



29th January 2019

JANUARY WOKINGHAM MAILING

Dear Member,

AGM – Save the Date

Our Annual General Meeting will be taking place on **Monday 29th April**. Further information about this event will be sent out next month, but **PLEASE SAVE THE DATE!**

Job Vacancies

Currently we have several vacancies for staff:

A Co-ordinator at the Youth Club@ Addington on Wednesdays (6.45pm-9.15pm) for an average of 3-5 hours per week.

A Playworker at the Bracknell Smiles for Sibs group on Thursdays for 2 hrs per week at £7.50 per hour (16-18 year olds).

A Co-ordinator for The Friday Alternative twice a month - on the last Friday of the month and one evening mid-month - for an average of 10 hours per month.

For further details and a job specification please contact the office on 0300 777 8539 or email: admin@wokinghammencap.org. References and an Enhanced DBS check will be carried out on the successful candidates.

Bracknell Forest Mayor's Charity of the Year:

Clothes Banks Donations

If you would like to help raise funds for our charity you can donate your unwanted clothes to one of the clothes banks, which are located in car parks around the Bracknell Forest Borough, where it states that the proceeds go to the Mayor's Charity, as these will be donated to our charity.

Social Media

Look out for us on the Bracknell Forest Mayor's social media at **mayorbfc** on Facebook and on our Facebook page and like us and share our posts on Facebook and Twitter.

Help us raise funds as the Mayor's Charity

We are looking for brave volunteers to take part in a **sponsored skydive** for the charity – we already have 4 volunteers, but the more who take part, the more money we can raise. You need to raise a minimum of £400 sponsorship which will include the cost of the skydive – but what an experience!

We are also looking for runners and non-runners to sign up for the Bracknell half-marathon which will take place in May 2019. Or you could think of your own sponsored challenge! If you are interested or have an idea for a sponsored event please let us know at the office and we can work with you to make this happen. **All the money raised by the Mayor's Charity this year will go towards the Gateway Project to help keep it running.**

Wokingham, Bracknell & Districts Mencap

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Broadway
Town Square
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Berkshire RG12 1AE
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admin@wokinghammencap.org
www.wokinghambracknellmencap.org

Joint Chief Executives
Mary Durman
Heather Young

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

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

Affiliated to but not funded by
Royal Mencap Society



NEWS AND EVENTS FOR CARERS

Carers Coffee Morning

The next meeting will be a coffee morning on **Tuesday 12th February** from 10.00am to 12.00noon at **Rose Street Methodist Church, Rose Street, Wokingham.**

Theatre trip

We will be running a theatre trip to see **Phantom of the Opera** on **Thursday 14th March**. Priority will be given to carers who have not been on a theatre trip before. See enclosed flyer for details of how to book.

Thinking Ahead Workshop

We will be organising another workshop in the Thinking Ahead series in the Spring. The topic and venue of the workshop are yet to be confirmed but full details will be advertised once finalised. The workshops are always well received and an opportunity for carers to receive relevant information in a relaxed and welcoming environment. As always a lunch and refreshments will be provided.

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.

Sibs Half Term fun - Bowling and Pizza at The Point Bracknell

We are offering a trip to go bowling followed by Pizza at Pizza Hut on **Monday 18th February** to our siblings aged between 8 and 13 years. We are subsidising the cost of the trip so it will only cost £5 per child. Further details and how to book are included on the enclosed flyer or you can ring the office on 0330 777 8539 by **Monday 11th February** at the latest.

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. There is a weekly charge of £5 (to be invoiced in advance). **You can pay for Youth Club from your Short Breaks budget.** Heather Ward is the temporary 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 13th February and Wednesday 20th February**. 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 December include:

- **Tuesday 5th February – Arts and Crafts**
- **Tuesday 12th February – Valentines Party**
- **Tuesday 19th February – Balloon Modelling**
- **Tuesday 26th February – Movie Night**

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. In February the next meetings are:

- **Wednesday 13th February – Seder Lounge, Wokingham.** The table is booked for 7pm and a meal and drinks will cost between £15.00-£25.00.
- **Friday 22nd February – 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. **Please note that there is an annual charge of £60 to attend Friday Alternative. This can be paid in 2 instalments. This fee helps to cover the cost of staffing the group.**

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 21st February, Thursday 14th March, Thursday 11th April, Thursday 9th May, Thursday 13th June, Thursday 11th July.**

Short Breaks & Respite for children and Young People with SEND in Wokingham Borough

Short Breaks provide children and young people with disabilities aged 0-17 years old and living in the Wokingham Borough, the opportunity to spend time away from their parents and carers, relaxing and having fun with their friends. They also provide families with a break from their caring responsibilities. Short Break activities are offered during the daytime, evening, weekend and school holidays. All the information you need about the types of the Short Breaks available, eligibility and how to apply for a Short Break are available on the Wokingham Local offer: <http://www.wokingham.gov.uk/local-offer-for-0-25-year-olds-with-additional-needs/disabilities-and-conditions-support/short-breaks-and-respite-care/> - **see enclosed Short Breaks & Respite flyer from REACH Wokingham**

You can apply *yourself* for a Short Break by completing the self-referral application form which is available on the Short Breaks Self-Assessment link on the website.

