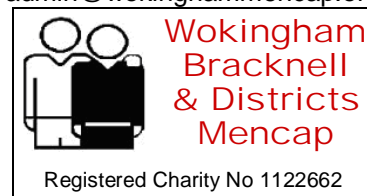


# Wokingham Mencap



## Learning Disability News

September 2011

**Supporting  
local people  
who have  
learning  
disabilities,  
their  
families and  
their carers**

### A Message from the Chair

Autumn has well and truly arrived and after a quiet summer all our activities and clubs are up and running again. We are very pleased that our new social club for adults with learning disabilities including those with more profound and complex needs called '@ The Acorn' has started and has been very well-attended. We were also successful in our bid to Children In Need and have been awarded three years funding to run Siblings' clubs in both the Wokingham and Bracknell areas. The bid involved a lot of hard work and in the current economic climate there is more competition for funding so we are very pleased to have been successful in this bid.

Funding is a priority for the charity and our focus for the next few months will be on looking at ways to sustain our activities and services for the future. This work is always on-going, but at the current time it is becoming more important. We have signed up for NatWest's Community Force Grant programme to obtain some funding for our Children's Activity Group. Grants are awarded based on public votes and we hope as many of you as possible will vote for us. Further information on our project and the voting procedure is included later in this newsletter.

We continue to fundraise as much as possible and this month we have undertaken two tin shakes – one in Bracknell and one in Wokingham. We would like to thank the staff and volunteers who gave up their time to help us fundraise. We would also like to say a big thank you to Allan Goddard, who completed his three road rallies. This is the third year that Allan has raised funds for us. If you would like to complete or organise a sponsored event on our behalf please contact us at the office and we can help you. We have also signed up to JustTextGiving by Vodafone and further details about this are included in this newsletter. As usual we will be having stalls at both the Woodley and Wokingham carnivals and we will need volunteers to help man the stalls. If you can help us, please contact Michael at the Wokingham office.

**Ray Clarke**



A branch of  
Wokingham, Bracknell  
and Districts Mencap

Affiliated to but not  
funded by Royal  
Mencap Society

## NEWS FROM HEATHER & MARY

As you can see from this newsletter we are looking forward to a busy autumn. All the clubs are up and running again after the summer break including our new club '@ The Acorn' which has proved to be very popular.

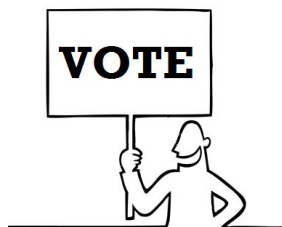
As usual we are turning to you our members who are always generous with your time to help us raise much needed funds. Our first appeal is for volunteers to help run stalls at the Wokingham **Winter Carnival on Sunday 27<sup>th</sup> November and Woodley Winter Extravaganza on Sunday 4<sup>th</sup> December**. An hour or two of your time helping to run a tombola would be much appreciated – it's not all hard work as we have a lot of fun and it gets you in the Christmas mood. If you are not able to offer your time, we always need suitable items that we can put in the tombola – all donations welcome, we can make money out of just about anything!

Our next appeal is to ask you to **vote for us in the NatWest Community Force grant programme. We need more funding to continue the very popular Children's Activity Club**. The voting process is a bit long winded – but worth it! Use the link below to access our page on NatWest Community force site and register with them; they will send you an e-mail confirming your registration. If you then access our page again on <http://communityforce.natwest.com/project/3734> you can press 'vote for us'. If you use Facebook then please tell all your friends about it and ask them to vote for us – we need the money!! You can watch our video on 'YouTube' by copying and pasting this link into your browser: <http://www.youtube.com/watch?v=j75aVw-n1BY>

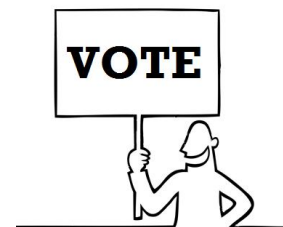
If this is too complicated, we have also registered for JustTextGiving. It is very easy to make donations, just text '**WBDM02 £(then the amount you want to donate) to 70070** – that's all there is to it (we've tried!) – please tell your friends.

