

DELIVERING ON THE PROMISE THAT ALL PEOPLE MATTER

## June 2023

SUPPLEMENTARY  
NEWS HEADLINES

### MESSAGE FROM OUR CEO

June has been a lovely sunny month and incredibly busy with lots of events! A big thank you to everyone who came along to our AGM last week and made it such a success. Special thanks to the Gateway Award participants, who gave a fantastic presentation all about their achievements. It was a night of change with a few of our Trustees standing down including our Chair, Jill Ward, who steered us through some challenging times. We wish them all well for the future. We would also like to welcome Sue Hall to our Trustee Board. Some of you may know Sue as she has been volunteering with the Acorn Social Group.

Carers Week took place earlier in June and we worked with Age UK Berkshire and Berkshire Youth as part of the Wokingham Carers Partnership to put on several events for carers including an information event, a lunch, workshops and a pampering event.

Mid-month we celebrated Learning Disability week with a coffee morning in Wokingham for carers to find out more about the team to support people with learning disabilities and their carers at the council, which will be up and running shortly. We also had information on the Health Bus which was touring Berkshire and visited Wokingham and Bracknell. Christine, one of our Family Liaison Workers helped man the bus in Bracknell. Finally our Bracknell Social Group and @ The Acorn group came together for a sponsored walk around South Hill Park followed by a picnic. It was a lovely evening!

July is looking quite busy as well, but hopefully we will all have some time to relax over the summer. Please remember to keep up to date with our news and activities on Social Media and please remember to comment, like and share!



Mary Durman, Chief Executive

Main Office Number  
0300 777 8539

Our office address is:  
Waterford House,  
Erfstadt Court,  
Denmark St.  
Wokingham  
RG40 2YF



# NEWS

## Hello and Goodbye

It's that time of year when some of our Playworkers move onto Further Education or jobs, so we have recently said goodbye to Haris Khan from Youth Club and Ben Mays from Sibs. We wish them both well for the future.

In April we also said goodbye to Family Liaison Worker, Shamin Zafar, who left to take up another role in the Voluntary Sector. We were pleased that Michele Cook, who was already part of the team decided to take on this role.

Likewise, Lizzy Jones was appointed as Youth Club Co-ordinator. We finally managed to recruit a Playworker for Wokingham Smiles for Sibs, Olivia White and a Playworker for Youth Club, Evie Morgan and we welcome them to our team.



We do still have vacancies for a Sibs Playworker in Bracknell and for a Youth Club Playworker.

## Wokingham Carers Partnership

- Get support to help you in your caring role
- Find local services and sources of help
- Look after your health and wellbeing
- Connect with other carers
- Understand your rights

Information and advice support services for carers in Wokingham will be provided by the Wokingham Carers Partnership. The Partnership members- Age UK Berkshire, Promise Inclusion and Berkshire Youth all have a successful track record of working with carers.

### Age UK Berkshire (lead contact for all carers age 19+)

Website: [www.ageukberkshire.org.uk](http://www.ageukberkshire.org.uk) Contact number 0118 959 4242

Email [carers@ageukberkshire.org.uk](mailto:carers@ageukberkshire.org.uk) or [info@ageukberkshire.org.uk](mailto:info@ageukberkshire.org.uk)

### Promise Inclusion (Carers of children and adults with a learning disability and/ or autism)

Website: [www.promiseinclusion.org](http://www.promiseinclusion.org) Contact No. 0300 7778539 Email: [admin@promiseinclusion.org](mailto:admin@promiseinclusion.org)

### Berkshire Youth (for carers age 18 and under)

Website: [www.berkshireyouth.co.uk](http://www.berkshireyouth.co.uk) Contact Number 0118 909 0927

Email [admin@berkshireyouth.co.uk](mailto:admin@berkshireyouth.co.uk)

# FUNDRAISING NEWS

## THANK YOU!

to all those who have donated money or goods or time to us during the past few months.

Thanks to several of our members who have made individual donations or raised funds for us.

A big **THANK YOU** to:

To Allan Goddard for raising £144.

Thank you to Yvonne who raised over £73 for her Easter "100 Squares" Raffle.

Thank you to Emma and Yvonne who raise even more funds for Gateway by taking part in the Wokingham Walk. Many thanks to all their Sponsors.

Thank you to those who have sent in Tombola prizes. We are still looking for more donations to use at our fundraising events.

Thank you to Bracknell Town Council who awarded us a grant of £200 pounds to go towards the BSG and @ The Acorn Coronation Party. And thank you to Bracknell Rugby Club for hosting this event.

Thank you to @ The Acorn and BSG who have raised much needed funds from their sponsored walk around South Hill Park in Learning Disability Week.



A big thank you to the Berkshire Community Foundation for their grant of £5000 towards our Family Liaison Service.

**St  
James's  
Place**

Thank You St James place for awarding us a £2500 grant for our Youth club.



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You could be a Bracknell Forest Lottery Winner and support Promise Inclusion at the same time. **Win a summer break with Airbnb** and Bracknell Forest Lottery.



