



31<sup>st</sup> January 2017

## JANUARY WOKINGHAM MAILING

Dear Member,

Happy New Year to you and your family. We hope you all had a great Christmas. If you are wondering what to do with all those great Christmas presents that were kindly given to you, but you do not want and do not know what to do with, ease your conscience and send them into us and we can make money from them.

Please read this mailing to find out useful information about the activities and events being provided by us in the next couple of months, and also at the end of the mailing there is some information from other local organisations.

### Membership Subscriptions for 2017 are now due

Please note that your subscription for 2017 membership of Wokingham, Bracknell & Districts Mencap is now due. 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 membership fee is £15, so if you pay by standing order please check that it is for the correct amount.

### Family Liaison Worker supporting families with children

We have currently reached the end of funding for this post so for the immediate future will only be able to offer *emergency* support to families supporting children with learning disabilities and/or autism. We will be picking up young people aged 16+ onwards. Parents are still welcome to come to our carers' coffee morning/lunches and to go on carer respite trips but we cannot offer home visits and 1:1 support. The good news is that all the money raised from the Wokingham Borough Mayor's Charity of the Year will be used to continue funding this post from the end of the Mayor's year of office in May.

Sharon Jones, our Family Liaison Worker for families with adults in Bracknell, has moved away to sunnier climes by the seaside – lucky Sharon! Christine Randle will be taking over this post from the beginning of February. Christine will now support carers of young people aged 17 upwards and adults in the Bracknell area.

### Dates for your diary

The **Wokingham Walk** will take place on Sunday 7<sup>th</sup> May. There will be a choice of 5, 10 or 15 mile routes. 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 (see above). In addition walkers can choose to get sponsorship for our charity (or the charity of their choice) to increase the amount raised. So polish off your walking boots. Further details will be in the February mailing.

Our **20<sup>th</sup> Anniversary year** starts in September 2017 and as part of the celebrations we will be holding a fundraising Autumn Ball. Details will be in the February mailing.

## Wokingham, Bracknell & Districts Mencap

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**Supporting Local  
People Who Have  
Learning Disabilities**

Affiliated to but not funded by  
Royal Mencap Society



## **Waitrose Community Matters**

We are really pleased to have been chosen as one of the 3 charities for Waitrose Wokingham as part of their Community Matters scheme during February. At the end of February they split £1,000 between the 3 charities, so if you are shopping in Waitrose in Wokingham, please collect your green token and vote for Wokingham, Bracknell & Districts Mencap.

### **NEWS AND EVENTS FOR CARERS**

#### **Carers Trip to see Sister Act**

We have 50 tickets to see this fantastic musical at New Victoria Theatre, Woking on **Thursday 23<sup>rd</sup> March**. Tickets cost **£15** each and include the cost of the coach. If this trip is oversubscribed, preference will be given to carers who have never been on a theatre trip before. Please see the enclosed flyer for further details and how to book tickets. *Please note that this trip is for carers only (not the person they care for).*

#### **Carers Coffee Morning**

Our next Carers group meeting is on **Tuesday 14<sup>th</sup> February** from **10.00am until 12.00pm** in the Rose Room at the Bradbury Centre, Rose Street, Wokingham. Come along for coffee and cake and a chat with other carers.

### **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. The club will not be running in the half-term period Monday 13<sup>th</sup> February to Friday 17<sup>th</sup> February. If you want further details then 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 February these will include:

**1<sup>st</sup> February** - Basketball at Addington School

**8<sup>th</sup> February** - meal at Pizza Hut (the cost is £8)

**22<sup>nd</sup> February** - Games Night

For more information, contact Ben Willoughby on 07551 159072 or the office on 0300 7778539.

### **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 **8<sup>th</sup> and 15<sup>th</sup> February from 7.30-9.00pm**.

#### **@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 February include:

Tuesday **7<sup>th</sup> February** - Biscuit and cake decorating

Tuesday **14<sup>th</sup> February** - Valentine Crafts

Tuesday **21<sup>st</sup> February** – Scouts Sing Along or Movie night

Tuesday **28<sup>th</sup> February** – Zumba.

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 meets twice a month on the second Wednesday and the last Friday of the month. The February meetings are:

**Wednesday 8<sup>th</sup> February at 7.00pm at The Molly Millar Pub.** Cost is £15.00 to £20.00

**Friday 24<sup>th</sup> February at 7.00pm at Ye Olde Leathern Bottle.** Cost is £20.00 to £25.00

For more details of either evening or to let us know if you plan to attend, contact Ruth by email at [autism@bracknellmencap.org](mailto:autism@bracknellmencap.org), or phone/text 07929 114179.

## **NEWS FROM OTHER GROUPS**

### **Support for people with learning disabilities in Royal Berkshire Hospital.**

From January 2017 there will be a new resource available for people with learning disabilities at the Royal Berkshire Hospital. It is called 'While U Wait' and is a library of different activities resources which people can use when in/at the hospital. The resource includes: drawing materials, games, sensory pieces to investigate and enjoy, relaxation massage equipment, DVD players. The equipment can be lent to the patient for as long as they are in hospital. If someone you support is interested in using any of the equipment please contact Jane Wooldridge on 0118 322 8159.

Early in 2017 the Royal Berkshire hospital will have its own Changing Places toilet – this is on level 1 at the main hospital entrance. The key will be held at the main reception.