We have lots of activities planned for carers. The next meeting is a coffee morning on Tuesday 11<sup>th</sup> October. Our next carers lunch is on Tuesday 8<sup>th</sup> November and will follow the Learning Disability Partnership Big Meeting. The focus of the Big Meeting will be 'health and carers' and all carers are invited to attend. On Saturday 3<sup>rd</sup> December we will be running a Christmas shopping trip for carers to Winchester Christmas Market – see flyer for details. Our family theatre trip is planned for Thursday 12<sup>th</sup> January when we will be going to see 'Wizard of Oz' – again, see flyer for details. Don't forget to put these dates in your diaries.

There is a lot of information to read in this newsletter – too much to mention individually, but on a final note, if you haven't yet completed the Learning Disability Partnership Board transport survey, the date has been extended to the 11<sup>th</sup> October. Please see details on page 8 - Jodie is waiting to hear from you.



Mary Durman & Heather Young  
Joint Chief Executives



## FUNDRAISING AND FORTHCOMING EVENTS

## HELP! HELP!

## GOOD QUALITY TOMBOLA PRIZES REQUIRED! VOLUNTEERS REQUIRED!

Once again we are having stalls at the Wokingham (**Sunday 27<sup>th</sup> November**) and Woodley (**Sunday 4<sup>th</sup> December**) Winter Carnivals to raise funds and our profile and we need your help. We would like to run tombolas and **we need your new, unwanted gifts**. If you have anything to offer us please ring us at the office to arrange a time to drop off items.

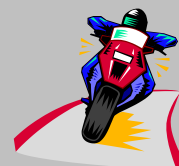
We would also welcome anyone who can spare some time to volunteer and help man the stalls on the day. If you think you can spare us an hour or two on one of these days, then please email or ring the office. The more help we have the easier it is to raise funds for the charity.

Please help us!

## A BIG THANK YOU

TO

Allan Goddard, who took part in the Three Nations Challenge, taking part in three sponsored motorcycle rallies over the summer to raise funds for our charity. Allan raised approximately £350.



The members who gave us a couple of hours of their time to come along and tinshake for us at Tesco's, Martin's Heron, Bracknell, where we raised £343.43 and at Waitrose in Twyford where we collected £472.



Children In Need, who awarded us over £50,000 for three years for our Smiles for Sibs project which means we will be running a Siblings Club in the Wokingham Borough and one in the Bracknell Forest Borough.



## NATWEST COMMUNITY FORCE

**Please vote for Wokingham Mencap** to receive funding to keep our Children's Activity Group running. Voting runs from Monday 26<sup>th</sup> September until Sunday 23<sup>rd</sup> October and the three charities in a region with the most votes will receive funding awards.

Vote for us at:

<http://communityforce.natwest.com/project/3734>

Our video of the club can be seen at:

<http://www.youtube.com/watch?v=j75aVw-n1BY>

## Vodafone's JustTextGiving

Another way to help our charity is by texting your donations via Vodafone's JustTextGiving scheme.

To make a donation, just text **'WBDM02 £(then the amount you want to donate)' to 70070'**



## CARERS' GROUP MEETINGS

Wokingham Mencap's Carers' Group has been running for eight years and brings together carers from a wide range of backgrounds. We enjoy social activities and hold a lunch and a coffee morning on alternate months. The events offer an opportunity to meet the local Mencap staff and share experiences and offer support to one another. We often have guest speakers and we welcome your suggestions for activities. A list of future meetings is shown below and a flyer for the next event is enclosed.

**Carers' coffee morning - Tuesday 11<sup>th</sup> October**

**Carers lunch - Tuesday 8<sup>th</sup> November**

This meeting will be held after the Wokingham Learning Disability Partnership Board's Big Meeting, where the focus will be on health and carers

**Carers' Christmas coffee morning - Tuesday 13<sup>th</sup> December**

**If you would like to attend please let us know at the Wokingham office**

### FAMILY LIAISON TEAM

For information or support contact our Family Liaison Workers,

Tracy and Anna

on

Tel: 0118 9790245  
(confidential phone line)

Or

Email:

tracy@wokinghammencap.org

Or anna@wokinghammencap.org

### Christmas Theatre Trip Thursday 12<sup>th</sup> January



We have 49 tickets at a reduced rate for the wonderful musical 'The Wizard of Oz'. The trip is for carers and their immediate families or for a carer and one friend. Tickets cost £10 each for the first two and £15 each for any further tickets and include the cost of the coach. The tickets are available on a first come first served basis!

