

The Chain

Wokingham Borough's Voluntary & Community Group Newsletter

Every volunteer and community group is a link, in an ever growing chain and working together makes us all stronger

Welcome to the Winter edition of the CHAIN!

December is upon us and Christmas music, parties, events etc. are all around us! And Happy St. Andrew's day today to anyone celebrating this saint, I hadn't realised that St. Andrew isn't just the patron saint of Scotland, but also: Greece, Romania, Russia, Poland and the Ukraine!

Looking back, 2015 has been a busy, but great year. Looking forward, 2016 is going to be challenging in many ways but can equally be a successful year for all. The Voluntary and Community sector does so much across the borough and may have to do more but if we work together we can achieve anything. Together we can support each other, strengthen the communities in WB and create self-reliance amongst individuals and also develop community resilience.

Involve is here to support communities, charities and community groups, we can help with funding, training and development. One of our new projects launching in 2016 is our Voluntary and Community Growth Clubs, taking place at Easthampstead Park Education Centre. involve can support your organisation to reflect back on 2015, set goals for the quarter and year ahead and offer help and guidance to steer your organisation forward. The Growth Clubs are free to attend and are only half day, which will include an external speaker running a short workshop. The first Growth Club of 2016 will be on 12th January from 9am to 12 midday with a workshop on 'writing your business plan'. (www.involve.community/support_development.php) and book your place now by contacting clare.rebbeck@involve.community

I also want to update you all on a seminar I attended on e-safety. A very important and hot topic. The internet and social media isn't going away so we have to do all we can to keep children and adults safe. Don't bury your head in the sand, read, learn and talk about it. This website is great: www.saferinternet.org.uk/ and has loads of advice and guidance for young people, parents and carers and professionals. In addition to this you also have: www.childnet.com/ and www.swgfl.org.uk/ - check them out because 80% of young people are on Instagram, 60% of 3-4 year olds now OWN their own tablet and 72% of children today say they need to be online and connected to their friends! The world children are growing up in isn't online and offline, it is all online!

That is all for now other than to wish everyone a very merry Christmas and a happy new year and we look forward to working with you in 2016!

Community Navigator Project



The Community navigator project is currently underway with volunteers being signed up, training being prepared and venues being arranged. If you are not sure what the scheme is all about, have a read of the below scenario.

‘Sam is a man living on his own, he has mobility problems following a knee operation. He has difficulty getting out to do shopping, attend appointments and struggles to do his gardening. Sam attends his local surgery feeling quite down and in a bit of pain. His doctor prescribes pain killers to assist with Sam’s physical condition but feels that Sam needs more help that goes beyond medical needs. The doctor completes a referral to the local Volunteer Community Navigator Liz.

Sam meets with Liz, they discuss the situation and Liz assists Sam locating various support groups that can assist. Liz finds a local volunteer gardening service to tidy his garden, she finds a befriender service who pop in for a cup of tea and chat and will help with shopping. Liz also locates a mobility scooter service and volunteer drivers who will take Sam to medical appointments. On top of all this, Sam has a passion for playing chess. Liz manages to locate a local chess club.

Sam now gets out and about, he is meeting people and enjoying his hobby. He can get out to his garden and can get to his medical appointments with no problems. He feels much more positive about life. He is looking after himself better and his health has improved. He had no idea that all these organisations were available and wouldn’t have really known where to find them.’

Within this scenario, Liz, the volunteer navigator has helped Sam find support that aids his mobility, improves his well-being and helps Sam reduce his feelings of isolation.

Are you interested in being a Volunteer Navigator? If so please contact me; Steve.McSweeney@involve.community or call me on 01344 383515. Full training is provided free of charge.

Voluntary Sector Growth Club is coming.....



A series of 4 growth clubs will be facilitated by involve to support voluntary, faith and community organisations.

Take the time to sit down and plan out 2016. An interactive and highly focused 1/2 day workshop where at the end you will walk away with an action plan not only for 2016 but also for Quarter 1.

This workshop will give you some time to;

1. Look at all the things you want to achieve, both personal and business
2. Make sure you have some great targets for the year - stretch yourself!
3. And will enable you to break your targets down into quarters, months, weeks or even days, so it looks to be more achievable.

If these are for you or your trustees then please do get in touch to book as places are limited.

Dates of main growth club meetings are 12th Jan, 5th Apr, 5th July, 4th Oct – all will be held at Easthampstead Park Conference Centre from 9am-12pm

Contact clare.rebbeck@involve.community

The 2016/17 **Partnership Development Fund** is now open for application with new criteria and application form.

For support in Wokingham contact Bruce Wright – Funding Advisor
Bruce.Wright@involve.community Or telephone 01626 867 604

You can find the application pack and further information here; <http://www.wokinghamccg.nhs.uk/development-fund>



Involve Wokingham Bid Writing Seminar on Monday 7th December

At the Earley Crescent Centre from 1.30pm – 4.30pm

This event is free to attend.

How can you improve the quality of your funding applications and increase your probability of success?

Come to our free Bid Writing Seminar where Bruce Wright (Funding Advisor for Wokingham) will cover the following issues:

- Objective analysis of problems facing your target groups and developing innovative solutions
 - Matching your funding needs to funding agencies agendas
 - Use of Structured Answers
 - Evidence of Need: local & national
 - Difference between Outcomes and Outputs: use of indicators for success
 - Evaluation: formative and summative;
 - Involvement of clients & volunteers in the bid writing process and project delivery
- Bidding under different agendas: novel approaches to health & wellbeing, isolation, mental health, exclusion via community of interest projects (online and face-face hybrids)

This will be a 3 hour workshop hosted by Bruce Wright, but we are also hoping a member of Wokingham Borough Councils Procurement Team will join the session to offer some advice and tips on completing tenders.

This will be a 3 hour workshop hosted by Bruce Wright, but we are also hoping a member of Wokingham Borough Councils Procurement Team will join the session to offer some advice and tips on completing tenders.

If you would like to book a place at the Funding Workshop, please contact Philip Cook directly on:

01344 304 404 or Philip.Cook@involve.community

Bruce will also be around from 11am to offer one to one sessions to people/organisations. If you would like to book a 30 minute one to one with him – please contact him directly on:

01626 867 604 or bruce.wright@involve.community



Of interest to Organisations dealing with:

Men,

Grants are available to community based organisations in the UK that have an innovative idea that could help tackle some of the most pressing issues faced by men.

Eligibility

A range of organisations can apply. This includes mental health charities, community and volunteer networks and the creative industry as well as the wider Movember community and the general public.

To be eligible, applicants must:

- Be based in the UK.
- Be able to show financial viability, sustainability and internal governance procedures/structures by the end of Phase 1.

What For?

The Movember Foundation has announced the Social Innovators Challenge Fund to inspire and test ideas from the general public to help men live happier, healthier and longer lives.

In particular it is targeting men's friendships and social connections organisations.

The specific goals for this initiative are to:

- Engage men in healthier behaviour patterns, build positive relationships, and increase levels of social connections.
- Build knowledge and understanding of what works for which groups of men, in what contexts, to increase perceptions of social connection and decrease loneliness of men.
- Focus on health promotion including prevention of illness, social and environmental determinants that contribute to poor health decisions or outcomes.
- See promising/successful ideas supported to scale.

