



Disability  
Information  
Scheme

Reading

0118 937 3777  
[www.reading.gov.uk/disc](http://www.reading.gov.uk/disc)

Issue Number 08

Summer 2015

# Newsletter



- Free parent workshops
- Information & Advice
- Short Breaks & Clubs...
- What's on!



**Reading**  
Borough Council  
Working better with you

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## Welcome to the Summer 2015 edition of Reading DISC

*The information in the DISC newsletter is provided by third party organisations therefore Reading Borough Council cannot guarantee the accuracy of this information. Where appropriate DBS should be requested.*

### The Disability Information Service (Disc) Part of the Family Information Service

A **FREE** service provided by Reading Borough Council for families who have children with SEND (special educational needs & disabilities) aged from 0-25 living in the Reading. Contact us for information, Advice & Guidance on: Holiday Clubs - Short Breaks - What's on & Holiday Activities - Support Services - Childcare providers - and much more...

*If we don't have the information we will research it for you!*

Information can also be found on Local Offer and SEND Reforms on our Reading Services Guide or if you would like to speak to someone please contact the team directly. ***We are here to help!***

For further details:

Contact the LDD/Short Breaks Information Officer, Tel: 0118 9373777 (option 2) Between 9am - 5pm during the working week.

Email: [disc@reading.gov.uk](mailto:disc@reading.gov.uk) [www.reading.gov.uk/servicesguide](http://www.reading.gov.uk/servicesguide)



## News

### Brand new guides for parents from Contact a Family

Our new UK-wide guide, Moving into work, developed with parents can help you decide if moving into work is right for you and what support is available at work to manage working and caring for your disabled child.

It aims to answer the many questions on parents' minds:

<http://www.cafamily.org.uk/news-and-media/brand-new-guides-for-parents-from-contact-a-family/>

### RBH Learning Disability Service

The Royal Berks Hospital runs a special service for people with a learning disability who have to visit hospital for either a treatment or test or a longer stay.

Jane Wooldridge, Learning Disability Coordinator will arrange pre-visits to discuss patient needs and help to smooth the path for vulnerable patients who are anxious about their hospital visit. Jane can be contacted on:

Tel: 0118 322 8159 or email: [jane.wooldridge@royalberkshire.nhs.uk](mailto:jane.wooldridge@royalberkshire.nhs.uk)

### Adviza

#### Adviza's New Service 'Lucky Break Mentoring'

Are you worried or unsure about what to do when you leave education?  
If so then a mentor could help you!

A mentor can:

- Help you think about your future options
- Help you apply for jobs, apprenticeships or courses. Let you know about any local opportunities
- Be someone to listen and talk to

If you are Interested please call, text or e-mail Kat on 07747476820 or [katherinejohnston@adviza.org.uk](mailto:katherinejohnston@adviza.org.uk)

### Stop Learning Disability Hate Crime Helpline

The new 24-hour free helpline, Stop Learning Disability Hate Crime, has been launched by hate crime support organisation Stop Hate UK in England and Wales.

If you have experienced, witnessed or know someone who is experiencing learning disability hate crime, you can contact the helpline for support and information. The helpline is free to all from landlines and some mobiles. Calls to the helpline are confidential.

Helpline Number 0808 802 1155

### Optalis - Out & about

Out & About provides evening and weekend opportunities for adults with a learning disability. The service was set up, initially with a view to providing 1:1 support for access to the community and we do this for some of our client group, but has become the most popular part of the service is our group activities.

We organise day trips to places of interest, such as the seaside, theme parks, swimming, and much more! This is so popular because the clients get to hang out with their friends going to places they love - it's just not as much fun doing it on a 1:1! We provide a door to door transport service and our clients have a really great time travelling together, experiencing different opportunities. They have a good banter and this has led to some strong friendships being made. We have received some amazing feedback from parents, on how our service has changed the lives of their son/daughter and we can supply references, if you felt this was something you would like to see before using our service.

Another secret of our success is that we have some fantastic staff, who are dedicated, loyal, and completely committed to making sure the clients have a great time whilst also keeping them safe. We are able to offer you an introductory meeting with staff so that they are known to you before your son/daughter goes on an activity with them.

Out & About is a unique, special service, and it offers you something that other services do not do.

Join our mailing list now to receive regular information about our services.

Should you wish to know more about our service, we can offer you a home visit, at your convenience.

We support adults with learning disabilities, including complex needs and challenging behaviour from age 16 +

Tel: 07833 293742

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



## A Summary of the Care Act

The Care Act updates over 60 years of law around adult social care in England. The changes are wide-ranging and cover all adults with care and support needs (whether they get support from the Council or not) and carers. Some of the changes strengthen the ways that councils already work and some of them are new responsibilities.

### Information & Advice

Councils have a new responsibility to make sure people have access to timely information and advice. This includes preventative services and service wider than adult social care that help people to stay well. Councils must also help people to access independent financial advice.

### Prevention

The Care Act gives local authorities a new responsibility to help prevent, reduce and delay people in the community (including carers) having care and support needs. Councils should work with partners including local community services and support to do this in the best way.

### Assessment

If a person appears to have care and support needs, councils must offer an assessment that is proportionate for that person (supported self-assessment might be best for some people, for example). The assessment should focus on outcomes. People who fund their own care are entitled to an assessment.

### National Eligibility Criteria

The introduction of a national eligibility criteria for Adult Social Care means that people with similar needs will have the same eligibility for support, regardless of where they live. This is likely to be similar to Reading's current thresholds but will use different criteria.

### Care Planning

Care and support planning should also focus on outcomes to improve a person's wellbeing and prevent or reduce needs. It should be developed with the person involved and, if they consent, should cover the whole family. There should be yearly reviews available.

### Carers

The Care Act puts carers on an equal footing to those they care for. Carers have the same entitlement to support to continue in their caring role whilst maintaining their wellbeing. There is a new duty to involve carers in developing a person's support plan.

### Safeguarding

The law is strengthened around safeguarding, introducing new requirements to work with partners to safeguard people against harm, abuse or neglect as far as possible through a multiagency approach and ensuring it is 'everyone's business'.

### Independent Advocacy

If someone needs support to be involved in assessment, review or care planning and a family member can't provide this, councils must arrange an independent advocate who is trained to enable them to be part of this process.

### Supporting local services

Councils must work with organisations that provide care and support services to make sure people have a choice of high quality services in their local area. If a care business fails, the Council must make sure people using the service are supported.

### Transitions

When assessing a child, young carer or adult caring for a child, councils must plan for adulthood and ensure services are in place to support this.

### Moving between areas

Councils have a new duty to provide continuity of care when a person moves to a new local authority.

### Paying For Care

Councils have new powers to decide what services are charged for, if people can afford to pay. The Deferred Payments Scheme (for people who don't wish to sell their home in their lifetime to pay for care) is expanded to be more widely available. From April 2016, the amount that people pay for their care will be capped, so that councils pay for any further care costs once the cap is reached.

### What is the Care Act?

The law around care and support for adults changed in 2014. The Care Act brings around 30 pieces of legislation into a single piece of law for Adult Social Care in England. This covers people with disabilities, older people, and people with mental health needs.

The Care Act also sets out new duties for local authorities to support carers, giving them the same right to assessment and support with any eligible needs as the people that they care for. Because of similar new duties in the Children and Families Act (another national change to the law), these apply to adult carers of adults and of disabled children, as well as young carers.

### What is changing?

The Care Act is wide-ranging, covering areas including assessment, eligibility, care and support planning, safeguarding, shaping local services, carers, preventative services and information and advice. Some of the main parts of the Care Act are in the summary above.

Reading Borough Council already works in a lot of the ways covered by the Care Act - a Safeguarding Adults Board already meets regularly, for example. People using adult social care services now won't see any automatic changes to their support, but they might notice changes in the way we work at a review or if needs change (whichever comes first).

Some parts of the Care Act give councils specific duties to ensure that needs are met. For example, there is a new duty to support children, young carers or adults caring for a disabled child so that their transition to adulthood is planned and the movement to new services is managed as effectively as possible.

