

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

### The Friday Alternative – Good News!!!

This social group for adults aged 16+ with Aspergers Syndrome/high functioning autism **has now merged with the TGIF in Bracknell**. This means that members of the Friday Alternative and TGIF can attend both groups without paying an additional annual charge. The new group will meet 3 times a month on the first and second Wednesdays and the last Friday. In September the next meetings are:

- **Wednesday 6<sup>th</sup> September meet at 7.00pm** for a meal at Nando's, 29 Market Place, Wokingham RG40 1AP. You will need between £15 and £20.
- **Wednesday 15<sup>th</sup> September meet at times to be confirmed** at Cineworld, The Lexicon, Bracknell Town Centre. Tickets from £10.00
- **Friday 29<sup>th</sup> September meet at 7pm for a Dinner or Drinks** at The Olde Leathern Bottle. You will need between £20 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 in April an annual charge of £60 was introduced for this group. Invoices have now been sent out to members)**

### 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 closes for the holidays in August.

### **Job Vacancy – Smiles for Sibs Co-ordinator, Wokingham - Average 3-5 hours per week - £10.50 per hour.**

The Smiles for Sibs club is a social group for children, aged 8-13 years, who are the siblings of children with learning disabilities. The club takes place on Mondays (term-time only) between 4.15pm and 6.00pm at Woodley Airfield Community Centre. We have a vacancy for a Co-ordinator to supervise and lead in providing activities at the club, playing games and occasionally organising trips off-site, e.g. to the cinema, bowling or laser quest. To attend training, meetings, outings and special activities as required.

### **Job Vacancy – Playworker Bracknell Smiles for Sib Club - 2 hours per week - £7.00 per hour.**

The club runs from 4.30pm – 6.15pm on Thursdays (term time) at Braybrooke Community Centre, Bracknell and is a club for children aged 8-13 years who are the brothers and sisters of children with learning disabilities. The Playworker will assist with running activities at the club, including playing games, arts & crafts, making smoothies, cooking, outdoor activities and occasional holiday day trips.

### **Job Vacancy – Playworker Wokingham Smiles for Sibs Club - 2 hours per week - £7.00 per hour.**

The club runs from 4.15pm – 6.00pm on Mondays (term time) at Woodley Airfield Community Centre, and is a club for children aged 8-13 years who are the brothers and sisters of children with learning disabilities. The Playworker will assist with running activities at the club, including playing games, arts & crafts, making smoothies, cooking, outdoor activities and occasional holiday day trips.

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

## **NEWS FROM OTHER GROUPS**

### **Sing if You Care!**

The VoxChoir is returning on Tuesdays at a new time of 1pm-2.30pm on Tuesday 5<sup>th</sup> September. The VoxChoir would like to invite all carers from Wokingham to join them for a FREE weekly gathering having fun with supportive people, making friends & feeling good. The VoxChoir meets at The Scout Hut (close to the adventure play area) Pinewood Activity Centre, Old Wokingham Road, RG40 3AX, Wokingham. The sessions end with tea and cake and some social time with new friends.

Contact: info@voxscool.com or call/text: 07776 133507

### **Wheelchair Rugby is coming to Wokingham – Free Wheelchair Rugby taster sessions**

One of the most exciting sports of 2012 and 2016 Paralympics is coming to Berkshire! Great Britain Wheelchair Rugby, Reading Rugby Club and Get Berkshire Active are teaming up with Wokingham Borough Council's Sport and Leisure Team to bring Wheelchair Rugby to the county. They will be running FREE taster sessions on 16<sup>th</sup> and 23<sup>rd</sup> September at Loddon Valley Leisure Centre for anyone over the age of 12, living with a physical impairment. You do not have to be a wheelchair user to participate. For further details contact: Chelsea Piggott, **Wokingham Active Adults and Disability & Vulnerable Adults Physical Activity Coordinator**, Sports and Leisure Team, Wokingham Borough Council, Shute End, Wokingham, RG40 1WL, 01189 088297 or 07798588443

### **My Ability Programme - Pan Disability Football**

Get involved in this new programme which takes place every Monday from 5.00pm – 6.00pm at Bulmershe Leisure Centre. To find out more please contact Chelsea Piggott on 0118 908 8297

### **Norwood – new course programme**

The new course programme for Norwood is now available at: <http://www.norwood.org.uk/Page/Life-Long-Learning>. The contacts details for enquiries is: 01344 755593 or [lifeskillsandlearning@norwood.org.uk](mailto:lifeskillsandlearning@norwood.org.uk)

### **Homeownership opportunities for people with disabilities (HOLD schemes)**

Did you know that someone with a disability who relies on benefits for their income can secure a mortgage and part-buy a home of their own? It's all thanks to a Government approved housing model called HOLD (Home Ownership for people with Long-term Disabilities) and, since 1999, MySafeHome Limited has helped almost 1,300 people turn their hopes into homes. "The idea of shared ownership has always appealed to us as a family: a home chosen by us, tailored to our daughter's needs and supported by a specialist housing association, offering long-term security. We cannot thank MySafeHome enough for getting us on to this pathway." The words of a Wokingham, Bracknell & Districts Mencap member who MySafeHome were recently privileged to support. To find out more please contact MySafeHome Limited on 02476 402211 or email [enquiries@mysafehome.info](mailto:enquiries@mysafehome.info)

### **Three Frogs Club**

A social group for adults on the Autism Spectrum. Come and join us for an informal night out where you can make friends, enjoy a meal and have a chat. Partners, friends and carers are welcome too. The group meets at the Three Frogs Pub, 222 London Road, Wokingham from 7pm-10pm usually on the third Thursday of every month. The next meeting is on Thursday 21<sup>st</sup> September 2017.

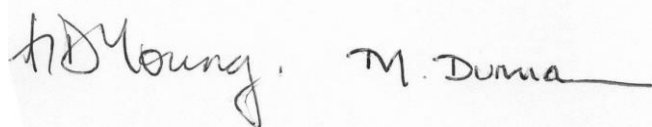
### **Improving Lives Conference**

A conference called *Improving Lives: Autism & Learning Difficulties* is taking place on Thursday 12th October in Manchester. For more details about the event, go to -

<http://www.openforumevents.co.uk/events/2017/improving-lives-autism-and-learning-difficulties/>

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 on the left is 'H Young' and the second signature on the right is 'M. Durman'. Both signatures are written in a cursive, flowing style.

Mary Durman and Heather Young  
Joint Chief Executives

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