



NEWS FROM THE CAN NETWORK



Welcome to November/December issue of the CAN Newsletter. Christmas is nearly upon us and If you are looking for ideas for presents then you may be interested in these items: New Astronaut Doll Inspired by 8-year-old with Autism and ADHD called Loyal Companion Finn by Lottie <https://www.bbc.co.uk/news/uk-northern-ireland-foyle-west-45348537> and The Forgotten Forest is a diverse and inclusive personalised picture book. <https://www.kickstarter.com/projects/ohzoe/a-diverse-and-inclusive-personalised-picture-book> . The image of the child can include hearing aids, ear defenders, glasses or wheelchair, which is a lovely idea. It is the start of Panto season and details of shows with relaxed performances and [wheel chair friendly](#) can be found [here](#). BSL performances can be found [here](#). A Free Autism friendly Santa's Grotto will run on Sunday November 25, 11.30am -12.30 pm and Sunday December 16, 11.30am – 12.30. Working alongside the Rotary of Maidenhead Thames, [Stand out for Autism](#) are holding their first ever Autism Friendly Santa's Grotto in Maidenhead in the Nicholsons Shopping Centre SL6 1LB. There will be a sensory & calm down area, on booking you can let them know any special requirements i.e , if Santa should remove his beard & you can also bring your own gift for your child. They will be providing a calm, quiet, non bright grotto to offer a calmer experience of seeing Santa. Please email any specific requirements to Holly at standoutforautism@outlook.com . Slots can be booked on [Eventbrite](#). Remember to search the [Local Offer](#) for details of all the activities and information on services and [What's on](#) for a calendar of activities. All the Christmas events can be found [here](#). I wish you all a very happy and joyous Christmas. Kind regards, Maria Walker. Email: 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

Smiles for Sibs Monday 26 November , 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**

VIP Sessions Tuesday, 11 December , 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, Friday 23 November (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. Siblings welcome. Refreshments are provided. Contact admin@bftf.org.uk for dates and bookings.

Wiggly Worms at Brambles Children's Centre, Every Thursday, 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, 24 November, 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

Reading Games Club, Saturday, 24 November, 8 December, 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

SPORTING ACTIVITIES

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

ACTIVITIES FOR TEENS AND YOUNG ADULTS

Youth Club @ Addington, Wednesday, 28 November, 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 3.4.5 Club , Thursday 7pm -8pm (Term Time only) 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 and is led by an experienced, enthusiastic drama teacher, who has extensive special needs experience. For more information please contact Carla Bellis, Telephone, 07940007695, carlabellis_345club@yahoo.com

@ The Acorn Rock Painting, Tuesday 27 November 2018, 7.00pm -9.00pm, 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 Saturday 30 November, 9.30am to 1pm. MAPP Centre 22 Mount Pleasant, Reading. The purpose-built Berkshire Phab centre is open to children aged 5 -18 , every Saturday with and without disabilities. £5 including a meal. 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 30 November , 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.

Challengers 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 . Places must be booked in advance. Full details on [the Booking site](#).

197 Club Monday 3 December, 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

Level Up club Saturday, 1st December, 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

Paul's Karaoke, Wednesday 12 December, 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.

GAP Club – Group 2 , Saturday November 24 10:30 am - 12:30 pm. This Social Club for ages 9 to 13 meets every four weeks on a Saturday. Enjoy a range of activities including Console Gaming on Wii U and Play Station, Pokemon gaming on DS or Cards and all sorts of arts and crafts activities. If you are interested in attending this club please contact **Ruth** at clubs@theautismgroup.org.uk or call 07454 375071 . Venue Harmony Education Centre, 4 Cordwallis St, Maidenhead SL6, 7 BE. Full details of other clubs and the support and training the Autism group offers can be found on their [website](#)

Friday Night Project , 23 November, 29. November, 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 . Please bring support if you need this.



What's on at the Cinemas

Vue's next autism friendly film screening is **Hotel Transylvania 3** on Sunday 25th November at 10.15am

Showcase's next autism friendly film is **The Nutcracker and the Four Realms** (PG) on Sunday 9th December 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 Session. Tuesday 11 December, 9.30am to 12 noon, 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 6 December, 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

Autism Berkshire Drop in advice Session, every Tuesday(term time only) Tuesday, 27 November, 10.30 -1.30, 40 Caversham Road, Reading. Come and talk to us . No appointment needed.

WORKSHOPS/TRAINING

Wokingham Outreach Carers Service are holding a **Carers Rights day** on Friday 30th of November 2018 ,10.00am -1.30pm, where Carers can find out more about their rights. General Information on your rights as a Carer will take place at: The Bradbury Centre, Rose Street, Wokingham, RG40 1XS. 12pm-1.30pm, Information / question and answer session with Simon Lock from Wokingham borough council on Carers Assessments

ASSIST Workshop : Supporting Siblings, level 2, Tuesday 4 December. Registration 9.30am. Start time 9.45am until 12Noon. An opportunity to explore the impact on siblings of having a brother or sister with autism. We discuss the difficulties that this can bring as well as the benefits. Included within the workshop are lots of practical strategies and ideas that may be helpful in supporting siblings to understand autism, cope with their experiences and feel valued for who they are. 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, ADHD , Managing Behaviours Pre and Post-Assessment Workshops Tuesday 27 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, or <mailto:admin@parentingspecialchildren.co.uk>

[Five Tips for better sleep from Parenting Special Children](#)

Umbrella provides FREE training and learning to support healthy friendships and relationships. We still have some spaces left on these November/December sessions. **Female sexual health and education**, Saturday 24 November, 10am – 1pm Discussions and resources to support consenting intimate, sexual adult relationships. Information about where to get contraception and individual health advice.

Male sexual health and education, Saturday 1 December, 10am – 1pm. Discussions and resources to support consenting intimate, sexual adult relationships. Information about where to get contraception and individual health advice. Both workshops take place at he Ark Trust , The Space, 20-21 Market Street, Bracknell, Berkshire, RG12 1JG. Tel 01344 266899, Email info@theark.org.uk

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>

Fun 2 Sing Carers Choir, Nov 27, Dec 4, Dec 18. 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 / 07776 133 507

NHS England has information for people with a learning disability on how to use the 111 service.

ME2 invites parents with children 13+ to participate in a survey , to help them gain evidence of the need to help address social isolation in teenagers/young adults through our potential new project of a 'monthly meet up/mobile youth club'. <https://www.surveymonkey.co.uk/r/ZTZF6DC>

Wokingham Outreach Carers Service . Carers Funding is open to carers aged 16 and over. Carers can apply for grants of up to £300 for items or activities that will benefit them in their caring role e.g. · Breaks for carers, with or without the person they care for. Items for the home including cookers, fridges, beds, washing machines etc. ·Driving lessons and other travel costs relating to caring roles also Courses and materials to develop carers skills and personal development , Home repairs. For more information contact : 01183247333 Email us ask@berkshirecarershub.org



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](#)