### What happens next?

Reading Borough Council proposed some changes to services to meet the duties in the Care Act from April 2015. For carers, we proposed supporting adult carers of disabled children in the same way that we support adult carers of adults. This would include access to assessment and support for any eligible needs identified, such as a Direct Payment or a support plan.

We consulted on our plans between November 2014 and February 2015, and we'll use the feedback to make our final decisions about changing services. You can find out more about the changes at [www.reading.gov.uk/careact](http://www.reading.gov.uk/careact).

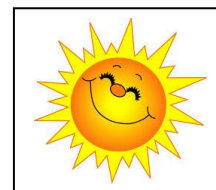
# Holiday Clubs & Short Breaks

*Bookable Holiday Clubs and Activities for Children/Young People with Special Educational Needs/Disabilities*

## Animal Ranger Days

**When:** 27<sup>th</sup> July - 28<sup>th</sup> August

**Where:** Bartletts Lane, Holyport, Maidenhead SL6 2JD



A great educational day for children suitable for ages 7+ - 16 years

**Cost:** £25.00 per session time: 10.30am - 3.00pm

A chance for your child to become an Animal Ranger for a day, looking after all our lovely animals at the Farm

Pigs/Goats/Alpacas/Llama/Shetland Ponies/Ducks/Chickens/ Rabbits/Guinea

Pigs/Chinchilla/Hamster/Gerbil/Rats/Degus/Baby Rabbits/Snakes/Bearded Dragons/Quails/Stick insects

They will get involved hands on with all the animals, cleaning, feeding, exercising, and lots of petting and handling.

Limited numbers, please note sessions get booked very quickly

For bookings [dawndingwall@btinternet.com](mailto:dawndingwall@btinternet.com) [www.animalrangers.co.uk](http://www.animalrangers.co.uk)

## Challengers Youth Schemes

**When:** 10<sup>th</sup> August - 28<sup>th</sup> August

**Where:** The Avenue School, Conwy Close, Reading RG30 4BZ



**Saturday Youth Club - Every Saturday**

**10am - 4pm; For ages 13-18; £20 whole day; £10 half day**

Challengers has exciting youth schemes running from The Avenue School in Reading throughout the summer holidays for young people ages 13 - 18. With activities such as visits to bird world, experiments day and an adventure to the zoo there is something for everyone.

Challengers is an independent charity supporting disabled children & young people through opportunities such as these. The Reading scheme runs every Saturday and then throughout the summer holidays from Monday the 10<sup>th</sup> of August - Friday the 28<sup>th</sup>. Challengers has a dedicated and well trained team of youth workers who are able to provide as much or as little support as the young people need, as an inclusive organisation everyone is welcome no matter the severity of impairment.

For a full line up of what is planned head to the Challengers website [www.disability-challengers.org/readingyouthscheme](http://www.disability-challengers.org/readingyouthscheme) or call the Operations team on 01483 230 930

**Challengers Reading Youth Summer Timetable**

**How to Book:** Call Challengers Booking Line 01483 230 939

# Holiday Clubs & Short Breaks

## Reading FC Community Trust Soccer Schools - Inclusive



**When:** 27<sup>th</sup> July - 28<sup>th</sup> August

**Venue:** Various

For ages 5 - 14 (this can vary slightly depending on activity and location)

Venues Vary - Please see attached for full timetable of activities and venues for the summer holiday Inclusive Club

For more information or to book a place, please call: 0118 9681460 / 0118 9681480

Visit: [www.community.readingfc.co.uk](http://www.community.readingfc.co.uk)

## Reading Play - Holiday Play Club

Reading Borough Council Holiday Playclubs are a full childcare facility for children aged 4 years old (in full time education) to 12 years old (up to their 13th birthday) during the school holidays. Children are fully supervised within an open play service, and enjoy a variety of safe and exciting activities in comfortable surroundings. All the activities we offer abide by the Reading Play principles, encouraging fun activities that aim to meet learning objectives in a controlled, safe environment.

There are three Holiday Play Clubs, Green Park, Highdown & Waterloo Meadows. To find out more about these clubs and for pricing and booking information please go to <http://www.readingplay.co.uk/playclubs-after-school-clubs/> Please note we do not offer personal care.

Tel: 0118 9372636 Email: [reading.play@reading.gov.uk](mailto:reading.play@reading.gov.uk)

## Leighton Park School Holiday Club

**Where:** Shinfield Road, Reading, RG2 7DE

**When:** 27<sup>th</sup> July - 28<sup>th</sup> August

An inclusive holiday club for children aged 5-14 years old. Activities include: Archery, climbing wall, den building, swimming, trampolining, arts & crafts and lots more.

Opening times for 2015: Early Bird Club: 7.30am-3.30pm or 7.30am-5.30pm, Normal Day: 8.30am-3.30pm or 8.30am-5.30pm.

For more information/booking forms and prices

[www.leightonpark.com/enterprises](http://www.leightonpark.com/enterprises) Email: [activities@leightonpark.com](mailto:activities@leightonpark.com)

Tel: 0118 987 9538

## Norcot Holiday Play Club

**Where:** Norcot Early Years Centre, 82 Lyndhurst Road, Tilehurst, Reading, RG30 6UB

**When:** 27<sup>th</sup> July - 28<sup>th</sup> August

An inclusive holiday club for children aged 3 - 6 years and 11 months, aiming to provide fun activities and care for all children, whatever their needs. Please provide a packed lunch (no nut products).

For further details: Tel: 0118 937 5618 or visit: [www.norcotearlyyearscentre.co.uk](http://www.norcotearlyyearscentre.co.uk)

# Holiday Clubs & Short Breaks...

## Thumbs Up Summer Holiday Club

Thumbs Up Club for children with a diagnosis of Learning Difficulty and/or Disability aged 3-19

**When:** 29<sup>th</sup> July to 25<sup>th</sup> August

**Where:** Addington school Woodlands Avenue Woodley (next to Bulmershe Leisure Centre)

**Times:** 9.30am to 4.00pm (except for Friday 14<sup>th</sup> August to Camp Mohawk when the coach leaves Addington at 9.00 and returns at 5.00)

**Cost:** £22 per day for bookings and payment received before 19<sup>th</sup> June. (plus £15 for Camp Mohawk on the 14th)

For forms received after 19<sup>th</sup> June there will also be a one off administration fee of £15 payable

We cannot guarantee requested places but a maximum of 40 places per day should be available. (24 for Camp Mohawk) Initially allocated places will be restricted to 10 days overall per child

Please also note that places will be looked at after the cut off date of 19<sup>th</sup> June and dates will then be confirmed. so even if forms are received by 19<sup>th</sup> June we cannot guarantee a place

Unfortunately individual funding is not available but some of the cost is claimable as part of the Working Tax Credit for those eligible.

A mini-bus service, will operate in the Wokingham and south/east Reading areas ONLY. There is an additional cost of £7 per day for transport.

We must emphasise places are very limited and will be confirmed after 19<sup>th</sup> June.

We operate a high staff ratio with a minimum of 1 adult to 2 children or more as required.

*If you feel your child needs additional support please inform us when booking.* The club reserves the right not to accept certain booking requests or accept them on a trial basis or set certain conditions, if the club manager so decides.

If you require a booking form, or have any queries, please phone 0118 947 1196 or e-mail

[bookings@thumbsupclub.co.uk](mailto:bookings@thumbsupclub.co.uk)

Or you can download it from our website [www.thumbsupclub.co.uk](http://www.thumbsupclub.co.uk)

Ian Stentiford  
Secretary

## Siblings' Club

**For: siblings of service users of Reading Mencap**

If you have never been to Siblings' Club before please speak to Ali Carroll in the office -you will be very welcome! Come down, have fun, chill out and make some friends.

We do a variety of activities which have included: **drama**, **climbing**, **canoeing**, **craft** days, **bowling**, day trips and much, much more! Get in touch on: 0118 966 2518 / [office@readingmencap.org.uk](mailto:office@readingmencap.org.uk)

## Reading Mencap Family Summer Trip

**When:** Saturday 25th July

**Where:** Bristol Zoo

**Time:** 9.30 am at Reading Mencap

Return to 21 Alexandra Road approx 5.30 pm

**Cost:** £5 per person, including coach travel and entry

Bring a picnic along, there are covered areas if it rains, there is also a café. If you need support to attend this activity please bring your support worker or carer along.

