



28<sup>th</sup> November 2017

## NOVEMBER WOKINGHAM MAILING

Dear Member,

### We are Moving!

From Tuesday 2nd January 2018 we will be moving to our new office in Bracknell. **Our new address will be: The Court House, Broadway, Town Square, Bracknell, RG12 1AE.** Our telephone number will remain the same: 0300 777 8539. We are really excited about our move as we will be sharing a building with other local voluntary sector organisations such as involve, Cruse, Kids etc. The move does mean that **our office will not re-open after the Christmas holidays until Monday 8th January.** We plan to have an open day when members can pop in to see our new office - details for this event will follow once we have settled in.

Our **Anniversary Ball** has been arranged for **Saturday 5<sup>th</sup> May 2018** at Hilton St. Anne's Manor, Wokingham. Tickets are £55 per person and will include:

- A welcome drink on arrival
- A delicious 4-course meal with half a bottle of wine each
- A live auction
- A silent auction
- A great raffle
- Live music from 'Flashback' who recapture all the excitement of the golden age of Swing and Rock'n'Roll featuring the iconic hits of the 1940s and 1950s.

We will be selling tables of 10, so you can either get together with a group of friends and book table of 10 or come on your own or with a partner and we can seat you. A booking form is attached. We look forward to seeing you at what will be a fabulous event that will also help raise funds for our charity – bring your dancing shoes!

**We are still looking for volunteers to help at Christmas fundraising events.** Can you help us following **Santa's Sleigh**, courtesy of West Forest Round Table, around the Oxford Road area in Wokingham on **Sunday 10<sup>th</sup> December** from about 5pm to 8pm. If you would like to join us to collect money (Christmas hats optional), please contact the office on 0300 777 8539.

### NEWS AND EVENTS FOR CARERS

#### Carers Christmas Coffee Morning

The next carers' meeting will be our Christmas Coffee Morning on **Tuesday 10<sup>th</sup> December** from 10.00am to 12.00noon in the Rose Room at Rose St Methodist Church. Come along for a festive mince pie and a chat with other carers and the Wokingham Mencap staff and don't forget to wear your Christmas jumper!

## Wokingham, Bracknell & Districts Mencap

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*Chair*  
Janet Dean

*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



### **Carers Respite Trip to see Motown the Musical**

We have 50 tickets to see this fantastic musical at the Shaftesbury Theatre, London on **Thursday 22<sup>nd</sup> March**. Tickets cost **£15** each and include the cost of the coach. If this trip is oversubscribed, preference will be given to carers who have never been on a theatre trip before. Please see the enclosed flyer for further details and how to book tickets. *Please note that this trip is for carers only (not the person they care for).*

## **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. We have a new Co-ordinator for this group – Debora Hughes Casabal. Debora can be contacted on 07584 582776 or contact the office on 0300 777 8539. Please note the last session before Christmas is Monday 18<sup>th</sup> December.

### **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 small weekly charge will be £2. We have a new Co-ordinator for this group – Bethanie Cook. Bethanie can be contacted on 07551 159073 or phone the office on 0300 777 8539. The last session before Christmas will be on Wednesday 13<sup>th</sup> December.

### **Sibs Panto Trip to Robin Hood at the New Victoria Theatre**

We are offering a trip to see Robin Hood at the New Victoria Theatre, Woking, on **Saturday 6th January** to our siblings aged 8 years and above. We are subsidising the cost of the tickets so they 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 **5th December** at the latest.

## **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 September they will meet on **Wednesday 13<sup>th</sup> and Wednesday 20<sup>th</sup> December**. 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 December include:

- **Tuesday 5<sup>th</sup> December – Picture Bingo**
- **Tuesday 12<sup>th</sup> December – Christmas Arts and Crafts**
- **Tuesday 19<sup>th</sup> December – Christmas Party**
- **Tuesday 26<sup>th</sup> December – CLOSED for Christmas**

There is a small charge of £3 per person which includes drink, snacks and different activities every week.

### **TGIF/Friday Alternative**

This social group is for adults aged 16+ with Aspergers Syndrome/high functioning autism. It meets 3 times a month on the first and second Wednesdays and the last Friday. In December the next meetings are:

- **Wednesday 6<sup>th</sup> December – meal at Tang's Oriental Buffet (next to Cineworld) at 7.00pm.** £15.00 - pay on entry plus money for drinks.
- **Friday 15<sup>th</sup> December – Christmas Dinner at The Olde Leathern Bottle, Wokingham** – Tables booked for 7pm. Festive menu £18.99 for 2 courses and £21.99 for 3 courses plus money for a drink. Please note you must have booked to come along to eat.
- **Wednesday 20<sup>th</sup> December – Swimming and Spa at Coral Reef at 7.00pm.** Peak disabled adult ticket £9.90.

Ruth Hatch runs the group and can be contacted by email at [autism@bracknellmencap.org](mailto:autism@bracknellmencap.org), or phone/text 07929 114179.

### **Gateway – Bracknell**

We are currently recruiting for a Gateway Co-ordinator to run the Gateway Award programme. The group is currently suspended and we hope to re-start the group when a new Co-ordinator is in place. Until that time, unfortunately the group will remain closed.