Project ideas should provide new solutions to generating, prototyping/testing and scaling innovative initiatives that have the potential to restore and strengthen the social connections of men.

The Foundation's poor mental health strategy identified key 'at risk' population groups including new fathers, unemployed men, divorced men and men of low socio economic status.

While ideas aimed at providing solutions for at risk groups will be given priority, this opportunity is open to any solutions within the following target age groups:

- Young men 18-29.
- Men in middle years 30-64.
- Older men 65 and over.

How Much?

A total of £2.58 million is available for the entire programme.

The grants will be awarded as follows:

- Phase 1 (Concept) - A maximum of 50 grants of £12,500 will be awarded as Development Grants.
- Phase 2 (Piloting) - A minimum of 14 grants of £100,000 will be awarded as Pilot Grants.
- Phase 3 (Scaling) - The funding will be determined by the outcome of Phase 2.

Deadline

The deadline for applications is 9 December 2015 (5pm)

The first step in the application process is to register online at Social Connection and submit an Inspiration Statement (maximum 500 words): <https://socialconnection.fluidreview.com/>

More Information

https://uk.movember.com/news/10673/we-want-to-fund-you/?searchscope=local&category_id=

<http://www.fundingcentral.org.uk/SchemeList.aspx?RF=NEWS&WCI=htmResults&WCU=CBC=View,DSCODE=OTSSCMLIVE,SCHEMEID=248S42083,UDATA=SCHEMEVIEWBACK=HOME>



We are currently looking at training that we are going to provide for the coming year and would welcome your feedback. We are hoping to provide training on: Food Safety Level 1 & 2, Trustee Roles and Responsibilities, Fire Warden, Paediatric First Aid, Health and Safety Level 1 and Management and Supervision. Please do not hesitate to contact Claire if you are interested in any of the courses listed or if you have any other training needs that we can help you with.

We are currently looking at updating our website so if you have any queries in the meantime regarding training please contact Claire on 01344 383524 or email claire.page@involve.community

Lottery funding under threat

Rumours suggest the Government is planning to reduce the share of good cause money the Big Lottery Fund receives from 40% to 25% and redirect funding to arts heritage and sports to compensate for DCMS spending reductions.

<http://us12.campaign-archive2.com/?u=d144b82a2904562d969b3e276&id=c46a66f1a7&e=d24e81ee1c>

This would see the Big Lottery Fund lose £320 million a year.

There is a Westminster Hall debate tomorrow in Parliament on funding for the community and voluntary sector. We also have the Spending Review on Wednesday when the Chancellor will set out spending plans for the next five years.

Please email your MP to warn them of the dangers of reducing Big Lottery funding.

NCVO has produced a tool that shows the lottery funding in any constituency since 2010. You can use this to show MPs what local funding is at risk.

<http://data.ncvo.org.uk/big-lottery-fund/constituencies/>

Your email can make the following points

- Reducing the amount of Lottery money the Big Lottery gets is a further attack on local charities and community groups at a time many are struggling for funding.
- Smaller groups will be hit hardest - 90% of BLF grants are smaller than £10k.
- It will undermine public confidence in the lottery by killing the additionality principle it was founded on (the lottery should add to rather than replaces public funding).
- BLF funds are committed years in advance. An immediate reduction in BLF's National Lottery share would cause it to close many funding streams for several years.
- The Big Lottery still has not been paid back the £425million that was taken to pay for the 2012 Olympics. Local charities and community groups are in effect subsidising Premier League West Ham's move to the Olympic Stadium. <http://www.biglotteryrefund.org.uk/>

MPs contact details can be found on the Parliament Website

<http://www.parliament.uk/mps-lords-and-offices/mps/>

Bracknell Forest Night shelter – staff and volunteering opportunities

MANAGER: NIGHT SHELTER for Bracknell Homeless. Paid role.

Can you manage a team of volunteers? Do you have experience in caring for the homeless? Are you OK with working nights on 3 or 4 days a week?

This winter there will be a night shelter for the homeless in Bracknell based in local churches around the town. We are looking for someone with the right skills to run the shelter where up to 12 beneficiaries will be given a hot evening meal, a bed for the night and breakfast the next morning.

This is a part-time paid role.

For details contact David Chalmers-Brown, Chair of the Night Shelter Steering committee.

01344 307030 pilgrim.hearts@gmail.com

CO-ORDINATOR: NIGHT SHELTER for Bracknell Homeless.

Do you enjoy organising and co-ordinating volunteers? Do you have experience in caring for the homeless?

This winter there will be a night shelter for the homeless in Bracknell based in local churches around the town. We are looking for someone with the right skills to co-ordinate the volunteers who will help to run the shelter where up to 12 beneficiaries will be given a hot evening meal, a bed for the night and breakfast the next morning.

This voluntary role.

For details contact David Chalmers-Brown, Chair of the Night Shelter Steering committee.

01344 307030 pilgrim.hearts@gmail.com

SPARE TIME AT THE WEEKEND OR EVENINGS?

Out & about provides evening/weekend social opportunities for adults with a learning disability. We organise day trips to places of interest, such as the seaside, theme parks, swimming, the cinema and we also provide support to access social events during some evenings! This is a very popular service because the clients get to hang out with their friends going to places they love.

We are seeking motivated and enthusiastic people, who are caring and committed, and completely dedicated to making sure the clients have a great time whilst also keeping them safe. As we provide a door to door transport service, car drivers are essential.

Out & about is a unique, special service, and it offers something that other services do not. To find out more about what we do, please watch our promotional video, which can be found at <https://www.youtube.com/watch?v=9HLwNlKlGU4>

If you would like to be part of our staff team – we have the following opportunities:

Casual support workers – evenings and weekends - £8.56 per hour

P/T support workers minimum 16 hours – £8.83 per hour

F/T support workers - £17,032 per annum

F/T Senior support workers £19,994 per annum

All positions require some commitment to weekend working; the full time positions will require alternate weekend working during day time hours (approx. 9-5pm)

For further information please contact Karyn Fowle, Service Manager on 0118 9899750 or at karyn.fowle@optalis.org

User Engagement Coordinator

Job Description

Salary: £6,500 (10 hours per week) FTE: £24,050

Term: 21 Months

Location: The Ark Trust Ltd, Bracknell Forest



The User Engagement Coordinator will work with the organisations clients and members, including their representatives on the trustee board, to develop the user-led development and engagement strategy.

An enhanced DBS check will be required and checking against Barring lists.

Duties and responsibilities include:

A review of the organisation's communications to ensure accessibility

To support user representatives on the trustee board

To work with the trustee board, in particular the chair and the treasurer, to ensure meetings and strategic documents are accessible to support informed decision making

To fulfil the Company Secretary function for the organisation

To work with the Chief Executive to embed the user-led ethos in to all levels of the organisation

To undertake a full stakeholder review of the organisation's services to inform service-planning and development for the future

For more information and to download an application form please visit:

<http://theark.org.uk/index.php/jobs>

ADHD Service

Monthly Information and Support Groups for Parent/Carers

We have the following courses and groups coming up over the next few months:

ADHD Monthly Workshop and Support Group - Reading - Free

Mondays from 7pm - 8:30pm

A monthly workshop and support group for all Berkshire parent/carers who have children or young people of any age who are pre & post diagnosis with ADHD, with over 30 families having attended so far.

