



31<sup>st</sup> October 2018

## OCTOBER WOKINGHAM MAILING

Dear Member,

### Christmas Shopping Trip to Chichester – Saturday 8<sup>th</sup> December

We are organising a shopping trip to Chichester Christmas Market for carers and their families and friends. The market has over 60 festive stalls and there are plenty of other shops and sights to see in Chichester. Tickets are only £12 so contact the office on 0300 777 8539 or return the attached flyer by Monday 19th November if you want to go.

### Job Vacancies

Currently we have several vacancies including for:

**A Family Liaison Worker** working with carers of young people going through transition and adults with learning disabilities in Wokingham. The post is for 23 hours per week over 5 days at £12.50/hr.

**A Wokingham Smiles for Sibs Co-ordinator** on Mondays (4.15pm-6.00pm) for an average of 3-5 hours per week.

**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

**We are looking for volunteers to help at Christmas fundraising events.** This year as the Bracknell Forest Mayor's Charity we will be collecting at **The Meadows Shopping Centre, Sandhurst on Tuesday 11<sup>th</sup> December** and at **the Lexicon on Saturday 15<sup>th</sup> December**. In addition every year we run tombola stalls at the Wokingham and Woodley Winter Carnivals. **Wokingham is on Sunday 25<sup>th</sup> November** from 11am to 5pm and **Woodley is on Sunday 2<sup>nd</sup> December** from 10.30am to 4.00pm. Could you spare an hour or two to help us at any of these events? Also, courtesy of West Forest Round Table, we will be following **Santa's Sleigh** around one of the estates in Wokingham Borough on **Wednesday 19<sup>th</sup> December** from about 5.30pm to 8pm. If you would like to join us to collect money (Christmas hats optional), please let us know.

### 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 at the weekend 50 people joined the Mayor for an enjoyable lunch at the Koh-I-Noor accompanied by musical entertainment. We do not have final figures yet but hope the event will have raised over £600 towards the Gateway Award project.

### 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.

## Wokingham, Bracknell & Districts Mencap

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[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



### **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 or 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.

### **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 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.

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 13<sup>th</sup> November** from 12.15pm to 2.00pm at **Rose Street Methodist Church, Rose Street, Wokingham**. A speaker from the MCKS Charitable Foundation UK will be attending our lunch this month to talk to carers about the non-touch complementary therapy of Pranic Healing. Come along to find out more and meet other carers. Please see attached flyer for further details and how to book your 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. 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 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.

## **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 14<sup>th</sup> November and Wednesday 21<sup>st</sup> 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, Woosehill. The activities in November include:

- **Tuesday 6<sup>th</sup> November – Rocket Making**
- **Tuesday 13<sup>th</sup> November – Football**
- **Tuesday 20<sup>th</sup> November – Karaoke**
- **Tuesday 27<sup>th</sup> November – Rock Painting**

*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 will receive a letter explaining this in due course.*

### **Friday Alternative**

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

- **Wednesday 14<sup>th</sup> November – Showcase Cinema, Reading Rd, Winnersh.** The group is going to see The Grinch at 7pm.
- **Friday 30<sup>th</sup> November – Dinner/drinks at The Olde Leathern Bottle, Wokingham.** The table is booked for 7pm and a meal will cost between £18.00-£25.00

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**

### **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 8<sup>th</sup> November and Thursday 20<sup>th</sup> December.**

### **Thank you from Lesley Buckland at Wokingham Borough Council**

Lesley Buckland, a Commissioner at WBC wants to say a big thank you to all of those who completed the survey on the carers strategy. Wokingham Borough Council had an excellent response rate on-line, by post and via our drop in sessions. This information will be used to develop our new strategy which WBC will be sharing with carers shortly.

### **First Aid Course for Carers**

Wokingham Outreach Service are running a First Aid Course for unpaid carers on Thursday 22<sup>nd</sup> November from 10am to 12 noon at St. Nicholas Church, Sutcliffe Avenue, Earley, Reading, RG6 7JN. To book a place on this course please call Wokingham Outreach Service on 0118 3247333.

