

Dear Parents

CAN NETWORK – MARCH NEWSLETTER

Spring is here and with longer days and warmer weather, I hope all our families will be able to partake in the various activities on offer in the Borough and you can access all the information on our [Local Offer](#) page and on our [What's On](#) page with activities for everyone. If anyone is looking for a tricycle for their child, then please contact Miles Parkin as he has one for sale at £250. It is a Longstaff Cyclone, 24" Wheels, 18 Gears, Towalong bar included. For more details contact: Miles Parkin milesjparkin@gmail.com.

Kind regards, Maria Walker. Email: CAN.Network@wokingham.gov.uk Tel: 0118 974 6818

Short Breaks Consultation Update

A very lively and productive session took place on Wednesday 8th March when parents were presented with the proposed changes to the short break provision. Paul Feven (Interim Head of strategic commissioning) explained the background to the proposed changes which were the result of an in-depth commissioning review of the current offering from 18 providers both internal and from the Voluntary and Community Sector. Nicky Hale (Interim Service Manager, Corporate Parenting and Learning Disabilities & Difficulties) outlined proposed changes to the current system which will offer parents a pre-paid card to eliminate the burden of paperwork and receipts. A new short breaks "preferred provider list" of WBC quality assured services will be developed for parents to choose from. The overall aim is to provide parents with more choice and create a more direct relationship between them and the provider. Parents were then invited to break into groups to put forward their views to a number of key questions, regarding the proposed changes, their views on current gaps in provision and their feelings regarding being involved in the selection of providers. This information will now be evaluated and the results fed back to parents within the next 8 weeks.

Activities for Families and younger children

[ASD Family Help Children's Activities](#)

ASD Family Help Children's Activities. Laser Tag ,Wednesday 22nd March, at Kid n Action, 680 Eskdale Road Wokingham RG41 5TS. 6pm - 7.30pm 8yrs and over . Booking by email: rachael@asdfamilyhelp.org

[Chill Out Sessions](#) 28 March, 5.30pm -7.30pm. The Red Kite Children's Centre, Chestnut Avenue, Shinfield. A session for parents and carers and their children who are on the pathway or diagnosed with Autism. Join us for a chill out session to enjoy calming lights and soothing music, giving you and your child a chance to unwind. Drop in for informal support and advice or just meet other parents and children. A light tea is provided. Telephone 0118 908 8181 or Email: TheRedKiteChildrensCentre@wokingham.gov.uk

[Building for the Future](#), Every Friday 09.30am – 11.30am. Play group for babies and children (0-4years) with their parent/carer. Our House, Charles House, Toutley Rd, Wokingham RG41 1QN. Telephone: 0118 978 8124

[GO! Wokingham.. Sno-Tubing Event](#), March 26, 12:00 pm – 2:00 pm. John Nike Leisure Centre, Binfield, Bracknell, Bracknell Forest RG12 8TN. We use half the ski slope. Those taking part need to be able to walk up the slope before riding down in the tube. Two sessions 12pm and 1pm

£5 per person . Parents must stay. Suitable for all ages up to 18. Booking essential.

Telephone 0118 907 6397 or Email bookings@greatopportunities.org.uk

Peapods Saturday Club April 8, 10.30am to 12.30pm. Come along and relax, have a chat to other Peapods parents whilst the kids play. All the family is welcome (including extended family and carers)! Every second Saturday of the month at Twyford Scout Headquarters on Loddon Hall Road in Twyford, Berkshire, RG10 9JA . Email : peapods@peapods.org.uk.

Saturday Clubs Two separate sessions on the third Saturday for children with physical disabilities and autism and similar additional needs at [Our House](#). Suitable for children of all ages and abilities, along with siblings, parents and carers. We provide a variety of activities with themed events as advertised. Email: admin@bftf.org.uk for dates and bookings

Wiggly Worms at Bridges Resource Centre, Thursday 23 March. 10:00am to 11:30am. This is a new group to complement the existing Wiggly Worms at Brambles Children's Centre. Come and explore the excellent facilities of the Bridges Resource Centre, designed for children with Autism Spectrum Conditions. This session is for children with a diagnosis but also includes children awaiting diagnosis. Two skilled Family Workers, Kate and Laura will be there to provide support, along with other families who have had similar experiences to you. For more info call Kate on 07900071017

