

CAN Network Newsletter

May 2021

Days Out

Follow the links here for details of activities and days out in the locality and further afield. You will need to check individual venues for their current Covid safety measures and the booking systems they have in place.

- Wokingham Local offer
https://directory.wokingham.gov.uk/kb5/wokingham/directory/lo_whats_on.page
- Days out in Berkshire
<https://www.inyourarea.co.uk/news/days-out-in-berkshire-for-children-with-special-needs-or-disabilities/>
- Days out in Oxfordshire
<https://www.experienceoxfordshire.org/things-to-do/family-days-out-oxfordshire/>
- Days out in Hampshire
<https://www.hampshireattractions.co.uk/accessible-attractions-in-hampshire/>
- Days out in Buckinghamshire
<https://www.kidsdaysout.co.uk/kids-days-out-england/buckinghamshire.html>

Activities



Shinfield Rangers –

a local football club running SEN drop-in football sessions every Sunday. Free of charge for children aged 4 - 12 if they are not able to access any mainstream football sessions. The coaches are fully trained, have DBS checks in place, and the scheme is fully supported by the FA. This scheme won the County FA project of the year in 2019 and are nominated finalists for the Get Berkshire Active community project of the year 2019/20! **(See attached flyer)**

The Ark

The Ark has different activities offered throughout the week – check out their Facebook page [friends@theark](https://www.facebook.com/friends@theark). Regular activities include 'Just for fun' Bingo on a Wednesday evening, and a Monday evening Zoom get together which includes quizzes, hangman, karaoke and charades to name just a few!



The Ark have a weekly radio show on Radio Marmalade which streams live every Friday evening from 7pm-8.30pm. Callers are welcome during the show - they enjoy hearing about what everyone has been up to.
studio@radiomarmalade.org.uk



Carers Meetings

Due to the current situation the group meetings have been cancelled, but they are meeting virtually once a month.

Wokingham Virtual Lunch – Tuesday 11th May at 12 noon. Contact the office or Tracey for the Zoom meeting code.

Smiles for Sibs Clubs - Wokingham

Ruth who runs the group can be contacted on 07551 159072 or call the office on 0300 777 8539 for further information. There are spaces for new children!

From 10th May 4.30pm – 6.15pm at the temporary venue of Building for the Future, Toutley Road, Wokingham and costs just £1 a session. **(see attached flyer for summer trip!)**



Family Liaison Support

The Family Liaison Team can help with both emotional and practical support such as benefits, form filling, support in meetings, information on subjects such as housing, supported living, transition, schools and colleges, EHCPs, mental capacity, power of attorney, deputyship and more. If you would like to talk to a Family Liaison worker call:

- Rachel (Wokingham – children) on 07827 340409
- Simone (Wokingham – transition and adults) on 07827 340408
- Tracey (Wokingham – transition and adults) on 07423 686965

Youth Club @ Addington

The Youth Club @ Addington School every Wednesday during term-time from 7.00pm–8.45pm – now back to meeting at their normal venue! Young people with learning disabilities between the ages of 13 (year 9) and 19 welcome to come along for a fun filled evening. A variety of different activities, tuck shop and more available every week! Georgia coordinates the group and can be contacted on 07551 159073 or call the office on 0300 777 8539. A weekly charge of £5 will be invoiced in advance – and you can pay for Youth Club from your Short Breaks budget.

IMPORTANT - don't just turn up on the night! Please contact us in advance to ensure that we can inform you of our safety measures.



Acorn Social Group

@The Acorn is a weekly social club for adults 16+ with learning disabilities, including those with profound and multiple learning disabilities in Wokingham. The club normally runs every Tuesday evening from 7.00pm-9.00pm at the Acorn Community Centre, Woosehill, but is meeting virtually using Zoom currently. If you would like to join a meeting, please contact Debbie on 07436 418705, email acorn@promiseinclusion.org or contact the office on our temporary number 07827

340405. While Zoom sessions are running there is a £2.50 charge for attending each meeting which will be invoiced.

SEN inclusive skating group

Unit 4 – Western Trade Centre, Western Road, Bracknell, RG12 1RW

Mixed abilities all welcome from age 5 upwards.



Ozone Rink is proud to announce that it will be opening from 4th May 2021. Their online booking system is now live so please visit www.ozonerink.co.uk to book your sessions. All sessions are currently restricted to allow for COVID guidance.

The first SEN session starts Monday 10th May from 4pm-5pm and costs £7. All bookings are made online via the website. Please email info@ozonerink.co.uk for more information.

Other Information



MCKS Charitable Foundation UK - offering the following voluntary services:

Online Children's Relaxation and Emotional Wellbeing Sessions

Age 5 - 11 years – term time only – Wednesdays at 7.15pm

Registration via Zoom: <https://tinyurl.com/4yzdfh6b>

Online Young People's Relaxation and Emotional Wellbeing Sessions

Age 12 years to 18 years – term time only - Wednesdays at 8.00pm

Registration via Zoom: <https://tinyurl.com/zzv28a3w>

Online talk: local research into COVID-19

An invitation to an online event to learn about how health researchers and the public have been working together on COVID-19 studies in Berkshire, Buckinghamshire, Milton Keynes and Oxfordshire. The event (to mark International Clinical Trials Day) will feature discussions with a researcher, patient and research nurse.

7pm to 8pm on Thursday 20th May. Visit tinyurl.com/tvsmcovid to sign up

Transition: From Primary to Secondary

Whilst this information is autism specific – it is likely to work for most of our young people moving from one learning setting to another!

https://www.autismeducationtrust.org.uk/wp-content/uploads/2021/03/AET_Supporting-learners-with-autism-during-transition.pdf

One Page Profile

Sheffield City council have different designs for the creation of a one page profile [here](#) – it may be fun to complete one with your child for them to take back into school – and will inform adults what makes them happy and how they can be supported!