Forthcoming dates: **16th November, 14th December, 18th January, 8th February, 14th March.**

Please feel free to join us on any of these dates at: 11 Glebe Road, Reading. RG2 7AG.

<http://www.eventbrite.co.uk/e/adhd-monthly-parentcarer-workshop-support-group-registration-17844315829?ref=ebtn>



Parenting Support Service

Courses and Workshops for Parent/Carers

Time Out for Special Needs - Wokingham

For parents of Pre-School and Primary-aged children

Course is Free (£10 for course handbook)

Starts Friday 29th January 2016

A 7 week course for parent/carers who have children of Pre-School or Primary age with Special Educational Needs

This course is for parent/carers who live in the Wokingham Borough Council area.

Time Out from Special Needs

A course for parents who have Preschool and Primary aged children with special educational needs Next course: Tuesday 2nd February until 22nd March from 09.30 until 11.30am at Ranikhet Children Centre, Spey Road Reading RG30 4ED

The course is delivered in partnership with local charity Parenting Special Children: www.parentingspecialchildren.co.uk

- Parent to parent support - run by facilitators who are also parents of children with specific learning needs.
- Course duration is 7 x 2hr weekly sessions
- Topics include:
 - helping self esteem
 - coping with feelings
 - Understanding behaviour
 - Home - school issues
 - the wider family

***Limited crèche places are available. Please enquire.**

To enquire or book a place, please contact the parenting team:

Call: 0118 937 6545 and ask for Teresa

Email: parenting@reading.gov.uk



Collaboration for leadership in applied
Health Research and Care. Oxford

Working with the public, patients and carers across the Thames Valley

And Milton Keynes

Recording and Demonstrating impact



**Friday 4th December 2015 09:30 to 13:30 Church
Mission Society Hall, Watlington Road,
Oxford, OX4 6BZ**

- Are you interested improving recording for the work you do with the public, patients and carers?
- Does your organisation want to demonstrate the impact of working with patients, carers and the public?
- Would you like to pool resources with others locally to build good practice?

If the answer to these questions is yes, then this event is for you.

We would like to participants to be a mix of professionals and the public and so are encouraging organisations to nominate a lay person and a professional to attend. As the event is free we are hoping that you will be able to cover travel expenses.

Places are limited and will be offered on a first come first serve basis. To book a place please contact Lynne Maddocks Lynn.maddocks@phc.ox.ac.uk or Phone 01865 617198 by 23rd November.



Monthly Workshop & Support Group

For parents/carers of Looked After and Adopted Children with Special Needs

Mondays

10am - 11:30am or 7pm - 8.30pm

For **all Berkshire families** who are foster carers, adoptive parents, special guardians or kinship carers and looking after children and young people with disabilities.

- **Topic based workshops**
- **Questions & Answers**
- **Opportunity to talk to other parents and carers**

5th October - Understanding the impact of trauma and disability

2nd November - Common traits in adopted/fostered children with special needs

7th December - Understanding hyper-vigilance - trauma or ADHD?

These workshops will be run by parenting practitioners with personal and professional experience and knowledge of attachment, adoption/fostering and special needs.

Parenting Special Children is a charity working with families in Berkshire.



REMINDER: CCB have moved offices

from the 1st October 2015 we have been operating out of our new office at Wyvols Court, Swallowfield, RG7 1WY. If you are passing do drop in and see us. All other contact details remain the same so please make sure you make a note of our new address.

COMING SOON. . . .

CCB has been awarded a grant from SEPD Resilient Communities Fund to run 2 meetings for volunteers responsible for running buildings registered to be used as emergency accommodation. One will be held in West Berkshire, the other in East Berkshire, hopefully, early in the New Year. For further information or to register an interest in attending please email wendy.dacey@ccberks.org.uk

CCB - Providing Advice on reducing energy bills.

CCB are delighted to announce that they have received funding from the Scottish Power Energy People Trust to carry out a project giving advice to low income families on ways in which they can reduce their home energy costs. Helen Dean, Project Co-ordinator said "It's great that we have funding for a year to be able to run drop in sessions at Children's Centres across Berkshire. I started the project in September, and I have already advised many parents on how to go about comparing costs and switching supplier. Low income families are often unaware that they qualify for a discount off their electricity bill, and so they are often able to save over £250 a year off their home energy costs if they switch supplier and claim the Warm Home Discount".

For advice, and to find out more, visit: <http://www.ccberks.org.uk/fuel-energy-advice/4575210374>



This report provides an account of the work undertaken by the Board and its multi-agency partners over the last year and the extent to which it is making a difference in terms of safeguarding children and young people and the effectiveness of front line services. Our vision is that every child and young person in Wokingham grows up safe from maltreatment, neglect and crime. We aim to sustain a strong safeguarding culture and arrangements where the focus is firmly on the experience of the child or young person and their journey to getting early help and support. This report seeks to summarise the journey of the Board over the past year to become more effective and to better evidence its impact for children and young people.

http://wokinghamlscb.org.uk/WSCB_Annual_Report



Join Us for Lunch On Christmas Day!

From 12pm until 3pm

Hosted by The Link Visiting Scheme.



On Christmas day, The Link Visiting Scheme is working with a local chef to provide a delicious Christmas lunch to residents of the borough who will be alone.

The link Visiting Scheme aims to make Christmas Day a happy, memorable day for those who would otherwise be on their own or who may be struggling to provide a Christmas meal. A traditional Christmas turkey lunch with all the trimmings will be given! Do get in touch to find out more. Transport can be provided.

We look forward to hearing from you!

For any further information, contact Ros and Ralf Hardy on 07805229515 or email Randrhardy@hotmail.co.uk



Christmas Soccer School

Venue:

ACADEMY TRAINING CENTRE (DOME)
Madejski Stadium, Reading RG2 0FL

Date: TUESDAY 22ND DECEMBER TO THURSDAY 24TH DECEMBER 2015

Number of days: 3 DAYS

Age:

6-14 yrs

Time:

9AM TO 3PM

Price:

£55 for 3 days, £42 for 2 days, £25.00 for one day

Venue:

THE GOALS CENTRE,
Woodlands Avenue, Woodley RG5 3EU

Date: MONDAY 21ST DECEMBER 2015

Number of days: 1 DAY

Age:

6-14 yrs

Time:

10AM TO 3PM

Price:

£20 FOR THE DAY

Venue:

THE GOALS CENTRE,
Woodlands Avenue, Woodley RG5 3EU

Date: TUESDAY 29TH AND WEDNESDAY 30TH DECEMBER 2015

Number of days: 2 DAYS

Age:

6-14 yrs

Time:

10AM TO 3PM

Price:

£30.00 for 2 days, £18 per individual days

Venue:

GOALKEEPERS @ GOALS
The Goals Centre, Woodlands Avenue, Woodley RG5 3EU

Date: TUESDAY 29TH & WEDNESDAY 30TH DECEMBER 2015

Number of days: 2 DAYS

Age:

6-14 yrs

Time:

10AM TO 3PM

Price:

£30.00 for 2 days - £18 per individual days



Every year, in May, we help to raise awareness of mental health and wellbeing issues.

Since our first [Mental Health Awareness Week](#) back in 2000 we have helped generate public debates around how anxiety, sleep deprivation and exercise can impact our mental health.

