

NEWS FROM THE CAN NETWORK



Welcome to the September issue of the CAN Newsletter. I hope that everyone has had a good holiday and your children have returned to school refreshed and ready for a new term. The next big event for your calendar is The Local Offer live family fun day, Saturday 22 September , 11:00am -4:00pm at St Crispins Leisure Centre, Wokingham. Join us for a fun filled day with lots of free activities for the children, including Lou's Owls, trampolining, bouncy castle, sports activities and a climbing wall as well as a crèche. The event is FREE of charge. Tickets are available on [Eventbrite: Local Offer Live 2018](#). Please book a ticket for each person in your family attending. If you are not able to book, still come along. There will be lots of information stalls where you can find out more about services and activities that are available locally as well as staff from the Council. I look forward to seeing you all there. 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 Tel: 0118 9088053. If you wish to unsubscribe to this newsletter please [email me](#).

ACTIVITIES FOR FAMILIES AND CHILDREN

Legoland opens a sensory facility, the first of its kind in a theme park, which will provide a more comforting and calming experience for children with additional sensory needs. The Sensory room allows guests to access a range of sensory equipment including vibrating bean bags, soft seating, interactive projections, bubble tubes, infinity tunnels, tactile panels and soft lighting, as well as a UV room. Legoland is also one of several theme parks offering Changing Places accessible toilets. Others include Alton Towers, Chessington World of Adventures and Thorpe Park. Changing places map. <http://www.uktoiletmap.org/>

Dingley's Promise . Stay and Play for pre-school children with SEN The second Friday of every month (term time) 12 October, 1.00pm to 2.30pm. 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, 18 September 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. 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@bfff.org.uk for dates and bookings.

Smiles for Sibs Monday, 17 September, 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, 9:30am -11:30am, Budes Gardens, Wokingham. 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've had similar experiences to you. For more info call Kate on 07900071017

Lego Club Woolhampton Saturday, 22nd September, 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

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 159072.

SPORTING ACTIVITIES

See attached brochure with details of sporting activities for children and young people with additional needs

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 18 September , 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 28 September, 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 20 September . 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 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 Bowling Evening, Wokingham Superbowl. Monday, September 17 . 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 15 September, 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

Paul's Karaoke, Wednesday 19 September, 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 19 September 2018, 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.

What's on at the Cinemas

Vue's next autism friendly film screening is Nick Jr. Air Adventures on Sunday 30th September at 10.15am

Showcase's next autism friendly film is The House with a Clock in its Walls (12A) on Sunday 14th October 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. Tuesday 16 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 20 September, 11 October 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 24 September 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, Tuesday, 18th September, 2018, 10.30 -1.30, 40 Caversham Road, Reading. Members of our team are available to meet parents and carers to discuss autism-related matters without an appointment at the Autism Berkshire office between 10.30am and 1.30pm every Tuesday during school terms.

WORKSHOPS/TRAINING

Autism Awareness Workshop Level 1 from the Wokingham ASSIST Team. Tuesday 18 September, 9.45-1.00pm, Woodley Airfield Centre, Hurricane Way, Woodley, Reading, RG5 4UX. An introduction to Autism for parents and professionals. 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](#)

Autism Berkshire National Autistic Society Family Seminar on Understanding Autism. Wednesday, 26th September, 2018, 9:30 am - 2:30 pm, RISC, - London Street, Reading Berkshire RG1 4PS. This FREE course is suitable for parents and carers of children and young people with autism spectrum conditions, or whose children are on the waiting list for a Berkshire CAMHS autism assessment. It looks at what autism is, the assessment process at Berkshire CAMHS, where to get help,

MISCELLANEOUS

The NHS in Berkshire has published a booklet to support young people in times of emotional distress.

The **Little Blue Book of Sunshine** comes in two versions, one for the east of the county and one for the west, giving details of help available in each area. Click on the link to download them: [West](#)

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](#)