If the person with learning disabilities finds waiting difficult especially in out-patient clinics there are bleeps available from the PALS office which the person can borrow. If their support worker or family carers inform the clinic of the bleep number they can be elsewhere in the hospital or the grounds and the clinic staff will bleep them when ready. There is information for family carers about their rights and support available for them if they are supporting a family relative in hospital in the booklet 'I am a carer'. The booklet can be found at [www.royalberkshire.nhs.uk/information-for-carers.htm](http://www.royalberkshire.nhs.uk/information-for-carers.htm). Finally please make sure that if possible when people with learning disabilities come to the hospital they bring their Hospital Passport if they have one and if they don't carers can ask for one to complete. If they have an up to date Communication passport or DisDAT those would also be useful.

### **REACH Wokingham Event**

On Saturday 25<sup>th</sup> February from 1.30pm to 4pm REACH Wokingham, in partnership with WBC, will be holding a free Transition Information Afternoon at Woodford Park Leisure Centre, Haddon Drive, Woodley. For more information, please email: [reachwokingham@hotmail.co.uk](mailto:reachwokingham@hotmail.co.uk) or go to their website: [www.reachwokingham.com](http://www.reachwokingham.com)

### **CLASP Wokingham Healthy Eyes event**

A free event for people with learning disabilities about healthy eyes!

Learn how to look after your eyes

- Practice having an eye test
- Practice cleaning glasses
- Tell us about your eye care stories - good and bad!

**Wednesday 15th February 2017 from 10.30am until 2.30pm** at Bradbury Community Centre, Wokingham Methodist Church. The day is chaired by Scott Watkin. To book your place contact Sammie Gibbs at CLASP on 0118 979 6364, [sammie.gibbs@claspwokingham.org.uk](mailto:sammie.gibbs@claspwokingham.org.uk)

### **Wokingham Children's Autism Partnership Training**

The Wokingham Children's Autism Partnership are running the following training courses in February and March:

Wednesday 10<sup>th</sup> February 9.30-1.15 – Autism Awareness Level 1

Wednesday 24<sup>th</sup> February 9.30-1.15 – How you can support Children and Young People with Autism to manage emotions

Wednesday 9<sup>th</sup> March 9.30-1.15 – Autism Specific workshop on Sexual Development and Puberty Level 2

Wednesday 23<sup>rd</sup> March 9.30-12.45 – Understanding and Supporting the Visual Environment for children with autism level 2. 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 01189746882 or [pamela.breslin@wokingham.gov.uk](mailto:pamela.breslin@wokingham.gov.uk)

### **Go! Fun Snow tubing session Saturday 13<sup>th</sup> February**

GO! is a project run for children with additional needs and their siblings. Join them for a fun hour long snow-tubing session!

When: Saturday 13<sup>th</sup> February.

Where: John Nike Leisuresport Complex, John Nike Way, Bracknell, RG12 8TN.

Time: 12 & 1pm, please choose which session when booking (1 hour slot). Cost: £5 per person.

Age: Suitable for 6-18 years. Access: They use half the ski slope. Those taking part need to be able to walk up the slope before riding down in the tube. All those taking part must bring and wear gloves for protection. To book call: 0118 907 6387 Email: [bookings@greatopportunities.org.uk](mailto:bookings@greatopportunities.org.uk) Booking is essential. Parents must stay with children for the duration of the activity.

### **Peapods Half Term activities**

Saturday 13<sup>th</sup> February from 10.30am to 12.30pm - Peapods will be holding a Saturday Club – ‘Chocolate making with Tilly’s Treats’ .

Monday 15<sup>th</sup> February from 10am-3pm – Sensory Theatre – The Chicken Circus. Both activities will be held at Twyford Scouts HQ, Loddon Hall Road, Twyford RH10 9JA. For further details contact Felicity Griggs on 07722 793393 or via [felicity@peapods.org.uk](mailto:felicity@peapods.org.uk)

### **Me2 Club Needs Committee Members**

The Me2 Club is an established Wokingham based charity with the aim of providing young people with additional needs with a volunteer so that they can take part in mainstream social and leisure activities. They are looking for people with a few extra hours to spare each month, and good with communication, organizational and decision making skills, to join their committee. For more info please contact 0118 9636963 or email [info@me2club.org.uk](mailto:info@me2club.org.uk).

### **Owl Centre for Children’s Therapy Speech and Language Therapy**

The Owl Centre now offers a Speech and Language Therapy service in and around Berkshire which might benefit children with SEN and their families. They can also offer free telephone advice about the latest developments of intervention packages available for children with communication difficulties. For further details go to [www.theowltherapycentre.co.uk](http://www.theowltherapycentre.co.uk) or telephone 0800 917 7784

### **Three Frogs Club**

ASD Family Help’s 3Frogs group meets regularly, usually on the third Thursday of the month, at the Three Frogs Pub, 222 London Road, Wokingham. The next two meetings are on Thursday 16<sup>th</sup> February and Thursday 16<sup>th</sup> March, from 7pm to 10.00pm. For more information please contact [3frogs@asdfamilyhelp.org](mailto:3frogs@asdfamilyhelp.org) or 07554 303328.

### **Life is a Roller Coaster**

Come and join Norwood and The Hands-on Company on a FREE 7 week course for adults with learning disabilities. You will explore the ups and downs of change through a variety of creative activities: Drama, Story telling, Music, Sensory activities, Puppetry and Games.

**Thursday 23rd February to Thursday 6th April**

**Ravenswood Village, Crowthorne, RG45 6BQ**

**1:45pm to 3:45pm**

For an application form please contact Karen Thackray by 3<sup>rd</sup> February. Tel **01344 755593**;

[lifeskillsandlearning@norwood.org.uk](mailto:lifeskillsandlearning@norwood.org.uk) [norwood.org.uk](http://norwood.org.uk)

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



Mary Durman and Heather Young  
Joint Chief Executives