

28th February 2017

FEBRUARY WOKINGHAM MAILING

Dear Member,

AGM – date for your diary

Once again our Annual General Meeting, which takes place in May is fast approaching. This year it will be held on Thursday 11th May at the Masonic Centre, 7 Reading Road, Wokingham. An agenda will follow in due course. A booking slip is attached. Please come along and support our organisation and hear about our successes over the last year and plans for the coming year.

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, so will be holding an open afternoon/evening where you can come along to chat with some of our current Trustees and Joint CEOs to discover more about the role. As a user-led organisation it is important for us to have carers as Trustees. If you are interested please contact Mary or Heather on 0300 777 8539.

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 13th March.

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 1st January.***

Smiles for Sibs Fun at the Hollywood Bowl, Bracknell

We are offering all siblings aged 8-13 who are members of Wokingham, Bracknell & Districts Mencap a trip to the Hollywood Bowl at The Point, Bracknell on Monday 3rd April from 2-4pm. We will cover the cost of 2 games and a drink. Please complete the attached booking form and return to us by 23rd March if your sibling wishes to attend.

Wokingham Walk - Sunday 7th May

Registration for this event will open in March and information about how to register will be included in our March newsletter. 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 and will be used to help fund the Family Liaison Worker supporting families with children post. In addition walkers can choose to get sponsorship for our charity (or the charity of their choice) to increase the amount raised. **So get your teams ready!**

Wokingham, Bracknell & Districts Mencap

Suite 2, Oakmede Place
Terrace Road South
Binfield
Berkshire
RG42 4JF
Tel: 0300 777 8539

admin@wokinghammencap.org
www.wokinghambracknellmencap.org

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
Royal Mencap Society



NEWS AND EVENTS FOR CARERS

Carers Lunch

Our next Carers group meeting is our lunch on **Tuesday 14th March** from **12.15pm until 2.00pm** in the Rose Room at the Bradbury Centre, Rose Street, Wokingham. Maureen Chapman from SEAP will be coming along to talk to carers about Care Act Advocacy and Health Complaints Advocacy. 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.***

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 Club Co-ordinator, Jayne Taylor on 07584 582776 or 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 March these will include:

- **Wednesday 1st March – Quiz night**
- **Wednesday 8th March – Pizzas and Fruit Skewers**
- **Wednesday 15th March – Basketball**
- **Wednesday 22nd March – Film and popcorn**

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 **8th and 15th March 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 December include:

- **Tuesday 7th March – Table tennis**
- **Tuesday 14th March – Bongos**
- **Tuesday 21st March – Mother's Day crafts**
- **Tuesday 28th March – Karaoke**

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 March the next meetings are:

- **Wednesday 8th March meet at 7.00pm** for a meal out at **Nando's**, 29 Market Place, Wokingham. You will need between £15 and £25.
- **Friday 31st March 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, or phone/text 07929 114179. ***Please note that we will be introducing a small charge for this group from 1st April.***

NEWS FROM OTHER GROUPS

Disability Sports Taster Day

Wokingham Borough Council's Sport and Leisure Team are holding a Disability Sports Taster Day on Wednesday 15th March from 10.00am to 3.00pm. The day is an opportunity for people with disabilities to try out different ways to get active and keep healthy by taking part in activities such as wheelchair rugby, table tennis, boccia etc. Participants will work in teams of 10 and must be aged over 16. You must also bring your own lunch. For further information or to register a team contact Chelsea Piggott on 0118 974 3728 or email: Chelsea.piggott@wokingham.gov.uk

REACH Wokingham AGM and Wokingham Borough Consultation on Short Breaks

REACH Wokingham are holding their AGM on Wednesday 8th March at The Oakwood Centre, Headley Rd, Woodley, RG54JZ between 8.00pm and 9.30pm. A free finger buffet and refreshments will be available between 7.30pm and 8.00pm. To book a place, please go to Eventbrite (search for REACH Wokingham AGM) or email: reachwokingham@hotmail.co.uk

Wokingham Borough Council will be attending to:

- Explain the new short break proposals
- Answer general questions about short breaks

Wokingham Borough Council Assist Workshops

The Assist team at WBC is offering the following autism specific workshops to parents, carers and practitioners:

- **Wednesday 15th March** 9.30am-12.45pm – How you can support children & young people with autism to manage emotions (including anger) – Level 2
- **Wednesday 22nd March** 9.30am-1.15pm – Supporting siblings – Level 2
- **Wednesday 26th April** 9.30am-1.15pm – Autism Awareness

All courses will be held in Woodley and are subsidised. For further information or to book a place, contact Pam Breslin, WBC Children's Services LDD Service on 0118 974 6882 or pamela.breslin@wokingham.gov.uk

Thumbs Up Club

Thumbs Up club have spaces available during the Easter holidays for children with a diagnosis of learning difficulty and/or disability aged 3-19. The club runs at Addington School, Woodlands Avenue, Woodley, from 9.30am to 4.00pm. For further information please phone 0118 947 1196 or email: bookings@thumbsupclub.co.uk or download a booking form from their website at www.thumbsupclub.co.uk

Carers Support Groups:

Carers Coffee Session (Autism)

Every Monday 10.30am – 12.30pm

Woodley Airfield Youth & Community Centre, Hurricane Way, Woodley RG5 4UX

Contact number: Jayne 07733 601755

Chill Out Sessions (Autism)

Last Tuesday of the month 17.30pm – 19.30pm

The Red Kite Children's Centre, Chestnut Avenue, Shinfield, RG2 9EJ

Contact number: 0118 908 8181

Building for the Future (children and young people with additional needs)

Every Friday 09.30am – 11.30am

Play group for babies and children (0-4years) with their parent/carer

Our House, Charles House, Toutley Rd, Wokingham RG41 1QN

Contact Number: 0118 978 8124

General Support Group

Second Wednesday of the month 10.00am – 12 noon

The Bradbury Community Centre, Rose Street, Wokingham RG40 1XS

Contact Number: Wokingham Carers Hub – 0118 324 7333

Carers drop-in service (general)

First Thursday of the month – 10.00am – 12 noon

Chalfont Surgery, Chalfont Close, Chalfont Way, Lower Earley, Reading RG6 2HZ

Contact Number: 0118 966 9333

#differentworldfest

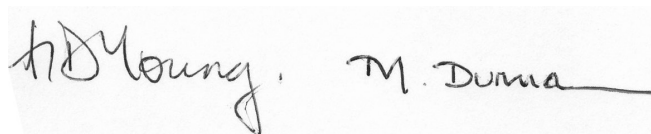
The Different World Festival will take place on Saturday 29th July 2017 at Abbey Rugby Football club, Rose Hill, Peppard Rd, Reading RG4 8XA. It is a **fully inclusive music festival** and there will be bands, food and drink, stalls and daytime activities. For more information please visit www.adifferentworldfestival.co.uk

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 16th March from 7pm to 10pm. For more information please contact: 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@wokinghammencap.org.

Kind regards

Handwritten signatures of Heather Young and Mary Durman. Heather Young's signature is on the left, and Mary Durman's signature is on the right.

Mary Durman and Heather Young
Joint Chief Executives

Encs