

## NEWS FROM THE CAN NETWORK

Welcome to the October issue of the CAN Newsletter. For any parents who are travelling this half term holiday Gatwick has opened a sensory room for autistic passengers <https://www.moodiedavittreport.com/gatwick-opens-sensory-room-for-autistic-passengers-in-uk-airport-first/>. [Heathrow](#) has a guide to the services it offers for customers with Additional Needs. [Edinburgh Airport](#) has published a social story for children who are going to the airport which is worth looking at.

The Mayor of the Borough of Bracknell Forest, Alvin Finch, is hosting a fundraising event for his charity of the year Wokingham, Bracknell & Districts Mencap, which supports local people with learning disabilities to be included in their community. The Mayor's Fundraising Sunday Lunch, Sunday 28 October 2018 13.00 to 16.00, This lunch, with LIVE acoustic music, will be held at the Koh-I-Noor, 3-4-5 Priestwood Square, Windlesham Road, Bracknell, RG42 1UD, Tickets £18 per adult or child over 12 (children aged 5-12 £8, under 5s free). The ticket price includes a three course 'all you can eat' buffet and LIVE acoustic music from local musicians. There will also be a raffle and silent auction. [Book tickets here](#) and support all the wonderful work of Wokingham, Bracknell & Districts Mencap. Remember to search the [Local Offer](#) for details of all the activities and information on services. Kind regards, Maria Walker. Email: [CAN.Network@wokingham.gov.uk](mailto:CAN.Network@wokingham.gov.uk) Tel: 0118 974 6897. If you wish to unsubscribe to this newsletter please [email me](#).

## ACTIVITIES FOR FAMILIES AND CHILDREN

**SENsory Astronights** is a relaxed, after-dark exploration of the Science Museum for children with special educational needs and disabilities. For more information go to this link:

<https://www.sciencemuseum.org.uk/see-and-do/sensory-astronights>

Look out for **Scarecrows** as the brand new Lower Earley Scarecrow Trail is running between Saturday 20 October and Wednesday 24 October. For more details email :

[lowerearleyscarecrows@hotmail.com](mailto:lowerearleyscarecrows@hotmail.com). Trail maps will be available at Ashby Carpets, Asda and Rustic Café for £1

**Animal Ranger Days** Tuesday 23 October - Friday 26 October, 10.30am - 3pm on all days

£28 per session. Fun educational days for young children who love animals. Make new friends, learn and have a great time. Lots of animals big and small, Pigs, Llamas, Alpacas, Goats, Chickens, Ducks, Rabbits, Guinea Pigs, Gerbals, Rats, Snakes, Reptiles, Chinchillas, Stick Insects, Spider, Dog.

**Dingley's Promise** . Friday 9th November 1.00pm to 2.30 pm Stay and Play for pre-school children with SEN The second Friday of every month ( term time.) All Saints Primary School, Norreys Avenue, Wokingham, RG40 1UX . A play and stay session for children and their parents/carers, providing fun opportunities to increase social interaction, creative play, physical skills and communication. All welcome. £2 ( Voluntary donation) . Contact Lynda Bolster, Tel: 07495446053

**Chill Out Sessions** Tuesday, 20 November ,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. Parents are responsible for their children during the session. Telephone 0118 908 8181 .

**Building for the Future**, Fridays, (Term Time) 9:30am - 11:30am . Charles House, Toutley Rd, Wokingham RG41 1QN. A small, friendly and inclusive weekly playgroup for babies and children with any additional need or disability. No diagnosis necessary. A range of play activities and experiences provided as well as the opportunity for parents to relax and meet. Pre school age siblings

very welcome. Telephone: 0118 978 8124. During school holidays we offer Stay & Play drop in sessions, enabling the whole family to relax at the Centre, enjoy our facilities, socialise and play.

**Peapods Saturday Club** Saturday 27th October, 10.30am - 12.30pm, We are excited to invite you all to Peapods Halloween Party at Our House, Toutley Road, Wokingham RG41 1QN in conjunction with Building for the Future.

