



26<sup>th</sup> April 2018

## APRIL WOKINGHAM MAILING

Dear Member,

### Data Protection - last chance to stay in touch

Help Wokingham, Bracknell & Districts Mencap keep in touch with you. Please read the attached letter and return it to us with your answers via email or post as soon as possible. Please remember to include your name. **It is important that you respond to allow us to continue to contact you after 25<sup>th</sup> May 2018.**

### AGM – Save the Date

Our Annual General Meeting will take place at Easthampstead Park Conference Centre on **Thursday 5th July**. Further information about this event will be sent out in a few months' time, but PLEASE SAVE THE DATE!

This is a time for us to reflect on our achievements during 2017 and also look forward to the future. We are looking for Trustees as a number of our current Board, including our Treasurer, will be standing down at the AGM. **If we do not have Trustees then the Charity will have to close** so if you are interested or have skills such as accounting, HR, marketing, legal or caring and would like to know more please contact Heather or Mary at the office on 0300 777 8539.

### Fundraising raffle and silent auction

Our 20<sup>th</sup> Anniversary Ball due to take place on Saturday 5<sup>th</sup> May had to be cancelled due to low/poor response, but we do have a number of fantastic prizes which were sourced for the Ball. We will be holding a raffle with some of these prizes later in the year but some have shorter dates so we are offering these to our members to the highest bidder!

- LOT 1 - 2 x General Admission tickets to Henley Festival
- LOT 2 - Afternoon tea for 2 at Coworth Park, Ascot
- LOT 3 - Voucher for Honey Beauty Bar
- LOT 4 - Cut & Blow Dry at Zappas Wokingham
- LOT 5 - Cut & Finish at Zappas Crowthorne

Please see the attached sheet for a more detailed description of each Lot and send us your bid by **Tuesday 22<sup>nd</sup> May** at the latest. If there is more than one highest bid for a lot then the winning bids will be randomly chosen from these bids – don't forget to put your name and contact details on your bid sheet.

### Job Vacancies

We have 2 vacancies - one for a Support Worker for our '@ the Acorn' Social Group for adults with a learning disability in Wokingham – average. 2.5 hours per week, £8.50 per hour. The other is for a Playworker at Bracknell Smiles for Sibs for 2 hrs per week at £7 per hour. For further details and a job specification please contact the office on 0300 777 8539 or email: [admin@wokinghammencap.org](mailto:admin@wokinghammencap.org) References and an Enhanced DBS check will be carried out on the successful candidates. Closing date for applications is noon on Wednesday 23<sup>rd</sup> May.

## Wokingham, Bracknell & Districts Mencap

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*Interim Chair*  
Ray Clark

*Joint Chief Executives*  
Mary Durman  
Heather Young

## Celebrating our 20<sup>th</sup> Anniversary

**A Local Charity  
supporting  
Local People to  
be included in their  
Local  
Communities**

Affiliated to but not funded by  
Royal Mencap Society



### **Save your plastic milk bottle tops for us?**

Wokingham Borough Council are collecting plastic milk bottle tops for recycling and we are the chosen charity to receive the funding from this Scheme. Can you collect your milk bottle tops for us? You can bring them to the coffee mornings/lunches and we will take them to the Council offices in Shute End.

### **Are you replacing your kitchen or have an old kitchen wall cabinet to spare?**

We need a kitchen wall cabinet to put up in our new office. If you have an old cabinet that you don't want, please let us know. It doesn't matter what colour it is! We can collect it from you.

## **NEWS AND EVENTS FOR CARERS**

### **Carers Lunch**

The next carers' lunch will be on **Tuesday 8<sup>th</sup> May** from 12.15pm to 2.00pm at Rose Street Methodist Church, Rose Street, Wokingham. Dan Simms, Principal Social Worker with Optalis will be coming along to talk to carers. A flyer is attached so that you can book a place at the lunch.

## **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 Co-ordinator for this group is Debora Hughes Casabal. Debora can be contacted on 07584 582776 or 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. Each week a variety of different activities are planned, including board games, sports, movie nights, pizza making, a tuck shop and more. There is currently a weekly charge of £5 (to be invoiced in advance). Bethanie Cook is the Co-ordinator for this group and can be contacted on 07551 159073 or phone the office on 0300 777 8539.