If you would like to play go to [www.bracknellforestlottery.co.uk](http://www.bracknellforestlottery.co.uk) and search for **PROMISE INCLUSION**

# NEWS

## Carers Week 2023



Tracey and Michele were at a Carers Information and Advice event for Carers Week at Coronation Hall, Woodley. One of the many events that were on that week.

## Learning Disability Week

Both the BSG and @ The Acorn group got together during Learning Disability week on a sponsored walk around South Hill Park followed by a picnic and some drinks in the sun. The weather was gorgeous, and it was a beautiful evening. We even got to see jumping fish in the pond!!



## Sibs had a great day out at Red Kangaroo Trampoline Park in half term

Both the Wokingham and Bracknell Sibs group enjoyed a day out at the trampoline park. As well as bouncing the day away they had face painting and pizza.

What our Sibs members said:

Really good fun and good food

Great Pizza    Amazing

Very bouncy



# SOCIAL GROUPS

Please note that we invoice in advance for the club fee for these 2 clubs for the whole year (April to March). You will have the choice of paying for the full year or in instalments.

## @ THE ACORN SOCIAL GROUP

Tuesday evenings from 7pm to 9pm at the Acorn Community Centre, Fernlea Drive, Woosehill, Wokingham, RG41 3DR.

This is a social group for all people aged 18+ with learning disabilities, including people with more complex needs. It is an opportunity for people to meet with their friends, do fun things and make new friends in a relaxed and suitable venue.

COST: £5 per session (to be invoiced in advance) or £10 Ad Hoc.

(Funded by club fees, fundraising and donations)

**For more information on how to join the group contact Debbie on 07436 418705 or email: [acorn@promiseinclusion.org](mailto:acorn@promiseinclusion.org)**

**In July the group are looking forward to the following:**

**Seated yoga, karaoke, a tennis tournament and making grass heads.**

## BRACKNELL SOCIAL GROUP

This social group is for adults aged 18+ with mild to moderate learning disabilities. The group meets **every Tuesday evening** at venues within the community and is an opportunity for people to meet new people, make friends and have fun!

There is a weekly charge of £4 per person (to be invoiced in advance or £8 ad hoc). (funded by club fees, fundraising and donations)

**In July the group are looking forward to the following:**

**Horse riding, and more activities to be confirmed.**

**For more information including times, activity costs and how to book please contact Katie on 07557 231360 or email: [bsg@promiseinclusion.org](mailto:bsg@promiseinclusion.org)**

## @ The Acorn and BSG had a wonderful time at their joint Coronation Party



Great to see the dancing and the Pin the Crown on King Charles!!

Everyone looks like they are really enjoying themselves and a big Thank you to Debbie and the team and everyone who organised it.

T really enjoyed it and I know I would have!!!

You all do such a great job.

# SOCIAL GROUPS

## GATEWAY

### What is the Promise Inclusion Gateway Award?

The Gateway Award is a programme of activities, designed to give adults with learning disabilities and/or autism the opportunity to:

- Experience real challenges
- Express creativity
- Increase confidence and independence
- Gain a sense of personal achievement

### How does it work?

There are three levels: *Bronze*, *Silver* and *Gold*. Bronze will take about a year to complete and then further levels may take longer to complete.

On completion of each Award level an Award Ceremony will be held where participants will be presented with a Gateway Award certificate and badge.

There is a £10 session price for Wokingham workshops. The enrolment fee is £21 for the Awards and is payable after a trial period.

Participants need to be members of Promise Inclusion, which also gives access to many other clubs and services. (Membership costs £20, and is payable yearly each January)

Other charges may be incurred for some projects, such as Fitness or Adventure Challenge units. Participants will need sensible walking shoes in order to take part in the hike during early summer.

**Email Emma on [gateway@promiseinclusion.org](mailto:gateway@promiseinclusion.org) for more information.**



## PAUL'S KARAOKE

Volunteers run karaoke evenings on two Wednesday evenings a month for everyone over 18 years old with a learning disability. Come along and join in the fun! Soft drinks provided.

The group will be meeting at The Cornerstone, Norreys Avenue, Wokingham from 7.30pm to 9.00pm

***Please note that there is a £4 charge per session***

**Dates of Future Meetings:**

**July 12<sup>th</sup> & 19<sup>th</sup>, August 23<sup>rd</sup> (only one date)**

**Please let us know if you would like to come along. Contact the office on [admin@promiseinclusion.org](mailto:admin@promiseinclusion.org) or 0300 777 8539**

(This group is funded by Donations & Fundraising)

# CARERS' GROUPS AND EVENTS

## CARERS' GROUP MEETINGS

Our Carers' Group meetings bring together family carers from a wide range of backgrounds and offer an opportunity to meet the local Promise Inclusion staff and share experiences and offer support to one another. We often have guest speakers, and we welcome your suggestions for activities.



## WOKINGHAM CARERS' GROUP MEETINGS

This group has been running for over 20 years. We hold a lunch and a coffee morning on alternate months in the Rose Room, Rose Street Methodist Church, Wokingham.