In 2016 MHAW will take place from May 16th - 22nd May, and we are talking about relationships.

Healthy and supportive relationships reduce the risk of mental ill-health. This Mental Health Awareness Week we are celebrating the connections, the relationships, the people in our lives that add to our wellbeing and protect and sustain our mental health. From family and friends, to colleagues and neighbours; taking notice of those connections that make you feel safe and supported.

Why we're raising awareness

More than healthy diet or exercise, strong social networks improve our mental wellbeing. The week will be about recognising this, and thanking the people that support you, reaching out to those who you can listen to and help, and campaigning to ensure that decision-makers start addressing the barriers that stop people forming such important relationships.

Resources and information

As we move closer towards Mental Health Awareness Week in May we will provide more information and resources, outlining the ways that you can help spread the message about the importance of healthy and supportive relationships.

We look forward to working with all of our supporters on the campaign in the coming months, making Mental Health Awareness Week 2016 the best one yet!



Children's Sleep Workshops 2015 for parents of children with special needs

Friday 22nd January 2016

**Does your child have problems getting to sleep,
wake in the night, or wake early?**

By the end of the workshop you will be able to:

- Understand children's sleep cycles and sleep needs
- Understand the reasons behind night settling and night waking
- Learn strategies to feel less stressed when sleep training
- Gain new parenting strategies for settling your child to sleep, and staying asleep

To book a place, please complete and return a Sleep Referral Form, which can be downloaded from here:

<http://bit.ly/PSCSleepReferralForm>

sleep@parentingspecialchildren.co.uk or 0118 9863532

Please note there is a £10 charge per person for the course material



Changing Place Toilet Facility



We would like to let you know about the Changing Place toilet facility in Wokingham town centre. A Changing Place is a fully accessible toilet and personal care facility for people with disabilities and complex health needs and includes an adult sized changing table and hoist. Standard disabled toilets do not meet the needs of all people with disabilities or their carers which might mean they aren't able to leave their homes for long periods of time. The Changing Place facility allows these people to be more independent and take part in their community. You can read more about the importance of Changing Places and the impact they have on people's lives, here: http://www.changing-places.org/the_campaign/why_are_changing_places_toilets_important.aspx

The Changing Place in Wokingham town centre (located underneath the Elms multi-storey car park, opposite the Brown Bag café in Alexandra Place) has been open since 2013, and is accessed by joining a membership scheme. However take up to the scheme has been disappointingly low; we do not think this reflects the level of need in the borough.

Visit the facility- The Partnership Board will be at the Wokingham Winter Carnival on **Sunday 29th November** from 11am to 3.30pm to give people a guided tour of the facility and answer any questions. If you are in town, please do pop by and say hello. Our pitch will be located outside the facility. Please note that we will not be able to sign up people to the membership scheme on this day but will pass on your details to the right department.

Changing Place Toilet Facility - Alexandra Place, Wokingham Frequently Asked Questions

Who is the changing place facility for?

It is intended for the use of children and adults who need more complex support than a conventional disabled toilet can offer. This includes people with profound and multiple learning disabilities, some people who have had a severe stroke, some people with acquired brain injuries and some older people.

How do I get access to the facility?

Please contact Wokingham Borough Council to register your interest by Tel: 01189 746000 or email: customerservice@wokingham.gov.uk. You will then be contacted by an Occupational Therapist (OT) who will discuss your needs and arrange an appointment to meet at the changing place. At the appointment, the OT will demonstrate how to use the equipment and answer any questions you have. The OT will issue you with a letter; this can be presented to Reception at Wokingham Borough Councils Shute End Office who will give you a key.

How long does the appointment with the OT take?

Approximately 20-30 minutes. The demonstration will be tailored to the needs of the person and the carer supporting them.

Why does the changing place have a membership scheme?

Many changing places are in community or shopping centres where it is easier for staff to monitor the facility and offer assistance if necessary. As the Wokingham Changing place is in a location that isn't monitored, we want to ensure that people given the correct information and know how to use the equipment safely. Also, the facility is maintained to a high standard so we need to make sure that only people who need it are allowed to access it in order to avoid vandalism and mis-use of the facility.



How do I know if I am eligible to use the facility?

When the OT phones you to arrange an appointment, they will talk to you about your needs. If you are not eligible to use the facility, then you will be signposted to the national Radar Key scheme which will allow you access to standard disabled toilets. Radar keys are available from Wokingham Borough Council.

I do not receive any support from Social Services. Will I still be entitled to an appointment with an OT?

Yes, you can still use the facility even if you have not had any previous contact with Social Services.

I live outside of the Wokingham Borough but am often visiting the town. Can I sue the facility?

Yes, visitors to the borough are able to use the facility but they will need to go through the same process as Wokingham Borough residents to get a key.

Is the facility just for adults with disabilities or can we use it for my 8 year old disabled son?

Yes, the facility is available for children with disabilities and complex health needs. For anyone under the age of 18, the key will be issued to the parent or guardian.

I support somebody who would benefit from using the toilet but they visit the town with different carers. Who would the key be issued to?

The key will be issued to the person who needs to use the facility. For the initial OT appointment, the person who needs to use the facility should attend along with a nominated person from their support service. This might be the person's key worker, a home manager or manual handling trainer. The nominated person will then take responsibility to share relevant information to the support staff who will be using the equipment.

I work with someone who requires 2-1 support due to challenging behaviour. They wouldn't require the changing bed and hoist but it would be good for us to use the changing place as there is more space for the support workers. Would this be allowed?

Yes.

I work in a residential home with older people and some of our residents would benefit from the facility. Can a key just be issued to a home so we can use the facility with our residents when we need to?

No, the membership scheme operates on an individual basis so the key needs to be issued to the person who needs to use the facility.

Do I need to bring my own equipment such as a sling?

Yes, you will need to bring your own sling. You can use any sling that has loop straps and that has been assessed and recommended for the individual to use. You will be able to talk about this more when you meet the Occupational Therapist.

When is the facility open?

The facility is open and closed by staff at the Brown Bag Café. Their opening hours are currently: Monday – Friday: 7am to 5:30pm, Saturday – 8am to 6:30pm, Sunday – 8:30am to 5:30pm.

Who should I contact if there is a problem at the facility?

If there is an issue with hygiene, vandalism or broken equipment, please report it to Wokingham Borough Council by Tel: 01189 746000. If there is an emergency situation while using the facility, there is an alarm button and chord. There is an intercom within the facility which connects to Forest Care. They can send someone to help you if necessary.

Once I've been issued with a key, how long do I have it for?

Your membership to the scheme does not expire. If you no longer require access to the facility because your health needs have changed, then we would ask you to return the key to the council so it can be made available for another user.

Trinity Concert Band – Christmas Concert

Where: Trinity Church, Lower Earley, Reading

When: Saturday 19th December 2015 at 2:30 and at 7:30 pm

Box Office Phone: 0845 2263047

Contact Email: trinityconcertband@gmail.com

Details: <http://www.trinityband.co.uk>



The concerts will take place on Saturday 19th December at 2:30 and again at 7:30 pm at Trinity Church, Lower Earley. A favourite with both our band members and audience alike, our Christmas spectacular promises to bring you a festive feast of music sure to send you on your way with a warm glow and a smile on your face.

