

31st July 2017

JULY WOKINGHAM MAILING

Dear Member,

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 will be closed 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 AND EVENTS FOR CARERS

Carers Meeting

Please note that there is no carers meeting in August.

Wokingham, Bracknell & Districts Mencap

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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



'Thinking Ahead' Workshop for Carers – Save the Date

The third in this series of 'Thinking Ahead' workshops for carers will take place during the day on **Thursday 12th October** at The Masonic Centre, 7 Reading Road, Wokingham, RG41 1EG. This workshop will include sessions on Advocacy, Mental Capacity Act, Mindfulness plus other topics. Refreshments and lunch will be provided. A flyer with further details and how to book will be sent out with the August mailing so please **SAVE THE DATE**.

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 after the summer holidays on Monday 11th September 2017. There are spaces at the group for new children. For further details please contact the office on 0300 777 8539. **We have a vacancy for a Co-ordinator to run this group and for a Playworker. See above 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 rise to £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 **BUT** in August will only meet for one session **on Wednesday 16th August**. 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 June include:

- **Tuesday 1st August – Games Night**
- **Tuesday 8th August – Arts & Crafts**
- **Tuesday 15th August – Table Tennis & Snooker**
- **Tuesday 22nd August – ** Summertime Party ****

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 group in Bracknell**. This means that members of Friday Alternative and TGIF can attend both groups without paying any additional club fees. The new group will meet 3 times a month on the first and second Wednesdays and the last Friday. In August the next meetings are:

- **Wednesday 2nd August meet at 7.00pm** for a meal at The Weathervane Pub, Arlington Square, Wokingham Road, Bracknell RG42 1NA. You will need between £10 and £20.
- **Wednesday 9th August meet at 7.45pm ready to jump at 8pm** at Gravity Force, 6-7 Admiralty Way, Camberley. You will need £11 + £2 for socks + train fare
- **Friday 25th August 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 in April an annual charge of £60 was introduced for this group. Invoices have now been sent out to members)**

NEWS FROM OTHER GROUPS

Wokingham Carers Forum

Do you live in Wokingham Borough and care on an unpaid basis for someone who would not be able to manage daily life without your support? If so you are warmly welcome to attend the Wokingham Carers forum and have an opportunity to have your say about local support for Carers. The Forum's purpose is to listen to local Carers views, evaluate the services locally and help shape current or future carers support

The forum will be held on the following dates 2017/2018:

- **Friday 18th August 10-12pm**
- **Tuesday 3rd October 10-12pm**
- **Friday 17th November 10-12pm**
- **Tuesday 9th January 10-12pm**
- **Friday 16th February 10-12pm**
- **Friday 6th April 10-12pm**

Venue : Meeting Room, Wokingham, Fire Station, Easthampstead Rd, RG40 2EH. There is parking right next to the fire station. If this sounds of interest to you please contact us to confirm your attendance at Wokingham Outreach Carers Service on **0118 324 7333** or ask@berkshirecarershub.org

Carers Craft Group

Pat Regan, a Wokingham Carer, has set up a monthly craft group which runs on the third Thursday of each month from 10-12 at the Crescent Centre, Lower Earley. **Numbers are limited** so you must contact Pat on 0118 934 0288 if you want to attend. The next session will be **Thursday 21st September**. Please note that the group **will not meet in August**.

Changing Places Toilet – Wokingham

Did you know that there is a Changing Places toilet in Wokingham? It is located in Alexandra Court which is between Argos and Brown Bag Café, just off Denmark Street, underneath The Elms multi-storey car park. Anyone can register for a key, including visitors to the area. You just need to ring The Hub on 0300 365 1234 and ask for Adult Social Care who will ask you a few questions about your needs and will send a message to an Occupational Therapist who will ring you and arrange to meet you at the Changing Places toilet. They will answer any questions you may have, show you where the equipment is and give you a key. Brown Bag Café manage the facility and open and close it in line with their own opening hours.

