



27<sup>th</sup> November 2018

## NOVEMBER WOKINGHAM MAILING

Dear Member,

### Job Vacancies

Currently we have several vacancies including for:

**A Co-ordinator at the Youth Club@ Addington** on Wednesdays (6.45pm-9.15pm) for an average of 3-5 hours per week.

**A Playworker at the Bracknell Smiles for Sibs group** on Thursdays for 2 hrs per week at £7 per hour (16-18 year olds).

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.

### Fundraising

#### Bracknell Forest Mayor's Charity of the Year

We are continuing our fundraising activities as part of the Mayor's Charity of the Year and will be taking part in 2 tin shakes in December – on Tuesday 11<sup>th</sup> December at The Meadows and on Saturday 15<sup>th</sup> December in the Lexicon. If you are shopping on those days, look out for us and please put some money in our tins.

#### Clothes Banks Donations

If you would like to help raise funds for our charity you can donate your unwanted clothes to one of the clothes banks, which are located in car parks around the Bracknell Forest Borough, where it states that the proceeds go to the Mayor's Charity, as these will be donated to our charity.

#### Social Media

Look out for us on the Bracknell Forest Mayor's social media at **mayorbfc** on Facebook and on our Facebook page and like us and share our posts on Facebook and Twitter.

#### Help us raise funds as the Mayor's Charity

We are looking for brave volunteers to take part in a **sponsored skydive** for the charity – we already have 4 volunteers, but the more who take part, the more money we can raise. We are also looking for runners and non-runners to sign up for the Bracknell half-marathon which will take place in May 2019. Or you could think of your own sponsored challenge! If you are interested or have an idea for a sponsored event please let us know at the office and we can work with you to make this happen. **All the money raised by the Mayor's Charity this year will go towards the Gateway Project to help keep it running.**

#### Green Token Scheme - Asda Lower Earley and John Lewis Reading

Our charity has been selected to take part in the Green Token scheme at Asda Lower Earley starting on 1st October 2018. 3 groups are selected each quarter and the group who receive the most number of green tokens from Asda's customers receive £500 and the 2 runners up each receive £200. So if you shop there, please put your green tokens in our box.

## Wokingham, Bracknell & Districts Mencap

The Court House  
Broadway  
Town Square  
Bracknell  
Berkshire RG12 1AE  
Tel: 0300 777 8539

[admin@wokinghammencap.org](mailto:admin@wokinghammencap.org)  
[www.wokinghambracknellmencap.org](http://www.wokinghambracknellmencap.org)

Joint Chief Executives  
Mary Durman  
Heather Young

**A local Charity  
supporting  
local people to  
be included in their  
local  
communities**

**Bracknell Forest  
Borough Mayor's  
Charity of the Year  
2018-2019**

Affiliated to but not funded by  
Royal Mencap Society



### **Green Token Scheme – John Lewis**

We would like to be chosen for the green token scheme at **John Lewis in Reading** and have tried a number of times without success. We are looking for funding for our **Youth Club @ Addington** which runs on Wednesday evenings during term-time at Addington School and supports between 15-20 young people with learning disabilities to have time with their friends. *If you visit the store, can you please nominate this group?* You just have to fill in a card and put in the box by the cafe.

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

Wokingham Borough Council is 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 Wokingham. *The tops must have 2 or 4 written in the triangular recycling symbol.*

## **NEWS AND EVENTS FOR CARERS**

### **Carers Coffee Morning**

The next meeting will be a lunch on **Tuesday 11<sup>th</sup> December** from 10.00am to 12.00noon at **Rose Street Methodist Church, Rose Street, Wokingham**. 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!

## **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. Contact the office on 0300 777 8539 for further information. ***Please note the last session before Christmas is Monday 17<sup>th</sup> December.***

### **Sibs Panto Trip to see Dick Whittington and his Cat at the Wilde Theatre, South Hill Park**

We are offering a trip to see Dick Whittington and His Cat at the Wilde Theatre, South Hill Park on **Saturday 15<sup>th</sup> December** to our siblings aged between 8 and 13 years. 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 **Thursday 6<sup>th</sup> December** at the latest.