Tickets are £10 up to 24 hours before the concert and £12 on the door. Children under 16 years are free when accompanied by a paying member of the audience. Tickets can be purchased from the Box Office (0845 226 3047) or via our website (www.trinityband.co.uk)

Message from NHS Berkshire Health Network

Team up with healthcare professionals and work on a project that benefits your local NHS

Would you like to get involved in shaping local healthcare and research? Would you like to learn new skills that can enhance your career and personal development?

The NHS is looking for people like you to take part in an exciting new project that brings together healthcare professionals and members of the public to work together to make a difference to their local healthcare organisations and communities.

You'll be partnered with a doctor, nurse or other healthcare professional and together you'll have the opportunity to develop your leadership and communication skills to influence change. Armed with these skills and knowledge, you will put your learning into action through real projects that benefit your local healthcare organisations.

The Leading Together programme gets under way in February 2016. We're currently recruiting members of the public to get involved in projects that support [medical revalidation](#) – an important process that doctors need to go through every five years to show that they are up to date with the latest evidence so that can continue to practice – and help make it truly person-centered.

As well as developing leadership skills, you'll also gain knowledge and understanding of the benefits of working collaboratively, build networks and share your expertise and experiences to support learning for others in the group.

The programme will include 10 pairs of lay people and professionals who will need to commit to coming to three, full-day workshops in High Wycombe.

For more information visit [Oxford Academic Health Science Network's website](#); to obtain an application form email leadingtogether@oxfordahsn.org or call Ros Crowder on 07825 448 269 or Sian Rees on 07761 045424.

It's time for a Christmas treat!

Escape from the shopping mayhem and enjoy an oasis of calm and sophistication with our Festive Afternoon Tea on Sunday, the 6th December 3-6pm.

Held at the beautiful and charming Cantley Manor House in Wokingham this will prove to be an afternoon to enjoy, especially as we have a few Christmas surprises lined up!

It's a lovely time to treat friends and family and enjoy that little extra if you want to add in a glass of bubbly!

Standard Festive Tea – £19.50

Sparkly Festive Tea – £26.00

The event is being held to raise funds for Berkshire Vision who support over 2,000 members of all ages throughout the county who have sight loss.

For more details or to book direct call Linda on 0118 987 2803 or email linda@berkshirevision.org.uk or book [direct](#) online (although this incurs a booking fee).

Wokingham Borough Council - Council Tax Reduction Scheme

Wokingham Borough Council are currently consulting with residents and organisations in regard to potentially changing our **Council Tax Reduction Scheme**.

This is a scheme that assists low income residents and families with paying their council tax.

As an organisation that could have an interest in this or changes could potentially impact on your client group, I would like to seek your feedback. It is important that we receive a response from as many customers and organisations as possible, so that any changes made have been properly considered.

The link to the consultation is below for you to use

For information the closing date for responses is the 11th December.

<http://www.wokingham.gov.uk/news-and-consultation/consultation-and-having-your-say/current-consultations/?entryid206=372651>

Shinfield Community Flat News and Events

Berkshire Youth on Ice

Children's Christmas Trip (8 years +)

This will be on: Friday 11th December in Windsor

An exciting evening with lots to do including:

- Ice Skating Rink
- Fun Fair
- Many more Wintry attractions

The evening runs from 6-9pm but we will be arranging transport for the children so will confirm pickup and drop-off from the Community Flat nearer the time
Cost is £5 per child which will include entry to the Ice Rink, activities and transport (Snacks available on site at additional cost)

This event will be fully staffed by Berkshire Youth and the trip will be run by Cherish and supported by the Community Wardens

We want this trip to be available to everyone, so please contact Cherish on Cherish.Risiford@wokingham.gov.uk if you want to discuss costs or need more information

Knit and Natter

New Group at the Community Flat!

We are hoping to set up this group to bring people together and learn and share new skills. These will include everything from knitting, to crochet and we also have a Sewing Machine at the Flat that we are desperate to learn how to use!

We are hoping to run the group on a Tuesday evening, starting in the New Year but are open to ideas and suggestions from anyone with an interest.
 Everyone welcome, of all skills and abilities,
 Cherish will provide the coffees, teas and cakes!

Reading Borough Council has today launched the Narrowing the Gap Bidding Framework.

This sets out funding opportunities for 2016-18 to support outcomes related to:

- tackling poverty
- promoting wellbeing
- supporting thriving communities

You can view the full Narrowing the Gap Framework and information about how to submit a bid here:

<https://in-tendhost.co.uk/readingbc.aspx/Tenders/Current>

Please note that the deadline for bids under this Framework is 8 January 2016.

Commissioning themes which were included in the 'Promoting and Supporting Wellbeing' consultation now appear in the Narrowing the Gap Framework, and funding agreements for a full two year period are available. However, this does not include Short Breaks for Disabled Children. These services will be re-commissioned through a separate process aligned to the strategic commissioning of children's services.

You can view the report presented to Policy Committee seeking approval to launch the Narrowing the Gap Framework here:

<http://www.reading.gov.uk/article/4721/Policy-Committee-02-NOV-2015> (see item 6)

Soon Heshe, **Project Officer**, Reading Borough Council - 0118 937 3801 (73801)

Soon.Heshe@reading.gov.uk

Wokingham Safeguarding Children Board

CHILD SEXUAL EXPLOITATION 'POP UP' EVENTPROGRAMME**Date: Monday 7th December 2015****Time: 9.00am-11.30am****Venue: Wokingham Borough Council, Civic Offices, Shute End, Wokingham, RG40 1BN**

09.00am	Arrival	
09.30am	Welcome and Introduction	Fran Gosling-Thomas, Chair of Wokingham Safeguarding Children Board
09.40am	The Impact of CSE on young people	Martin Murphy, CSE Lead Wokingham Borough Council
10.00am	'The Young Person's Voice'	Video
10.10am	What do we know about CSE in Wokingham?	Thames Valley Police,
10.30am	E-safety	ICT in Schools Team, Wokingham Borough Council
10.40am	Learning from Serious Case Reviews	Jenny Selim, WSCB Serious Case Review Sub Group Chair
11.00am	Question and Answer	Panel
11.20am	Next Steps and Closing	Judith Ramsden, Director of Children's Services, Wokingham Borough Council

Child Sexual Exploitation (CSE) is a key priority for the Wokingham Safeguarding Children Board.

CSE is a form of child abuse that can affect any young person, regardless of their social or ethnic background. Lots of work is being carried out locally to raise awareness of the issue and how we can tackle it together.

And next month (December), the Board is holding a Pop Up event for all professionals who work with children and young people to raise the profile of CSE.

It will be an opportunity to share knowledge and learning, to think about the impact of CSE on our children, young people and their families, to hear what we know about CSE in the Borough and how we can improve our partnership working to tackle it. There will be a session on e-safety as well as discussing recent national Serious Case Reviews and what we can learn from them locally.

It's a free event but places are limited. To book your place please call Helen Sidorowicz, WSCB Administrator, on (0118) 974 6702 or email helen.sidorowicz@wokingham.gov.uk before midday on December 4.