Come and enjoy crazy kraft, scary snacks and party pumpkins and show off your best Halloween fancy dress. We will have full use of the facilities at Our House, including soft play, sensory room, and computer games room.. 10.30am- 12.30 pm., Peapods is a parent-led charity providing support to families with physically disabled children across Berkshire. Peapods aims to help parents to feel less isolated, providing support, solidarity and friendship through a monthly Saturday club, social events and through a successful online forum. 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). For more details contact: [peapods@peapods.org.uk](mailto:peapods@peapods.org.uk) or phone Angie on 07765 896040.

**Building for the Future** Saturday Club, the third Saturday of the month at **Our House**. 11am - 1pm for children with a Physical disability and Down Syndrome. Children with Autism and similar additional needs at 3pm - 5pm. We provide a variety of activities with themed events as advertised. Children remain the responsibility of their parent/carer throughout these sessions. Siblings welcome. Refreshments are provided. Contact [admin@bftf.org.uk](mailto:admin@bftf.org.uk) for dates and bookings.

**Smiles for Sibs** Monday, 29 October, 4.15pm - 6.00pm, Woodley Airfield Community Centre, Hurricane Way, Woodley RG5 4UX. A group for siblings of children with a learning disability/ASC, aged 8 -13, to have fun and let off steam. Run by **Wokingham Bracknell & Districts Mencap**

**Wiggly Worms at Brambles Children's Centre**, Every Thursday, 18 October, 25 October 9:30am -11:30am, Budes Gardens, Wokingham. This is a relaxed and friendly free play session for parents and their children who have been diagnosed as being on the autistic spectrum, or have been referred to the paediatrician for a diagnosis. Family Worker Kate will be there to support, along with other families who have had similar experiences to you. For more info call Kate on 07900071017

**Lego Club Woolhampton** Saturday, 27 October, 9.30 -10.30am, Woolhampton Village Hall. For children aged eight to 15 with an autism spectrum condition. Cost £5 per session. For more information about the club and to book, call 01189 594 594 or email [contact@autismberkshire.org.uk](mailto:contact@autismberkshire.org.uk)

**READING GAMES CLUB**, Saturday, 27th October, 2018, 2:00 pm - 4:00 pm, Emmer Green Youth & Community Centre. This is a club for children aged eight to 15 with an autism spectrum condition diagnosis, or on the CAMHS waiting list for an ASC assessment and their siblings and it meets on the second and fourth Saturdays of each month to play games and enjoy a range of other activities. There is a charge of £5 per child, per meeting. For more information about the club and to book, call 01189 594 594 or email [contact@autismberkshire.org.uk](mailto:contact@autismberkshire.org.uk)

**Autism Berkshire Family Fun Days Sunday** 25 November, Thames Valley Adventure Playground Maidenhead, The fun days give families the chance to relax and have fun in a safe, stimulating environment, specially designed for adults and children with special needs. The events are also a good opportunity to meet other parents and siblings of people living with autism. There is lots to do indoors and outdoors, whatever the weather, with the facilities including a sandpit and other outdoor play equipment, bikes, a soft playroom, sensory room and art and craft activities. TVAP fun days run on Sundays from noon to 4pm. Families are invited to bring their own lunch and we provide drinks. Please note that fun days are only open to Autism Berkshire members and their families. If you are not a member, please join us to be able to book tickets. [Click here](#) for details of membership.

## SPORTING ACTIVITIES

Full details of sports and leisure activities can be found [here](#)

## ACTIVITIES FOR TEENS AND YOUNG ADULTS

**Youth Club @ Addington**, Wednesday, 18 October, 7.00pm – 9.00pm. The Youth Club @ Addington School runs every Wednesday during term-time. Young people with learning disabilities between the ages of 13 (year 9) and 19 are welcome to come along for a fun filled evening. Each week a variety of different activities are planned, including board games, sports, movie nights, pizza making, and more, plus a tuck shop.. For more information, telephone 07551 15907

**@ The Acorn Halloween Party,** Tuesday 30 October 2018, 7.00pm -9.00pm– Tuesday 30 October , 7pm – 9pm , The Acorn Community Centre, Wokingham. This is a social group for people 16 years old and over, which includes those with complex and profound needs. People have the opportunity to take part in activities such as wheelchair hockey, Frisbee, Zumba, music or just chill out and talk to friends

**bPhap Saturday Youth Club** 9.30am to 1pm. MAPP Centre 22 Mount Pleasant, Reading. The purpose-built Berkshire Phab centre is open to children every Saturday with and without disabilities. Activities include computers, arts, music, sensory room and outdoor play. £3 per session. There is also a week day club Monday to Thursday, 10am to 4pm. Aged 18 and over. £17 per day (part-day available), lunch £3.50