(The money for these trips comes from Wokingham Borough Council's Carers' Grant. Please see attached flyer for further details.)

### MEMBERSHIP FEES FOR 2011 ARE NOW 9 MONTHS OVERDUE.

Membership fees of £10 were due on 1<sup>st</sup> January 2011. Thank you to those members who have paid, but we still have a number of members whose fees are overdue. Fees can be paid by cash or cheque or a standing order can be set up.

If you have any queries about payment, please contact the office.

## MORE NEWS

### @ The Acorn

Tuesday evenings from 7pm to 9pm

At the Acorn Community Centre, Fernlea Drive, Woosehill, Wokingham, RG41 3DR

A social club for all people 18+ with learning disabilities including people with more complex needs.

An opportunity for people to meet with their friends, do fun things and make new friends in a relaxed and suitable venue. They can play games, listen to music, do cooking, 'chill' in the sensory room or just hang out with friends in the Rainbow Café.

**Cost: £2 per session which can be paid on the evening**  
**For more information contact the office on 0118 9798539**

*1:1 support is not currently provided*

*(Funded by Aiming High and Learning Disability Development Fund)*

### Paul's Karaoke (AGE 16+)



Kirsty Regan and volunteers continue to run the karaoke evenings on a Wednesday for everyone over 16 years old with a learning disability.

Come along and join in the fun!  
Soft drinks and snacks provided.

7.30 – 9.00 pm

In the Rose Room, Rose Street  
Methodist Church, Rose Street,  
Wokingham

Cost: £2 per session

#### Dates of Future Meetings:

October 12<sup>th</sup> & 19<sup>th</sup>

November 9<sup>th</sup> & 16<sup>th</sup>

December 14<sup>th</sup> & 21<sup>st</sup>

Christmas Party – 21<sup>st</sup> December

[Part of the Leisure Inclusion Project  
funded by Awards for All and a private  
donation]



### THE FRIDAY ALTERNATIVE

A social group for adults with Asperger Syndrome  
Meets twice a month on the second Tuesday and the  
last Friday

#### DATES OF FUTURE MEETINGS:

Tuesday Meetings

11<sup>th</sup> October

8<sup>th</sup> November

13<sup>th</sup> December

Friday Meetings

(a meal and a chat in a local pub)

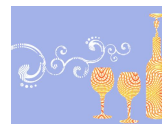
7.30pm at Ye Olde Leathern Bottel, Wokingham

28<sup>th</sup> October

25<sup>th</sup> November

& 16<sup>th</sup> December (Christmas meal)

If you are over 18 and fancy a chat with friends and  
like-minded people, come and join us for a fun night  
out



For more details please contact the office on 0118  
9798539 or email: [admin@wokinghammencap.org](mailto:admin@wokinghammencap.org) or  
[oli@wokinghammencap.org](mailto:oli@wokinghammencap.org)

[The Friday Alternative is funded by Awards for All as part of the  
Leisure Inclusion Project and through Wokingham Borough  
Council's Aiming High fund]



## KIRSTY'S KRAFTS

Kirsty's weekly craft sessions are held on Tuesday mornings from 10am-12noon at the Café, Bradbury Centre, Rose Street Methodist Centre, Wokingham.

Activities include: card making, bookmarks and other craft activities and are open to all adults with a learning disability.

### YOUTH CLUB @ ADDINGTON

**For young people aged 13+ (year 9 & above)**

**Opportunities to relax, mix with friends, learn new skills and have fun in a friendly, familiar environment.**

For further information please contact the office on 0118 979 8539 and a member of the YC@A team will contact you back with details.