## Swimming

**When:** Thursday 6th August

**Where:** Meet at Alexandra Road to catch minibus to Aldershot Lido (weather permitting), Basingstoke Aquadrome if not

**Time:** 10 am to 4 pm



# Short Breaks...

## Cressingham Resource Centre

Is a Reading Borough Council resource that offers short break (respite) services to families with a child or young person with a disability. The Centre provides services to children and young people aged 5 - 18 years, who live in the Reading Borough area and whose families are significantly struggling to manage their child's needs. The services offered at Cressingham are daycare sessions and overnight stays.

**For further details: Contact the Access & Assessment Team, Tel: 0118 937 3641 to find out if your child is eligible for this service**

## Cressingham Club

**Where:** Cressingham Road Respite Centre, 27 Cressingham Road, Reading, RG2 7RU

**When:** One Saturday a month, 10.30am - 4.30pm

For ages 13-18 years, who have Aspergers or Autism.

**To join, a young person requires a referral by a professional (teacher or social worker).**

Children from West Berkshire can also attend this club if they can arrange their own transport.

**For more information contact Kevin Black on 0118 937 4811 or [Kevin.black@reading.gov.uk](mailto:Kevin.black@reading.gov.uk)**

## Challengers Reading Saturday Youth Club, Summer 2015

Reading Youth Scheme for disabled young people age 13-18. It's all about the fun stuff.

Challengers Reading Youth scheme is a place where young people can get out & about, make friends and try loads of new activities. There are spaces at every Youth scheme for young people who need 1:1 support and who have complex impairments. There are lots of fab, trained, energetic Challengers staff so there is always someone to be with.

**Where:** The Avenue School, Conwy Close, Reading RG30 4BA

**When:** Saturdays 10am - 4pm



### Challengers Reading Youth Summer Timetable

Please note: All our trips start at the Reading Youthscheme. Please visit our [www.disability-challengers.org/readingyouthscheme](http://www.disability-challengers.org/readingyouthscheme) for details of activities or call our booking line 01483 230 939

## Bphab Saturday Youth Club

### Be fab on Saturdays at the bPhab youth club

It's for young people with and without disabilities aged 9 - 18. There's a range of activities available, including games on the playstation or Wii, giving the club's robot mascot a seasonal makeover, getting sporty with table tennis or basketball, creating a culinary masterpiece or chilling out in the fantastic sensory room.

Siblings are welcome, and parents don't have to stay (although we are not able to provide personal care).

**Where:** Berkshire Phab, The MAPP Centre, 22 Mount Pleasant, Reading RG1 2TD

**When:** Saturdays, 9.30am to 1pm  
£3 per session



**Tel 0118 916 8413**

**web [www.berkshirephab.org](http://www.berkshirephab.org) [www.facebook.com/berkshirephab](http://www.facebook.com/berkshirephab) email [info@berkshirephab.org](mailto:info@berkshirephab.org)**



# Short Breaks...

## Pokémon Plus with Berkshire Autistic Society



**Where:** Katesgrove Children's Centre, Waterloo Meadows, Elgar Road, Reading, RG2 0BN  
**For ages** 7 - 19

**When:** Saturdays 2pm-4pm;

**Cost:** BAS Members £2.50 per child, Non Members £4 per child "Pokémon Plus" is a fortnightly short break funded by Reading Borough Council for families living within the Borough. Families wishing to attend from outside the borough will have to stay with their children. There is currently a waiting list.

But you don't have to wait to come and see what it is all about! We have a variety of computer games on the Wii and Game Cube to play on and we can lend Pokémon games and DS's if you are new to Pokémon and want to try your hand at Pokémon battling. Pre booking essential.

**For further details:** Tel: 0118 959 4594 Email [contact@autismberkshire.org.uk](mailto:contact@autismberkshire.org.uk)

**Two Lego Clubs** for children on the autistic spectrum. Each club will run once a month and provide 20 supervised places for children aged 7+ in **West Berkshire and Reading**. We will have 20 places at each club.

## Reading Lego Club

Reading **Lego** Club is held on the 2nd Saturday of each month

**Venue:** All Saints Church, Downshire Square, off Bath Road, RG1 6NN

**Time:** 9.30 - 11.30

## West Berkshire Lego Club

West Berkshire **Lego** Club will be held in **Woolhampton** on the third **Saturday** of each month.

**Venue:** Woolhampton Village Hall, Bath Road, Woolhampton, West Berkshire RG7 5RE

**Time:** 9.30am - 11.30am

If you think your child would be interested in attending either of these clubs please email Ruth at the BAS office [contact@autismberkshire.org.uk](mailto:contact@autismberkshire.org.uk) Please put 'LEGO CLUB' in the subject and give us the names of your children and their date of birth and the local authority area in which you live. Specify which club you would like a place at (or say either) and give us a day time telephone number. **Tel: 0118 9594594**

## Smiles Club

**Where:** Tilehurst Youth Centre, The Triangle, Reading, RG30 4RN

**When:** Thursdays, 3.15pm-6pm, term-time

A club for young people aged 13-17 years, with mild/moderate learning difficulties, where they are given the opportunity to integrate with young volunteers in a fun and relaxed environment.

**For further details:** Contact Kevin Black [kevin.black@reading.gov.uk](mailto:kevin.black@reading.gov.uk)

## The RAFT Club



**When:** 2nd and 4th Saturday every month

**Where:** The Avenue School, Conwy Close, Tilehurst, Reading, RG30 4BZ

The RAFT Club has been set up to provide support for families of children with Autistic Spectrum Disorder living in Reading. The club employs play workers who organise activities for children aged 4-12 years.

**For further details:** Contact Michele Page, Tel: 0118 9471438, Email: [michelepage22@hotmail.co.uk](mailto:michelepage22@hotmail.co.uk)

# Short Breaks...

## Greenslade

### Respite & Home Sitting Service

Provides a range of services for adults and children with complex needs. Services range from small packages of ad-hoc or regular support to 24-hour packages in individual group supported living environment. Anyone can access these services through Social Services at Reading Borough Council or by contacting Greenslade directly.

For further details: Tel: 0118 986 1135 Email: [greenslade@radis.co.uk](mailto:greenslade@radis.co.uk) or visit [www.radis.co.uk](http://www.radis.co.uk)

## Reading Mencap Short Breaks

**Where:** 21 Alexander Road, Reading, RG1 5PE (unless otherwise stated)

**When:** See details below

For further details: Tel: 0118 966 2518 email: [office@readingmencap.org.uk](mailto:office@readingmencap.org.uk)

Website: [www.readingmencap.org.uk](http://www.readingmencap.org.uk)



## Children's Clubs...

### Friday Club

**For:** Children aged 11-16 years with a variety of learning disabilities

**When:** Every Friday in Term Time 6.30pm - 9pm

**Cost:** £3

**Activities:** It is held at the Centre at Alexandra Road and activities include games, arts and crafts, cooking, birthday parties, Barbecues, Christmas and Halloween parties, fish and chip suppers and just generally having fun. Some trips are also arranged like bowling or trips to the park. We also hold a Disco once a term with our resident DJ Toby.

Transport may be available on enquiry at a small extra cost of £3 for a round trip

Please ring the office if you would like to come on (0118) 9662518

### Saturday Club

**For:** Children with learning disabilities 8-11 years

**When:** Alternate Saturdays during Term Time 9am - 12pm

**Cost:** £3

This is a term time club for children aged 8 - 11 years. There are a range of activities including soft ball play, ball pit, craft, a wide variety of toys, role play, dressing up and, weather permitting, outdoor games and activities in the garden. Drinks and snacks provided.

From 9 am to 12pm for 8 - 11 year olds cost £3 per session

Please note that in order for your 8 year old child to qualify, their birthday must be on or before the 31st August.

Transport may be available on enquiry at a small extra cost of £3 for a round trip

# What's on, Clubs, Activities & Events

## Chance to Dance - Special Needs Dance Classes

**Where:** Tilehurst Methodist Church, School Road, Reading, RG31 5AN

**When:** Saturdays, fortnightly

This is a unique dance school that caters specifically for disabled children and young adults that have a physical, cognitive, mental, sensory, emotional or/and developmental disability.