### **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). ***You can pay for Youth Club from your Short Breaks budget.*** Heather Ward is the temporary Co-ordinator for this group and can be contacted on 07551 159073 or phone the office on 0300 777 8539. ***Please note the last session before Christmas is Wednesday 12<sup>th</sup> December.***

## **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 12<sup>th</sup> December and Wednesday 19<sup>th</sup> December which is the Christmas Party**. 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 December include:

- **Tuesday 4<sup>th</sup> December – Face and hand painting**
- **Tuesday 11<sup>th</sup> December – Christmas Crafts**
- **Tuesday 18<sup>th</sup> December – Christmas Party**

*Please note that there is a weekly fee of £4 to attend this group. In line with our other social groups, we will be bringing in an invoice system from 1<sup>st</sup> January 2019 where participants will be invoiced individually for a set period of time. Participants have received a letter explaining this, but if you require another one, please contact the office.*

## Friday Alternative

This social group is for adults aged 16+ with Asperger's Syndrome/high functioning autism. In December the next meetings are:

- **Wednesday 5<sup>th</sup> December – Curry at The Tamarind Tree, Wokingham.** The table is booked for 7pm and a meal and drinks will cost between £20.00-£25.00.
- **Friday 14<sup>th</sup> December – Christmas dinner/drinks at The Olde Leathern Bottle, Wokingham.** The table is booked for 7pm and 2 courses cost £18.99, 3 courses £21.99 – please note that a £5.00 deposit is needed if you are having the Christmas dinner. You can order your usual meal if you want to.

Ruth Hatch runs the group and can be contacted by email at [autism@bracknellmencap.org](mailto:autism@bracknellmencap.org) or phone/text 07929 114179. **Please note that there is an annual charge of £60 to attend Friday Alternative. This can be paid in 2 instalments. This fee helps to cover the cost of staffing the group.**

## NEWS FROM OTHER GROUPS

### National Carers Survey

Every two years, councils in England have a statutory requirement to send a postal **survey** to a selection of **carers** known to social services. Wokingham Borough Council have sent this survey out to carers but so far the response rate is low. If you have received a survey could you please return it as soon as possible to the council as WBC will look at them and note down any comments from carers. The council also has to pass on any feedback to the Government and the responses will go towards making policy both nationally and locally.

### 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 20<sup>th</sup> December.**

### Me2 Club

EXCITING POTENTIAL NEW PROJECT - if your child is 13+ and has additional needs please take part in the Me2 Club short survey, to help them gain evidence of the need to help address social isolation in teenagers/young adults through their potential new project of a 'monthly meet up/mobile youth club'. Go to: <https://www.surveymonkey.co.uk/r/ZTZF6DC>

### Eye Care in Special Schools

NHS England are currently designing a programme to improve access to eye care for children in special schools. It is recognised that there is huge unmet need for many children, the majority of whom have never had an eye tests. Learning Disability England has been asked to join in the working group, and we would like to offer the opportunity to a family member who has experience of their child being in special school and/or experience of trying to access eye care services. You would be asked to attend a couple of meetings over a 5-month period in central London, or to dial in if you cannot attend in person. Travel expenses will be covered by NHS England. This is real opportunity to make sure people who will be using the service have a say in its design. We are happy offer you support to enable you go. Please get in touch with Rachael if you are interested in participating or would just like to share your experiences at [rachael.hall@LDEngland.org](mailto:rachael.hall@LDEngland.org)

### Living Together in a Fair Way

The Institute for Health Equity looks at how to make health services fair for everyone. This report is about why people with learning disabilities don't live as long as other people. It has been written by the Institute for Health Equity at University College London. Got to: [http://www.instituteofhealthequity.org/file-manager/PDFs/NHSE\\_LD\\_Report/ld-report-easy-read-lo-res\\_v1pages.pdf](http://www.instituteofhealthequity.org/file-manager/PDFs/NHSE_LD_Report/ld-report-easy-read-lo-res_v1pages.pdf) for the easy read report.