This club will provide respite for parents, however if your young person requires medication or personal care we would ask that the carer accompanies them to the club. Please note that because the front door of the building is locked, it is important that people turn up on time to drop off and collect.

**A weekly sub of £1 is payable per session.**

### STOP PRESS ! STOP PRESS!

Children & Family Christmas Party  
Friday 9<sup>th</sup> December  
5:00pm-7:00pm at The Acorn Centre  
(Further details in our next mailing)

## Children's Activity Group

**SATURDAY SESSIONS**

**9.30AM TO 11.15AM**

**AT THE CRESCENT CENTRE, EARLEY**

**AUTUMN TERM DATES**

**1<sup>ST</sup>, 8<sup>TH</sup> & 29<sup>TH</sup> OCTOBER**

**12<sup>TH</sup> NOVEMBER**

**19<sup>TH</sup> NOVEMBER – COOKING WITH ISABELLA**

**17<sup>TH</sup> DECEMBER**

An accessible club for children with learning disabilities and their siblings – to have fun together making, creating and participating in activities in a fully supportive environment.

There is a charge of **£2.00** per session and we ask parents to stay on site; there is a pleasant café with the opportunity to chat or have some time to yourself on a Saturday morning.

To find out more or book your child a space, please contact the Wokingham Mencap office on 0118 9798539.

## SIBS GROUP

**We run a Sibs Group in the Wokingham Borough providing the opportunity for Sibling children to have some 'Me' time, to meet other siblings, try out various activities, play games together and have FUN!**

**Woodley Sibs Club**

**NEW TIME - Mondays 4.15pm - 6.00pm**

**Woodley Airfield Community Centre**

**There is a small cost per session of £1.00**

### Sibs Open Day Event

The event on Saturday 17<sup>th</sup> September has been postponed and will now take place in Spring 2012.

Watch this space for further details.

## SHOPPING TRIP TO WINCHESTER CHRISTMAS MARKET



We are organising a coach trip to visit Winchester Christmas Market on Saturday 3<sup>rd</sup> December. The market is held near the centre of this historic city in front of the cathedral. There are also many other shops to suit all tastes and budgets. As well as its cathedral Winchester has a number of other historic sites to visit.

The trip is open to carers, friends and families and tickets cost £10 each. We have 49 places available and these will be allocated out on a first come, first served, basis. For further details please see the attached flyer.

### The Karten CTEC Centre

Increasing Independence and opportunities for adults with a learning disability  
Autumn Term Courses (Oct – Dec) 2011

#### Morning Sessions : 9.30 am to 11.45 am

Monday	Tuesday	Wednesday
<p>Numeracy for Life Course code: KI1103 This course will give students the opportunity to enhance their numeracy skills in everyday life situations.</p>	<p>Healthy Life – 1 Course code: KI1114 This course will introduce students to the way in which appropriate food can contribute to a healthy life.</p>	<p>Work Skills – 1 Course code: KI1123 This course will help students understand the benefits and reasons for having a job.</p>
<p>Getting to Know Your Computer Course code: KI1101 This course will give students an introduction to using a computer.</p>	<p>News Group Course code: KI1120 This course will help students to develop their communication skills, by discussing topical news (local, national or world).</p>	<p>Literacy for Life Course code: KI1105 This course will give students the opportunity to enhance their literacy skills in everyday life situations.</p>

#### Afternoon Sessions : 1.00 pm to 3.15 pm

Monday	Tuesday	Wednesday
<p>Technology &amp; Communication Skills - 1 Course code: KI1109 This course will help students to develop communication skills whilst learning to use a telephone. The course also includes a basic internet guide.</p>		<p>Keep Safe–Keep Well * Course code: KI1117 This course will help students to understand what abuse is and how they can get help. *Please note this is a 7 week course Course fee: £20</p>

Preparation for Learning  
Course code: KI1112  
This course is for people who have not attended formal learning in recent years and who wish to improve their confidence in attending adult education.

