

30th October 2017

OCTOBER WOKINGHAM MAILING

Dear Member,

September marks the start of our 20th Anniversary year and we are planning an Anniversary Ball on 5th May 2018 at Hilton St. Anne's Manor, Wokingham. Please put the date in your diary and we will send out a booking form with the next newsletter so that you can book your tickets.

We are really pleased to welcome our new Office Co-ordinator Eleanor Vora who starts with us on Monday 30th October. We are also pleased to welcome Debora Hughes Casabal as our new Smiles for Sibs Co-ordinator in Woodley. We currently have 3 job vacancies: Gateway Co-ordinator, Youth Club Playworker and a Family Liaison Worker working with families with children 0-16 in Wokingham – please see page 3 for more details and how to apply.

Our Chair of Trustees, Janet Dean, will be moving out of the area at the end of November, so sadly has to step down from the Board of Trustees. If you have a business background and are interested in becoming a trustee to help direct the future of our charity, please contact the office and ask to speak to Mary or Heather who can give you more details of what the position of trustee entails.

Did you know that there is a new Changing Places toilet in the foyer of the Avenue car park in the Lexicon. This is not just another disabled toilet but is a great facility with an adult size changing bed and hoisting facilities so you can visit the Lexicon with the confidence that if the person you are supporting needs additional hoisting support, the facilities are there for you – you won't have to go home to change them. There is also a Changing Places toilet in Wokingham opposite the Brown Bag under the multi storey car park.

We are looking for volunteers to help at Christmas fundraising events. Every year we run tombola stalls at the Wokingham and Woodley Winter Carnivals. **Wokingham is on Sunday 26th November** from 11am to 5pm and **Woodley is on Sunday 3rd December** from 10.30am to 4.00pm. Could you spare an hour or two to help man the stall and sell tombola tickets? Also, courtesy of West Forest Round Table, we will be following **Santa's Sleigh** around one of the estates in Wokingham on **Sunday 10th December** from about 5pm to 8pm. If you would like to join us to collect money (Christmas hats optional), please let us know.

We are also collecting good quality tombola prizes for our stalls at the 2 carnivals. If you have any new, unwanted gifts, please let us know at the office.

Christmas Shopping trip to Bath Christmas Market Saturday 25th November

We are organising a shopping trip to Bath Christmas Market for carers and their families and friends. This is a brilliant market and if you do manage to go all the way round there are still plenty of other sights to see in Bath. Tickets are only £12 and are going fast, so contact the office or return the attached flyer if you want to go.

Wokingham, Bracknell & Districts Mencap

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Chair
Janet Dean

Joint Chief Executives
Mary Durman
Heather Young

Celebrating our 20th Anniversary

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

Affiliated to but not funded by
Royal Mencap Society



NEWS AND EVENTS FOR CARERS

Carers Meeting

The next carers' lunch will be on **Tuesday 14th November** from 12.15pm to 2.00pm at Rose Street Methodist Church, Rose Street, Wokingham.. A flyer is attached so that you can book a place at the lunch.

Christmas Pottery Painting and Lunch – Wednesday 6th December

We are organising something different for carers in December – a relaxing pottery painting session and lunch at Lili Pottery, Fernygrove Farm in Warfield. The cost is only £5. Contact the office or return the attached flyer if you want to go.

Carers Rights Day - Friday 24th November 2017

Find out more about your Rights as a Carer at the following events:

Pampering Session and General Information on your Rights as a Carer

Reflexology – Manicure – Reiki – Indian Head Massage

The Oakwood Centre, Woodley 10-12pm

Information Session on Carers Benefits, Lasting Power of Attorney

Wills and Funding the Cost of Care

The Methodist Church, Bradbury Centre, Wokingham 2-4pm

To book a place for either event please call Wokingham Carers Outreach Service on 0118 3247333 or email us at ask@berkshirecarershub.org

NEWS AND EVENTS FOR CHILDREN

Children and Family Christmas Party – Friday 1st December

The Children and Family Christmas Party will be held this year at the Crescent Resource Centre, Lower Earley from 5pm to 7pm on Friday 1st December. We have invited Bonnie the Bubble Lady to come along and make enormous bubbles big enough to put a person in, which sounds a lot of fun. There will also be Face Painting and of course a visit from Father Christmas. **You must let us know if you plan to attend** and you can do that by completing the attached booking form or emailing the office at admin@wokinghammencap.org

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.

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.

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 8th November and Wednesday 15th November**. 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 November include:

- **Tuesday 7th November – Biscuit and Cake Decorating (you will need an apron and plastic box)**
- **Tuesday 14th November – Games Night**
- **Tuesday 21st November – Table Tennis and Snooker**
- **Tuesday 28th November – Balloon Modelling**

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 November the next meetings are:

- **Wednesday 8th November – Badminton & Table Tennis at Bracknell Sports Centre** – Game starts at 7.30pm. The cost is £3.40.
- **Wednesday 15th November – Dinner at Red Lion Pad Thai, Wokingham** – Table booked for 7pm. You will need between £20.00 and £25.00 for food and a drink.
- **Friday 24th November - Dinner or Drinks at The Olde Leathern Bottle, Wokingham** – Tables booked for 7pm. You will need between £20 and £25 for food and a drink.