WOKINGHAM SAFEGUARDING CHILDREN BOARD

CHILD SEXUAL EXPLOITATION 'POP UP' EVENT

Wokingham Borough Council, Civic Offices, Shute End, Wokingham, RG40 1BN

Monday 7th December 09.00-11.30am

Desired Outcomes

- Bringing front line staff, service managers and senior leaders, from across the agencies, together, to consider the challenges of Child Sexual Exploitation in Wokingham – to consider the questions:
 - What do we know? About victims, perpetrators and locations
 - What is already being done?
 - What are the gaps in service delivery in Wokingham?
 - What else do we need to do? Individually and collectively
- Getting everyone on the 'same page' in terms of understanding what CSE is; what are the signs and how to share information and/or raise concerns about a young person?
- Sharing knowledge from and building on learning from Serious Case Reviews locally and nationally
- Understanding the picture of:
 - teenage risk taking around drugs, alcohol, attitudes to sex and relationships;
 - the risk of teenagers going missing from home and care;
 - how teenage risk taking increases their vulnerability to sexual exploitation;
 - how services can better protect teenagers
 - which young people are more vulnerable to CSE
- How to encourage a culture of professional challenge and become a learning partnership to develop and deliver best practice for children and young people

PARENTING SPECIAL CHILDREN

supporting Berkshire families!

Time Out for ASD: A course for parents of children on the Autistic Spectrum

5 week course

**February 22nd to 21 March 2016: Calcot Children's Centre, West Berkshire
A Parent to Parent Approach.**

Key Themes:

- Understanding ASD
- Communication
- Social Interaction
- Understanding ASD
- How to handle repetitive activities
- Special skills and interests
- Sensory sensitivities
- ASD Behaviour and Management
- Principles of behaviour management
- Anxiety and how to manage it
- Understanding and managing behaviour

All of the people leading the courses are parents of children or young people with special needs and have a background in education.

Time: 10am to 12pm

Day : Monday am

Date : 22 Feb - 21 March 2016

Venue: Calcot Children's Centre

Cost : £10 for handbook

Course: Funded by West Berkshire Council Community Education Fund



Cold Weather Plan for England: Action cards for Cold Weather Alert Service Individuals

Level 0: Long-term planning – All year

- seek good advice about improving the energy efficiency of your home and staying warm in winter; undertake energy efficiency improvements to your home or encourage your landlord to do so.
- seek advice from your local authority environmental health department if as a tenant your heating is defective or you cannot affordably heat your home.
- check your entitlements and benefits; seek income maximisation advice to get benefits and other services; seek advice from your fuel supplier or local advice provider if you have fuel debt or difficulties paying for or affording sufficient fuel.
- ask your fuel supplier about their Priority Service Register for vulnerable customers, what this provides and if you are eligible.
- check that your heating is working properly; make sure that you have access to sufficient fuel supplies for the winter period especially if you rely on oil, LPG or wood deliveries. Consider alternative heating measures if required.
- have all gas, solid fuel and oil burning appliances (i.e. boilers, heaters and cookers) serviced by an appropriately registered engineer. Malfunctioning appliances can release carbon monoxide – a gas that can kill. Have flues and chimneys checked for blockages and swept if needed. Fit an audible carbon monoxide alarm (EN50291 compliant)
- get a flu vaccination if you are in a risk group (September/October)

Level 1: Winter preparedness and action programme – 1 November to 31 March

- find good information about health risks. Try NHS choices at www.nhs.uk
- if you are receiving social care or health services ask your GP, key worker or other contact about staying healthy in winter and services available to you. Make sure you have a list of emergency numbers if you need to call for assistance or advice during cold weather
- check room temperatures – especially those rooms where disabled or vulnerable people spend most of their time. Homes should be heated to at least 18°C to minimise risk to health
- if you or someone else is likely to be restricted to one room during the winter period or during a cold spell make sure that it can be kept at or above recommended temperatures (which are at least 18°C to minimise risk to health) and that you plan what resources you/they need to keep them safe and warm – seek energy advice as necessary
- protect water pipes from freezing by insulating them
- look out for vulnerable neighbours and help them prepare for winter (e.g. with key contact numbers for emergency situations). Ensure they have access to warm food and drinks and are managing to heat their home adequately
- consider other preventive action you can take (e.g. perhaps volunteering to help implement the community emergency plan)
- consider using the Keep Warm, Keep Well booklet for up-to-date information and advice for patients



Cold Weather Plan for England: Action cards for Cold Weather Alert Service

Level 2: Severe winter weather is forecast – Alert and readiness

Mean temperature of 2°C and/or widespread ice and heavy snow are predicted within 48 hours, with 60% confidence

- continue to have regular contact with vulnerable people and neighbours you know to be at risk in cold weather – ensure they have access to warm food and drinks and are managing to heat their home adequately. Homes should be heated to at least 18°C to minimise risk to health
- stay tuned into the weather forecast, and ensure you are stocked with food and medications in advance (have deliveries or ask a friend to help)
- take the weather into account when planning your activity over the following days. Avoid exposing yourself to cold or icy outdoor conditions if you are at a higher risk of cold-related illness or falls
- discuss with friends and neighbours about clearing snow and ice from in front of your house and public walkways nearby, if you are unable to do this yourself.

Level 3: Response to severe winter weather – Severe weather action

Severe winter weather is now occurring: mean temperature of 2°C or less and/or widespread ice and heavy snow

- stay tuned into the weather forecast
- heating your room to at least 18°C in winter poses minimal risk to your health when you are wearing suitable clothing
- If you have to go out, dress warmly and wear non-slip shoes. Tell someone where you are going and when you will get back. Keep your mobile phone (if you have one) on you and charged
- Dress warmly, eat warm food and take warm drinks regularly; keep active
- Check on those you know are at risk
- If you are concerned about your own health or that of other people, alert emergency services
- Clear pavements of ice or snow if you are able and it is essential

Level 4: Major incident – Emergency response

Central government will declare a level 4 alert in the event of severe or prolonged cold weather affecting sectors other than health

- continue actions as per level 3 unless advised to the contrary
- Implementation of national emergency response arrangements by central government
- Follow key public health and weather alert messages as broadcast on the media



Cold Weather Plan for England: Action cards for Cold Weather Alert Service Voluntary and community sector

Level 0: Year round planning

- engage with local statutory partners to agree how the community and voluntary sector can contribute to the local community resilience arrangements
- develop a community emergency plan to:
 - identify and support vulnerable neighbours in the winter
 - assess the impact severe weather might have on the provision and use of usual community venues
 - ensure that pavements and public walkways are cleared of snow and ice in the local community
 - agree support, resources and training to maximise effective use of volunteers
 - support recruitment of volunteers
 - agree mechanisms for distributing food, fuel, emergency heating, health, social care and other provision to vulnerable people
 - review emergency housing and hostel provision
 - agree arrangements with other community groups to maximise contact with vulnerable people
 - identify available services for vulnerable people and agree signposting arrangements with providers

Level 1: Winter preparedness and action programme – 1 November to 31 March

- test the community emergency plan to ensure that roles and responsibilities and actions are clear
- set up rotas of willing volunteers to keep the community safe during inclement weather and to check on vulnerable people and neighbours
- support the provision of appropriate advice about the health risks of cold weather/ cold housing especially with vulnerable people
- ensure that there is a business continuity plan for severe winter weather to ensure support can continue to be given to vulnerable people
- Actively engage vulnerable people known to be at risk and check on welfare regularly and support them to seek