Changing Places Toilet - Royal Berkshire Hospital

There is now a Changing Places Toilet facility in the Royal Berkshire Hospital. The bathroom is located at ground level at the Craven Road entrance at the Royal Berkshire Hospital and is registered on the Changing Places Consortium list of facilities in the UK and is available for use by anyone needing this type of facility. A Changing Places Toilet is for people with disabilities who are unable to use standard or disabled toilets. The new facility is wheelchair accessible and has a height-adjustable adult-sized changing bed, a ceiling track hoist and plenty of space for carers.

REACH – Local Offer Live

Once again REACH Wokingham in Partnership with Wokingham Borough Council CAN Network are hosting the Local Offer Live - Family Information & Fun Day, on Saturday 30th September 2017. This event has previously been known as the Children with Additional Needs (CAN) Day. As always there will be lots of activities to keep the children entertained including Quirk's Animal Roadshow, trampolining, bouncy castle, sports activities and a climbing wall as well as a crèche. Also there will be lots of information stalls where you can find out more about services and activities that are available locally as well as members of Wokingham Borough Council giving an update on the new Short Breaks Statement and introduction of direct payments.

This event is open to anyone living in the Wokingham Borough who has a child or young person with a special educational need or disability, you do not have to be a member of REACH Wokingham or the CAN Network to come along, so please feel free to pass this on to others who may want to come. The event is FREE of charge. Tickets can be booked through Eventbrite: [Local Offer Live tickets](#), please book a ticket for each person attending.

Sing if you CARE!

VoxChoir have come to Wokingham to Care for Carers. They are a group of volunteers who are passionate about people and believe in the power of music and singing as a way to enable carers to keep healthy, socialize and have lots of fun. Sessions are currently being held on Tuesdays from 2.00pm to 4.00pm at Unit 8, Pinewood Centre, Old Wokingham Rd, Wokingham, RG40 3AQ but may change to another venue and time more suited to carers. If you care for someone you need to be registered and will have free weekly membership for one year. For further details and to register please contact Victoria at info@voxscool.com or call 07776 133 507.

Norwood – Life Skills Courses

Norwood is pleased to be running their **Increasing Independence for Adults with Learning Disabilities** programme again this academic year. This project will run with support from Wokingham Borough Council and will offer life skills courses and workshops for all abilities. The programme will enable learners to gain confidence, increase their independence and develop skills that can be used in everyday life. To find out more please contact Sarah Pammer on 01344 755593 or email lifeskillsandlearning@norwood.org.uk.

Three Frogs Club

The next meeting dates are Thursday 17th August and Thursday 21st September from 7-10pm at the Three Frog Pub, 222 London Road, Wokingham.

ASD Family Help – Parent/Carers Drop In Coffee Morning

This will be held at Woodley Airfield Youth Centre, Hurricane Way, Woodley RG5 4UX from 10-30am-12.30pm every Monday, excluding Bank Holidays. Children (all ages) welcome but must be supervised by parents. Tea and Coffee available, no need to book. Information, support, signposting and advice available from staff/volunteers and other parent/carers.

BEAD – Berkshire Epilepsy Awareness Day

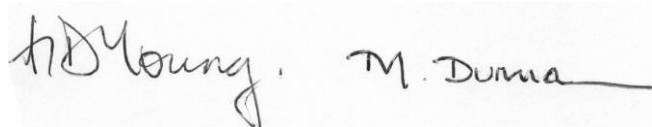
Friday 29th September 2017 from 10am to 4pm at Bracknell Leisure Centre, Bagshot Road, Bracknell RG12 9SE. This free event is for family members and carers to find out about services within Berkshire for people with epilepsy. On the day there will be a number of health professionals discussing what services are available and how to access, as well as other organisations demonstrating their services and technology. Lunch and refreshments included. To book a place, contact Blandine Vassett, Occupational Therapist: blandine.vassett@berkshire.nhs.uk

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.

Kind regards



Mary Durman and Heather Young
Joint Chief Executives

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