**Important Course Information**  
Courses run for 10 weeks starting week commencing 3<sup>rd</sup> October  
(\*See Notes for Keep Safe - Keep Well)  
Note: Centre closed during Half Term  
24 - 28 October (inc)  
Course Fee: £30.00\*

Please contact us if you have any questions or to request full course details: telephone 01344 755586 or email [kartencentreinfo@norwood.org.uk](mailto:kartencentreinfo@norwood.org.uk)

**ADULT SOCIAL CARE IN WOKINGHAM****Optalis launch their new website! 01.09.11**

Local care and support service company, Optalis, is now three months old. It was formed out of Wokingham Borough Council's original Adult Social Care provided services and operates as a local authority trading company, which means that whilst it is wholly-owned by Wokingham Borough Council it is independent of the Council providing it with more flexibilities and freedom as an independent company.

Optalis provides a range of adult social care services, from supported and extra care housing, day services, to residential, domiciliary care and supported employment services - and uniquely - Optalis also provides sensory needs services; offering specialist support to people with hearing and sight loss.

The company launched their brand new website this month. On the website: [www.optalis.org](http://www.optalis.org), you can read about the company, and find a great deal of information about the services Optalis offers, as well as information on job vacancies, and useful local organisations/charities. If you have any queries, you can even request a telephone call back from Optalis by filling in their simple online form! Mike Walsh, Managing Director of Optalis, says: "We are delighted to launch our new website, which is easy to navigate through and provides useful information on the services we provide, as well as explaining the make-up of the Company and the different ways that people can contact us. Please take some time to browse the website and if you have any questions, don't hesitate to either pick up the phone and call Optalis on (0118) 974 6832 or email at: [info@optalis.org](mailto:info@optalis.org)."

**Digital Switchover Help Scheme**

TV is going digital all over the UK and soon the traditional TV signal will be switched off in your area. If you do not have digital TV by the time of switchover, your TV screen will go blank. But you do not need to worry; the Help Scheme is here to help, visit [www.helpscheme.co.uk](http://www.helpscheme.co.uk) for more details.

**TRANSPORT SURVEY**

The Learning Disability Partnership Board and Keep Mobile are working together to help people with learning disabilities access opportunities during the evening and weekend. In order to understand what activities and places people find it difficult to get to, a **Transport Survey** was sent out in July. Although we had asked for forms to be returned by 8th August, we have **extended** that date until **Tuesday 11th October**, so you have a further 2 weeks to complete and return your surveys!

If you need a copy of the form or need help filling it in please get in touch with Jodie Reichelt, Development Manager by email: [jodie.reichelt@partnershipboard.org.uk](mailto:jodie.reichelt@partnershipboard.org.uk) or by telephone: 05600 766 114

**DOWN'S SYNDROME - A new website for parents of people with Down's syndrome in the UK has just been launched. It is an online chat forum and centralised information point for parents of children with Down's syndrome created by, run by & moderated by parents of children with Down's syndrome. Go to: <http://www.futureofdowns.co.uk/>**

## Inspire Me Workshops

### **Volunteering**

The aim of the Volunteering workshop is to raise awareness of the benefits of volunteering and to look at ways young people can progress into volunteering opportunities.

The workshop will cover:

Getting to know each other; What is volunteering; Getting young people thinking about volunteering; Assessing young people's skills; Asking young people to think about what volunteering means to them; Understand the benefits and barriers of volunteering and what opportunities are available; Looking at communication and what skills and responsibilities young people would have as a volunteer; Recap, assess and evaluate the workshop

### **Preparation for the world of work**

The aim of the Preparation for the world of work is to increase the understanding of employment opportunity and skills needed to progress.

The workshop will cover:

Getting to know each other; Getting young people thinking about work; Assessing young people's skills; Asking young people what work means to them; Explore realistic job, volunteering, work experience opportunities and how to find them; Prepare and practise an interview whether for a job, course or volunteering; Recap, assess and evaluate the workshop

### **Managing my Money**

The aim of the Managing my Money workshop is to raise awareness of the importance of money management and safeguarding young people's identity.