If you need help please contact the Short Break Co-ordinator - by phone: 0118 974 6881 or 0118 974 6890, or by email: shortbreakssselfassessment@wokingham.gov.uk

It is really important that parents start applying for short breaks. There is currently money still available for families, particularly the money that was previously used for the grant funded services. There is a big risk that if the short breaks budget isn't used this year it will be reduced in the next financial year.

USEFUL WBC CONTACT DETAILS :

Find services, organisations, advice and support for children and young people with special educational needs and disabilities on enclosed Short Breaks & Respite Flyer from REACH Wokingham.

CLASP Coffee Shop

CLASP is a self-advocacy charity for adults with learning disabilities and it runs a weekly coffee shop every Tuesday from 10am-12noon in the Bradbury Centre, Rose St., Wokingham RG40 1XS. On Tuesday 5th February the speaker will be Heather Dryson from Wokingham Library and the group will discuss books on the topic Relationships. On Tuesday 19th February there will be a Waffle Station in the Mosaic coffee shop at the Bradbury Centre to raise money for CLASP. Everyone is welcome. For more information contact Anna Overd on 0118 9796364 (office) or 07780749453 (mobile) or email: anna.overd@claspwokingham.org.uk.

Wokingham Learning Disability Partnership Board

Will be running their next Roadshow on Tuesday 5th March from 10am to 11.30am at The Rose Room, Bradbury Centre, Rose Street, Wokingham. For more information please contact the Partnership Board on 01189 796364 or email: admin@partnershipboard.org.uk

Renewing your Blue Badge

You can now apply for or renew your Blue Badge online within half an hour thanks to a new online service launched by the Department for Transport. [Apply for or renew your Blue Badge online](#)

Activities and events at the Crescent Centre:

Family Science Roadshow – A fun, interactive science workshop for adults, carers, grandparents and their children aged 4-10 years

Wednesday 20th February 1-3pm or 3.15pm-5.15pm Booking is essential £10 per family

Science Roadshow – a fun, interactive workshop for young people aged 11+

Wednesday 20th February 9.30am-11.30am Booking essential fee is £4 per person

Discover Databases in Excel - a 5 week course to introduce the database list option in Excel

Wednesday 27th Feb-27th March 1-3pm Fee £50

Keeping Safe on Social Media – a 2 week course to highlight the safe use of Social Media

Thursday 28th February 1pm-2.30pm Fee £20

Prepare for a Successful Interview – How to prepare for an interview in the most effective way

Monday 4th February 9.30am-12.30pm Free

Interview Skills Workshop – How to conduct yourself at an interview and includes a practice interview with an industry expert

Monday 11th February 9.30am-12.30pm Free

Want to Start your own business? – What you need to know to start your own business

Tuesday 12th February 9.30am-12.30pm

Confidence Building Workshop – Practical techniques to identify your strengths, and boost your self confidence in preparation for work

Tuesday 26th February 9.30am-12.30pm

Information and booking:

The Earley Crescent Resource Centre, Warbler Drive, Lower Earley, Reading RG6 4HB.

0118 921 0555 earleycrescent@btconnect.com www.earleycrescent.org

Interested in Boxing/great training?

Emmbrook & Wokingham Boxing Club have started running fortnightly boxing training sessions on Sunday mornings. These sessions are open to anyone with special needs, from 9am - 10.30am. Cost is £6. The coaches are highly skilled & experienced in coaching young people & adults with special needs. If interested, more information can be found on Facebook under 'In Your Corner Personal Training'. Phil can also be contacted on the following number: 07775 447406 - please either text (if during the day) or phone (in the evenings).

KIDS Wokingham Chill Skills Workshops

KIDS are running free Chill Skills workshops designed to help young people feel more confident, improve their learning potential, manage their emotions and be the best they can be. Contact Alison Relax Kids Wokingham Area to find out more: alisonrelaxkids@gmail.com

Pranic Healing event:

Join Les Flitcroft for this month's Live Stream Lecture: Manifest Your Goals for 2019 - Les Flitcroft will be giving the inner secrets of the Buddhist Teachings to help with your goals, targets and objectives for the year ahead which will include about health, wealth, relationships and spirituality for 2019 and beyond. Don't forget to bring a Note Book and Pen!

Date: 2nd February, Venue: Coronation Hall, Headley Road, Woodley, RG5 4JB, Time: 7.30-9.30pm

Streamed Live from Berkshire, UK to many parts of the UK, Ireland, Gibraltar & Costa del Sol.

Every month Les gives a lecture on different areas of life, with a group healing and guided Meditation on Twin Hearts to flush out stress and negative emotion.

FEE: Donation Box. OPEN to Public!

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

Enclosures