**If you would like to attend, please let Tracey or Michele know or the office on 0300 777 8539.**

### **Future Meetings:**

***Carers Lunch- Tuesday 11<sup>th</sup> July in the Rose Room at 12.15pm  
Mary will be talking about the Carers Partnership***

## BRACKNELL CARERS GROUP MEETINGS

This group has been running for 12 years. We alternate between a lunch held at the New Priestwood Community Centre, Priestwood Court Road, Bracknell, RG42 1TU and a coffee morning.

**If you would like to attend, please let Christine know or the office on 0300 777 8539.**

### **Future Meetings:**

***Carers Lunch - Thursday 20th July at 12.15pm at The New Priestwood Community Centre.  
Jess and Holly from the NHS Berkshire Wellbeing Service will be talking about improving wellbeing.***

## FAMILY LIAISON TEAM

Our Family Liaison Team can help with both emotional and practical support such as benefits, form filling, support in meetings, information on subjects such as housing, supported living, schools and colleges, EHCPs, mental capacity, power of attorney, deputyship and more....

### **IF YOU WOULD LIKE TO TALK TO A FAMILY LIAISON WORKER YOU CAN CONTACT:**

Tracey(Transition & Adults - Wokingham) on 07423 686965 or [Tracey@promiseinclusion.org](mailto:Tracey@promiseinclusion.org)  
Michele(Transition & Adults - Wokingham) on 07827 340408 or [michele@promiseinclusion.org](mailto:michele@promiseinclusion.org)  
Christine (Transition & Adults – Bracknell) on 07798 707574 or [Christine@promiseinclusion.org](mailto:Christine@promiseinclusion.org)

# CHILDREN'S GROUPS AND EVENTS

## Smiles for Sibs Groups – Wokingham & Bracknell

**We run two siblings groups, one in the Wokingham Borough and one in Bracknell Forest** providing the opportunity for Sibling children to have some 'Me' time; meet other siblings; try out various activities; play games together and have FUN!

Mondays 4.30pm-6.15pm Woodley Airfield Community Centre, Hurricane way, Woodley.  
**Please contact Ruth on 07551 159072 for more information or email: [sibsw@promiseinclusion.org](mailto:sibsw@promiseinclusion.org)**

Thursdays 4.30pm-6.15pm at Braybrooke Community Hall, Makepiece Road, Bracknell.  
**Please contact Lynn on 07929 114324 for more information or email [sibsb@promiseinclusion.org](mailto:sibsb@promiseinclusion.org)**

*For further information contact the office on 0300 777 8539  
Please note these clubs run during term time only.*



## YOUTH CLUB @ ADDINGTON SCHOOL

**Every Wednesday during Term-time, 7pm – 9pm  
at Addington School.**

For young people with learning disabilities between the ages of 13 (Year 9) & 19

**Please call 07551 159073 for more information or email: [yc@promiseinclusion.org](mailto:yc@promiseinclusion.org)**

Each week there is a variety of different activities planned as well as a tuck shop.  
£5.50 per session (invoiced half-termly)

*For further details please contact the office on 0300 777 8539*



***[This club is funded by grants and club fees]***

***Please note that parents can use their direct payments to pay session fees.***



## NEWS & EVENTS FROM OTHER GROUPS

### Free SEND Cricket Sessions



The Berkshire Cricket Foundations offers free cricket sessions for young people with disabilities and/or special educational needs. This is a chance for those with SEND, aged 12 to 25, to meet new people and try a new sports activity. They meet every Wednesday from 5pm at Bulmershe Leisure Centre in Woodley.

[Playing Cricket - Disability Cricket - Super 1's \(berkshirecricketfoundation.org\)](http://berkshirecricketfoundation.org)



### Coral Reef Waterworld

Coral Reef Waterworld in Bracknell runs monthly "Accessible for Everyone" sessions tailored for disabled people of all ages and their families and carers.

Click the link for more booking information  
<https://bit.ly/3reil08>

Next session:

Wednesday 5th July (3.30pm - 8.45pm)

### Camp Mohawk

'Adventure Days' are part of Camp Mohawk's Short Breaks Programme and are aimed at children and young people with HFA (High Functioning Autism) and AS (Aspergers Syndrome). These respite days occur in all school holidays (with the exception of the Christmas holiday) for 2 age groups; 8 – 13 years and 13 – 25 years.

The days typically run from 10am to 4pm.

<https://www.campmohawk.org.uk/>

### Kinship

Peer to peer support service.

A kinship carer is someone who is raising a relatives or friends child.

They can offer families free support and advice.

They have arranged an initial meeting for Monday 17th July, 10.30 to 11.30 am. This will be on Zoom and then they hope to move to face-to-face meetings from September.

Please contact Paul and Carol Wassell either via email [possums@possums.co.uk](mailto:possums@possums.co.uk) or phone 07428463566. Alternatively the organisation website is <https://kinship.org.uk/>

## Young Carers Service at Bracknell Forest Council

**FREE - Young Carers Youth group – 14-17yrs**

**When:** Tuesdays – Term-time

**Where:** Braccan Walk Youth Hub, Bracknell, RG12 1HD

**Time:** 6-7.30pm

For more information, to register and **book a place** please contact [young.carers@bracknell-forest.gov.uk](mailto:young.carers@bracknell-forest.gov.uk)

# NEWS & EVENTS FROM OTHER GROUPS

## CLASP News and Information



Here is what's happening at CLASP in July:

**Movie Mates** - On **Monday 3<sup>rd</sup> July**, come and join CLASP members for a film at Showcase Cinema, 7pm. Please book with CLASP before you come.

