



31st May 2017

MAY WOKINGHAM MAILING

Dear Member,

We are looking for a Gateway Award Project Co-ordinator to work in our office in Binfield and the Bracknell area.

Job vacancy - Gateway Award Project Co-ordinator, Bracknell

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 post is for an average of 11 hours per week at £11 per hour. The club will be closed for the holidays in July and August.

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

NEWS AND EVENTS FOR CARERS

Carers Coffee Morning

Our next Carers group meeting is our coffee morning on **Tuesday 13th June** from **10.00am until 12.00 noon** in the **Luke Room** at the Bradbury Centre, Rose Street, Wokingham. **Please note the change of room** – Luke Room is accessed from the old Rose St Car Park entrance to the Bradbury and is upstairs (there is a lift).

'Thinking Ahead' Workshop for Carers – Transition/Approaching Adulthood – Save the Date

The second in this series of 'Thinking Ahead' workshops for carers will take place during the day on **Thursday 13th July** at The Masonic Centre, 7 Reading Road, Wokingham, RG41 1EG. The theme for the workshop will be transition/approaching adulthood with speakers from local councils and colleges. Refreshments and lunch will be provided. A flyer with further details and how to book will be sent out with June's newsletter so please SAVE THE DATE.

Carers Week – Monday 12th June-Sunday 18th June

Wokingham Carers Hub/Outreach Carers Service in partnership with Wokingham Borough Council and other local carers' organisations are holding two events for carers during Carers Week:

Thursday 15th June – Information Stands and activities for carers at The Coppid Beech Hotel from 10.00am to 2.30pm. Refreshments and lunch provided

Friday 16th June – Boat trip in Windsor with a picnic lunch. Coach will pick up from Woodley and Wokingham.

For further details and to book contact: Wokingham Carers Hub on 0118 3247333

General Election – 8th June 2017

Royal Mencap Society has produced a series of easy-read guides to voting and the manifestos of the major parties. For further information and to find the guides go to: www.mencap.org.uk

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**A Local Charity
supporting
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Communities**

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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 re-opens after half-term on 5th June 2017. There are spaces at the group for new children. For further details please contact 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 June these will include:

- **Wednesday 7th June – Football**
- **Wednesday 14th June – Basketball**
- **Wednesday 21st June – Cooking**
- **Wednesday 28th June – Outdoor games**

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 **14th and 21st June 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 June include:

- **Tuesday 6th June – Skittles**
- **Tuesday 13th June – Father's Day Crafts**
- **Tuesday 20th June – Balloon Modelling**
- **Tuesday 27th June – Movie Night**

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 May the next meetings are:

- **Wednesday 14th June meet at 7.00pm** for badminton and racquet ball at Bracknell Leisure Centre, Bagshot Rd, Bracknell. You will need £3.25.
- **Friday 30th June 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 from 1st April there is an annual charge of £60 for this group. Invoices have now been sent out to members)**

NEWS FROM OTHER GROUPS

New Carers Craft Group

Pat Regan, a Wokingham Carer, has set up a monthly craft group which runs on the third Thursday of each month 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 sessions will be **Thursday 15th June**, Card Making, **Thursday 20th July** Jewellery Making run by a tutor. Please note that the group will not meet in August.

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.

Free Workshops for Carers

The Carers Hub have organised some free workshops for unpaid carers in the Wokingham Borough. As well as being informative, the workshops aim to be fun and relaxing, and a chance for carers to try out some new activities. The next session will be: **Mindfulness** – 10am-12pm on Tuesday 27th June at the Bradbury Centre, Rose St, Wokingham. The Hub has a small respite budget so that carers can attend workshops. Please contact Kerry at the Carers Hub to find out more and to book phone: 0118 324 7333, email: kerrysinger@berkshirecarershub.org

Sing if you CARE!

VoxChoir are coming 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 will be held on Tuesdays from 2.00pm to 4.00pm at Unit 8, Pinewood Centre, Old Wokingham Rd, Wokingham, RG40 3AQ. 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@voxskool.com or call 07776 133 507.

Festival of Learning, Norwood

The 2017 Festival of Learning (previously Adult Learners' Week) is the biggest celebration of lifelong learning in England. Norwood are running free 'Have a Go' workshops to highlight the benefits of learning, celebrate the achievements of adults who have used learning to transform their lives, and encourage everyone to learn something new. The workshops are:

- o Friendships on Monday 19th June, 1.30pm – 3.45pm at Wokingham Library
- o The Good Book Club on Wednesday 21st June, 9.30am – 11.45am at Earley Crescent Centre
- o Grow & Eat Your Greens on Thursday 13th July, 9.30am – 11.45am at Ravenswood Village

For more details and to book your place, please contact Karen Thackray on phone: 01344 755593 or email: lifeskillsandlearning@norwood.org.uk by 7th June.

