

28th May 2019

MAY WOKINGHAM MAILING

Dear Member,

Sponsored Charity Skydive

Please help our charity by sponsoring our brave skydive volunteers. We have a team of volunteers who will be undertaking a tandem skydive over the summer months to raise money for the Gateway Award project.

Go to our Virgin Moneygiving page to sponsor our brave volunteers online at <https://www.virginmoneygiving.com/fund/wbdmskydive> OR you can contact us at the office to sponsor them on 0300 777 8539 or via admin@wokinghammencap.org

THANK YOU

We would like to say a big THANK YOU to the Bracknell Forest Mayor, Alvin Finch, who raised a fantastic £16,450 for our charity and in particular for the Gateway project during his Mayoral year. This money means that the Gateway project is fully funded for at least another year. Alvin, supported by his sister, Jennie Green, and many others has worked hard during the past year to raise this amount and there is still some money to come in so the total will increase. We are also pleased to announce that Jennie is now one of our Trustees and has taken on the role of Treasurer.

Carers Week - 10th-16th June

Carers Workshop – 13th June

This year Carers Week takes place from 10th - 16th June and we are holding a workshop for carers focussing on Wills and Trusts, Deputyship and Lasting Power of Attorney. The workshop is on **Thursday 13th June** from 7.30pm-9.30pm in the Rose Room of the Bradbury Centre, Rose St Methodist Church, Wokingham. For further information and details of how to book please see the attached flyer.

In addition Wokingham Outreach Service, Wokingham Borough Council, Crossroads, involve and Wokingham Mencap are working in partnership to organise a programme of activities including:

Tuesday 11th June, 11am-2pm – Wokingham Outreach Service will be at the Bradbury Centre for a presentation on energy costs saving by Helen Dean, Project Co-ordinator. There will be a performance by the Carers Choir and lunch is provided.

Thursday 13th June. 10.30am-2.30pm – Wokingham Outreach Service will be at the Sue Ryder Hospice where there will be 2 complimentary therapists, a ukulele musical performance and an afternoon cream tea.

Friday 14th June, 11.00am-2.30pm – Information and advice event with a presentation by Asset Harbour Financial Advisor. Lunch is provided and there is no need to book for this event.

Contact Berkshire Berkshire Carers Hub at ask@berkshirecarershub.org or phone: 0118 3247333 to book or for more information.

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



Learning Disability Awareness Week – 17th-23rd June

This year the theme is sport and there are a number of activities planned locally. Wokingham Mencap are holding an awareness event in Wokingham Town Centre (near the Town Hall). On Tuesday 18th June CLASP will be celebrating Learning Disability Awareness Week and they will be having a Skittles competition at The Bradbury Centre 10am-12noon. There will be a suggested donation of £1 to enter. There will be a prize for the winner. All contributions will be donated to CLASP. CLASP will also be doing a sing out with the Sing Healthy Choir on Friday 21st June in Peach Place if anyone would like to come along and support them.

Notice to all Members regarding membership and club fees

This is a reminder that everyone accessing our clubs and activities must be a fully paid up member of Wokingham, Bracknell & Districts Mencap in order to ensure they are covered by our insurance. (The membership fee is £15 per year and is due on 1st January every year).

All our clubs and activities are now funded through club fees and most are invoiced on a termly or yearly basis (@ the Acorn – yearly and Youth Club @ Addington - termly). To keep the clubs running, we need all participants to pay the relevant annual Club fee (this covers staff and volunteer costs, publicity and stationery costs, hall hire, activity costs etc). Participants will be invoiced for this fee and if it is an annual invoice then you can pay by instalments.

Unfortunately if you do not pay the invoice within 30 days of receiving it, you will have to pay double the weekly fee when you attend a Club. *If we do not receive enough club fees, then sadly clubs may have to close* Please note that if you do not pay the Wokingham, Bracknell & Districts Mencap membership and Club fees, unfortunately, you will not be allowed to continue to participate in any of the activities.

This policy was agreed by the board of Trustees on 31st January 2019 and is effective from 1st March 2019.

NEWS AND EVENTS FOR CARERS

Carers Coffee Morning

The next meeting will be a coffee morning on **Tuesday 11th June** from 10.00am to 12.00noon at **Rose Street Methodist Church, Rose Street, Wokingham**. Mat Pelling is writing the learning Disability Strategy for Wokingham Borough Council and would like to hear from carers of people with learning disabilities to get their views.

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.

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 a quiz, sports, music and dance, 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**. Laura, the 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 12th and Wednesday 19th June**. 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 June include:

- **Tuesday 4th June – Karaoke**
- **Tuesday 11th June – Father's Day Crafts**

- **Tuesday 18th June – Skittles**
- **Tuesday 25th June – Picture Bingo**

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. Please note that this group is closing and its last session will be on Friday 31st May.

