

NEWS FROM THE CAN NETWORK

Welcome to the January 2019 issue of the CAN Newsletter and a belated Happy New year to everyone. As it is a new year I would like to remind parents to check the expiry date on the CAN cards. The process to renew a card is simply to email or post a current photo of the card holder with your child's name, address and telephone numbers, as you may have moved since registering your details on the database. Full details of activities and services can be found on [our local offer guide](#). For more information about the Local Offer please read the [Local Offer explained](#). As always please feel free to contact me with your comments and suggestions or if you no longer wish to receive this newsletter.

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

ACTIVITIES FOR FAMILIES AND CHILDREN

Dingley's Promise . Every 4th Monday join parents for a Coffee Morning . Monday January 28 , 9.30am -10.30am, Methodist Church, Rose Street, Wokingham. Terri Walsh from [REACH](#) will be in attendance (SEND Voices) at this session

Dingley's Promise Stay & Play. Friday 8 February, 1pm – 2.30pm, All Saints School, Norreys Avenue, Wokingham.

A play and stay session for children with Special educational needs & disabilities aged between 0-5 years and their parents/carers, providing fun opportunities to increase social interaction, creative play, physical skills and communication. It is also an opportunity for parents/carers to form friendships with other parents and share knowledge and experiences, with the support from our Family Support Worker. Dingley provides a place where children from birth to five, with additional needs and disabilities can develop skills through play under the supervision of qualified staff. Parents and carers are also welcome and for them Dingley centres are places to make friends and share experience. There are also stay and play and coffee morning sessions in Reading . For more details about stay & play or the coffee mornings contact Lynda Bolster, Family Support Worker on: 07495446053 or Lynda.bolster@dingley.org.uk

VIP Session. Tuesday 22 January , 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

Building for the Future Fridays usually twice a month, 9:30am - 11:30am . Our House, Toutley Rd, Wokingham RG41 1QN. A small, friendly and inclusive weekly playgroup for babies and children with any additional needs 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.

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 for dates and bookings.

Smiles for Sibs Monday 21 January , 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 Ambleside Children's Centre, Come and join us, every Tuesday 1.00pm-2.30pm (Term Time Only) for a relaxed and friendly 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. A non-judgemental, safe environment for you and your child to play. A Family Worker will be there to support, along with other families who've had similar experiences to you.

Wiggly Worms at Brambles Children's Centre, Every Thursday, 9:30am -11:30am, Budes Gardens, Wokingham. relaxed and friendly 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've had similar experiences to you. For more info call Kate on 07900071017.

Reading Games Club Saturday 26 January, 2pm-4pm, Emmer Green Youth & Community Centre, Grove Rd, Reading. This 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, 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. For more information about the club and to book, call 01189 594 594 or email contact@autismerkshire.org.uk

SPORTING ACTIVITIES

Wokingham Borough Council's sports programme for children and adults with additional needs can be found [here](#). Activities range from swimming to football to Trampolining and much more.

Autism Friendly Football, Sundays (Term Time) At Maidenhead United Football Ground, York Rd, Maidenhead.

Sessions run by FA Level 2 qualified coaches who have completed the NATIONAL AUTISTIC SOCIETY'S autism and sports training. . Sessions are delivered in small groups and they can take additional bookings for their siblings or friends. 9am - 10am, ages 4-7 Yrs, 10am - 11am ages 8-11 Yrs, 11am - 12pm ages 12-16 Yrs.

Wokingham Waterside Centre is fully wheel chair accessible. Our qualified instructors are available to provide opportunities for children and adults with additional needs and there is specialist equipment available including hoists. The Centre offers a number of activities including katanuig, kayaking, canoeing and dragon boating. Wokingham Waterside Centre is a unique, riverside, water sport and conference venue set on a picturesque stretch of the river Thames at Thames Valley Park in Berkshire.

SEN Basketball Camp, Monday 18 February 2019, 10am until 12 noon, John Madejski Academy Northumberland Avenue, Reading. Basketball Camp for boys and girls age 8-18 with additional needs. £12. Details of the weekly programme can be found [here](#).

SportsAble Junior is a sports club for children under 18 with physical and sensory disabilities. It teaches a wide variety of disability sport for children including Wheelchair Basketball, Boccia, Short Tennis, Athletics, New Age Kurling and Swimming. It is based in Maidenhead. For more details contact sportsdevelopmentofficers@sportsable.co.uk or call 01628 627690.