**CLASP Coffee Shop** - CLASP runs a Coffee Shop drop-in **every Tuesday** from 10am to 12 noon at the Bradbury Centre. On **Tuesday 4<sup>th</sup>**, Heather from Wokingham Library will be coming for **Book Corner** to talk about Space and Planets, 10am to 11am, followed by Coffee Shop.

On **Tuesday 11<sup>th</sup>**, Rachel Moodie will be running the **Dancing to Music** session, 10am to 11am, followed by Coffee Shop.

On **Tuesday 18<sup>th</sup> and 25<sup>th</sup>**, it's the regular Coffee Shop drop-in, 10am to 12 noon.

**Happy and Healthy Club** – CLASP hopes to hold some taster sessions for Happy & Healthy Club in July and August, which will hopefully be on a Wednesday morning. Check Facebook or give them a call to get the latest updates on these.

**Craft Club** – This session is held at The Charity and Community Hub (where the CLASP office is), **every Wednesday** from 12:30pm to 2pm.

**Please book with CLASP before you come, to make sure they have enough supplies.**

**Sedero Lounge drop-in** – **Every Wednesday evening**, CLASP members meet at Sedero Lounge for a lovely evening with friends, 6pm to 8pm. Come along for a drink or a meal and a chat with friends.

Please note: Michele will attend on the 5<sup>th</sup>. Ellie, who is one of the trustees, will be there on the 19<sup>th</sup>. The sessions on the 12<sup>th</sup> and 26<sup>th</sup> will be self-led.

**Active Session** – **Every Thursday**, 10am to 12 noon.

On **6<sup>th</sup> and 13<sup>th</sup>**, they will be on **the bikes** at Finchampstead Baptist Church with the My Journey team and Woky Wheels For All, from 10am to 11am.

Please book online before you come:

10am - <https://www.eventbrite.co.uk/e/woky-wheels-4-all-10am-tickets-596605371727>

If you'd rather not use the bikes, you are welcome to join CLASP for a walk instead from 10am, returning to the FBC for an hour of outdoor games from 11am to 12 noon.

Please note – the 13<sup>th</sup> is the last session on the bikes before they stop for the summer.

On **20<sup>th</sup> and 27<sup>th</sup>**, they will meet at The Bradbury Centre and go for a walk.

**Gardening Club** – **Every Thursday**, 1pm to 3pm at Oakfield Court on Barkham Road. All are welcome - come along for some fresh air, maybe do some planting or weeding and help us make the garden look beautiful.

**Take Notice** – This is CLASP's campaigning group which meets **every Friday** from 10am to 12 noon at the Bradbury Centre. Sessions cost £2 and you need to be a member to attend but new members are welcome any time.

**Friday 7<sup>th</sup>**, Cheryl from South East Water will be talking about saving water.

**Friday 14<sup>th</sup>**, Debs will be holding a Conflict Management Workshop.

**Friday 21<sup>st</sup>**, Karen Mann will be talking about reusing and recycling on behalf of the British Heart Foundation.

**Friday 28<sup>th</sup>**, to be confirmed.

**Choir** - This is held at The Bradbury Centre every other **Friday**, 12:30pm-1:30pm. Sessions cost £1.

**Friday 14<sup>th</sup> & Friday 28<sup>th</sup>**

**Puzzle drop-in sessions** – This is a small group session for members who do not enjoy large groups and noise. It's at Wokingham Library every other **Friday**, 12:30pm-1:30pm. Please book with CLASP before you come.

**Friday 7<sup>th</sup> & Friday 21<sup>st</sup>**

To book or for more information, please call: 07780 749 453

email: [admin@claspwokingham.org](mailto:admin@claspwokingham.org) take a look at CLASP's Facebook page:

<https://www.facebook.com/CLASPWokingham/> or see their website: [www.claspwokingham.org](http://www.claspwokingham.org)

Plans are fully underway for this year's Regatta for Disabled on 2 September at Phyllis Court Club. We've got some great activities planned both on the water and on land. You can keep up to date with our plans by logging on to our website at [www.regattaforthedisabled.org](http://www.regattaforthedisabled.org)

## NEWS & EVENTS FROM OTHER GROUPS



### 10th July Bracknell Forest Town Centre 10.30am -3.00pm

The "Big Health Chat" tour by Healthwatch East Berkshire is a fantastic opportunity to gather valuable insights into the health and social care experiences of people in East Berkshire. By engaging with the community directly, they will be able to capture a wider range of views and experiences, providing a more comprehensive understanding of the local needs and concerns.

<https://healthwatchwam.co.uk/news/2023-06-12/big-chat>

### Disability Swimming

Wokingham Leisure Centre has two regular disability swimming sessions on Mondays and Friday, from 2pm to 3pm.

