

NEWS FROM THE CAN NETWORK

Welcome to the March issue of the CAN Newsletter and I hope this finds you well in spite of the recent unseasonal weather. A warm welcome to all the new parents who have joined the CAN network. I would like to remind you that the CAN Network covers the 0-25 age group. Please forward this newsletter and share on your social media so that we can ensure everyone is aware of this service. Remember that anyone can subscribe to the information service without a diagnosis but the card is only available to those with a diagnosis. I would like to remind parents to check the expiry dates on your cards and cards can be renewed by emailing me with a new photo and any changes in address or mobile phone numbers. As the Easter holiday is rapidly approaching, I am including April activities. Remember you can find details of everything that is happening, by going to the **What's on** page and **Holiday Schemes** and find details of all the services on offer for children and young adults with additional needs in our **Local Offer Section**. We have produced a leaflet with details of the Local Offer and if anyone has not received it please let me know and I will put one in the post. As always, I welcome your comments and feedback. Kind regards, Maria Walker. Email: Maria.Walker@wokingham.gov.uk. Tel: 01189746818

ACTIVITIES FOR FAMILIES AND CHILDREN

Windsor Funfest, Sunday 25 March 2018 2pm to 6pm. This event run by Windsor Lions is for children with disabilities & learning difficulties and will be a great day out. Only parents and siblings will be allowed to attend. The Funfest will have exclusive use of Windsor Leisure Centre pool from 4pm. Attractions will include: - Bowling Skittles, Human Table Football, Obstacle Course, Soft Play Area, Bungee Run & Bouncy Castles. The backdrop will be the **leisure pool**, (wave machine, slides etc.) and we will have a Children's Entertainer for the younger children. **Booking essential**.

Animal Ranger Days at Easter, Monday 9 April - Friday 13 April 2018, 10.30am - 3.00pm on all days suitable for children age 7 years - 16 years. Cost £28.00 per child. A chance for your child to become an Animal Ranger for a day, looking after all our lovely animals at the Farm. Lots of different animals, including, Pigs/Goats/Alpacas/Llama/Shetland Ponies/Ducks/Chickens/ Rabbits/Guinea, stick insects. They will get involved hands on with all the animals, cleaning, feeding, exercising, and lots of petting and handling. Walk with the goats, feed the alpacas, hold a snake; a great fun educational day for children suitable for ages 7 - 16 years. For bookings contact : dawndingwall@btinternet.com

Dingley's Promise. Stay and Play, Friday afternoons from 1pm-2:30pm. Friday 16 March at Reading centre, Swings & Smiles. Friday 23 March at our West Berks centre –Easter theme and Swings & Smiles. All welcome. £2 (Voluntary donation). Contact Emma Garcia : emma.garcia@dingley.org.uk.

Building for the Future, 23 March, 27 April, 9:30am to 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 other parents. 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 and enjoy our facilities, socialise and play.

Building for the Future Saturday Club, 17 March, 21 April, 11am to 1pm for children with a Physical disability and Down Syndrome. Children with Autism and similar additional needs at 3pm to 5pm. We hold Saturday clubs at Our House every third Saturday in the month. Children of all ages are welcome with activities, toys and games for all abilities. Teen chill-out, gaming, sensory room, accessible PC's, soft-play, free play, drinks and snacks provided. Siblings very welcome. Parent/carer must stay. Refreshments are provided. Contact admin@bftf.org.uk to book.

Smiles for Sibs Mondays, 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. Debora runs this group and can be contacted on 07584 582776 or contact the office on 0300 777 8539.

Wiggly Worms at Bridges Resource Centre, Thursday 23 March, 10am to 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 Autism . 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 to 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 have had similar experiences to you. For more info call Kate on 07900071017

Reading Games Club Saturday, March 24, 2pm to 4pm, Emmer Green Youth & Community Centre, Grove Rd, Reading. This club is 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. 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. For more information about the club and to book, call 01189 594 594 or email contact@autismberkshire.org.uk

Parenting Special Children - Easter Family Fun Day @ Camp Mohawk, Saturday 7th April., 11:00am to 4:00pm. We are very pleased to be holding an Easter themed Family Fun Day for families of children with special needs living in Berkshire. There will be activities for all the family, including a sensory room, soft play, outdoor play, Easter themed craft activities, cake/biscuit decorating, nail painting and an Easter Egg Hunt at 2pm! Please note that the pool will not be open. Please bring your own packed lunch. There will be an opportunity to buy cakes, hot drinks and squash at a small charge. Children to be accompanied by a responsible adult. Adults are responsible for the children in their care at all times. This event is free for Berkshire families (two parent/carers and up to 4 children per booking). You can view Camp Mohawk online [here](#). Attendees must complete a PSC Registration Form when booking in order to attend. There are a limited number of places so please book as early as possible. If you are no longer able to attend please let us know so we can release places to other families. [Book here](#) We are very grateful to Children in Need for providing funding to allow us to host this event.