The Autism Group . A new Arts and crafts club for young people aged 11 - 25 (Maidenhead), Saturday, 2pm -4:30pm. A fortnightly Saturday club, aimed at young people aged 11-25 on the autism spectrum and typically of mainstream ability, open to beginners and talented artists. At the same time there is a [parents support group](#) . All parents are welcome to attend even if their young person does not participate in the activity group. Both activities are charged at £8 per session

Autism Berkshire Fun Day at Bucklebury Farm to Celebrate World Autism Day. Sunday 2nd April, 2017, 10:30am - 4:30pm, Bucklebury, RG7 6RR. [Details on EventBrite](#). To celebrate World Autism Awareness Day we are delighted to have the run of Bucklebury Farm Park from 10.30am to 4.30pm on Sunday, April 2, 2017. Come and meet the Autism Berkshire team. Included in the ticket price is the entrance fee, the play barn, pat-a-pet experience, deer safari and a tractor ride. We have also arranged a BBQ lunch

Sporting Activities

Wokingham Council's First ever Inclusive Sports Taster Day. This event will take place on Wednesday 15th March 2017 at Loddon Valley Leisure Centre, 10am-3pm for Wokingham Residents. Come along and try out different ways to get active and keep healthy. Take part in activities such as Wheelchair Rugby, Golf, Table Tennis, Boccia and Bowls. All sessions will be adapted to participants needs. • Wheelchair Access • Accessible Toilets • Parking onsite • Lift. You will work in teams of 10. Players must be over 16. For more information and to book by March 3, please email: Chelsea.piggott@wokingham.gov.uk

Aiming High Family swimming in Wokingham. Saturday 18 March, 15 April. 6.30pm to 7.30pm. Free family swimming session at The Carnival Pool, Wellington Road, Wokingham RG40 2AF. For details of more dates Email: chelsea.piggott@wokingham.gov.uk

Aiming High Friday swimming. 'Aiming High' swimming sessions are available every Friday at the Carnival Swimming pool, Wokingham, from 6pm to 7pm. Children with additional needs can swim with their carer for only £1.50.

Trampolining Term-time trampolining sessions held at St Crispin's Leisure Centres for children aged 5-18 with additional needs. Thursday evenings. £4 per session. CAN card holders 20% discount. Contact sport@wokingham.gov.uk

Tennis Weekly term time tennis sessions held at Loddon Valley Leisure Centre for children aged 5-18 with additional needs. Wednesdays 5.30pm to 6.30pm. £4 and 20% discount to CAN card holders. Contact sport@wokingham.gov.uk

Multi-Skills for children and young adults with additional needs Multi-skills will give participants a chance to meet similar people, socialise and have fun while taking part in a variety of activities suitable for ages 16 -25. Email chelsea.piggott@wokingham.gov.uk for bookings and more information.

Pan Disability Football ,Thursdays. Goals,Woodlands Avenue, Woodley, Reading, RG5 3EU. Free football sessions for young adults 16+. Everybody welcome. Registration forms available. Telephone 0118 907 2160 or email: drook@readingfc.co.uk . For more information and to book sessions, Tel: 0118 968 1480/1460. Just turn up and play. Registration forms available. Telephone: 0118 907 2160 or email: drook@readingfc.co.uk

Activities for Teens and Young adults

bPhap Saturday Club Saturdays 9.30am until 1pm, MAPP Centre 22 Mount Pleasant Reading. The purpose-built Berkshire Phab centre is open to children every Saturday. For children with and without disabilities - a chance to socialise together. Activities include computers, arts, music, sensory room and outdoor play. £3 per session

Youth Club @ Addington Wednesday 15 March Basketball. 7pm -9pm. Young people with learning disabilities between the ages of 13 (year 9) and 19 are welcome to come along for a fun filled evening. The cost is only £1 per session. Contact Ben Willoughby on 07551 159072 or the office on 0300 777 8539

Acorn Social Group Tuesday 21st March, 7pm -9pm. Mother's Day crafts. Acorn Community Centre Woosehill, Wokingham. Tuesday 28 March, Karaoke . A Social group for people 16 years old and over, which includes those with complex and profound needs. There is a small charge of £3 to cover refreshments.