Sessions cost £1.60 per person, with a carer admitted free of charge. Advance booking is recommended. Please note that children under 8 must be supervised in the water and changing rooms by a parent or adult.

The leisure centre is at the Carnival Hub, in Wellington Road.

For more information, call 0118 977 0007.



Activity sessions are open to anyone 17+ experiencing mental health problems. The sessions are lots of fun, for all abilities and drop-in sessions, so no need to book and no referral required. The sessions are all delivered by a qualified instructor and all equipment will be provided. Carers, friends and family are more than welcome to accompany participants to the first couple of sessions – the more the merrier!

This is a link to their [Activity Map](#) which includes all the information you need to know about the sessions.

<https://www.sportinmind.org/find-an-activity>



### **Adult learning courses with Community Learning at Bracknell Open Learning Centre**



The Community Learning Team is busy getting ready to launch their new Employability Skills Programme to run alongside their Well-being Programme of courses for adults. Based at Bracknell Open Learning Centre in Easthampstead, the Community Learning team are excited to be able to offer courses in topics like Watercolour painting, Clearing the clutter in your mind and home and a Personal Development Week which includes topics like goal setting, time management and self-confidence. If you know someone looking to improve their skills for work, there are courses in Health and Safety, First Aid and computing. There's lots going on – check out the new range of courses at: [www.bracknell-forest.gov.uk/community-learning](http://www.bracknell-forest.gov.uk/community-learning) or visit the Facebook page:

[www.facebook.com/bracknelladultlearning](https://www.facebook.com/bracknelladultlearning)

# FUNDRAISING NEWS

## Local Giving



### Do you know you can always make regular donations to us through Local Giving?

A donation is just a click away:

<https://localgiving.org/charity/promise-inclusion/>

### Did you know a gift of £25 provides an hour of Family Liaison support?

Sometimes Local Giving run match funding campaigns and competitions which makes your donation go further.

If you want to organise a fund-raising event you can use their web page to collect your donations and they go direct to us. It couldn't be simpler!

Help Promise Inclusion by signing up for FREE on #easyfundraising. You can raise donations whenever you shop online with over 7,000 brands including John Lewis & Partners, eBay, Argos, M&S and more! Sign up today - it will make a BIG difference to us this year:

[https://www.easyfundraising.org.uk/support-a-good-cause/step-1/?invite=SQ5ABI&char=47831&referral-campaign=c2s&utm\\_source=referral-2023](https://www.easyfundraising.org.uk/support-a-good-cause/step-1/?invite=SQ5ABI&char=47831&referral-campaign=c2s&utm_source=referral-2023)



## How to raise FREE donations

3 simple steps to help Promise Inclusion raise funds when shopping online



Or scan me

### 1. Sign up to easyfundraising

Visit [www.easyfundraising.org.uk](http://www.easyfundraising.org.uk) and search for Promise Inclusion then click 'Support this cause'. Create your easyfundraising account, it only takes 2 minutes.



### 2. Start shopping via easyfundraising

When you want to shop online, start at the easyfundraising website or app and search for the retailer you want to shop with. There are **over 4,500** well known retailers to choose from.

### 3. Get free donations

Click 'Shop now' to visit the retailer's website and shop as normal. Because you started at easyfundraising, the retailer will give a free donation to Promise Inclusion.



## 1 STONE LOST



**Support** Peter who is raising money for Promise Inclusion by attempting to lose 2 stones in 3 months. He is halfway through his challenge and has lost 1 stone.

**Please sponsor him using this link:**

<https://localgiving.org/charity/promise-inclusion/project/petersdiet/>

# MORE NEWS & INFORMATION

## SAVE THE DATE! Local Offer Live Day 2023 - Saturday 7th October

SEND Voices Wokingham, in partnership with the CAN Network, are once again very pleased to be able to host the Wokingham Local Offer Live Day. This year's event will be on **Saturday 7th October 2023** at St Crispin's Leisure Centre, London Road, Wokingham RG40 1SR.

The Local Offer Live is a Family Information Day and is open to **all** families in the Wokingham Borough who have a child or young person aged 0-25 years with **any** Special Educational Need and/or Disability. This year they are also pleased to be including an area specifically for Preparing for Adulthood aimed at those who are aged 14 years+.

As in previous years there will be a mixture of information stands for the parents and carers to talk to local organisations and services about support, advice and activities for their family, as well as some fun activities to keep the kids entertained. Last year's event was oversubscribed with over 300 people attending. This year, to ensure that all the families who want to can attend, we will be running a morning session 10.30am - 12.30pm and afternoon one 1.00 - 3.00pm.