We hold lessons on Saturday's once a fortnight. The classes are held in Tilehurst, Reading and Martin's Heron, Bracknell full address on the 'contact us' page. There are four classes; three general dance classes separated by ability and a tap class.

The children and young adults that attend have various disabilities, yet all are inspiring. They light up the classes with happiness, joy and laughter.

**Booking essential. Contact Vickie Andrews 07736 343570 or 0118 3480447**

**email:** [vickieandrews50@hotmail.co.uk](mailto:vickieandrews50@hotmail.co.uk) [www.sendanceclub.co.uk](http://www.sendanceclub.co.uk)

## C2D Playscheme (Chance to Dance)

**Where:** Strathy Close, Craig Avenue, Tilehurst , Reading RG30 2PP

**When:** Monthly on Sunday's

**Time:** 10.30am - 2.30pm

**Go to website for cost**

**Ages 3-18 years**

Our aim is to provide a safe and enjoyable environment for each individual to access a play scheme that is tailored to their needs. Our aim is for them to have fun and to build upon basic life skills.

Session will aim to run from 10.30am till 2.30pm one Sunday a month. Each child or young adult that attends will need to bring a packed lunch, snacks and plenty of fluids. We have ramps, disabled toilets, access to a kitchen and trained volunteers to take on most disabilities. The play scheme is ran by myself, Vicky Andrews, family members and volunteers.

**Contact Vickie Andrews 07736 343570 [vickieandrews50@hotmail.co.uk](mailto:vickieandrews50@hotmail.co.uk) [www.sendanceclub.co.uk](http://www.sendanceclub.co.uk)**

## Peapods Saturday Club - "Pirates Ahoy"

**Where:** Twyford Scout Headquarters, Loddon Hall Road, Twyford, Berkshire , RG10 9JA

**When:** Saturday 11th July 2015 from 10:30am-12:30pm

Pirates Ahoy! Peapods' Saturday Club are looking for crew... We're going to be making pirate hats and treasure maps - will you discover some treasure hiding in the sand? As always there will be plenty to see and do for all - the whole family is welcome. Adults can join in or allow our play helpers support their children while they relax and chat to other parents and carers. All staff members and volunteers are DBS checked.

Peapods is a parent-led charity providing support to families with physically disabled children across Berkshire and the surrounding counties. Every month they run a Saturday Club where the whole family can experience a variety of activities in addition to ad-hoc social events throughout the year.

If you would like to come along and join us please contact Felicity on 07722 793393 or [felicity@peapods.org.uk](mailto:felicity@peapods.org.uk)

## Peapods Saturday Club - "Reptiles"

**Where:** Twyford Scout Headquarters, Loddon Hall Road, Twyford, Berkshire , RG10 9JA

**When:** Saturday 8th August 2015 from 10:30am-12:30pm

Peapods beware - the Reptiles are everywhere! Reptiles will be taking over Peapods' Saturday Club this summer. We'll be making Frogs & Snakes sock puppets and who knows what other will be there. As always there will be plenty to see and do for all - the whole family is welcome. Adults can join in or allow our play helpers support their children while they relax and chat to other parents and carers. All staff members and volunteers are DBS checked.

If you would like to come along and join us please contact Felicity on 07722 793393 or [felicity@peapods.org.uk](mailto:felicity@peapods.org.uk)

# What's on, Clubs, Activities & Events cont'd....



## The Engine Shed

**Where:** Katesgrove Children's Centre, Elgar Road, (off Berkeley Avenue), Reading, RG2 0BN

**When:** The last Saturday of the month from 11am - 2pm.

A special Model Train event for families who have children with ASD. There is no age limit for this session. No need to book, just turn up. Free biscuits and drinks. All welcome!

If you would like to know more, require clarifications or just want to check it is on before you travel, please contact the Coordinator Sarah at [reading@theengineshed.org.uk](mailto:reading@theengineshed.org.uk)

**Dates for your diary:**

27<sup>th</sup> June, 18<sup>th</sup> July; 26<sup>th</sup> September; 31<sup>st</sup> October - all sessions at Katesgrove except for 18<sup>th</sup> July, see below:

### Saturday 18 July 2015

Last year we had a great day out at High Wycombe Model Engineering Society with delicious BBQ, cakes and refreshments provided by the local Freemasons.

We have been invited back for another grand day out on Saturday 18 July, 11 am to 2pm. Numbers are limited - though generous! - and we will need families to reserve places in advance. Please email Sarah at [reading@theengineshed.org.uk](mailto:reading@theengineshed.org.uk) to reserve your place.

Please go to website for more information.

[www.reading@theengineshed.org.uk](http://www.reading@theengineshed.org.uk)

There are also updates on our Facebook page. [www.theengineshed.org.uk](http://www.theengineshed.org.uk)

## Autism Friendly Screenings at Vue Cinema Reading

Vue Cinema's next screening is **The SpongeBob Movie - A Sponge out of Water** on **Sunday 28<sup>th</sup> June** at 10am from only £1.99

### *What makes our screenings Autism Friendly?*

The lights will be on low; The volume will be turned down; There will be no trailers at the beginning of the film; You'll be able to take your own food and drinks; You'll be able to move around the cinema if you like\*\*

\*\*Guests are reminded not to run inside the cinema and children are to be supervised at all times.

Information on both of the above screenings including bookings and cost can be found at:  
<http://www.dimensions-uk.org/support-services/autism-care/autism-friendly-screenings/>

## Friday Club at Rivermead

For those with special needs and their Families

Fridays monthly 6:30pm to 8:00pm

**Next Meeting Friday 17 July**

A social evening with soft play and bouncy castle, football table tennis, badminton

Teas, coffees and soft drinks are available

£2.00 per child

Come along and join the fun

Tel: 0118 9015014 Email: [andy.welch@gll.org](mailto:andy.welch@gll.org) or [j.rumble626@btinternet.com](mailto:j.rumble626@btinternet.com)



## What's on, Clubs, Activities & Events cont'd....



### Stand Out for Autism Family Fun Day - Sat 15th August

Stand Out for Autism are organising a **Summer Family Festival** on **Saturday 15th August 2015**.

The last Stand Out for Autism family fun day on Saturday 28<sup>th</sup> March was a great success. It was a great family day out, raising awareness and money for Autism. The Summer Family Festival will be held at the same place, **SportsAble, Braywick Road, Maidenhead, SL6 1BN** and will be even bigger and better. See [www.standoutforautism.com](http://www.standoutforautism.com) for more details. Save the date!

## Take Five

### New Shoots: Upcoming Garden Events & Projects



#### Family Open Day

Saturday 25th July

1.00pm–5.00pm

Join us at our annual family open day—lots of free activities for all the family, plus fruit and veg for sale and refreshments. Also, the Englefield Flower Show and Fayre - both events on the same day and right next to one another! Free parking.

For further information on the above event, contact Pam on 07939 676050 or email: [pam@fiveaday.org.uk](mailto:pam@fiveaday.org.uk)

## Go Wild! - Summer Fun

### Family Activity Sessions

#### Mega Minibeasts!

Wed 29th July,

10am-1pm & 2pm-5pm

#### Get Arty in the Garden!

Sat 8th August, 10am-1pm & Wed 12th August, 10am-1pm

Come on a minibeast safari, make a willow sculpture and more! Fun family sessions this summer holidays, with lots of hands-on outdoor activities. Refreshments included: please wear weatherproof clothing and sturdy footwear. Cost £5 per family (up to 4 people). Places must be booked in advance:

email [becca@fiveaday.org.uk](mailto:becca@fiveaday.org.uk)

## Reading Mencap Community Choir

### Choir Performance with Live Band

Saturday 11<sup>th</sup> July 2015

7pm - 9pm

£3 entrance

Refreshments after the performance

The Warehouse (just behind Wycliffe Church)  
1a Cumberland Road  
Reading  
RG1 3LB



To reserve your place please contact 0118 9662518 or email [office@readingmencap.org.uk](mailto:office@readingmencap.org.uk)



## FREE CONFERENCE FOR PARENT CARERS LOOKS AT SEND REFORMS

A free conference to look at changes to the way children with special educational needs and disabilities (SEND) are supported at school and in the community is being hosted by Berkshire Carers Service.