***Although still partly funded by WBC until June, going forward this group will be funded by parental contributions through direct payments plus fundraising. Currently the actual cost of running this group is approximately £15 per young person per session based on 15 attending but we recognise that this will need to be subsidised with additional fundraising because not everyone will receive direct payments and so we have set the fee to £5 per session.***

***Going forward from April we will have to invoice in advance on a termly basis but longer term if we do not get sufficient income from the fees the club may have to close.***

## **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. In May they will meet on **Wednesday 9<sup>th</sup> and Wednesday 16<sup>th</sup> May**. 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, Woosehill. The activities in May include:

- **Tuesday 1<sup>st</sup> May – Karaoke**
- **Tuesday 8<sup>th</sup> May – Arts & Crafts for Street Party**
- **Tuesday 15<sup>th</sup> May – Our Street Party (to celebrate the Royal Wedding)**
- **Tuesday 22<sup>nd</sup> May – Boccia**
- **Tuesday 29<sup>th</sup> May – Table tennis and snooker**

There is a small charge of £3 per person which includes drink, snacks and different activities every week. In light of current funding cuts, we are reviewing this weekly charge and may have to increase it.

## **Gateway – Bracknell**

We have appointed a new Co-ordinator for this group, who started with us in mid-April. The Co-ordinator, Heather Ward, hopes to have the groups up and running again in June.

## **TGIF/Friday Alternative**

This social group is for adults aged 16+ with Aspergers Syndrome/high functioning autism. It meets 3 times a month.

- **Wednesday 9<sup>th</sup> May – Bowling at Wokingham Super Bowl.** £9.99 for 2 games. Meet at 7pm.
- **Wednesday 16<sup>th</sup> May – Curry Night at The Tamarind Tree, Wokingham.** The table is booked for 7pm and a meal will cost between £20-25.
- **Friday 25<sup>th</sup> May – Dinner/drinks at The Olde leathern Bottel.** The table is booked for 7pm and dinner will cost between £15 and £25.

## **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 we have a new larger venue. The dates for future meetings are: **Thursday 10<sup>th</sup> May** and **Thursday 21<sup>st</sup> June**.

### **Care to Sing with us – Fun 2 Sing Carers Choir, Wokingham**

All Wokingham area carers are invited to join this group for FREE weekly singing sessions on Tuesday afternoons from 1pm to 2.30pm at Wokingham Methodist Church, Rose Street, Wokingham, RG40 1XS. The group meets on Tuesday 1<sup>st</sup> May, 8<sup>th</sup> May, 15<sup>th</sup> May & 22<sup>nd</sup> May. Contact Victoria at: [info@voxskool.com](mailto:info@voxskool.com) or phone 07776 133507.

### **Cambridge University Mother and Baby Study**

The Autism Research Centre at Cambridge University is currently looking for pregnant autistic women, or pregnant women who already have an autistic child, to take part in a research study which is observing the early development of the baby in pregnancies where the mother or an older sibling of the baby has a diagnosis of autism. If you decide to participate, you would be invited for an MRI scan in your last trimester of pregnancy, at the Rosie Maternity Hospital in Cambridge, so we can study your baby's brain even before birth. After your baby is born they will look at your baby's behaviour, including play, social behaviour, communication, and another MRI to look at their brain structure. They will also look at your baby's growth. There will be five visits in total: during your pregnancy (an in person visit for an MRI), when your baby is 2-3 months old (an in person visit for infant MRI), a 6-month (in person) visit, at 18-months (postal or online questionnaires only), and finally at 24-months (in person visit). If you live in the UK or in Europe the project can pay for you to visit Cambridge, and they will reimburse all travel expenses and hotel accommodation, and you will receive an additional £20/visit for each visit. They will also give you a picture of your baby from your scan. If you are interested in finding out more about this study or would like to take part, please contact Sarah Hampton or Ezra Aydin, by email ([infant.imaging.study@medschl.cam.ac.uk](mailto:infant.imaging.study@medschl.cam.ac.uk)) or by telephone (01223 465230).

### **Kidz to Adultz Events**

FREE events for children and young adults up to 25 with disabilities and additional needs, their families, carers and professionals who support them. Kidz to Adultz South is taking place on Thursday 17<sup>th</sup> May 2018 from 9.30am to 4.30pm at the Farnborough International Exhibition & Conference Centre, Etps Rd., Farnborough. For more information go to: Disabled Living, email: [info@disabledliving.co.uk](mailto:info@disabledliving.co.uk); tel: 0161 6078200; [www.kidzexhibitions.co.uk](http://www.kidzexhibitions.co.uk).