### SEND Voices Wokingham Zoom Drop-in with The WBC Early Years Team

Please join them virtually for a chat with WBC's Early Years Team (for 0–5-year-olds). The team advises preschools, nurseries and childminders on all aspects of SEND and will give an update on :

- Early Years services & support available
- How to access help and support
- Support that is available to your child's nursery, pre-school or childminder

There will also be an opportunity to ask questions

**Date:** Monday 3rd July

**Time:** 10.00 - 11.00am

To book a place please email: [info@sendvoiceswokingham.org.uk](mailto:info@sendvoiceswokingham.org.uk) and they will send you the Zoom link. You can find out more about Early Years support on the Local Offer here: [Children under 5 with special educational needs and/or disabilities \(SEND\)](#)

<https://www.wokingham.gov.uk/local-offer-for-0-25-year-olds-with-additional-needs/children-under-5/>

### NHS Health Checks Program

Have you had, or are you eligible for, an NHS health check? If so the public health team would like to hear from you. They are collecting views to help improve the service whether you have had a free health check or not. You can give your views by either **completing a short online survey** or you can **join an online focus group event**. The next one will be run on Weds 12th July at 10am. If you have an queries contact [rebecca@healthdialogues.co.uk](mailto:rebecca@healthdialogues.co.uk). [Bracknell Forest NHS Health Checks Patient Survey \(office.com\)](#)

## MORE NEWS



All sessions are held at Trax, Mill Ride, North Ascot SL5 8JW and must be pre-booked and paid by calling the office on 01344 266899 (This does not apply to Friday Night Project)

All sessions and activities are not 1:1 supported so if you need support please bring someone with you, they will not need to pay.

### **Crafty Coffee**

Friday 9<sup>th</sup> June- Friday 14<sup>th</sup> July, 10am-12 noon, £43 for the 6 weeks.

### **Out and About community clean up**

Monday 17<sup>th</sup> July 12.30pm-2pm

Meeting inside our shop Forget-Me-Knot.

Litterpicking in the community for an hour, then back to our shop for tea and cake!

Shop 9, Wildridings Square, RG12 7SJ

Please call/email Kate to let her know you are coming. [kate@theark.org.uk](mailto:kate@theark.org.uk) 07802 654996

### **Friday Night Project**

Every Friday 7pm-9.30pm, £5 pay as you go

St Crispins Leisure Centre, Wokingham , RG40 1SR

**Project 73** meets up weekly every Tuesday 7pm-9pm. This is aimed at 18–35-year-olds on the Autistic spectrum with minimal support needs. They go out for meals, cinema, laser quest plus many more things including trips to events. There is a £2 fee for every activity attended.

**Project 73 Plus** meet on the first Wednesday of the month 7pm-9pm. It is for adults with autism over the age of 30 who receive minimal or no support from social care services. This social group setting will provide activities and peer support that helps to develop self- advocacy skills, opportunities to make friends and much more.

N.B. - occasionally the day may change for either Project group depending on activity. Please email or call Kate to let her know you will be attending- [kate@theark.org.uk](mailto:kate@theark.org.uk) 07802 654996

## MORE NEWS & INFORMATION

### School Meals Grant

If you have a child who receives free school meals you could be eligible to apply for £15 per week, per eligible child, during school holidays. Once you've successfully applied, payments will be made for every school holiday until Easter 2024. The amount you get in total depends on the number of children in your family who receive means-tested free school meals. If you miss any school holidays due to applying later, you will get a back payment up to the previous school holiday when you've applied. [Apply via First Days](#).

<https://www.firstdays.net/hsf>



Part of a national movement, this monthly group gives dads and male carers time with their children (up to the end of primary school), an opportunity to meet other men, and a window for mums to have a slot for themselves. The sessions run much like a toddler group (but with bacon rolls). They've now re-started WLTD0 on the first Saturday of each month at Trinity Church in Earley from 9.30am so any dads, grandads, uncles, etc, please feel to drop in at any point and it'll be fab to welcome you. [More details](#).

<https://trinityearley.co.uk/whats-on/who-let-the-dads-out/>

You are invited to join the One Team workshop on **27<sup>th</sup> July 2023** at St Annes Manor, London Road, Wokingham, RG40 1ST.

One Team is a project led by Berkshire Healthcare that aims to improve mental health services. Their vision is that by listening and learning they will create a clear, joined-up mental health offer, enabling them to deliver the right care, in the right place, at the right time.


They're looking to hear ideas and experiences of people who have used mental health services and their families & carers.

The session starts with **lunch at 12.15pm** and the workshop will finish at **3.30pm**. If you have any questions, please contact [Roshni.Kalia@berkshire.nhs.uk](mailto:Roshni.Kalia@berkshire.nhs.uk)

Come along to make sure your experiences and ideas contribute to the change.

Please RSVP to [Roshni Kalia](#) by 7th July.

# MORE NEWS & INFORMATION




## Do you help look after someone who is unable to care for themselves?

If so, the 2-hour Urgent Community Response (UCR) service is here to help you!

### How can the UCR team support you?

If you help look after someone, either for a friend or family member, who could not manage without your support due to illness, disability, or a mental health problem, the UCR team may be able to support and help keep the person at home in a crisis.




The UCR team can keep the person you care for safe at home. They can respond within 2 hours of their health deteriorating, or if their emergency plans breakdown. This is achieved with the support of GPs, geriatricians, social care, advance nurses, therapists and other specialists. The team can carry out assessments, order tests and equipment, diagnose, and prescribe. This service can support in preventing the person you care for being admitted to hospital.