Aimed at parent carers the conference will look at how the SEND reforms brought in under the Children and Families Act 2014 will affect local families, including what impact these changes have made so far.

Held at Reading University's Whiteknights Campus on **Tuesday 14 July between 9.30am - 2pm** the conference will feature experts from Adviza and the local Special Educational Needs Information, Advice and Support services (SENDIAs).

It will look at the education, health and care (EHC) plans, which are replacing SEN statements and learning difficulty assessments, and advise parents how to participate in the assessment and planning process. It will also highlight sources of support where an EHC plan is not provided.

Dalvinder Jammu, contracts manager with Berkshire Carers Service, said key to the new system is that pupils and families have more of a say about the support offered to ensure children and young people get the extra help they might need.

He said: "The changes are quite radical and we hope that this conference will give parent carers a thorough briefing on how the new systems should work and the knowledge and confidence to express their views on decisions that affect their lives."

To book a place, please call 0800 988 5462 or email [helpline@berkshirecarers.org](mailto:helpline@berkshirecarers.org)





# SPECIAL NEEDS NIGHT

For children of all ages  
and their families

Every second Wednesday of the month  
from 5:00-8:00pm

£5.45 per child\*

Adults and children under 1 go free!\*\*



Spaces are limited and must be reserved - please  
confirm number of tickets required by emailing  
[info@kids-n-action.com](mailto:info@kids-n-action.com)

\*Upon entrance please supply a valid CANSARD or document as proof of disability.  
\*\*When accompanied by a paying sibling

680 Eskdale Road Winnersh Triangle, Wokingham, RG41 5TS

# Autism Awareness in Reading

an informed insider view

## Exploring autism - an introduction

Saturday 11th July 10.00am - 4.00pm £70 or earlybird £60 if booked by 29 June

## Exploring autism further (suitable for people who have attended introductory course)

Saturday 18th July 10.00am - 4.00pm £70 or £60 earlybird if booked by 4 July

Book both Saturdays together £100 or £90 earlybird if booked before 4 July

## Exploring autism

Tuesdays 15, 29 September 6, 13, 20 & 27 October 7.00pm – 9.00pm £120

These interactive and enjoyable sessions explore what autism feels like from the inside and how it affects lives as well as looking at the range of traits found on the autism constellation. The training was developed for therapists and counsellors but others came along too and the mix of participants enriched the experience for everyone.

## Why you need to know about autism talk

Tuesday 8 September 7.30pm - 8.30pm £3

All sessions at Quaker Meeting House, 2 Church St, Reading, RG1 2SB  
More details and booking at <http://www.autismmatters.org.uk/upcoming-events.html>

## Facilitator

Caroline Hearst trained as an art psychotherapist and was diagnosed with autism in adulthood after years of personal therapy. She has two adult sons one of whom is autistic. This life experience plus her background in adult education enable her to provide enjoyable and informative sessions which aim to increase understanding and acceptance of autism.

## Feedback (from sessions held at Reading Voluntary Action, Feb and March 2015)

*"I found the mix of participants very helpful. The day flew by and I found it very interesting and thought provoking"* Therapist

*"Very interesting, lots of examples to which I could relate."* Autistic adult.

*"Many thanks for the excellent day on Saturday. I came away so hopeful for my son. The key has to be understanding and you have definitely moved me – and others on the course too I am sure – on. So a big thank you!"* Parent

Some concessions available for people who would not otherwise be able to attend.  
contact [caroline@autismmatters.org.uk](mailto:caroline@autismmatters.org.uk) or 07423390004 for details



# Enjoy Sport....

## Reading Powerchair Football

Use a wheelchair and love football??? This sport is for you.....

We are a friendly local group who train every other week at Loddon Valley Leisure Centre, Rushy Way Lower Earley RG6 4GD. Powerchair football is played in electric wheelchairs with special bumpers to hit the ball. It is a fast competitive game and a great way to feel part of a team!! There is no age restriction as long as they can control an electric wheelchair well and can understand rules then they should be fine. Come along and see what it's all about.

Email: [l.ison1@sky.com](mailto:l.ison1@sky.com) <http://www.readingpowerchairfc.org.uk/>

## Cerebral Palsy Football

Reading Football Club's Community Trust are delivering Cerebral Palsy football sessions to engage young players aged 5-16 years.

First Sunday of every Month from 10.00am till 12.00 noon at the Goals Soccer Centre in Woodley.

For further information please contact Daniel Rook at Reading FC Community Trust:

Tel: 01189 072 160

Email: [DRook@readingfc.co.uk](mailto:DRook@readingfc.co.uk)

Web: [www.community.readingfc.co.uk](http://www.community.readingfc.co.uk)

If you would like any further information about Cerebral Palsy Sport please visit [www.cpsport.org](http://www.cpsport.org)



BOBi League

The BOBi League is a pan-disability league that operates across Berkshire, Oxfordshire and Buckinghamshire. The League has divisions for adult males, adult females, U16's and U12's, as well as a division for individuals with mental health and social issues.

Saturday mornings 9.30am - 11am Contact: [sarah.legg@bartonroversfc.com](mailto:sarah.legg@bartonroversfc.com)

Sport in Mind (Mental Health Session) Prospect Park, Reading Fridays 2pm-5pm [neil.harris@sportmind.org](mailto:neil.harris@sportmind.org)

Read more at <http://www.berks-bucksfa.com/players/disability>

Friendly Clubs, no need to book, just turn up.

## Berkshire Visually Impaired Cricket

### Berkshire Stags Visually Impaired Cricket Club

Established in 2010 and looking for new members, currently the team ranges from 14+ Team members need to be eligible to be registered blind/ visually impaired, have membership of British Blind Sport and have a sight classification.

Membership is £25 per year for seniors and £10 for juniors

During 2013 we have been very fortunate to be given a home at Binfield CC and currently our training takes place fortnightly on Tuesday evenings, weather permitting.

We have a junior section that trains at Woodford Leisure Centre, Woodley on a Monday evening. This is for Visually Impaired / Blind children ages 8 - 12 years

For more information please contact [sports@bcbs.org.uk](mailto:sports@bcbs.org.uk) or visit our Facebook page <http://on.fb.me/LwsSF1>, or Twitter [@berkshire\\_stags](https://twitter.com/berkshire_stags). Website: [www.berksharestags.co.uk](http://www.berksharestags.co.uk)

## Enjoy Sport cont'd...



### Thames Valley Kings Wheelchair Basketball Club

The wheelchair basketball club caters for players aged 8+ and adults who have a physical disability. All the players play in a sports wheelchair, completing training sessions, friendly and competitive matches. Training sessions are held at Kennet Leisure Centre, Stoney Lane, Thatcham RG19 4LJ Session time between: 11.45am and 2pm- Juniors, 11.45am - 3pm adults. Cost is £4.

If you would like to join our sessions or for more information please contact: Jacqueline Scoins-Cass MBE Tel: 07775682987 Email: [info@berkshirewheelchairbasketball.co.uk](mailto:info@berkshirewheelchairbasketball.co.uk) [www.berkshirewheelchairbasketball.co.uk](http://www.berkshirewheelchairbasketball.co.uk)

### Trampolining with BAS

**When:** Fortnightly on Saturday afternoons, 2pm-3.30pm

**Where:** St Joseph's Convent School, Upper Redlands Road, Reading, RG1 5JT

We have two groups: Team A & Team B running on alternating weeks.

Cost: £5 per session

Parents must remain with their children at all times. Parents are invited to make a voluntary contribution of £10 towards the cost of these sessions. The courses are currently full, but if you would like to be included on the waiting list please call the BAS office.

**For further details Tel: 0118 959 4594**

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

### Special Needs Riding Lessons

Riding for the disable (RDA), provide therapy, achievement and enjoyment to people with disabilities all over the UK. Their network of 500 volunteer groups organise activities such as riding, carriage driving, vaulting and show jumping to up to 28,000 people each year. They have been carrying out life-changing activities for over 40 years, and take great pride in the exceptional standard of their instructors and volunteers (18,000 in all). They offer activities for all age groups and, wherever possible, to people with any disability - and you're just as likely to find an RDA Group in an urban setting as a rural one. Visit their website to find your local group.