**The Friday Alternative /TGIF** Dinner/Drinks. Friday 26 October , 7.00pm. Ye Olde Leathern Bottel, 221 Barkham Road, Wokingham, RG41 4BY. This is a bi- monthly social group for adults aged 16+ with Asperger Syndrome or high functioning Autism. The group usually meets between 7 pm and 9 pm. Participants enjoy various activities such as pub meals, visits to museums, bowling, cinema trips and outings. For further details please contact the office on 0300 777 8539.

**The Three Frogs** , Thursday, 18 October 2018 from 7.00pm -10.00pm . A social group for adults (17+) 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. Venue: The Three Frogs Pub, 222, London Road, Wokingham, RG40 1SW. Usually on the third Thursday of every month. For more details contact: [3frogs@asdfamilyhelp.org](mailto:3frogs@asdfamilyhelp.org) or or call/text Jayne 07733 601755

**Challengers Youth Scheme Reading** Reading Youth schemes run every Saturday for ages 13 -18. 10am to 4:00pm . £22 per day. There are spaces at every Youth scheme for young people who need 1:1 support

**197 Club** . Monday 5 November, 2018, 6:30 pm - 9:30 pm, Meet and Chat at The Outlook - 74 King's Road, Reading RG1 3BJ 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](mailto:197club@autismberkshire.org.uk)

**Level Up club** Saturday, 20th October, 2018, 2:00 pm - 4:00 pm,. Emmer Green Youth & Community Centre , Grove Road, Reading, RG4 8LN . The club is open to young people aged 16 to 25 with autism spectrum conditions who live in Berkshire. It meets on the first and third Saturdays of each month to play video and board games, including Pokemon TCG. There is a charge of £5 per person, per meeting. For more information about the group or to request an application form, call 01189 594 594 or email [contact@autismberkshire.org.uk](mailto:contact@autismberkshire.org.uk)

**Paul's Karaoke**, Wednesday 17 October, 7.30pm – 9.00pm at the Rose Street Methodist Church, Wokingham . The group is open to anyone over the age of 16 who has a learning disability. There is a small charge of £3 per session to cover costs.

**Youth Club @ Addington.** Wednesday 17 October, Wednesday 24 October, 7.00pm -9.00pm. This social group is for young people of Year 9 and upwards with a learning disability/ASC and gives them a chance to socialise and have some fun.

**The Autism Group - Console Gaming Club** ages 16 to 25. Alternate Saturdays, 2:00pm- 4:30 pm, Braywick Heath Nurseries 41 Braywick Road, Maidenhead. A social group for young people with ASD, based around gaming on popular consoles such as the PS4, Wii U or Xbox. £7.50 includes refreshments. Tel Ruth Barlow on 07454 375071 for more information.

**Friday Night Project** 19 October 7.00pm-9.00pm, St Crispin's Leisure Centre, Wokingham.£5 per week ( pay-as-you- go). Careers go Free. This weekly social group is for people with disabilities .

## What's on at the Cinemas

**Vue's** next autism friendly film screening is Incredibles 2 on Sunday 28 October at 10.15am

**Showcase's** next autism friendly film is Smallfoot on Sunday 11 November at 10am

## DROP IN SESSIONS FOR PARENTS/CARERS

**ASD Family Help.** ASD Family Help Parent/Carers Monday Support Group . Every Monday, 10:30am to 12:00 noon.( except bank holidays or Christmas/New Year). Events are open to all affected by ASD or associated conditions (eg. Dyslexia, dyspraxia, OCD, Anxiety, PDA, ADHD etc).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. Younger children welcome.

**ASSIST** Drop in Sessions. Monday 12 November 12.30 -3.00pm , Woodley Airfield , Hurricane Way, Woodley. 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. Please be aware that these drop in sessions alternate between Woodley Airfield and Bridges Resource Centre.