The workshop will cover:

Getting to know each other; Getting young people thinking about money and how they can look after it; Assessing young people's skills; Getting young people thinking about what money means to them; Looking at spending, budgeting, and debt; Looking at personal spending, bank accounts and protecting your identity; Recap, assess and evaluate the workshop

### **Action Planning and Goal Setting**

The aim of the Action Planning and Goal Setting workshop is for young people to complete an achievable action plan that they can progress with after Inspire Me.

The workshop will cover:

Getting to know each other; What is action planning; Getting young people thinking about what motivates them; Assessing young people's skills; What are goals; Asking young people to think about what goals means to them; Developing and creating young people's action plans; Recap, assess and evaluate the workshop

### **Citizenship and Community**

The aim of the Citizenship and Community workshop is to raise awareness of citizenship and community cohesion through youth led community projects.

The workshop will cover:

Getting to know each other; What is citizenship; Thinking about what citizenship means to young people; Assessing young people's skills; Explore how young people can increase their understanding of becoming a more active citizen; What is community; Explore how young people can increase their involvement in their community and have a positive impact; Recap, assess and evaluate the workshop

### **Motivation and Confidence**

The aim of the Motivation and Confidence workshop is to raise awareness of young people's well-being, confidence and motivation and how they can challenge them.

The workshop will cover:

Getting to know each other; What is confidence and what does confidence mean to young people; Assessing young people's skills; Exploring what skills young people have and what they mean to them. Exploring that confidence changes over time and look at areas that young people may want to improve; Recap, assess and evaluate the workshop.

Find out more at <http://inspireme.mencap.org.uk>



## Carers Take a Break Courses

These courses, developed by Bracknell & Wokingham College in partnership with Wokingham Borough Council, provide a programme of bespoke learning opportunities for carers. Obstacles and barriers are removed to encourage a positive and rewarding learning experience. Carers develop the confidence to move forward and progress to learn new skills knowing that support and guidance is available when needed. This helps to enrich their lives and to develop the tools and skills for planning future learning and/or preparing for work when their caring responsibilities end. All courses are held in a relaxed and friendly environment in small supportive groups.

Carers are entitled to access one free course in the Autumn term. For further information and to receive an application form please telephone us on 01189847600. Carers will need to arrange their own transport and sitting service.

### THE ALEXANDER TECHNIQUE

Join this 3 week course and explore the principles of the Alexander Technique and how it can give you more energy and improve your wellbeing in everyday life. Particularly beneficial if you suffer from backache, strain injury or migraine. Please wear comfortable clothing.

Venue	Course Code	Dates	Day	Duration	Times
The Bradbury Centre	BC1103	01/11/11 – 15/11/11	Tuesday	3 weeks'	10:00-13:00

### CONTAINER GARDENING

Come along for 3 weeks and learn how to produce planted pots and containers suitable for the winter season. Please bring your own gardening gloves and a container with a maximum diameter of 22cms. All other materials and equipment are provided.

Venue	Course Code	Dates	Day	Duration	Times
Woodley Hill House	BC1104	28/09/11 – 12/10/11	Wednesday	3 weeks'	12:45-14:45

### CONTAINER GARDENING

Come along for 3 weeks and learn how to produce planted pots and containers suitable for the winter season. Please bring your own gardening gloves and a container with a maximum diameter of 22cms. All other materials and equipment are provided.

Venue	Course Code	Dates	Day	Duration	Times
Woodley Hill House	BC1105	16/11/11 – 30/11/11	Wednesday	3 weeks'	12:45-14:45

### FESTIVE CRAFTS

During this 4 week course you will learn how to make a variety of crafts and cards for the festive season. All materials will be provided.

Venue	Course Code	Dates	Day	Duration	Times
Woodley Hill House	BC1107	09/11/11 – 30/11/11	Wednesday	4 weeks'	10:00-12:00

### FESTIVE CRAFTS

During this 4 week course you will learn how to make a variety of crafts and cards for the festive season. All materials will be provided.

Venue	Course Code	Dates	Day	Duration	Times
Woodley Hill House	BC1108	09/11/11 – 30/11/11	Wednesday	4 weeks'	13:00-15:00

### MORE DIGITAL PHOTOGRAPHY

This 3 week course will show you how to use the main settings for your digital camera, upload and edit images taken. Basic IT skills would be beneficial.