ACTIVITIES FOR TEENS AND YOUNG ADULTS

Acorn Social Group Tuesday, 22 January, 7-9pm. Biscuit and cake decorating, Acorn Community Centre, Woosehill, 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. There is a small charge of £3 to cover refreshments

bPhap Saturday Youth Club, Saturdays 9.30am to 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. Activities include computers, arts, music, sensory room and outdoor play. £5 per session (meal included) . 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, Friday 25 January 2019. Dinner/Drinks, 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. Wokingham. 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 our office on 0300 777 8539.

The Three Frogs, Third Thursday of every month. 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. For more details contact: 3frogs@asdfamilyhelp.org or or call/text Jayne 07733 601755. Details of all events can be found on [Facebook](#)

Challengers Youth Scheme Reading Reading Youth schemes run every Saturday for ages 13 -18. 10am to 4:00pm . £20 per day. There are spaces at every Youth scheme for young people who need 1:1 support . In addition they run programmes on week days during half term and during the Summer & Easter holidays. Details of the full Youth scheme programme can be found [online](#). If you are a new parent, you will first need to register with Challengers. To do that, visit [Challengers Booking Website](#) or call the Booking Line on **01483 230 939**. You will then be asked to complete a 'First Visit' at Reading Youthscheme – this is so that you can meet the team and see the scheme in action. Once you have attended a First Visit, you will be able to book sessions for all Challengers Youthschemes, including Reading.

197 Club . Bowling. Monday, 21 January, 6:30 pm - 9:30 pm. Wokingham Superbowl - Wellington Road

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 Saturday, 19th January, 2019, 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

Look beyond Theatre Group, Thursdays, 7-8pm. This club is an exciting and innovative drama group for young adults with additional needs aged between 13-22. The aim of each session will be to increase social interaction, develop transferable life skills and enhance communication whilst having lots of fun! The Club meets for an 1 hour class every Thursday (term time) and is led by an experienced, enthusiastic drama teacher, who has extensive special needs experience. The venue is Coopers Hill Youth and Community Centre, Crowthorne Road North, Bracknell, RG12 7QS For more information email Carla Bellis: carlabellis_345club@yahoo.com

Youth Club @Addington, Wednesday 23 January, 19.00 to 21.00, Addington School, Woodlands Ave, Woodley RG5 3EU. The theme will be Cooking. 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 youth club is run by experienced staff and volunteers and the young people enjoy a variety of activities which regularly include arts and crafts, games, computers, Wii and cooking plus occasional cinema trips and outdoor activities.

Paul's Karaoke, Wednesday 13 February, 7.30pm – 9.00pm at the Rose Room, Bradbury Centre, Wokingham RG40 1XS. 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.

The Autism Group - Console Gaming Club ages 16 to 25, Every Two weeks on a Saturday , 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. For more information email Ruth : clubs@theautismgroup.org.uk or telephone : **07451 375071**

DROP IN SESSIONS FOR PARENTS/CARERS

ASD Family Help. ASD Family Help Parent/Carers Monday Support Group , Monday 21 January, 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. Younger children welcome.

Special Educational Needs (SEN) drop in surgeries, 14 February , 10.00am -12 noon, Wokingham Youth & Community Centre 5 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

Wokingham Hub Carers Support Group 13 February This group meets every 2nd Wednesday of the month 10 -12 Noon, The Berkshire Care Home, 126 Barkham Rd, RG41 2RP Tel 0118 324 7333. Meet other carers over a coffee.

WORKSHOPS/TRAINING

Autism specific workshops from the Wokingham [ASSIST team](#). A series of workshops covering a host of topics for parents of children on the Austistic Spectrum. Please note that Sensory 29 January and Understanding emotions 5 Feb are now full . If you wish to be on the mailing list please email: pam.breslin@wokingham.go.uk

MISCELLANEOUS

Re- launch of the Wokingham Borough Safer Places Scheme, Tuesday 5 February 2pm -3.30pm, Town Hall, Market Street, Wokingham. For more information contact Johan Baker 0118 974 6976
Come and find out about the changes to the scheme and apply for your Safer Places Card.

Reading Well for young people - Self Help Books . A collection of books to help our young people cope with difficult feelings and experiences.

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](#)

[RDCS](#)

[Scope](#)

[SENDIASS](#)

[The National Autistic Society](#)

[Wokingham GO!](#)

[Wokingham, Bracknell & Districts MENCAP](#)

[Wokingham Learning Disability Partnership Board](#)