**SENDIASS** Drop in Surgeries, Thursday 15 November , 10.00am -12 noon, Wokingham Youth & Community Centre, 35 Reading Road, Wokingham. Wokingham SEN in conjunction with Special Educational Needs and Disability Information Advice and Support

Service (SENDIASS) are offering drop-in sessions for any Special Educational Needs related queries for young people, parents, carers, educators and practitioners

**Dingley's Promise Coffee morning** for parents with a pre-school child with Special Educational needs. Monday 29 October 9.30am -10.30am, Wokingham Methodist Church ,Rose Street,Wokingham. This group meets the fourth Monday term time only. An opportunity to share ideas, advice, experiences, challenges and achievements with a family support worker present.£2 voluntary donation.

**Autism Berkshire** Drop in advice Session,( term time only) Tuesday, 30 October, 10.30 -1.30, 40 Caversham Road, Reading. Come and talk to us . No appointment needed, at the Autism Berkshire office between 10.30am and 1.30pm every Tuesday

## WORKSHOPS/TRAINING

**ASSIST Workshop** : Drawing whilst talking – level 2, Tuesday 6 November 2018,Registration 9.30am.Start time 9.45am until 12Noon.How to use drawing as an intervention whilst having a conversation. Enabling the exploration and enhancement of conversational skills, social understanding and perspective of others, seeing it from their point of view. Booking essential. ASSISTworkshops@wokingham.gov.uk. Tel: 01189088053. Details of all the Autism workshops run by ASSIST up to December 2018 can be found by clicking [here](#)

**Parenting Special Children**, Pre and Post-Assessment Workshops , Anxiety and ADHD (2nd of 3) – Wokingham, Tuesday 6 November 2018 ,6:45 pm - 8:45 pm, Our House Toutley Road Wokingham, Berkshire RG41 1QN United Kingdom. For more information and to book: Tel : 0118 9863532

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

**Sleep Course for Practitioners** – Friday, 16 November 2018 from 09:30 to 13:00, Wokingham Waterside Centre Thames Valley Park Drive , Earley , Reading RG6 1PQ. £25. This is a half-day (morning) course for professionals working with children and adults with neuro-developmental conditions (e.g. Autism, ADHD). Contact

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

Details are now available for the **Triple P Transitions Parenting Courses** for Spring 2019

There is also an information sheet explaining the different areas covered on the course

Dates: Tuesday 26 February, Tuesday 26th March 2019, Venue: Brambles Children's Centre

Daytime course , 9.30am— 11.30am, Evening Course — 7pm — 9pm . For more information and to book please contact Jane Fletcher, <mailto:parentingcourses@wokingham.gov.uk> with contact details and which sessions are of interest.

## MISCELLANEOUS

**The Children's Trust** handbook for teenagers affected by acquired brain injury, Me and My Brain, is Runner Up at the BMA awards. Handbook is free to order: <https://www.braininjuryhub.co.uk/information-library/books>

**Help required.** Volunteers needed for [Look Beyond Theatre](#) which is an exciting and innovative drama group for young adults with additional needs aged between 13-22.

The aim of each session is to increase social interaction, develop transferable life skills and enhance communication whilst having lots of fun! Look beyond Theatre meet for a 1 hour class every Thursday (term time only) at Coopers Hill Youth and Community Centre in Bracknell. We are currently looking for volunteers to help us with our wonderful group. Tel Carla Bellis 07940007695, [mailto:look\\_beyond\\_theatre@yahoo.com](mailto:look_beyond_theatre@yahoo.com)

**Fun 2 Sing Carers Choir**, All Wokingham Area Carers are invited to join us for FREE weekly singing sessions on Tuesday afternoons, from 1pm to 2.30pm, at Wokingham Methodist Church, Rose Street, Wokingham RG40 1XS. Contact Victoria: [info@voxskool.com](mailto:info@voxskool.com) / 07776 133 507

**Thumbs Up Club** Job Vacancy. After School Club Supervisor. 20 hours a week. (3pm-6:30pm Mon-Fri + 2.5 hours planning/admin)- termtime only. £12.35 per hour , based at Addington School, Woodley.

Experience with children with Special Needs essential. Management/supervisory experience preferred, training will be given. Please contact personnel.<mailto:personnel.thumbsupclub@gmail.com> for more information, job description and an application form.

**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](#)

[SENDIASS](#)

[The National Autistic Society](#)

[Wokingham GO!](#)

[Wokingham, Bracknell & Districts MENCAP](#)

[Wokingham Learning Disability Partnership Board](#)