

NEWS FROM THE CAN NETWORK

Welcome to the October issue of the CAN Newsletter. It was good to see so many families at the family Funday and there were lots of positive comments about the day. It was also a perfect opportunity to launch the [Short Breaks Statement 2017-18](#) which is now available on Wokingham Borough's website. It details how short breaks and support services for children and young people with disabilities and additional needs are organised, and how they can be accessed by you and your family. Please take the time to read this document and feed any comments or questions through the CAN Network: CAN.Network@wokingham.gov.uk Tel: 0118 974 6818. Kind regards, Maria Walker

ACTIVITIES FOR FAMILIES AND CHILDREN

Animal Ranger Days Tuesday 24 October – Friday 27 October, 10.30am-3:00pm. Heroes Farm, Maidenhead. A fun educational day for children who like animals. £25 per day. Ages 7 -16

Beauty & The Beast, Tuesday 5 December, 2pm. South Hill Park is once again putting on a Christmas Pantomime and this year it is Beauty and the Beast. Tuesday 5th December at 2pm there will be a special "relaxed" performance, which would be a great time for anyone with learning disabilities or autism to enjoy a fun afternoon at the theatre. Contact South Hill Park on 01344 484123 for more information and to book.

Butterflies Friday 3 November, Drop in between 1.00pm – 2.30pm. Venue: Dingley's Promise, Kennet Walk Community Centre, Kenavon Drive, Reading, RG1 3DG This is a Down Syndrome group who aim to meet once a month, to bring families together over a cuppa, to give each other support, help and guidance whether your child has not even been born, is at pre-school, school, college or working. This event is hosted by Dingley's Promise.

Dingley's Promise . Stay and Play Wokingham. Friday 13 October, Friday 10 November, 1.00pm to 2.30pm. All Saints Primary School, Norreys Avenue, Wokingham, RG40 1UX . All welcome. £2 (Voluntary donation) . Contact Emma Garcia : emma.garcia@dingley.org.uk . [book at eventbrite](#)

Chill Out Sessions Tuesday 25 October, 28 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. Telephone 0118 908 8181.

Building for the Future Friday 13 October, 27 October, 10 November, 9:30 - 11:30 . 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. Preschool 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. **Autumn Half Term Stay and Play** , Wednesday 25 October 2pm - 4pm and Thursday 26 October 1pm - 3pm

Peapods Saturday Club, Saturday 14 October and Saturday 4 November, 10.30am to 12 Noon, Our House, Toutley Road Wokingham, Berkshire, RG41 1QN. 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: angie@peapods.org.uk or phone Angie on [07765 896040](tel:07765896040).

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 16 October , 6.15pm - 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 Bridges Resource Centre, Wednesday 18 October, 10:00am - 11:30am, 109 ColemansMoor Road, Woodley
Every Wednesday (except term time.) Everyone is welcome to join this friendly and relaxed drop in stay and play session for parents and children with additional needs. Come and explore the excellent facilities of the Bridges Resource Centre. This session is for children with a diagnosis but also includes children awaiting diagnosis. Two skilled Family Workers, Kate and Laura will be there to provide support, along with other families who have had similar experiences to you. For more info call Kate on 07900071017

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 14 October, 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@autismberkshire.org.uk

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. The cost is only £1 per session. 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 159072.

SPORTING ACTIVITIES

Autism Berkshire Family Swimming Saturdays, November 4, 4pm – 5pm. Rivermead Leisure Complex, Richfield Avenue, Reading, RG1 8EQ. Sessions are open to families living with autism throughout Berkshire. Advance booking is essential and places are limited. Please ensure you provide details of how many adults and children will be attending each session to ensure sufficient lifeguards are on duty. Register online [here](#)

Aiming High Family swimming in Wokingham Saturdays, 14 October, 18 November, 6.30pm to 7.30pm. **Free** family swimming session at The Carnival Pool, Wellington Road, Wokingham RG40 2AF. For details of more dates, Email: chelsea.piggott@wokingham.gov.uk. Sessions also available Fridays 6pm -7pm. £1.50 per child, free for carers.

Oakwood Youth Challenge, Aiming High Session Tuesday 24 September, 9:30am- 12:30pm, from age 7- 17. £10

Bulmershe Gymnastics Club. Saturdays, 2.15pm to 3pm. Classes for children from 5+ with physical or learning disabilities or additional needs. (Term Times only)

Karate for children with additional needs. Norreys Church, Norreys Avenue, Wokingham. An inclusive karate class for anyone with a disability (ages 5+.) Ikkaido uses an adapted syllabus modified to the needs of each individual, making it an achievable challenge for everyone. All participants are graded and receive a colour coded belt.