Venue	Course Code	Dates	Day	Duration	Times
Woodley Hill House	BC1109	03/11/11 – 17/11/11	Thursday	3 weeks'	12:45-14:45

### INTRODUCTION TO WORD 2010

During this 4 week course you will learn how to up-date your existing skills to the latest software package Microsoft Word 2010.

Venue	Course Code	Dates	Day	Duration	Times
Woodley Hill House	BC1110	24/11/11 – 15/12/11	Thursday	4 weeks'	10:00-12:00

Working in partnership for Wokingham Borough residents

## ASD Family Help

'Male' Carers Unlimited Bowling  
Saturday 24th September

**Venue:** The Big Apple, Wokingham Superbowl, Phoenix Plaza, Wellington Road,  
Wokingham RG40 2NJ.

**Time:** Arrive at 6.45pm for a 7pm start.

**Cost:** £6.95 for unlimited bowling. Optional meal afterwards.

If anyone is interested in going, but would need financial assistance to attend, please contact ASD Family Help in confidence, as there is some funding available if you are a Parent/Carer of an adult with Complex and Severe needs - PMLD (subsidised by WBC Learning Disability Partnership).

### BOOK NOW!

Booking is essential via: email [contact@asdfamilyhelp.org](mailto:contact@asdfamilyhelp.org)  
or phone/text to 07707 660 599

### 'EXCLUSIVE USE - Bowling & Laser Quest Evening'

All Welcome, ALL ages (families & individuals)!

Saturday 22nd October - £3 each or £10 per family

We have booked the entire Big Apple venue for our sole use from 7pm to 11pm; this means unlimited bowling and/or laser quest and full use of the centre. For families with younger children an earlier start time of 6pm can be requested when booking.

BOOK NOW, as Booking is essential, to ensure your places!

Payment is required in advance.

Book via: email [contact@asdfamilyhelp.org](mailto:contact@asdfamilyhelp.org) or by phone/text to 07707 660 599.

[Subsidised Funding by Wokingham Borough Council Carers Grant & Wokingham Learning Disability Partnership Board]

## Two left Feet

Dance for All

### £2 Entry (Wokingham venue)

The Oakwood Centre, Headley Rd, Woodley, RG5 4JZ

Alternate Wednesdays

7.30pm-8.30pm

(doors open 7.00pm)

7 <sup>th</sup> September	Irish Dancing (7.45pm start)	21 <sup>st</sup> September	Bhangra
5 <sup>th</sup> October	Brazilian Samba Drums	19 <sup>th</sup> October	Zumba
2 <sup>nd</sup> November	Belly Dance	16 <sup>th</sup> November	Paso Doble
30 <sup>th</sup> November	Party Night	No classes in December	

Everyone Welcome  
Fully accessible venues  
No partner needed  
No need to book – just turn up!

For more information go to [www.twoleftfeet.org](http://www.twoleftfeet.org) or phone 07723 483881  
(Supported by Berkshire Community Foundation; BG Group; Wokingham Borough Council)

## Come Dine at Mine



Tuesday 1.30 pm – 3.00 pm  
Start date: 4/10/11  
30 weeks term time only

### Who is this course for?

This course is for adults with a learning disability.

### What will I learn on this course?

The course will help students to learn practical skills, technology based skills and life skills. Learning is based around being able to independently organise a social get together with friends.

During the course students will work in 3 learning areas in Ravenswood Village and will cover topics such as:

- Communication skills
- Personal appearance
- Healthy eating
- Simple food preparation
- Health and safety
- Kitchen hygiene
- Money skills

### Entry requirements

Dependent on your learning needs you may need to bring someone to support you in class.

### Cost of course

£30

### Contact details for further information

01344 755586 or [kartencentreinfo@norwood.org.uk](mailto:kartencentreinfo@norwood.org.uk)

### GREEN APPLE TRAINING

(Let Green Apple boost your career in Health, Therapy and Fitness)

We offer a wide range of courses to meet your training needs and interests:

- Anatomy, Physiology & Pathology
- Nutrition
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- Pilates
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- And much more.....