Peapods Saturday Club, Saturday 10 March, 10.30am to 12 Noon, Twyford Scout Headquarters on Loddon Hall Road in Twyford, Berkshire, RG10 9JA. Wheelchair Dance . Come along and try out Wheelchair Dancing with WOWD West Oxfordshire Wheelchair Dance who are affiliated to Para Dance UK. Saturday 14 April, 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). Peapods is a parent-led charity providing support to families with physically disabled children across Berkshire. For more details contact: angie@peapods.org.uk or phone Angie on [07765 896040](tel:07765896040).

ASD Family Help - Teen Club, 1st & 3rd Wednesday of each month from 4.30pm to 6.30pm.(Term Time only). A teen club for children with Aspergers, high-functioning autism or associated learning difficulties (dyslexia, anxiety, OCD, ADHD etc) and siblings of children with additional needs who are in Secondary school. Children must be able to access this activity on an adult to child ratio of 1:8. The aim of the club is to encourage socialising and making friends, plus getting out of the house for a few hours. £2.50 per session. Booking and assessment essential . Contact: Rachael@asdfamilyhelp.org

ASD Family Help Family FUN Drop In Session, 2nd Wednesday of each month from 4.30pm to 6.30pm (Term Time Only) A fun free session for all children with Autism, ADHD, or other related conditions. A fun session to give the whole family the opportunity of an after school activity at Building for the Future, [Our House](#) . No booking is required for this activity, please drop in during the opening times. Contact: rachael@asdfamilyhelp.org

Autism Friendly Screenings

Bracknell Odeon, Peter Rabbit on Sunday 18 March at 10:15am. **Vue's** next autism friendly film screening is to be **confirmed** on Sunday 25 March at 10:15am. **Showcase's screening** is The Greatest Showman (PG) on Sunday 11 March at 10am

My Ability Football , Mondays, 5pm to 6pm , Bulmershe Leisure Centre, suitable for ages 5-16. Turn up and Play. £35 for ten week course. Contact Craig Peters on 01189072159 or email Daniel Rook: dbrook@readingfc.co.uk. Details of other groups on the website.

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

Trampolining for children with additional needs, Mondays 5:30-7:30pm, Bohunt School, Aborfield , Ages 5 to 11, 6:30pm to 7:30pm. Ages 12 to 25 (Term Time only) Contact: sport@wokingham.gov.uk

Tag Rugby/Multi sports, Thursdays 5:30pm to 6:30pm, Rainbow Community Centre, Rainbow Park, Winnersh. 11 to 18 years, All disabilities welcome, including physical and special educational needs. Have fun and make new friends. This is a **free** activity For more information, contact joseph.pegg@london-irish.com . If you are on a CAMHS waiting list you're also welcome.

Taijitsu Weekly Sessions for children (aged 5 to 18) with ASD or any other learning difficulty and their siblings . £2.50 per child. Sessions held in two venues: Friday evening 6:50pm to 8:00pm at Finchampstead Baptist Church and Monday 6:00pm to 7:00pm at Windmill Primary School, Fernlea Drive, Wokingham. Booking essential. Waiting list for Monday sessions. Contact Rachael@asdfamilyhelp.org

Kanga Calm, relaxed trampolining session for those whom the noise of a standard bounce may be too much. Perfect for anyone with anxiety, autism or other access requirements. Open to all ages. Wednesdays 1-2pm and Sundays 6-7pm (term Time only) Red Kangaroo trampoline park, 8 Bridgewater Close, Reading, RG30 1JT. For further information or to book a session, go to www.redkangaroo.co.uk

ACTIVITIES FOR TEENS AND YOUNG ADULTS

Youth Club @ Addington Wednesdays 7:00pm to 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 £2 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 Bethanie Cook , on 07551 159073 or phone the office on 0300 777 8539.

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. £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

Challengers Youth Scheme Reading, Reading Youth schemes run every Saturday for ages 13 -18. 10am to 4:00pm . £21 per day. There are spaces at every Youth scheme for young people who need 1:1 support. Bookings now being taken for Spring term 2018 . Details on the [Challengers Booking Site](#).