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 13th June, Thursday 11th July, Thursday 8th August, Thursday 12th September.**

CLASP Coffee Shop & AGM

CLASPS run a drop-in Coffee Shop every Tuesday from 10am-12noon at the Bradbury Centre in Wokingham. CLASP invites visitors to come along to the Coffee Shop to give support and run activities.

The CLASP AGM will be taking place in the morning of Tuesday 2nd July. Contact CLASP for further details.

Learning Disability Strategy

The council is writing a Learning Disability Strategy for Wokingham Borough residents. It will say how people with learning disabilities will be supported to live positive lives. It will tell everyone about the council's plans to support residents with a learning disability over the next 5 years and say how it will be done and where the money will be spent. The strategy will describe how many people with a learning disability need support now and in the future. The council needs feedback from carers and people with a learning disability on the following questions:

- What's important to you?
- What's difficult to do?
- What helps?
- What can be done better?
- What would be good to have?

This survey can be completed online at <https://www.surveymonkey.co.uk/r/wokinghamldstrategy> or email your answers to the questions to Email: mathew.pelling@Wokingham.gov.uk or Call Mat on: 07507 395773

Bracknell Jobcentre Move

Bracknell Jobcentre will close on Friday 7th June and move to its new location on Monday 10th June. Bracknell Job Centre will be closed to the public on Friday 7th June and Monday 10th June and will reopen on Tuesday 11th June. The Jobcentre is supporting claimants throughout the changes to make sure they have the information they need about what to do and when. This includes talking to people as they come into the jobcentre, posters, hand outs and letters. The new address for the Jobcentre is Bracknell Job Centre, Origin, Western Road, Bracknell, Berkshire, RG12 1US.

A Different World Festival

A Different World Festival is a small music festival for adults and young people with additional needs. It is held at Abbey Rugby Football Club in Emmer Green and this year will be on Sat 10th August. Inspired by our teenage son with autism who can't cope with a mainstream festival we decided to set up our own. What makes us different? Music not too loud, no flashing lights. A large flat wheelchair friendly site. A specialised Mobiloo with a hoist and large changing table. A sensory/chillout tent. Signing singing for the hearing impaired. Loads of fab music, stalls, workshops. Assistance dogs are welcome. Carers go free. Please go to the website <https://www.adifferentworldfestival.co.uk> and ticket link <https://thelittleboxoffice.com/adwf/> for more information and to book tickets.

Staying Up Late

Stay Up Late is a national campaign and charity. Stay Up Late helps people with a learning disability and people with autism to stay up late, if they want to. Stay Up Late found that lots of people with learning disabilities are unable to lead full and active social lives. Support workers usually finish shifts by 10pm so lots of people with learning disabilities and autism leave events at 9pm or earlier. Everyone has the right to stay up late and have some fun if they want to. We need more opportunities to stay up late in Berkshire. If you are interested in staying up late you can contact Andrea McCombie at The Ark by telephone 01344 266899 or by email info@theark.org.uk. You can come along to a meeting on Tuesday 11th June, 8pm-10.30pm at the Manor Pub in Bracknell. This is a meeting to plan a social group for staying up late. You can bring a friend or carer if you want to.

Sunflower Lanyard

If you are planning to fly from Heathrow then you can obtain a sunflower lanyard which enables staff to recognise that you have a hidden disability without you needing to declare it. This allows you to travel independently through the airport whilst knowing that if you need any additional support during your journey, any of the colleagues will be able to support. If you do find you are feeling any discomfort during your journey or would prefer extra assistance, head to one of the Assistance desks where one of the colleagues will be happy to help. Full details on how to obtain this free Lanyard can be found <https://www.heathrow.com/airport-guide/assistance-at-heathrow/hidden-disabilities>.

Exercise class for Carers

Places Leisure are launching a weekly exercise class specifically for unpaid carers at Loddon Valley Leisure Centre. The class will be on Thursdays 2-2:45pm, starting in Carer's Week on Thurs 13th June. The class will contain a mixture of strength, balance and stamina exercises, adaptable for all fitness levels. It will be £4 per person, done on a pay-as-you-go basis. Contact 0118 9312066 for further information.

Two Left Feet

If you like dancing, socialising and having fun, this is the event for you. We have some exciting new dance sessions booked in throughout the year. These include Ball Room, Latin, & Swing. Tuck shop available
Sessions start 7:45pm-8:45pm Happy Dancing!!

Venue Silverdale Centre, Silverdale Rd, Earley, Reading RG6 7NG

Every other Wednesday £5 pp (Carers free) Next sessions in June are: 12th Street Dance, 26th Latin Dance. And in July: 10th Tai Chi with Ian and 24th Cheerleading.