<http://www.rda.org.uk/rda-groups/>

### Additional Needs Swim School

**When:** Fridays 5pm - 6pm

**Where:** Bulmershe Leisure Centre, Woodlands Avenue, Woodley, RG5 3EU

Swimming lessons for children with additional needs. There is a high ratio of helpers to children, and children are grouped according to ability. There is a more relaxed atmosphere where each swimmer is encouraged to develop at their own pace. For ages 4-16 years

**Contact Kate on 0118 9268733 Email:** [swim.bulmershe@1life.co.uk](mailto:swim.bulmershe@1life.co.uk)

### Bulmershe Gymnastics Club

**When:** Saturdays 2.15pm - 3.00pm

**Where:** Bulmershe School, Chequers Way, Woodley, RG5 3EL

Bulmershe Gymnastics Club runs classes for children with physical or learning disabilities or additional needs on Saturday during school term times.

We offer children from 5 years of age the opportunity to learn basic gymnastic and co-ordination skills in a class tailored to their needs, led by coaches specially trained to teach children with disabilities.

**Tel: 0118 9263686 Email:** [admin@bulmershegymnastics.co.uk](mailto:admin@bulmershegymnastics.co.uk)

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# Indoor/Outdoor Activity Centres

## Krazy Play Days

**Where:** Unit 7, Sterling Way, Reading, RG30 6HW

**When:** Second Monday of every month 5.30pm - 7.30pm

Next sessions

Designed for all. Welcome to Krazy Play Days family play and party centre.

We have a huge soft play area located in central Reading offering fantastic safe facilities, great atmosphere and a friendly welcome.

Call 0118 942 6171 Email: [fun@krazyplaydays.co.uk](mailto:fun@krazyplaydays.co.uk)

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



## Indoor Play and Party Centre - Special Needs Night

**Where:** 680 Eskdale Road, Winnersh Triangle, Berkshire, RG41 5TS

**When:** Special Needs Night is held regularly on the second Wednesday of every month from 6pm - 8pm.

Adventure Park, High Street (imaginative role play), video games room, sports arena, cafe and much much more.

An inclusive play centre. Wheelchair accessible. **Special Needs Night, for children of all ages and their families.** Spaces are limited and must be reserved - please confirm number of tickets required by emailing

[info@kids-n-action.com](mailto:info@kids-n-action.com) £5.45 per child, adults and children under 1 go free. Please take valid CANCELLATION CARD or other documentation as proof of disability. For more information go to:

[www.kids-n-action.co.uk](http://www.kids-n-action.co.uk) Email: [info@kids-n-action.com](mailto:info@kids-n-action.com) Tel: 0118 9526949

## Monkey Mates

**Where:** Old Forest Road, Wokingham, Berkshire, RG41 0JA

**When:** Special Needs night first Friday of every month.

**Time:** 6 - 8pm

We have an indoor area containing slides, ball pools and ball cannons and also an outdoor area complete with swings, frame, roundabout and sit and ride cars etc. we will soon be adding a traversing wall to the outside area. We have full catering facilities serving tasty food and drinks.

**Tel:** 0118 9892111

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

## Camp Mohawk

Camp Mohawk is a multi-functional day centre for special needs children, set in 5 acres of beautiful countryside, just outside Wargrave, Berkshire. Throughout the year the centre provides a range of activities, facilities and natural space to encourage children with a variety of special needs to play, socialise and learn in a secure and caring environment.

Camp Mohawk provides a 'safe haven' with both indoor and outdoor facilities where children and young people with special needs and their families can come to relax, play, develop social skills and build their self-confidence in a positive and uplifting environment that accepts and welcomes them all.

The Centre provides children and young people with stimulating workshops, sensory and social activities that are led by experienced, enthusiastic staff and carefully designed to address the common developmental requirements of children with special needs.

If you have never been to Camp Mohawk you can go along and fill out your membership forms on your first visit.

Check out the calendar for activities during the Summer Holidays, see website below

For further information on memberships, and to see our timetable please visit: [www.campmohawk.org.uk](http://www.campmohawk.org.uk); email: [info@campmohawk.org.uk](mailto:info@campmohawk.org.uk); Tel: 0118 940 4045

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## Indoor/Outdoor Activity Centres



Fairytale Farm is the first family farm attraction where everything is designed around the needs of children with sensory, learning and physical disabilities, but which can be enjoyed by children without disabilities too. A truly inclusive experience.

For the first time in the UK, disabled children will have their own attraction that operates like any other commercial tourist attraction which they can enjoy with the rest of their family - and with no pre-booking needed. Just turn up and have fun - everything is accessible and everybody is welcome!

For further information, opening times and prices go to: [www.fairytalefarm.co.uk](http://www.fairytalefarm.co.uk)  
Tel: 01608 238014 Email: [info@fairytalefarm.co.uk](mailto:info@fairytalefarm.co.uk)

Fairytale Farm, Southcombe, Chipping Norton, Oxfordshire, OX7 5QH

## Thames Valley Adventure Playground

### For Children & Adults with Special Needs



As children, most of us would take for granted the chance to get out and about, exploring, climbing trees, visiting the park and hanging out with friends, but for many children and adults with a special need, it just isn't possible. If you have a physical disability, the difficulties are more obvious, but, if you have a learning disability, sensory problems or autism, you may find it hard to relate to other people and to join in their games. Since 1982 the Thames Valley Adventure Playground has provided a chance for children & adults with all types of special need to enjoy the fun, freedom and friendship afforded by the opportunity to play and share experiences in a safe and stimulating environment, with users travelling from Berkshire, Buckinghamshire, Oxfordshire, London and beyond. Wheelchair-accessible roundabouts and swings, elevated walkways allowing someone with profound and multiple difficulties to enjoy the excitement of 'climbing' trees, multi-sensory rooms to stimulate and relax, with specially-trained staff to provide help and support - these are just a few of the things on offer.

Based on a 2.5 acre site adjacent to the A4 in Taplow, near Maidenhead, the Playground is open to children and adults with all types of special need, however, mild or profound, their siblings and parents/carers. Open Tuesday to Saturday all year round, Fridays are reserved for adults with special needs. People visit with families and as individuals, or with groups from schools, playschemes, day centres and residential units.

The Playground is also used by a Youth Club and several local parents support groups.

The Playground is an OFSTED-registered day-care facility, run by a voluntary Board of Trustees, with on-site care provided by 6 full-time and ten sessional staff, supported by a loyal band of volunteers.

## Short Breaks

### RESPITE CARE FOR INDIVIDUAL CHILDREN AND ADULTS WITH SPECIAL NEEDS

The Playground has a limited number of respite care places, available on a 1:1 or 2:1 basis, subject to satisfactory completion of supervised induction period.

For more information on the Short Break scheme, please contact Gary Warrington, Playground Manager, on 01628 628599

Thames Valley Adventure Playground, Bath Road, Taplow, Maidenhead, SL6 0PR (for SatNav use SL6 0EF)

Tel: 01628 628599 Email: [theplayground@tvap.co.uk](mailto:theplayground@tvap.co.uk) [www.tvap.co.uk](http://www.tvap.co.uk)

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# 16+ / Adults

## Reading Mencap Clubs for 16+ and Adults



Where: 21 Alexander Road, Reading RG1 5PE

for further details, bookings or to find out if transport is available please call: 0118 966 2518

Email: [office@readingmencap.org.uk](mailto:office@readingmencap.org.uk) Website: [www.readingmencap.org.uk](http://www.readingmencap.org.uk)

### Monday Club

For Adults with severe learning difficulties and complex needs

**When:** Mondays 7.15 pm - 8.45 pm - **All year round**

**Activities:** Music, dancing, singing, craft activities - all run by professional carers. Cost £3

### Tuesday Club

For young people and adults with a variety of learning difficulties - aged 16-24 years and 25+ years

**When:** Tuesdays 7.15pm - 9.15pm. Two groups run on alternate weeks **Term Time** only.

This is a club for adults with a variety of learning disabilities.