Paul's Karaoke, Wednesday 14 March, 21 March, 7.30pm to 9:00pm, Rose Room, Bradbury Centre, Wokingham RG40 1XS. This group is for adults aged 16+ with a learning disability and meets twice a month from 7.30 pm to 9 pm Wednesday evenings at the Rose Room, Rose Street Methodist Church, Wokingham and they do what it says – sing! There is a small charge of £3 to cover venue costs. Soft Drink and Snacks provided. For further details contact 0300 777 8539 or admin@wokinghamencap.org

Friday Night project . A weekly social night for young people with disabilities. Activities include discos, dancing and more. 7:00pm to 9:00pm. St Crispin's Leisure Centre London Road, Wokingham

197 Club , Monday, March 19: Bowling at Wokingham Super Bowl. 7pm-9.30pm. Meet at the venue from 6.30pm. Monday, April 9: The Outlook. 6.30pm-9.30pm. This is a social group for over 18s, who have a diagnosis of an autism spectrum condition and their carers. For more details, contact the office on 01189 594 594 or email 197club@autismberkshire.org.uk

ASD Family Help Three Frogs Club, Thursday 15 March, Thursday 19 April. Social group for adults (18 plus) with Aspergers or Autism & their partners, friends or carers. 7:00pm to 10.30pm usually on the 3rd Thursday of the month, at Three Frogs Pub in Wokingham.

Level Up club , Saturday, 17 March, 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

Wokingham Youth Group. Saturday, 17 March, 2018, 1:15 pm - 3:15 pm, Wokingham Youth Centre - 35 Reading Road, Wokingham, Berkshire, 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) . If you would like to register your child/children for the Wokingham Youth Group, please [click here](#) to download a registration form. For more information and to book, call 01189 594 594 or email admin@autismberkshire.org.uk

The Friday Alternative, Wokingham. Friday 23 March 2018, 19.00pm. Meal and drinks. Twice a month social group for adults aged 16+ with Asperger Syndrome or high functioning Autism. The group meets every second Wednesday evening in a community setting and the last Friday of each month at Ye Olde Leathern Bottel, Barkham Road, Wokingham. The group usually meets between 7 pm and 9 pm but times vary depending on activity. Participants enjoy various activities such as pub meals, visits to museums, bowling, cinema trips and outings. The group members choose the activities. For further details please contact our office on 0300 777 8539.

The Ark. Male Sexual Health & Education, Saturday 17 March, 10am - 12.30pm
Discussions and resources to support consenting intimate, sexual adult relationships. Information about where to get contraception and individual health advice. Who is this for? Adult males with a learning disability and/or autism
Call us on 01344 266899 to book .

DROP IN SESSIONS FOR PARENTS/CARERS/WORKSHOPS

ASD Family Help. ASD Family Help Parent/Carers Monday Support Group ,19 March, 10:30am to 12:30pm. The Monday Support Group is based at Woodley Youth and Community Centre , Hurricane Way, Woodley, RG5 4UX. Pop along for a FREE coffee or tea and a biscuit. Younger children welcome. Our events are open to all affected by ASD or associated conditions (eg. Dyslexia, dyspraxia, OCD, Anxiety, PDA, ADHD) No booking needed.

Wokingham Carers' Coffee Morning. Tuesday 11 April, 10.00am till 12.00noon. If you would like to attend either coffee morning, please phone the office on 01344 777 8539, so that we can provide sufficient refreshments

ASSIST Drop in Sessions. Tuesday 27 March 9:30am to 12:00 noon at Bridges Resource Centre. Monday 30 April 12:30pm to 3:00pm at Woodley Airfield, Hurrican Way. 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.

Carers' Lunch. Tuesday 13 March, 12:12 to 2:00pm. Rose Street Methodist Centre, Wokingham RG40 1XS. Carers Lead at Wokingham Borough Council, Simon Lock will be coming along to talk to carers . This group is open to carers of someone with a learning disability or ASC. For further details please contact our Wokingham Family Liaison Worker, on 0300 777 8539 .

Autism Awareness Workshop Level 1 , Tuesday 20 March, 9:45am to 1:00pm. Woodley Air Field Youth Centre, Hurricane Way Woodley. An opportunity to build on your understanding of autism, and then think about how you can support an autistic person to promote positive behaviours, their understanding of their own and others emotions (including anger) and so support them to self-manage. Booking essential . Email: ASSISTworkshops@wokingham.gov.uk. For details of all the different autism workshops, click [here](#).

SEN UPDATE

SENDIASS Drop in Surgery Thursdays, 15 March, 19 April, 10am until 12 noon. Wokingham Youth & Community Centre,35 Reading Road, Wokingham, RG41 1EG. This is an opportunity for young people, parents, carers, educators and practitioners to bring any questions or concerns to our friendly team.

Latest news from the SEN team can be read here :

[Special educational needs and disabilities updates for the Spring term](#)

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](#)

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[Wokingham Learning Disability Partnership Board](#)