#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

Kidz to Adultz South – Thursday 8th June

This is one of the largest free events supporting children and young adults up to 25 years with disabilities and additional needs, their families, carers and the professionals who support them. The event is held at the Rivermead Leisure Complex, Reading, RG1 8EQ and parking and entry are FREE. Register for your visitors' FREE entry tickets from the website www.kidzexhibitions.co.uk or contact Disabled Living by email: info@disabledliving.co.uk or phone: 0160 607 8200.

Health Apps for People with Learning Disabilities

The NHS have some apps on their website that can help people with their learning disabilities with their health. For further information go to the link: <https://apps.beta.nhs.uk/?category=Learning%20Disabilities>. Please note that if you use these apps you will have to pay for them.

Tall Tales Service

Wokingham Library's 'Tall Tales Service' is a scheme where organisations and individuals who support people with learning disabilities can borrow Bag Books and have them delivered to their door. Bag Books are multi-sensory story books aimed at developing communication skills for people with profound and multiple learning disabilities. For more information about this service, please click on this link - <http://www.wokingham.gov.uk/libraries/reading-schemes-for-children-and-adults/tall-tales-books-for-people-with-learning-disabilities/>

Hollywood Bowl, Bracknell

If you like bowling at Hollywood Bowl, you can get a reduced price game of £3.89 once a month if you are a member of The Ark. For more details, please email: info@theark.org.uk or go to their website: www.theark.org.uk

Wellbeing Matters Course

Unlock your Wellbeing CIC is running 3 free Wellbeing Matters sessions from 9.30am to 12.30pm on Monday 5th, 19th and 26th June at The Library, Finchampstead Baptist Centre, Finchampstead RG40 4ES. To book a place phone Ann-Marie on 07963 733328 or email: unlockyourwellbeing@gmail.com. Come along to learn techniques and tricks to help you bounce back from adversity.

CQC

The Care Quality Commission (CQC) are seeking responses from people living with a disability on their experience of using the services that they regulate; hospitals, GP surgeries, care homes, care at home services, for example. There are only 5 questions, you can answer anonymously and your answers will help the CQC's aim of improving the overall quality of care in England. [Please go to: http://www.cqc.org.uk/share-your-experience-finder?referer=disabilityrights](http://www.cqc.org.uk/share-your-experience-finder?referer=disabilityrights)

Hate Crime: I'm With Sam

Dimensions are running a campaign to help tackle hate crime. They're sharing the message that learning disability and autism hate crime is unacceptable. If you'd like to sign up to the campaign and find out more, please click on this link - <https://www.dimensions-uk.org/campaign/imwithsam/>

Royal Berks Fire & Rescue Service

The RBFRS have made a fun video which is a cover of a Bruce Springsteen song, renamed and reworded "You Can't Stop The Fire". It shares important messages about preventing house fires in a light-hearted way - <https://www.youtube.com/watch?v=mm-DHcGn36o>

Beware of internet fraud

Following the recent cyber-attack on the NHS, new scams are happening with fraudsters selling anti-virus computer software so that victims think they are protected. Here are some top tips to avoid becoming a victim:

- o Don't ring numbers from pop-up messages
- o Never allow remote access to your computer
- o Be wary of unsolicited calls. If you're unsure of a caller's identity, hang up.
- o Never divulge passwords or pin numbers.
- o Microsoft or someone on their behalf will never call you and they won't include a phone number in supposed warning messages.

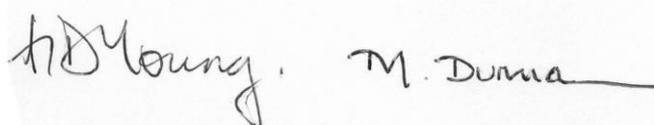
Remember to report fraud and cyber-crime to: Actionfraud.police.uk

Support With Confidence

Support with Confidence is a local authority scheme which provides a list of approved care and/or support services that have been vetted around quality, safety and training. For a full list of accredited providers in the Wokingham Borough please go to: <http://www.supportwithconfidence.gov.uk/> and scroll down to the 'Local Authorities in the Scheme' tab. Or you can email the team directly: supportwithconfidence@westberks.gov.uk

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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