Activities include cooking, going to the pub, fish and chip suppers & Barbecues, bowling, indoor sports, Wii and cinema nights etc. This club aims to encourage social interaction both at the Centre and in the community.

### Coffee Club and Lunch Club

For Adult members with a learning disability + carer if needed

**When:** Mondays 10.45am - 1.30pm - **All year round**

**Activities:** Bowling, cinema, choir, arts & crafts, gardening, cooking and lots more!

A social club which aims to encourage independence skills and increase confidence to access leisure activities in the community. The club is free but activities are charged at cost.

### Karaoke

**For:** Adult members

**When:** Last Wednesday of the month 7.30pm to 9pm throughout the summer

Refreshments provided, bring your favourite CD to sing along to!

### Adult Disco at Mencap

**When:** Last Thursday of the month except August & November 7.30pm - 9.30pm

### ME Project (Mencap Enables)

The ME Project is a user-led day activities service: members plan activities and support and encourage each other. Currently running on Tuesday's Wednesdays and Fridays 9.30am-3.30pm The Tuesday group is aimed at people aged 18-30 years old, Wednesday and Friday club aged 18+ - **All year round**. If you are interested in joining the ME Project contact us on 0118 966 2518 or drop into 21 Alexandra Road, Reading, RG1 5PE.

Email: [mecoordinator@readingmencap.org.uk](mailto:mecoordinator@readingmencap.org.uk)

## More Clubs for Adults...

### The Golden Planet Project Academy

**Where:** 252 Northumberland Avenue, Reading, RG2 7QA

Golden Planet Project Academy (GPP) is a social enterprise set up and run by people with learning disabilities. The GPP run a day services program called the Academy as well as the Friday night G8 Club. The Academy day services are based in South Reading Community Centre, 252 Northumberland Avenue, Reading RG2 7QA.

To find out more, including their occasional day trips, please contact Emma Baylis on tel: 0118 988 9686 or email: [emma@thegoldenplanetproject.co.uk](mailto:emma@thegoldenplanetproject.co.uk). These services are for those aged 16+ years but mainly take place in the daytime.

## Level Up - A Computer Club for young People aged 18 to 25.

Love video gaming? Want to meet new friends while enjoying all your favourite games on Xbox, Wii, and NintendoDS?

The Level Up Club is a new club for young adults aged 18 - 25 with an Autistic Spectrum Disorder (ASD).

The club will run **twice a month** on the first and third Saturday s at the earlier time of **2pm - 4 pm**.

The venue will also change from the BAS Office to **Katesgrove Children's Centre**, Waterloo Meadows, Elgar Road, Reading, RG2 0BN

If you are interested in Level Up and would like to know more about it or register an interest in attending, contact Ruth at [contact@autismberkshire.org.uk](mailto:contact@autismberkshire.org.uk) at the BAS office. We look forward to hearing from you. Tel: 01189 594 594

## Optalis - Out & about

**Out & About** provides evening and weekend opportunities for adults with a learning disability, we are able to start supporting young adults from the age of 17. The service was set up, initially with a view to providing 1:1 support for access to the community and we do this for some of our client group, but what has become the most popular part of the service are our group activities.

Should you wish to know more about our service, we can offer you a home visit, at your convenience.

Email: [outandabout@optalis.org](mailto:outandabout@optalis.org) or call 07833 293742

## Berkshire Phab

Berkshire Phab is a charity that helps disabled and non-disabled people share experiences and socialise, share experiences and enjoy activities designed for all abilities. We are open four days a week as a drop-in club for adults, and every Saturday for children and young people in our youth club. We run occasional outings, and offer a cooked lunch at our weekday club.

### Berkshire Phab Club

Monday - Thursday 10am - 4pm

For age 18+

£12 per day (part day available) Lunch £3



### Reading Phab Club

Wednesday evenings 7.30pm - 9.30pm

For ages 16+

£3 per session

The MAPP Centre, 22 Mount Pleasant, Reading RG1 2TD

Tel: 0118 916 8413 Email: [info@berkshirephab.org](mailto:info@berkshirephab.org) Web: [www.berkshirephab.org](http://www.berkshirephab.org)

## The Move Up Project

**Where:** Rising Sun, 26-30 Silver Street, Reading, RG1 2ST

**When:** Every Tuesday 10.45am 'til 4.45pm. And in the evening...Finches Bar, open from 7pm - 9pm.

Move Up is a project run by people with learning disabilities based at the Rising Sun Arts Centre. Move Up is a whole day of activities in a relaxed environment where you can learn a variety of creative skills and take part in exciting art-based projects.

All sessions are run by experienced artists and tutors with expertise in running classes and workshops in these art forms. A 'Snack Bar' is open all day, selling healthy snacks. The snack bar area is open for you to relax and meet friends whether you are taking part in classes or not.

Tel: 0118 986 6788 [www.risingsun-artscentre.co.uk](http://www.risingsun-artscentre.co.uk)

# Family Support

## Employ Me (Mencap)

Programme of support to help people with a learning disability to get a job.

The package is made up of:

- Pre-employment support - training individually or in small groups to develop the skills needed to get a job, work trials and placements
- an opportunity to experience work and develop skills in a real work environment support
- help to search for a job as well as write a CV and help with interview skills job coaching and in-work support
- help to learn

Ruth Collins or Truly Matthews 01865 84 964

E-mail [ruth.collins@mencap.org.uk](mailto:ruth.collins@mencap.org.uk) or [truly.matthews@mencap.org.uk](mailto:truly.matthews@mencap.org.uk)

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

## Peapods Support Group

Peapods is a parent-led charity providing support to families with physically disabled children aged 0-18 across Berkshire and the surrounding counties.

Peapods aim is to help parents feel less isolated by providing support, solidarity and friendship through a monthly Saturday club, social events and a successful online forum. Many families have described Peapods as a lifeline, especially in the early stages. Often parents will get advice from fellow parents that they could never get anywhere else - those little tips to get through normal everyday life that no-one else can teach you. Disabled children and their siblings feel less alone as they make friends and meet other families just like them.

For further information see our website at [www.peapods.org.uk](http://www.peapods.org.uk), contact Felicity Griggs on 07722 793393 or e-mail [peapods@peapods.org.uk](mailto:peapods@peapods.org.uk)

## Building for the Future (Our House)

Building for the Future has recently opened the area's first parent-run community centre for disabled children in Berkshire.

Based near Wokingham, the centre offers a sensory room, a soft-play area, a computer pod, a craft zone, a performance area, a chill-out room for disabled teenagers as well as a fully-accessible bathroom. There is also now a Saturday Club for physically disabled children of all ages. There is also a small garden as well as a parents' room and a kitchen.

The Centre is open to families with disabled children in the Wokingham Borough and surrounding areas (includes families living in Reading). Check out our timetable of events this summer <http://www.bftf.org.uk/timetable.php> We have our popular Saturday Clubs scheduled for June 20th and July 18th, plus twice weekly Stay & Play sessions throughout the holidays. We also have subsidised Physio Therapy sessions available.

Call Jane Holmes for more details or visit our website.

Tel: 0118 970 6704 Email: [jane@bftf.org.uk](mailto:jane@bftf.org.uk) <http://www.bftf.org.uk/>

"Our House", Charles House Annexe, Toutley Road, Wokingham, RG41 1QN

## Changing Places

Please follow the link for information on changing places in and around the area

[http://www.changing-places.org/find\\_a\\_toilet/location\\_search\\_results/10/distance.aspx?address=rg1,uk](http://www.changing-places.org/find_a_toilet/location_search_results/10/distance.aspx?address=rg1,uk) 22

# Family Support

## Reading Mencap Family Adviser Service

Lottery funding has enabled Reading Mencap to launch a new enhanced **Family Support Service** consisting of 3 new Family Advisers, 1 Family Support Worker and 1 Team Leader.

Our unique Family Support Service covers the Reading area in conjunction with other local support services for people with learning disabilities and autism.

To make contact with the Family Adviser Service call our helpline on 0118 966 2518 or drop in to Alexandra Road Monday to Friday 9.30 am—1.30 pm or the Hexagon fortnightly on Friday afternoons 1-3 pm.

This service compliments our Home Visiting Service for elderly carers and our Alpha Service for BME community families.