Cold Weather Plan for England 2014

Action cards for Cold Weather Alert Service

Level 2: Severe winter weather is forecast – Alert and readiness

Mean temperature of 2°C and/or widespread ice and heavy snow are predicted within 48 hours, with 60% confidence

- activate the community emergency plan
- activate the business continuity plan
- continue to actively engage vulnerable people known to be at risk and check on welfare regularly and support them to seek help if necessary
- stay tuned to the weather forecast

Level 3: Response to severe winter weather – Severe weather action

Severe winter weather is now occurring: mean temperature of 2°C or less and/or widespread ice and heavy snow

- implement community emergency plan
- contact vulnerable people to ensure they are safe and well, and support them to seek help if necessary
- ensure volunteers are appropriately supported

Level 4: Major incident – Emergency response

Central government will declare a level 4 alert in the event of severe or prolonged cold weather affecting sectors other than health

- continue actions as per level 3 unless advised to the contrary
- implementation of national emergency response arrangements by central government
- follow key public health and weather alert messages as broadcast on the media

WHY YOUR GIFT AID DECLARATIONS WILL BE INVALID FROM APRIL 2016

HMRC has recently published new model gift aid declarations for [single](#) and [multiple](#) donations. While there's been some significant and welcome simplification of the forms, there's also a new information requirement that's less positive. Charities will need to update the declarations they use by 5 April 2016 to reflect the new requirement and ensure that declarations they receive continue to be valid.

New information requirement

As a whole the model statement has been rearranged to try to improve the gift aid messaging and reduce the amount of text donors will need to read. The central part of the new model declaration now looks like this:

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference.

The key substantial difference is the inclusion of a '[tax to cover](#)' statement that confirms it is the donor's responsibility to pay back any shortfall in their tax paid against the gift aid claimed. This new requirement is reflected in the updated list of [information](#) that a declaration must include (although the principle of 'tax to cover' has always been an element of the gift aid system).

What charities need to do

While the new model declarations and requirements are effective immediately, HMRC will continue to accept declarations using the old model until 5 April 2016, giving time for charities to update the declarations they use and run down any stocks of printed materials they may have. However, declarations made under the old model after this deadline will be considered invalid by HMRC, and gift aid claims rejected.

Charities should start planning now to update their online and printed statements, fundraising scripts and letters for oral declarations, and use up existing printed stock.

Given the delays that can exist between sending out fundraising materials and receiving donations, charities should aim to have their materials updated well ahead of the deadline to ensure declarations they receive after it will be valid. Charities that use third parties to manage their web development will also need to plan in the time and resource for these changes to be made ahead of the April deadline.

Charities will **not** need to contact donors to update existing enduring declarations.

Measuring the effects

The overall simplification of the declaration may have benefits for donor uptake of gift aid, but conversely there are concerns that the introduction of the 'tax to cover' statement could reduce the number of eligible donors who choose to use the scheme. It's not clear what the net effect of the changes will be, and this may well vary across different sub-sectors and forms of fundraising.

Ultimately, the model declarations are only examples. Provided a declaration contains all of the [required information](#), charities are at liberty to design their own forms and wording if they feel it will produce greater gift aid uptake – although they should take care to ensure that any variations do in fact meet those requirements.

We would be very interested to hear from charities that plan to conduct any comparison of gift aid income under the old and new declarations, and whether any charities are planning to depart from the new model declaration – drop me an email on michael.birtwistle@ncvo.org.uk.

<http://blogs.ncvo.org.uk/2015/11/09/why-your-gift-aid-declarations-will-be-invalid-from-april-2016>

Message from NHS Berkshire Health Network

New! Patient Advisory Group for shared electronic records

We're looking for 6 – 8 members of the public to join a small voluntary advisory group to support our Connected Care Project. If selected, volunteers will get to have their say about how information is shared electronically between different NHS systems and make suggestions for how future health technologies might work. If you, or someone you know might be interested, please register your interest by emailing ppiteam.berkshirewest@nhs.net no later than Friday 11th December.

CQC inspection of primary care and adult social care services – feedback opportunities

CQC inspection of primary care and adult social care services

The Care Quality Commission is encouraging organisations and groups to **let them know at any time** what they think about the quality and safety of local health and care services. This means that local people have the opportunity to help inspectors decide when to inspect a service and what to look for.

The CQC is particularly keen to hear about primary care services (e.g. GP services and out of hours services) and adult social care services (e.g. residential homes).

Use existing activities and meetings to gather feedback

- If through the course of your daily work you frequently hear feedback (good as well as bad) about a particular local service, please tell the CQC.
- If there are recurrent themes, or particular services are regularly discussed, consider gathering feedback more formally – perhaps adding ‘CQC feedback’ to the agenda of a weekly meeting, or a local forum for voluntary and community sector groups.

You can feed back by writing to **feedback@cqc.org.uk**. You can also encourage individuals to share their experiences of care at www.cqc.org.uk/sye or by ringing **03000 616161**. Our inspection reports are available at www.cqc.org.uk

Important: You may find the following template helpful to guide your discussion and any written feedback:

Name and location of the service (this includes hospitals, ambulances, care homes, nursing homes, GPs, dentists, hospices, community health services, mental health services and care provided at home)	The good things about this service are:	Our concerns about this service are:	Our general comments about this service are
...



2nd Woodley Scout Group

Woodley Community Traditional

Christmas Postal Service

**Bring your Woodley area Christmas Post
To our Base in the Woodley Precinct Pagoda**

Between

10.00am and 1.00pm

On

**Saturdays 5th and 12th Dec
2015**

And we will deliver them for

Only 20p a letter.

**THANK YOU FOR YOUR
SUPPORT**

P - 0118 969 4184 E - woodleywolves@yahoo.co.uk

Supported by Newberry Card Shop, Library Parade, Woodley



The Community Council for Berkshire is looking to recruit new Trustees onto our Board and to fill the vacancy of Honorary Treasurer.

CCB is an independent charity with over 40 years' experience in community development work. CCB is the Rural Community Council for Berkshire and works to strengthen and support local communities throughout Berkshire. Our core mission is to enable communities in Berkshire to thrive by using our knowledge, skills and enterprise. Our vision is to strengthen, promote and empower communities across Berkshire.

Your skills and experience will be put to use to make a lasting difference in the communities in which you work or live. If you have more time on your hands due to retirement or other circumstances this could be the perfect role for you. Alternatively if you have a busy work life there are only a handful of (mostly evening) meetings to attend a year and we would appreciate your comments and input on key decisions.

As we are a small staff team we do rely on volunteers to step in where needed and complete key task and finish jobs. This is an opportunity to enhance your CV and open doors to possible new career paths!

Honorary Treasurer

Non-remunerated post, however out of pocket expenses are payable.

Appointment initially for three years and up to a maximum of six years.

CCB is seeking to appoint an Honorary Treasurer, following the retirement of the current post holder. This is a key voluntary position and the post holder will sit as a Trustee on CCB's Board.

Ideally the post holder will have a professional qualification in accountancy or finance but a sound financial knowledge and experience would suffice.

The post holder will be expected to attend up to 5 Board Meetings per annum. In addition there will be a small number of other meetings including the Annual General Meeting and Board Away Day. The Hon Treasurer will also be a point of contact for our Chief Operations Officer and will need to be available for occasional meetings via telephone or face-to-face.