Ruth Hatch runs the group and can be contacted by email at autism@bracknellmencap.org, or phone/text 07929 114179. **Please note that the TGIF/Friday Alternative Christmas Party will be on Friday 15th December and Ruth is taking bookings now.**

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.

OTHER NEWS FOR MEMBERS

We currently have the following job vacancies:

Job Vacancy - Gateway Award Project Co-ordinator, Bracknell – Average 11 hours per week - £11.00 per hour.

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 club will close for the holidays in August.

Job Vacancy – Youth Club Playworker, Woodley – Average 3 hours per week - £8.50 per hour

We have a vacancy for a Playworker to assist in the provision of a term time evening youth club for young people with a learning disability and/or autism, aged 13 (Year 9) to 19.

Job Vacancy – Family Liaison Worker - Children, Wokingham - Average 9 hours per week - £22,750 pro rata based on 35 hour week.

We have a vacancy for a Family Liaison Worker to provide support to parent carers of children aged 0-16 and their families who are residents of Wokingham Borough. This post will be based in the Wokingham, Bracknell & Districts Mencap office and across all areas of the Wokingham Borough. A car will be essential.

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

NEWS FROM OTHER GROUPS

Carers Rights Day - Friday 24th November 2017

Find out more about your Rights as a Carer at the following events:

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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 3 meetings are: Thursday 16th November, Thursday 14th December and Thursday 18th January. The December meeting is a Christmas meal and must be booked in advance. For more details contact 3frogs@asdfamilyhelp.org or call/text Jayne on 07733 601755

Three Frogs Club – Henley Shopping & Christmas Market Trip

The Three Frogs Club are organising a shopping and Christmas market trip to Henley on Saturday 18th November. The subsidised cost is £5 per person. To reserve your place and for payment details contact 3frogs@asdfamilyhelp.org or call/text Jayne on 07733 601755 as above by Monday 6th November.

Three Frogs Club – Beauty & the Beast Pantomime

The Three Frogs Club are organising a trip to the pantomime at South Hill Park on Saturday 2nd December at 7pm. The subsidised cost is £5 per person. For more details contact 3frogs@asdfamilyhelp.org or call/text Jayne on 07733 601755

Pablo – television programme for children with autism

One of our parents told us that there is a new programme for autistic children which is acted by children on the autistic spectrum. The children do the voices of the characters based on their own knowledge of how they perceive the world. The programme is called Pablo and is aimed at the pre-school age. It is shown at 9.00am every morning on Cbeebies.

Relaxed performance of Dick Whittington

The Yvonne Arnaud theatre at Guildford is presenting a relaxed performance of Dick Whittington on Wednesday 3rd 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

Ikaido inclusive martial arts lessons

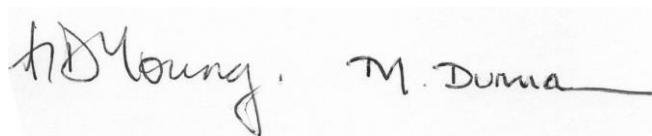
The sessions are held on Thursday evenings at 6pm at the Parish Hall in Crowthorne. You get 8 free lessons after which the cost is £17 a month. We have an adapted syllabus so that anyone, no matter what their ability or disability may be, can access martial arts and experience all of the physical, emotional and mental health benefits that often only regular practice of martial arts can bring. Membership to Ikaido includes: free suits, belts, gradings, and manuals. Plus free participation in martial arts festivals in UK and around the world and much more. For more details please call or text Phillip Trivett on 07859 013104

Animal Therapy

Heroes Berkshire is a therapeutic farm in Holyport which works with young people who are struggling in mainstream education. Young people can attend on a daily basis as a placement, or one day/two days a week on a regular basis. Many of the young people we have worked with have gone back into education, onto college or into an apprentice scheme or work. We work closely with the BCA College and have many BCA students do their work experience with us and have many of our students go into the college. We also offer Animal Therapy hours where students can attend and spend some time in calm safe environment full of wonderful animals where they can get involved hands on and can help us with their care. They would get involved with the grooming, exercise, feeding and cleaning of the animals. We have lots of animals on site Alpacas, llamas, shetland ponies, pigs, goats, dog, chickens, ducks, rabbits, Guinea pigs, degus, hamsters, dumbo rats, chinchillas, and a host of reptiles and snakes. We work on a one to one basis or in small groups depending on the student's needs. We work with main stream students and students with special needs. If you would like to know about what we have to offer please email us on dawndingwall@btinternet.com or check out our websites. www.heroesberkshire.co.uk or www.animalrangers.co.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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