Contact 01753 862393 or email: [enquiries@appletraining.co.uk](mailto:enquiries@appletraining.co.uk) or visit [www.greenappletraining.co.uk](http://www.greenappletraining.co.uk) for further information



West Berkshire  
Down's Syndrome Group  
Registered Charity 1097285

### 'Little Darlings'

#### Support Group/Coffee Morning

Come along and meet fellow parents and carers. Voice your joys and woes. Ask the questions you want answers for.

Enjoy a cuppa while your little one plays in a nice safe environment. Please feel free to just pop in!!!

#### Newbury

West Berkshire Mencap  
Enborne Gate  
Enborne Road  
Newbury, RG14 6AT

Time: 9.30am to 12.00 noon

When: First Thursday of every month during school term.

#### Lower Earley - Reading

Lower Earley Baptist Church  
Maiden Place, off Kilnsea Drive  
Lower Earley  
Reading, RG6 3EH

Time: 9.30am to 12 noon

When: Every Friday during the school term.

### Speech Therapy

We are able to offer private, group speech therapy sessions from a minimal fee. Sessions are offered in Reading and Newbury. We would be really happy to arrange an assessment with our Speech Therapist, Helen Winter.

For more information please contact us.

### Drama Group

Our drama groups meet every week during term time. The sessions are split between age groups. A little performance is put on at the end of term. It is a great chance to catch up and watch our budding stars. If you think you have a little star in the making either pop along or give us a ring and we can arrange for you to meet our Drama teacher.

Coronation Hall  
Headley Road  
Woodley  
RG5 4JZ

Activators, 9 – 18,  
Tuesday, 4.30pm to 6pm.

Champions, 5 – 9,  
Thursday, 4.30pm to 5.30pm.

Contact us on Tel: 07847 327528 or [www.wbdsg.org.uk](http://www.wbdsg.org.uk)

## **Chameleon Club**

### **Children aged 10 – 15yrs**

#### **Monthly Sunday Climbing Sessions**

For children with moderate learning difficulties 1.30pm – 3.00pm

Cost - £11

These sessions are run with a high ratio of instructors (1:2), enabling children to build confidence in climbing at their own pace and in a safe environment. Sessions can be attended as a one-off taster or as regular enjoyment. There is a maximum of 8 places in each session so places must be booked in advance. Places can be booked up to 3 weeks in advance by phoning reception on 01344 444244. Payment is made at the time of booking.

The autumn 2011 sessions available are:

**18th September**

**16th October**

**20th November**

**11th December**

**Contact: Wellington Health & Fitness Club, Dukes Ride, Crowthorne, RG45 7PT  
01344 444244**

# DIRECTORY OF USEFUL INFORMATION

## **Wokingham, Bracknell & Districts Mencap**

Wokingham - 0118 9798539  
Bracknell - 01344 868076

## **Royal Mencap Society**

020 74540454

## **Reading Mencap**

0118 9662518

## **Learning Disability Helpline (Royal Mencap Society)**

0808 8081111

## **Benefit Enquiry Line (For People with Disabilities and their Carers)**

0800 882200

## **Carers Line (Carers UK)**

0808 8087777

## **Berkshire Autistic Society**

0118 9594594

## **WEBCAS**

0118 9792031

## **West Berkshire Downs Syndrome Group**

07847 327528

## **ASD Family Help**

07707 660599

## **Crossroads**

0118 9795324

## **Addington School**

0118 9669073

## **DIS:Course**

01344 755528

## **Carers Centre (PRT)**

0800 9885462

## **Citizens Advice Bureau**

0844 4994126

## **Adult Social Care:**

**(For those in receipt of a service)**

0118 9746832

**(For those new to the service)**

0118 9746772

## **WBC Disabled Children's Team**

0118 9746881

## **Wokingham Learning Disability Partnership Board**

05600 766114

## **Children's Information Service (CAN Network)**

0118 9746000

## **The Acorn Centre**

0118 9746341

## **WIN**

0118 9746772

## **Bracknell & Wokingham College**

0118 9847600