### What situation is suitable for referral to the UCR team?

#### Carer breakdown


It is important to have an emergency plan in place, in case you become unwell and are unable to support the person you care for. The UCR team will be able to help if this plan does not work and the person is likely to be admitted to hospital.



#### If you think the cared for person could be admitted to hospital unless they are seen within two hours

For example: if they have had a fall but you cannot see any obvious injury, if they need urgent catheter care, if they need urgent support for their diabetes, if there is a sudden deterioration in their frailty or mobility, or if they have become increasingly confused.

### How to contact the UCR team




Call 111 or Speak with your regular healthcare worker or GP practice for guidance.

Find out more:  
[www.england.nhs.uk/community-health-services/community-crisis-response-services/](http://www.england.nhs.uk/community-health-services/community-crisis-response-services/)

## Social Care Future: Wokingham's Big Gathering


### Do you believe in an equal life for all?

Would you like to connect with other people, who are committed to seeing real change in social care?



Please join us for a supportive and inclusive day of celebration, learning and planning together.

### Find out more about the Social Care Future vision and how to get involved



Monday 17<sup>th</sup> July  
10am-4pm  
Oakwood Centre, Woodley, RG5 4JZ  
More information about the day to follow

Places are limited and must be booked  
Please RSVP to [GetInvolved@wokingham.gov.uk](mailto:GetInvolved@wokingham.gov.uk) or call 0118 977 8600

Find out more about Social Care Future here: [www.socialcarefuture.org.uk](http://www.socialcarefuture.org.uk)

## Outstanding special school to open early years centre



WBC have partnered with Addington Special School to open a new early years centre to provide care and education to 40 children from nursery to year one with special educational needs and disabilities (SEND).

### ['Outstanding' special school to open new early years centre - Wokingham Borough News Centre](#)

Addington Early Years Centre will open at the former Farley Hill Primary School site, acting as a satellite to the main Addington Special School in Woodley.

It will open in the Autumn term with an initial intake of 16 children, gradually building to full capacity. Addington Early Years Centre is one of several new settings for children with SEND set to open over the coming months and years, after WBC have carried out a full review of our SEND services following a significant increase in children and young people needing additional support.

Addington Special School has a long history of providing great quality care and education to children and young people with SEND, having been awarded 'outstanding' by Ofsted since 2008.

Project: Right Spaces, Right Places ([wokingham.gov.uk](http://wokingham.gov.uk))



# DIRECTORY OF USEFUL INFORMATION

## **Promise Inclusion (formerly Wokingham, Bracknell & Districts Mencap)**

[www.promiseinclusion.org](http://www.promiseinclusion.org)

Email: [admin@promiseinclusion.org](mailto:admin@promiseinclusion.org)

Tel: 0300 777 8539

## **Royal Mencap Society**

[www.mencap.org.uk](http://www.mencap.org.uk)

Tel: 0207 4540454

## **Mencap Direct**

Email: [helpline@mencap.org.uk](mailto:helpline@mencap.org.uk)

Tel: 0808 8081111

## **Autism Berkshire**

[www.autismberkshire.org.uk](http://www.autismberkshire.org.uk)

Email: [contact@autismberkshire.org.uk](mailto:contact@autismberkshire.org.uk)

Tel: 0118 9594594

## **Carers Trust**

[www.carers.org](http://www.carers.org)

Email: [info@carers.org](mailto:info@carers.org)

Tel: 0300 772 9600

## **Carers UK Advice Line**

[www.carersuk.org](http://www.carersuk.org)

Email: [advice@carersuk.org](mailto:advice@carersuk.org)

Tel: 0808 8087777

## **Cerebra**

[www.cerebra.org.uk](http://www.cerebra.org.uk)

Email: [info@cerebra.org.uk](mailto:info@cerebra.org.uk)

Tel: 0800 328 1159

## **Citizens Advice Bureaux:**

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

## **Wokingham**

Email: [public@citizensadvicewokingham.org.uk](mailto:public@citizensadvicewokingham.org.uk)

Tel: 0808 278 7958 (Wokingham)

## **Reading & Bracknell**

Tel: 03444 111 306

## **National Autistic Society**

[www.autism.org.uk](http://www.autism.org.uk)

Tel: 0808 8004104

## **The Advocacy People**

[www.theadvocacypeople.org.uk](http://www.theadvocacypeople.org.uk)

Tel: 0330 440 9000

## **Stop Hate UK**

[www.stophateuk.org](http://www.stophateuk.org)

Email: [info@stophateuk.org](mailto:info@stophateuk.org)

Tel: 0808 802 1155

## **BRACKNELL ORGANISATIONS:**

### **Adviza**

[www.adviza.org.uk](http://www.adviza.org.uk)

Email: [info@adviza.org.uk](mailto:info@adviza.org.uk)

Tel: 0118 402 7050

### **Be Heard**

[www.theadvocacypeople.org.uk](http://www.theadvocacypeople.org.uk)