Charity & Community Hub on the way

The first charity and community hub for the Borough will open in Wokingham town centre later this year. WBC are building on the positive partnership that has been developed with the voluntary, charity and community sector during the Covid-19 pandemic. The hub will bring several voluntary, charity and community organisations under one roof, and will be based at Waterford House in Wokingham. It will provide high quality information, advice and support to enable access to the right services to meet their individual needs and circumstances at the right time. This is the first hub of its kind in Wokingham, with aspirations to roll out further hubs elsewhere in the borough during the coming years.

Visit <https://news.wokingham.gov.uk/news/wokingham-charity-and-community-hub/> for more info.

Training



WBC ASSIST (autism family support service) delivers the National Autistic Society EarlyBird, EarlyBird Plus and Teen Life programmes for parents and carers of a child or young person with a diagnosis of autism or who is on the pathway for an assessment of autism.



Programmes are being planned for online (MS Teams') and face to face (at Woodley Airfield Centre) to start after May half term! Contact the team on assist@wokingham.gov.uk for dates and an application form.



Family Intervention Resources & Support Team (FIRST) - supporting families with sleep and behavioural issues.

The aim of the Family Intervention, Resources and Support Team (FIRST) is to provide information, workshops and training around sleep, anxiety and behaviour. The team comprises of qualified sleep practitioners, a behaviour practitioner (trained in advanced Team Teach) and a family support worker, who can help families implement the strategies where this is required.

In the first instance, parents are required to attend one of the courses. If following attendance additional support is required, a more detailed assessment will be arranged to identify focused outcomes to meet the child's particular needs.



waking up to Healthy Sleep

Waking up to Healthy Sleep

Tuesday 15th, 22nd & 29th June 6th & 13th July 2021 7-8.30pm – delivered via Teams

For parents who have a child or young person with additional needs living in the Wokingham borough. Five weekly 90 minute workshops covering understanding sleep cycles, causes of sleep issues, establishing a good routine and identifying and managing sleep problems, the environment and positive bedtimes.

Parents can self-refer. For further information, please contact one of the team on: first@wokingham.gov.uk

Sleep Matters

Wednesday 19th May - 9.30-11am or Thursday 27th May. 7-8.30pm - delivered via Teams

Online information session for parents who have a child or young person with additional needs who live in the Wokingham borough. *Please note parents with a child or young person who does not have additional needs may attend this workshop if capacity allows.

Parents can self-refer. For further information, please contact one of the team on: first@wokingham.gov.uk

Changing Behaviour, Changes Behaviour

Monday 7th, 14th & 21st June. 7-9pm – delivered via Teams

For parents who have a child or young person with additional needs who live in the Wokingham borough.

Three weekly hour sessions which cover understanding behaviour, triggers & causes, how to respond and keep everyone safe, plus strategies and resources to help overcome distressed behaviour.

Parents can self-refer. For further information, please contact one of the team on: first@wokingham.gov.uk

The EHCP Process - A Parent's Guide (for those through the EHCP process for the first time)

Training Course via Zoom



Are you thinking of applying for an EHCP Needs Assessment, or have you just applied? This SENDIASS training course will help you to understand the process and to participate fully. The course covers: · What is an Education Health and Care Plan (EHCP) and when would you need one? · Who can apply for an assessment for an EHCP and how? · The assessment process · The draft EHCP · Choosing a school

(Please note, this training is not suitable if your child already has an EHCP)

Tuesday 25th May 2021 10.00– 11.30am

This FREE training courses for Wokingham Borough parent carers will be run by Julie Monahan and the team from Wokingham SENDIASS.

Please email info@sendvoiceswokingham.org.uk to book, stating which course you would like to attend.



Encouraging Positive Behaviour in Young Children – 18th May 19.30-21.30pm - <https://positive-behaviour-18-05-21-dfe.eventbrite.co.uk/>

Speech and language for parents/carers of young children with additional needs – suitable for parents with children (aged 0-5) – 12 May 10-12pm - <https://speech-language-12-05-21-dfe.eventbrite.co.uk/>

Educational support for young children with additional needs – 19 May 10-12pm - <https://early-years-education-19-05-21-dfe.eventbrite.co.uk/>

Parenting Special Children



Monday 24 May 2021 @ 4:30 pm - 6:00 pm

A 6-week course to support young people in mainstream education (aged 11-16) in the West Berkshire NHS area (Reading, West Berkshire, Wokingham) who are awaiting an assessment for Autism or ADHD or have already received a diagnosis.

Thursday 27 May 2021 @ 7:00 pm - 8:30 pm

A workshop and support group for families of autistic and/or ADHD girls whether diagnosed or not.

Wednesday 9 June 2021 @ 11:00 am - 12:30 pm

A support group for family members who are caring for children who cannot be cared for by their birth parents (e.g. Grandparents, Aunts/Uncles, Family Friends).

Tuesday 15 June 2021 @ 7:00 pm - 8:30 pm

A series of three linked ADHD workshops for families registered with a Berkshire West NHS area GP surgery (Reading, Wokingham, West Berkshire).

Monday 21 June 2021 @ 7:00 pm - 8:30 pm

A single workshop for parent/carers of, and professionals working with, children and young people who have difficulties with the lesser-known sense of Interoception (an aspect of sensory processing).

Monday 28 June 2021 @ 10:00 am - 12:30 pm

Challenges for children affected by alcohol during pregnancy – Zoom. A workshop for carers, parents and professionals.