Challengers Youth Scheme Reading Reading Youth schemes run every Saturday for ages 13 -18. 10am -4:00pm. £20 per day. There are spaces at every Youth scheme for young people who need 1:1 support and who have complex impairments. Parents must register first and arrange a visit to meet the team . Details on the website. Easter and Summer holiday camps must be booked now. Details on the [Challengers Booking Site](#)

ASD Family Help Three Frogs Club .Thursday 16th March A social group for adults (18+) on the Autistic Spectrum, come and join us for an informal night out where you can make friends, enjoy a meal and have a chat. Partners, friends and carers also welcome. 7pm to 10.00pm For more information please contact 3frogs@asdfamilyhelp.org or 07554 303328

197 Club Monday, March 20: Bowling and Pool at Wokingham Superbowl. 6.30pm-9.30pm. This is a social group for over-18s who have a diagnosis of an autism spectrum condition and their carers. For more details, contact the office on 01189 594 594 or email: 197club@autismberkshire.org.uk

Level Up Club Monday The club is open to young people aged 16 to 25 with autism spectrum conditions who live in Berkshire and is run by Kevin Jackson. Meetings to play video and board games, including Pokemon TCG, are held on the first and third Saturdays of each month, between 2pm and 4pm, at [Emmer Green Youth and Community Centre](#), Grove Road, Reading, [RG4 8LN](#). For more information about the group or to request an application form, call 01189 594 594 or email contact@autismberkshire.org.uk.
Wokingham Youth Group, March 25. [Wokingham Youth Centre](#), 35 Reading Road, [RG41 1EG](#). This group offers an opportunity for children and young people aged eight to 17 with autism spectrum conditions or who are on the waiting list for an assessment and their siblings, to get together and enjoy ball games, table tennis and pool, board games and art & craft activities. The aim is to develop communication and social skills in a fun, playful and creative environment and make new friends. The group is led by Garrick Rahal, an experienced youth and support worker, who also runs our Bracknell CAYP Group. Sessions are held fortnightly on Saturdays, between 1.15pm and 3.15pm. For more information and to book, call 01189 594 594 or email admin@autismberkshire.org.uk

Drop in Sessions for Parents/Carers

ASD Family Help. ASD Family Help Parent/Carers Monday Support Group - Monday 20th March, Monday 27th March, 10:30am to 12:30pm. The Monday Support Group is based at Woodley Youth and Community Centre, Hurricane Way, Woodley, RG5 4UX. Pop along for a FREE coffee or tea and a biscuit. Bacon Rolls are also available for £1.

ASSIST Drop in Sessions. Tuesday 21 March 9.30am to 12 noon, Monday 27 March 7:00pm to 9:00pm

Come and join the ASSIST team alongside parents and carers of children with ASD, to chat, share ideas and problem solve. Stay for the whole session or just 10 minutes. No Booking required.

Workshops/Training

ASSIST – Wednesday 22nd March 9.30am-1.15pm – Supporting siblings – Level 2, 9.30am registration for 9.45am start – 1.15pm. The large hall, Woodley Air Field youth centre, Hurricane Way, Woodley RG5 4UX. Please contact: Pam Breslin, LDD Service 01189 746882, pamela.breslin@wokingham.gov.uk

NHS Update

The NHS CCG in Reading, Wokingham, Newbury & District have released their new 'Plan on a Page' report on how they plan to improve healthcare services over the next few years. They hope to transform health services across our Borough's using a 9-point plan that ensures high quality patient. [Click here to review the full page of the plan.](#)

Eat4health is a free programme for anyone over 16 living in Wokingham or Reading, who needs help with shedding weight. It is a self-referral programme. Sessions are run over 10 consecutive weeks, and each session is split into 2 parts focussing on healthy eating and including a 45 minute exercise session. For any queries email info@eat-4-health.co.uk

Resources

Autism Eye

[Wokingham Local Offer](#)

[ASD Family Help](#)

[ASSIST](#)

[AUTISM EYE](#)

[BAS](#)

[Berkshire Phab](#)

[Building for the Future](#)

[Changing Places](#)

[Contact a Family](#)

[Dingley's Promise](#)

[Disability Information Service Reading \(Disc\)](#)

[Me2 Club](#)

[National Autistic Society](#)

[Oakwood Youth Challenge](#)

[Parenting Special Children](#)

[Peapods](#)

[REACH Wokingham](#)

[RDCE](#)

[Scope](#)

[The National Autistic Society](#)

[Wokingham GO!](#)

[Wokingham, Bracknell & Districts MENCAP](#)

[Wokingham Learning Disability Partnership Board](#)