The Reading Mencap Family Advisers offer 1 to 1 support with any issues families are experiencing e.g with regard to benefits, social care, education etc.

## **Reading Information, Advice & Support Service for SEN (Formerly The Parent Partnership)**

Reading Information, Advice & Support Service for SEND offers free confidential and impartial advice and support to Reading parents and carers who have children (up to the age of 25) with special educational needs. The service also offers all parents (whether the child has special educational needs or not) advice and support with secondary transfer. This service operates term time only and can be contacted as follows:

Email: [iass@reading.gov.uk](mailto:iass@reading.gov.uk)

- Tel: 0118 937 3421
- [www.parentpartnership-reading.org](http://www.parentpartnership-reading.org)

For advice about secondary transfer call 0118 937 3242 or email [choice.advice@reading.gov.uk](mailto:choice.advice@reading.gov.uk)

## **ACRE Family Support Team (Alafia)**

Supporting black and minority ethnic families with a child (0-25) with additional needs or disabilities.

### **First Tuesday of the Month - Alafia Parent Carer support group**

Contact for location Tel: 01189510279 email: [info@acre-reading.org](mailto:info@acre-reading.org)

**Second Monday of the Month** Alafia at Special Needs Evening Krazy Playdays 5.30 -7.30pm. Come find out about Alafia. Alafia will pay for children registered with the service.

For more information and support please contact Alafia's Co-ordinator. Amelia Robinson Tel: 0118 951 0279  
Email: [amelia.robinson@acre-reading.org](mailto:amelia.robinson@acre-reading.org)



***Understanding & managing anxiety***  
***4 linked workshops for parent/carers***  
***Of secondary aged young people***  
***Evening course***  
***Thursdays: 15 Oct; 22 Oct; 5 Nov; 19 Nov***

**What will happen in the workshops?**

Four linked workshops, with practical activities to try between meetings. With only 10 families per workshop there will be plenty of time for discussion and to share ideas with each other.

**Content:**

- Understand the background to anxiety problems in ASD
- Identify triggers and responses regarding your young persons' anxiety
- Develop an action plan to cope with crises and meltdowns
- Plan longer term strategies to help you and your young person cope with anxious situations

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Dr Fiona Knott, Clinical Psychologist,  
Centre for Autism, University of Reading

With Parenting Special Children, a local parent led charity who run specialist parenting programmes, support pre and post diagnosis & a Sleep Service.



**Time:** 7pm-9pm  
**Day :** Thursday eve  
**Dates :** 15 Oct; 22 Oct; 5 Nov; 19 Nov  
**Cost :** £55\* for four workshops  
(max two adults per family)

**Contact:**

[admin@parentingspecialchildren.co.uk](mailto:admin@parentingspecialchildren.co.uk) or

Tel: 0118 9863 532

Cost of workshops subsidised by NHS  
Partnership Development Fund

\*£55 per family  
Please DO contact us if there are financial reasons why you wouldn't be able to attend the workshops

**PARENTING SPECIAL  
CHILDREN**

# ***Understanding & managing anxiety***

## ***4 linked workshops for parent/carers of children primary aged children***

**Wednesdays: 4 Nov; 11 Nov; 25 Nov & 9 Dec 2015**

### **What will happen in the workshops?**

Four linked workshops, with practical activities to try between meetings. With only 10 families per workshop there will be plenty of time for discussion and to share ideas with each other.

#### **Content:**

- Understand the background to anxiety problems in ASD
- Identify triggers and responses regarding your own child's anxiety
- Develop an action plan to cope with crises and meltdowns
- Plan longer term strategies to help you and your child cope with anxious situations

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Dr Fiona Knott, Clinical Psychologist,  
Centre for Autism, University of Reading

With Parenting Special Children, a local parent led charity who run specialist parenting programmes, support pre and post diagnosis & a Sleep Service.



**Time:** 9.45am – 11.45am  
**Day :** Wednesday  
**Dates :** 4 Nov; 11 Nov; 25 Nov; 9 Dec  
**Cost :** £55\* for four workshops  
(max two adults per family)

#### **Contact:**

[admin@parentingspecialchildren.co.uk](mailto:admin@parentingspecialchildren.co.uk) or

Tel: 0118 9863 532

Cost of workshops subsidised by NHS  
Partnership Development Fund

\*£55 per family

Please DO contact us if there are financial reasons why you wouldn't be able to attend the workshops

**PARENTING SPECIAL  
CHILDREN**

# Support Continued.....

## Parenting Special Children - Pre *and* Post Diagnosis Support

Parenting Special Children is a local charity and everyone that works for the charity is a parent of a child with an additional need. We aim to help parents/carers in many areas:

- A listening ear from our **Diagnosis Support Service**
- Talk to a fellow parent/carer with our **Peer Supporter Service**
- **Parenting Programmes** including strategies for Parents/Carers
- **Sleep Service** including Sleep Workshops and Sleep Clinics.

The **Diagnosis Support Service** offers a **one-to-one Peer Support Service** for parents/carers of children recently diagnosed with additional needs - a disability, learning difficulty, developmental delay or a genetic disorder. This service is for parents in the Berkshire West Area (Reading, Wokingham & Newbury areas). We also provide a **Parents/Carers' Information Room** at the NHS Dingley Centre in Reading that we have recently refurbished. This room has up-to-date information about local and national support services, and a reference library of books and magazines for families of children with disabilities. These information resources are supplied for parents/carers and for local professionals who support families around the time of a child's diagnosis.

[www.parentingspecialchildren.co.uk](http://www.parentingspecialchildren.co.uk) [dss@parentingspecialchildren.co.uk](mailto:dss@parentingspecialchildren.co.uk) Tel: 07990 761676

## Link Up

**Where:** Coley Park Children's Centre, St Mary's All Saints C of E Primary School, Wensley Road, Reading, RG1 6DU

**When:** Once a month, Tuesday 1.00pm - 3.00pm

A monthly lunch club for parents/carers with children who have special needs. Why cope alone when you could be part of our group, receive help and give support to others? Play area for the children.

Cost: There is no charge, but donations are always welcome.

Contact Linda for dates and information: [lpayne@st-maryallsaints.reading.sch.uk](mailto:lpayne@st-maryallsaints.reading.sch.uk) Tel: 07775 920864

## Dingley Family & Specialist Early Years Centre

Provides a place where children, from birth to five years, with special needs and disabilities come to develop skills through therapeutic play. It is a place where their parents and carers are welcome, where they can make friends and share experiences.

**Where:** Kennet Walk Community Building, Kenavon Drive, Reading RG1 3GD

**For further details:** Tel: 0118 327 7424 Website: <http://www.dingley.org.uk/centres/reading>

## Snowflake Centre

A Nursery Setting for children who have been diagnosed with a High-Functioning Autism Spectrum Condition. We are based within New Bridge Nursery School, Montague Road, Caversham RG4 5AU. We are an experienced and caring team. Our team works closely with the children and their families. We welcome visits, and any questions you may have.

To speak to a member of staff please call the Snowflake Centre on 0118 937 5580

[www.newbridgenursery.reading.sch.uk](http://www.newbridgenursery.reading.sch.uk)

## Reading Families Forum

Do you have a child or a young person with disabilities in your family? Do you want to know what support is available for you and your family?

Reading Families Forum is an independent and voluntary group of parents, carers and organisations supporting families who have children and young people with disabilities.

Our website is the place to ask us questions about things that matter to families in Reading or leave feedback about the services your family receive. You can also find information about local and national organisations, local events for parents, or contact us about joining the Forum.

[www.readingfamiliesforum.co.uk](http://www.readingfamiliesforum.co.uk) [fran.morgan.rff@gmail.com](mailto:fran.morgan.rff@gmail.com)

Tel: 07516 185380





Disability  
Information  
Scheme

Reading

This service is provided by Reading Borough Council

Contact us on:

Tel: 0118 937 3777

Email: [disc@reading.gov.uk](mailto:disc@reading.gov.uk)

Website: [www.reading.gov.uk/disc](http://www.reading.gov.uk/disc)

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**0118 937 3777**  
[www.reading.gov.uk/disc](http://www.reading.gov.uk/disc)



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