Tel: 0330 440 9000

### **Breakthrough Supported Employment Services**

Email: [Karen.scott@bracknell-forest.gov.uk](mailto:Karen.scott@bracknell-forest.gov.uk)

Tel: 01344 307554

### **Bracknell Forest Carers Support Group**

Tel: 07972 609621

### **Bracknell Parent Carer Forum**

[www.bracknellpcf.com](http://www.bracknellpcf.com)

Tel: 07748 310155

### **Community Team for People with Learning Disabilities (CTPLD)**

[www.berkshirehealthcare.nhs.uk](http://www.berkshirehealthcare.nhs.uk)

Tel: 01344 354466

### **Family Information Service**

Email: [fis@bracknell-forest.gov.uk](mailto:fis@bracknell-forest.gov.uk)

Tel: 01344 353133

### **Friday Night Project (Hosted by the Ark)**

[www.theark.org.uk](http://www.theark.org.uk)

Email: [info@theark.org.uk](mailto:info@theark.org.uk)

Tel: 01344 266899

### **Healthwatch Bracknell Forest**

[www.healthwatchbracknellforest.co.uk](http://www.healthwatchbracknellforest.co.uk)

Tel: 0300 0120184

### **InnerSense**

<http://innersense.org.uk>

Email: [innersenseoffice@gmail.com](mailto:innersenseoffice@gmail.com)

Tel: 01344 530965 (Tues-Fri 9am-5pm)

### **Involve**

<http://involve.community>

Tel: 01344 304404

### **Kennel Lane School**

<http://www.kennellaneschool.com>

Email: [secretary@kennellaneschool.com](mailto:secretary@kennellaneschool.com)

Tel: 01344 483872

# DIRECTORY OF USEFUL INFORMATION continued

## **Kerith Community Church (Hilltop & Konnections)**

<http://kerith.church/>

Email: [info@kerith.church](mailto:info@kerith.church)

Tel: 01344 862699

## **Information, Advice & Support Service (formerly Parent Partnership)**

Email: [SEND.Support@bracknell-forest.gov.uk](mailto:SEND.Support@bracknell-forest.gov.uk)

Tel: 01344 354011

## **Short Breaks (formerly Aiming High)**

Email: [short.breaks@bracknell-forest.gov.uk](mailto:short.breaks@bracknell-forest.gov.uk)

## **SIGNAL**

<http://www.signal4carers.org.uk>

Email: [info@signal4carers.org.uk](mailto:info@signal4carers.org.uk)

Tel: 01344 266088

## **The Ark**

[www.theark.org.uk](http://www.theark.org.uk)

Email: [info@theark.org.uk](mailto:info@theark.org.uk)

Tel: 01344 266899

## **The R Bus**

<http://www.bracknell-forest.gov.uk>

Email: [RBUS@bracknell-forest.gov.uk](mailto:RBUS@bracknell-forest.gov.uk)

Tel: 01344 352095

## **Well-Being & Leisure**

Tel: 07887 632627

## **Bracknell Community Response**

01433 266911

## **WOKINGHAM ORGANISATIONS:**

### **ASD Family Help**

<http://www.asdfamilyhelp.org>

Email: [contact@asdfamilyhelp.org](mailto:contact@asdfamilyhelp.org)

Tel: 07707 660599

### **Addington School**

<http://addington.schooljotter2.com/>

Email: [office@addington.wokingham.sch.uk](mailto:office@addington.wokingham.sch.uk)

Tel: 0118 9669073

## **CLASP**

[www.claspwokingham.org](http://www.claspwokingham.org)

Email: [admin@claspwokingham.org](mailto:admin@claspwokingham.org)

Tel: 0118 2281801

## **Healthwatch Wokingham**

<http://healthwatchwokingham.co.uk>

Email: [enquiries@healthwatchwokingham.co.uk](mailto:enquiries@healthwatchwokingham.co.uk)

Tel: 0118 4181418

## **Optalis**

<http://www.optalis.org>

Email: [info@optalis.org](mailto:info@optalis.org)

Tel: 0118 9778600

## **SEND Voices Wokingham**

[www.sendvoiceswokingham.org.uk](http://www.sendvoiceswokingham.org.uk)

Email: [info@sendvoiceswokingham.org.uk](mailto:info@sendvoiceswokingham.org.uk)

## **SEND Carers United**

[www.sendcarersunited.co.uk](http://www.sendcarersunited.co.uk)

Email: [admin@sendcarersunited.co.uk](mailto:admin@sendcarersunited.co.uk)

## **The Acorn Centre**

Email: [acorncommunitycentre@wokingham.gov.uk](mailto:acorncommunitycentre@wokingham.gov.uk)

Tel: 0118 9746341

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

Tel: 0118 9746881

## **Me2 Club**

[www.me2club.org.uk](http://www.me2club.org.uk)

Email: [info@me2club.org.uk](mailto:info@me2club.org.uk)

Tel: 0118 969 6369

## **CAN Network**

<http://www.wokingham.gov.uk>

Email: [CAN.network@wokingham.gov.uk](mailto:CAN.network@wokingham.gov.uk)

Tel: 0118 9746897