### Decision Making under the Mental Capacity Act 2005 and Adults with a Learning Disability

When the Mental Capacity Act 2005 came into force, there were high hopes that it would revolutionise the way in which decisions were made and empower those who lacked mental capacity. It is important to assess whether the Act has done this in practice, or whether the law on mental capacity needs to be reformed. This research seeks to assess how effective the Act has been in achieving its aims in the context of decisions about sex and contraception for adults with a learning disability. Can you help? Do you have experience with using the Mental Capacity Act 2005 to make decisions concerning adults with a learning disability? If yes, then

you can help by filling in a questionnaire. Go to: <https://learningdisabilitiesandmentalcapacity.wordpress.com/>

### **Short Breaks & Respite for children and Young People with SEND in Wokingham Borough**

Short Breaks provide children and young people with disabilities aged 0-17 years old and living in the Wokingham Borough, the opportunity to spend time away from their parents and carers, relaxing and having fun with their friends. They also provide families with a break from their caring responsibilities. Short Break activities are offered during the daytime, evening, weekend and school holidays. All the information you need about the types of the Short Breaks available, eligibility and how to apply for a Short Break are available on the Wokingham Local offer: <http://www.wokingham.gov.uk/local-offer-for-0-25-year-olds-with-additional-needs/disabilities-and-conditions-support/short-breaks-and-respite-care/>

You can apply *yourself* for a Short Break by completing the self-referral application form which is available on the Short Breaks Self-Assessment link on the website.

If you need help please contact the Short Break Co-ordinator - by phone: 0118 974 6881 or 0118 974 6890, or by email: [shortbreaksselfassessment@wokingham.gov.uk](mailto:shortbreaksselfassessment@wokingham.gov.uk)

***It is really important that parents start applying for short breaks. There is currently money still available for families, particularly the money that was previously used for the grant funded services. There is a big risk that if the short breaks budget isn't used this year it will be reduced in the next financial year.***

### **CLASP Coffee Shop**

CLASP is a self-advocacy charity for adults with learning disabilities and it runs a weekly coffee shop every Tuesday from 10am-12noon in the Bradbury Centre, Rose St., Wokingham RG40 1XS. On Tuesday 4<sup>th</sup> December the group will discuss books on the topic they choose – December is Celebrations. Tuesday 18<sup>th</sup> December is the Christmas Extravaganza with a Christmas Outfit competition, quiz, prizes and gift table. Everyone is welcome. For more information contact Anna Overd on 0118 9796364 (office) or 07780749453 (mobile) or email: [anna.overd@claspwokingham.org.uk](mailto:anna.overd@claspwokingham.org.uk).

### **Flu Vaccination is important is important for carers and the people they care for**

Carers are people who are in receipt of a carer's allowance, or those who are the main carer of an older or disabled person whose welfare may be at risk if the carer falls ill. The flu jab is the best way to protect yourself and the person you care for from flu. The flu can be far more serious for the person you care for than you think. It can lead to serious complications such as bronchitis and pneumonia, and could even land them in hospital. Don't put it off – contact your GP or pharmacist to get the flu jab now. It's free because you need it.

### **Scottish and Southern Electricity Network**

Get extra support during power cuts. Register for Priority Services. To register either call: **0800 294 3259** or textphone: **0800 316 5457** or online: [ssen.co.uk/priorityservices](http://ssen.co.uk/priorityservices)

### **Sport & Leisure Unpaid Carer Gym and Swim Cards**

We have teamed up with our leisure provider, Places for People Leisure, to offer unpaid carers a chance to enjoy Gym sessions or swim. Once registered, you will pay only £2.50 each time you visit (subject to unpaid carer status). For a list of sites that you can use and the Conditions of Use go to: [www.wokingham.gov.uk/sport](http://www.wokingham.gov.uk/sport)

### **The Golden Planet Project**

The Golden Planet Project, in conjunction with Jigsaw Creative Care, runs a weekly Friday night Social Club called 'G8' from 7pm until 9pm at the Woodley Airfield Youth and Community Centre. The Golden Planet Project helps people with autism, learning disabilities and mental health problems gain essential and important life and social skills. For further details contact: Nikki Matharu on 07780954738

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



Heather Young and Mary Durman  
Joint Chief Executives

Enclosures