Trampolining for children with additional needs, Thursdays (Term Time only) St Crispin's Leisure Centres for children aged 5-18 with additional needs. Contact: sport@wokingham.gov.uk

Live Well in Wokingham. Mental Health and Wellbeing programme

Mental Health and Wellbeing is Wokingham's physical activity programme for all those service users/residents who are experiencing and living with a mental health condition. Activities include, badminton, football, circuits. All sessions are free to attend and there's no need to book but instead just turn up and play. It's a great way to meet new friends in a safe, sociable and fun environment. Service users can either be referred by a health professional or self-refer themselves onto the programme. For further information please contact Sport on sport@wokingham.gov.uk or 01189 743728

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 katakanuing, 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.

ACTIVITIES FOR TEENS AND YOUNG ADULTS

@ The Acorn – Tuesday 17 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. There is a small charge of £3 to cover refreshments

bPhap Saturday Youth Club Saturday 14 October, 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. £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 . Wednesday 18 October, 7.30pm. Hollywood Bowl, The Point, Skimped Hill Lane, Bracknell, RG12 1. 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, Thursday 19 October . 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 or call/text Jayne 07733 601755

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. Details on the [Challengers Booking Site](#).

197 Club Monday, October 16: Meal for meal at Pizza Hut at the Oracle Shopping Centre in Reading. 6.30-9.30pm. This is a social group for over 18s, who have a diagnosis of an autism spectrum condition and their carers. For more details, contact the office on 01189 594 594 or email 197club@autismberkshire.org.uk

Level Up club October 21, November 4, 2:00 pm to 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

Wokingham Youth Group. Saturday October 21, November 4, November 18, 1:15 pm to 3:15 pm. Wokingham Youth Centre, 35 Reading Road, [RG41 1EG](#). This group offers an opportunity for children and young people aged eight to 17 with autism spectrum conditions or who are on the waiting list for an assessment and their siblings, to get together and enjoy ball games, table tennis and pool, board games and art & craft activities. Sessions are held fortnightly on Saturdays.(Term time only) For more information and to book, call 01189 594 594 or email admin@autismberkshire.org.uk

Paul's Karaoke, Wednesday 18 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.

The Autism Group - Console Gaming Club ages 16 to 25, Saturday 21 Oct, 4 November, 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.

What's on at the Cinemas

Vue's next autism friendly film screening is Despicable Me 3 on Sunday 29 October at 10.15am

ODEON's next autism friendly film is The Lego Ninjago on Sunday 29 October at 10:15am

Showcase's next autism friendly film is The Lego Ninjago Movie on Sunday 12 November at 10am,

DROP IN SESSIONS FOR PARENTS/CARERS

ASD Family Help. ASD Family Help Parent/Carers Monday Support Group , Monday 16 October, 10:30am to 12:30pm. The Monday Support Group is based at Woodley Youth and Community Centre , Hurricane Way, Woodley, RG5 4UX. Pop along for a FREE coffee or tea and a biscuit. Bacon Rolls are also available for £1. Younger children welcome.

ASSIST Drop in Sessions. Tuesday 17 October, 9.30am to 12 noon 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.

Special Educational Needs (SEN) drop in surgeries 19 October, 2 November, 16 November, 30 November, 9:30am - 11:30am, Highwood Annexe, Fairwater Drive, Woodley. 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

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 Autistic Spectrum.

Dingley's Promise & Contact A family, Kennet Walk Community Centre, Kenavon Drive, Reading. Free Information Workshops. Welcoming and informative sessions for parents and carers of children aged 0–5 who have additional needs. Saturday 4 November - Support & Information, Saturday 11 November - Building Parental Confidence, Saturday 18 November - Encouraging positive behaviour, Saturday 25 November - Money Matters. Contact Judy Trayford. Email : Judy.Trayford@cafamily.org.uk

MISCELLANEOUS

Me2 Club needs volunteers. Can you help? Me2 Club is a Wokingham based charity who enables children and young people with additional needs to attend mainstream activity clubs. Our volunteers attend an activity with a Me2 Club child and help them to get involved and get the most out of their club. The training is running on: Saturday 14 October 9am-5pm, Monday 13 , Wednesday 15 November 5pm-9pm. To attend the training all a volunteer needs to do is visit the [website](#) and fill out an application form, me2club.org.uk/volunteers .

Changing Places Toilet – The Lexicon, Bracknell. The Changing Places facility is situated in The Avenue Car Park. Access to this room is via a radar key. Please call 01344 596720

Autism Eye is an interesting online magazine free to subscribers.

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](#)