Breaking Through the barrier of Fear

Learn the Secrets to creating momentum for success in all areas. Is fear stopping you moving forward in your life? Would you like to have more confidence & positivity? Join us at our Monthly evening lecture with Les Flitcroft. Friday 28th June 7.30-9.30pm. Coronation Hall, Headley Road, Woodley, RG5 4JB. £voluntary donation to the MCKS Charitable Foundation UK. www.ukpranichealing.co.uk .

Boosting Aspirations for Young People with SEND

BASE/Elevate are holding two workshops for parents/carers of young people with special educational needs and disabilities who live in Berkshire. The workshops aim to raise employment aspirations across Berkshire through the European Social funded project, Employment is Everyone's Business. The project seeks to identify and promote best practice in the transition from education to employment. The workshops are on Tuesday 25th June, 11.00am-1.00pm at Newbury College, Monks Lane, Newbury, RG14 7TD and Wednesday 3rd July, 6.45pm-8.45pm at Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR. To confirm a place please email:laura.davis@base-uk.org or telephone 07879492630.

National Autistic Society Petition

Last week BBC One's Panorama revealed the cruel mistreatment of people with a learning disability and autism at Whorlton Hall, a specialist hospital in County Durham. The programme was very upsetting. If you were upset by the Panorama programme, please sign the National Autistic Society's petition calling for the Government to end the abuse and mistreatment of people with learning disabilities and autism in inpatient units. Go to: https://www.change.org/p/government-of-the-united-kingdom-end-the-abuse-of-autistic-people-people-with-a-learning-disability-in-inpatient-units?recruiter=963782821&utm_source=share_petition&utm_medium=copylink&utm_campaign=share_petition

Courses at The CresCent Centre, Lower Earley

Free Work Skills Workshops

Interview Skills Monday 10th June 9.30am-12.30pm

Want to Start your Own Business? Tuesday 11th June 9.30am-12.30pm

Confidence Building Monday 17th June 9.30am-12.30pm

Personality Profiling for Job Search Monday 24th June 9.30am-12.30pm

Returning to the Workplace Tuesday 25th June 9.30am-12.30pm

Using Linked In for Job Opportunities Tuesday 25th June 1.30pm-4.30pm

IT Courses (5 week courses)

Introduction to Using Your Apple i-pad Wednesday 5th June 10am-12noon £50

Next Steps in Computing Wednesday 5th June 1-3pm £50

Beginners Excel Thursday 6th June 10am-12noon £50

IT Skills for Job Seekers Thursday 6th June 1-3pm £5 refundable deposit

For information and booking contact: Earley Crescent Resource Centre, Warbler Drive, Lower Earley, Reading RG6 4HB or 0118 921 0555 or go to: www.earleycrescent.org and email: earleycrescent@btconnect.com

Rose Buddies events

Rose Buddies is a community service for adults with learning disabilities. On the first Wednesday of every month, Rose Buddies supports members to attend the quiz night at The Three Frogs pub in Wokingham. This starts at 8pm and costs £1 to enter. The next quiz night is Wednesday 5th June. You can contact Rose Buddies on tel: 01189 799 106 or email: Rosebuddies@creativesupport.org.uk for more information about these events.

SEND Voices Wokingham

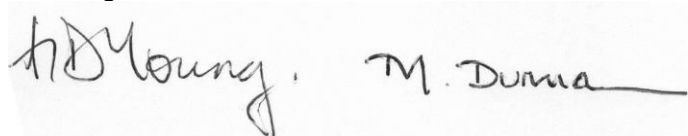
SEND Voices Wokingham are the parent carer forum for the Wokingham Borough. They are the independent voice of families, representing their experiences to improve lives. Would you like to find out more about SEND Voices Wokingham? Check out their website: www.sendvoiceswokingham.org.uk or come along to their membership day on Saturday 29th June, 2.00pm – 4.00pm at Woodford Park Leisure Centre, Haddon Drive, RG5 4LY. Find out more about what SEND Voices Wokingham do, sign up for membership and collect your FREE Max Card*. Membership to SEND Voices Wokingham is FREE and open to any parent carer living in the Wokingham Borough who has a child aged 0-25 years old with ANY Special Educational Need or Disability. Members will receive email updates on events, training courses, consultations, surveys and information. All member will also receive a FREE Max Card*. More details will be available on our website. *The Max Card is the UK's leading discount card for foster families and families of children with additional needs age 0-19. Families can use their Max Card at venues across the UK to get free or discounted admission <http://www.mymaxcard.co.uk/>. Proof of SEND may be requested.

Thrive Open Gardens 2019

Thrive are inviting people to come and explore their beautiful 3-acre gardens, enjoy a refreshing drink and some delicious home-made cake, and pick up a plant from their sales table. The Open Days are from 2pm to 4pm on Wednesday 31st July, Friday 30th August and Thursday 26th September at Trunkwell Garden, Beech Hill Rd, Beech Hill, Reading, RG7 2AT. Entry is by donation.

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

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