### **Keep Safe – FREE workshop for adults with learning disabilities**

Norwood are offering a FREE workshop for adults with learning disabilities on Wednesday 30<sup>th</sup> May 2018 at Ravenswood village, Crowthorne, RG45 6BQ from 10am to 3pm. The workshop will focus on ways to keep safe when at home or out and about. To apply for a place contact Sarah Pammer by 14<sup>th</sup> May on 01344 755593 or email: [lifeskillsandlearning@norwood.org.uk](mailto:lifeskillsandlearning@norwood.org.uk). *Please note that you will need to bring a vegetarian lunch with you.*

### **Dimensions – Poo & You**

Dimensions has produced a short film called Poo & You. It highlights the importance of 'getting to know your poo'. **Why?** Up to 50% of people with learning disabilities are affected by constipation. To watch the film, click on the link below:

[https://www.youtube.com/watch?v=C9jDDOA4pdY&feature=youtu.be&utm\\_source=Sign-Up.to&utm\\_medium=email&utm\\_campaign=32163-249332-26th+February+Newsletter](https://www.youtube.com/watch?v=C9jDDOA4pdY&feature=youtu.be&utm_source=Sign-Up.to&utm_medium=email&utm_campaign=32163-249332-26th+February+Newsletter)

### **Mixed Ability Rugby – Chargers Recruitment Drive**

The Surrey Chargers are on a recruitment drive to attract new players and volunteers to join up with the Surrey Chargers. Their partnership with Chobham Rugby Club has come around thanks to our delivery of a brand new RFU & Premiership Rugby initiative 'Project Rugby'. The aim of the project is to introduce rugby to new audiences of traditionally underrepresented community groups; specifically in the case of the Chargers this includes people with either physical or learning disabilities.

The Harlequins Foundation are looking to provide fun, and fully inclusive rugby taster session to adults and young people aged 16+ of all ability levels and experience. They truly believe there is a space for everyone on the rugby field, and so would like to give more disadvantaged young adults the opportunities to take part in rugby. Please contact Harlequins Foundation Coordinator, Matthew Williams for more information on the Surrey Chargers & Project Rugby: [matthew.williams@quins.co.uk](mailto:matthew.williams@quins.co.uk)

### **Turkey and Tinsel 2018**

We know it's only April however Turkey and Tinsel 2018 is only 234 days away! The venue is Mill Rythe Holiday Village from 10<sup>th</sup> to 14 December 2018. The cost is £300 which includes half board and travel. To book contact The Ark on 01344 266899 (they now take VISA). You can reserve your place now with a £50 deposit and pay in instalments if you need to between now and the final payment date of 29th October 2018. All holidays must be completely paid for by then without exception or else you will not be able to attend and we may not refund any deposit.

### **Summer Reading Challenge Young Volunteers**

Aged 16 to 24? Do you enjoy reading? Do you enjoy working with children and want to volunteer? Then helping with the Summer Reading Challenge in libraries in Wokingham Borough Libraries may be for you. They are looking for young people who can encourage children to take part in and complete this year's Summer Reading Challenge, Mischief Makers and help out with Library duties and children's activities in the library. It's fun and a great addition to your CV and you have the chance to give something back to your local community. The volunteering opportunities will be at Wokingham, Woodley and Lower Earley Libraries from Monday 30 July to Friday 31 August 2018. Before you start you will receive full training, for more information contact [volunteer@wokingham.gov.uk](mailto:volunteer@wokingham.gov.uk) or call 0118 974 6263. Wokingham Libraries are part of the national campaign to have more young volunteers into our libraries this Summer. You might like to check out the national campaign website.

### **Wiggly Worms at Brambles Hub Children's Centre**

Brambles Children's Centre invites parents/carers to come and play in a non-judgmental, safe environment for parent/carer and child. The group is for children aged 5 years and under who have been diagnosed as being on the autistic spectrum or have been referred to the paediatrician for a diagnosis. The group runs every Thursday at the Brambles Centre and you can drop in any time between 9.30am and 11.30am. Family Worker Kate will be there to support along with other families who have had similar experiences. For further information please do not hesitate to contact Kate on 07900 071017.

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

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