### **Pranic Healing**

The Mission of the MCKS Charitable Foundation UK is to help alleviate suffering by empowering people with self-development tools through support, educational programs and charitable services to create healthy and resilient communities. Our aim is to provide caring and compassionate services to all regardless of cultural or religious backgrounds utilising universal spiritual principles, Pranic Healing Teachings and practices to achieve physical, emotional and mental wellbeing.

### **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 -12 noon in the Bradbury Centre, Rose St, Wokingham, RG40 1XS. On 20<sup>th</sup> November the Community learning Disability Nurse, Janine Payne, will be coming along to talk about making healthy food choices. 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).

### **Free health checks for over 14s with Learning Disabilities**

If you are aged over 14 and have a learning disability then you can have a FREE health check at your local

GP practice. An annual health check helps you stay well by talking about your health and finding any problems early, so you get the right care. You do not have to be ill to have a health check – in fact, most people have their annual health check when they're feeling well. Anyone aged 14 or over who's on their GP's learning disability register can have a free annual health check once a year. You can ask to go on this register if you think you have a learning disability. You do not need to be diagnosed with a learning disability to be on the register. The learning disability register is different from the register of social care needs managed by local councils. Check with your GP practice if you or the person you care for is on the register. Most GP surgeries offer annual health checks to people with a learning disability. However, GP surgeries don't have to offer this service. If your GP surgery hasn't offered you an annual health check, you can ask them if they could provide one. If they say no, ask your local community learning disability team for advice. They should be able to help you access an annual health check.

### **Free Flu Injections for people with Learning Disabilities**

People with Learning Disabilities are entitled to FREE flu injections. Flu injections protect you against catching the flu, which is important for people with learning disabilities as they are more likely than other people to get seriously ill if they catch flu. Having a flu injection is the best way to avoid flu and it also makes it less likely that you will give flu to someone else. You can make an appointment at your GP surgery or you can go to a pharmacy for the flu injection. If you find it difficult to have injections GP surgeries can help with reasonable adjustments, which may mean that a spray up the nose is given instead of an injection, although this is not as effective.

### **Free Flu vaccination for Carers**

Family carers of people with learning disabilities are also eligible for FREE flu vaccinations. Please contact your GP Surgery or local pharmacy to arrange an appointment for a flu injection.

### **Advocacy Skills for Families**

Learning Disability England is offering free one-day training for family members of people with a learning disability who want to work with services and practitioners to get better outcomes for their loved ones and to support their friends in an informal capacity. The training will look at: *the role of an informal advocate; how meetings work; working in partnership; presenting your ideas; negotiation skills; action planning and prioritising; staying strong*. The training takes place in London on 22<sup>nd</sup> November from 10am to 3pm. To book a place or for further information please email [info@LDEngland.org.uk](mailto:info@LDEngland.org.uk) or phone on 0300 201 0455.

### **Wokingham Volunteer Centre Quiz Night**

The Wokingham Volunteer Centre will be holding their annual fundraising Quiz Night on Thursday 15<sup>th</sup> November at Wokingham Town Hall. Please feel free to sign up in tables of 8 or as smaller groups/couples/individuals and they will assign you to a team. The cost has been held at £10 per person, for which you will get a fabulous evening's entertainment as well as a tasty fish and chip supper (vegetarian option is available - please ask)! Please bring your own liquid refreshments as usual. To book a place contact [volunteer@wok-vol.org.uk](mailto:volunteer@wok-vol.org.uk). Places are reserved once payment is received, they do hope you will be able to join them and look forward to hearing from you.

### **Wokingham Borough Mayor's Gala Ball for Me2 Club**

Wokingham Borough Council's Mayor is holding a Gala Ball on Saturday 9<sup>th</sup> March at Sindlesham Court, Mole Rd, Sindlesham in aid of his charity of the year, the Me2 club. Me2 Club enables children with additional needs to take part in mainstream activities. Tickets for the ball cost £60 and include a drinks reception, three course meal and dancing and entertainment. Tickets are available from Me2 Club by emailing [liz@me2club.org.uk](mailto:liz@me2club.org.uk) or on their website: [www.me2club.org.uk](http://www.me2club.org.uk).

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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