## **NEWS FROM OTHER GROUPS**

### **Wokingham Borough Council (WBC) Consultations**

WBC need to hear your views on some of the major challenges facing Wokingham Borough. The Borough is going through vast changes and challenges with new houses, roads, schools and other facilities being built and towns transformed – at the same time as Government funding is being reduced. In order to help make some of the major decisions facing the council we are launching two major public consultations:

*Budget Consultation* - <http://www.wokingham.gov.uk/news-and-consultation/consultation-and-having-your-say/current-consultations/?entryid206=442962>

*Transport and Highways Consultation* - <http://www.wokingham.gov.uk/news-and-consultation/consultation-and-having-your-say/current-consultations/?entryid206=442965>

These consultations will help the Borough Council understand residents' views on some of the key issues and the main priorities and concerns people have. These are not referenda on exactly how the council spends its limited funds or what roadworks to carry out, but they will be used to make big and potentially difficult decisions. To take part in the consultations, which will be open until December 30, please click on the links above. Alternatively, contact the community engagement team at [communityengagement@wokingham.gov.uk](mailto:communityengagement@wokingham.gov.uk) to request a paper copy.

### **Wokingham Borough - Have a Safe Christmas Campaign**

It's getting near that time again when we are thinking about what we're going to be doing for Christmas and for our 9th year running, with our partner agencies – The Police, Fire Service, Trading standards, Community wardens etc. we are promoting our Have a Safe Christmas Campaign to our residents at key shopping areas across the Borough.

This is an opportunity for residents to get advice about having a safe and healthy time over the festive period, whether or not they celebrate Christmas. We will be at:

Friday 1st December 2017 – Woodley Town Centre (subject to weather) 10:30am – 1pm

Thursday 7th December 2017 – Asda, Lower Earley, 10am – 1pm

Thursday 14th December 2017 – Sainsbury's, Winnersh, 10am – 1pm

Waitrose Twyford – awaiting confirmation (subject to weather) 10:30am – 1pm

### **Magical Fundraising Ball**

Wokingham Borough Mayor, Rob Stanton, is holding a Magical Fundraising Ball in aid of the Cancer Champion Scheme. The scheme is being developed by involve.

The Ball takes place on Saturday 17<sup>th</sup> February at Hilton St Annes' Manor Hotel and tickets cost £75. The link to book tickets is here;

<https://www.eventbrite.co.uk/e/lord-mayor-of-wokinghams-magical-fundraising-ball-in-aid-of-cancer-champions-tickets-39445789418?aff=es2>

### **Festival of the Angels – Wokingham Methodist Church**

This year, to celebrate their 200<sup>th</sup> Anniversary, Wokingham Methodist Church will be holding a Festival of Angels instead of their usual Festival of Trees on 2<sup>nd</sup> and 3<sup>rd</sup> December at Rose Street Methodist Centre. Entry is free but they will be collecting donations for 'All We Can' and their work in Haiti.

### **Three Frogs Club**

The Three Frogs Club is a social group for adults on the Autistic Spectrum. It meets usually on the third Thursday of every month. The next 2 meetings are: Thursday 14<sup>th</sup> December and Thursday 18<sup>th</sup> January. The December meeting is a Christmas meal and must be booked in advance. For more details contact [3frogs@asdfamilyhelp.org](mailto:3frogs@asdfamilyhelp.org) or call/text Jayne on 07733 601755

### **NHS 111**

NHS 111 (non-emergency number) is an inclusive service. Here is a link to a short film for people with learning disabilities, autism or both which explains:

- What NHS 111 is for
- What to expect during a 111 call
- Tips on how to have a good 111 call

The link for the film is: <https://www.youtube.com/watch?v=CMePMsS9KT8>

### **Flu Vaccinations**

Here is a link to an easy read leaflet about getting a flu jab:

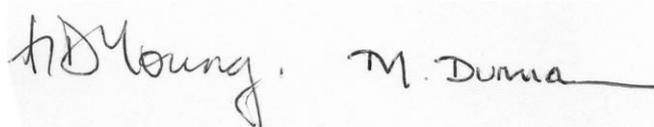
[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/637939/PHE\\_Flu\\_easy\\_read\\_adult\\_flu\\_leaflet.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/637939/PHE_Flu_easy_read_adult_flu_leaflet.pdf)

### **Relaxed performance of Dick Whittington**

The Yvonne Arnaud theatre at Guildford is presenting a relaxed performance of Dick Whittington on Wednesday 3<sup>rd</sup> January at 12 noon. This performance is open to everyone but the environment has been specifically adapted for families with children with an Autistic Spectrum Condition, individuals with sensory and communication disorders, those with learning disabilities and anyone who would benefit from a more relaxed environment. This performance of Dick Whittington is adapted in a variety of ways in order to reduce anxiety and ensure a safe and enjoyable live theatre experience. All tickets for this performance are £12. To find out more about this performance or to book your tickets, please call the Box Office on 01483 44 00 00

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

The image shows two handwritten signatures in black ink. The first signature is 'H Young' and the second is 'M. Durman'. They are written on a light-colored background.

Mary Durman and Heather Young  
Joint Chief Executives  
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