Trustee

Non-remunerated post, however out of pocket expenses are payable.

Appointment initially for three years and up to a maximum of six years.

CCB is seeking to recruit new Trustees to our Board of Directors. We are looking for people that have experience or knowledge in one or more of the following fields:

Budgeting, Business Planning, Charity Law, Company Law, Fundraising, Governance
Human Resources, Policy Making and Strategic Planning

Trustees need to have an interest and enthusiasm for working to improve community life in Berkshire and the ideal person will also have strong networks or alliances within the county. Post holders will be expected to attend up to 5 Board Meetings per year. In addition there will be a small number of other meetings including the Annual General Meeting and Board Away Day.

For further details please e-mail admin@ccberks.org.uk or to find out more about us please visit our website: www.ccberks.org.uk. To make an appointment for an informal conversation with the Chief Operating Officer please call on the above number 0118 9612000.

'You Better Watch Out, You Better Not Cry, You Better Not Shout I'm Telling You Why...Santa Claus is Coming (To Shinfield Rise)'

Reading Lions Annual Father Christmas Visit to the Estate!

Father Christmas will be coming round to see us around 6.15pm on Monday the 21st December. The Flat will be open from 5.30pm, where we will be playing Festive music and sharing some mince pies and hot chocolate. Everyone welcome, it would be lovely to see you all before the Xmas break! We will also be visited by Cllr Parry Bath, Mayor for Wokingham Borough, who will be saying a few words as we look back over the year and forwards to 2016.



Festive Fun at the Flat!

We are running a couple of sessions in partnership with Bracknell and Wokingham College:

Festive Crafts– Weds 2nd and 9th, 10am to 12pm

Festive Cooking– Tues 1st, 10am to 12pm– We will be making shortbread and sweet treats!

Come and join us at No 36, Frensham Green
Everyone welcome!



COMMUNITY CHRISTMAS CAROLS
TUESDAY 8TH DECEMBER,
10.30 – 11.30AM
SOUTH READING YOUTH AND
COMMUNITY CENTRE,
NORTHUMBERLAND AVENUE,
WHITLEY, READING. RG2 7QA



WCDA in partnership with our local schools are preparing a real special treat just for you!

Please come and join us for a fun event, delivered by children from our local schools.

We will be selling raffle tickets on arrival and a Tea Coffee and Cake offer will be available in the interval for just £2

FOR MORE INFO PLEASE CALL
CLAIRE ON 07496154842

Come and Get Involved this December...

Housing Surgery With David Higgins: Every Thursday, 11am to 1pm.

Benefits Surgery (Confidential Advice and Support): First Thursday of every month, 11am to 1pm

Family Worker Drop In: Every Monday 10am to 12pm

Social Club for 50+, Christmas Party: Monday 14th, 7-9pm

Community Club for 8-12s, Christmas Party:

Mon 7th 4-5.30pm

Girls Group for 13-16s, Christmas Party:

Mon 7th 6-7pm.

Mice Bus: Every 1st Monday of the month 1.15-4pm

Councillor Surgery with Wokingham Borough Council Cllr/Mayor Parry Bath and Shinfield Parish Councillor Ian Montgomery: Weds

9th Dec 5-6pm

Winter Reading Challenge for Young People

It's fun, it's FREE, it's at your local Wokingham Borough Library this winter. Open to all library members aged 4 to 16 years old. Sign up in the library and get a free collectors card, Borrow and read three books and you will receive a certificate on completion. We would encourage you to write a book review to add to our Winter Reading Challenge wall too. Once completed you can enter our book themed prize draw.

Join the challenge from Friday December 11, in any Wokingham Borough Library. The Challenge will run until January 8, 2016.

If you would like any more information, please contact Elizabeth McDonald on Elizabeth.mcdonald@wokingham.gov.uk or 0118 974 3709

The Tenant Involvement Team are holding Carols in the Courts in Winnersh on Wednesday 16th December at 7pm.

We walk around the Courts with St Sebastian's Band singing festive tunes and finish up in the centre for mince pies and hot drinks.

All are welcome, so please come along with your finest singing voice.... Cherish will be going too, so if you need a lift over just let her know! Residents Resource Centre 10 Targett Court, Winnersh, RG41 5HP.

Get that Job!

Get help with C.V Writing and Job Applications

Thursday 3rd December, 9.45am—1pm

Are you aged 19 or over?

Why not come along and learn how to perfect your C.V

Get tips on making a professional first impression

Find out what employers are looking for with job applications

To book a free place, email: elevate@wokingham.gov.uk or

telephone Sandie on: 0118 9746900

Elevate Wokingham, Ground Floor, Wokingham Library,

Denmark Street, Wokingham, RG40 2BB



Pranic Healing Wokingham

MENTAL HEALTH

One to One Treatments -

DEPRESSION

STRESS

ANXIETY

Relief – Peace of mind - Lightness

CARERS

RELAXATION - meditation

CARING and SUPPORT -

Wellbeing Workshops

How can
we

***GROUP
MEDITATION**

***ONE TO ONE
PRANIC
TREATMENTS**

***WE I BEING**

How we can
help you?



ASD

PARENTS

Meditation/wellbeing workshops - relaxation

CHILDREN

One to one Treatments - support

PAIN

ACHE TENDERNESS

One to one treatment - relief

Meditation --relaxation

Pranic Healing Wokingham comprises a team of 3 who run regular meditations - day and evening - for adults and children in and around Wokingham town.

Pranic Healing Wokingham also offer Stress Relief Workshops and Pranic Treatments for physical and emotional problems.

<https://www.facebook.com/pranichealingwokingham>

<http://www.pranichealingwokingham.co.uk>

info@pranichealingwokingham.co.uk

Ruth - 07766467424/ Geeta - 07957 688663/Bryony - 07979 652264

A session for parents & carers and their children aged 0 - 18 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.

Tuesday 24th November; 26th January; 23rd February; 22nd March

5.30 – 7.30pm

Red Kite Children's Centre

Refreshments: Light tea provided.

Telephone 01189 088 181

www.wokingham.gov.uk/family/centres

www.facebook.com/wokinghamchildrenscentres

ASSIST (Autism Spectrum Service for Information, Support & Training)

Highwood Annexe, Fairwater Drive, Woodley, RG5 3RU.

The Red Kite Children's Centre

Chestnut Crescent, Shinfield, RG2 9EJ



**Sure Start
Children's Centres**



Free workshops for stoma carers

THE COLOSTOMY ASSOCIATION is running a series of free workshops for carers of people living with a stoma. These short sessions will provide practical advice and guidance on stoma care aimed at family members and friends that care for people living with a stoma. They will be delivered by a qualified stoma care nurse. Workshops will be held in central Reading on March 22 and April 26 2016 and will last for approximately 90 minutes. To book a place on either date or for more information, please call Giovanni Cinque on 0118 9180503 or email Giovanni.cinque@colostomyassociation.org.uk

New members always welcome at our friendly support groups

Berkshire Carers Service runs a number of friendly support groups for carers, giving you a chance to meet other people who are in a similar situation and to have some time to yourself. Groups meet in Datchet, Lambourn, Maidenhead, Pangbourne, Reading, Sunningdale, Thatcham, Windsor and Wokingham. Groups for people caring for someone with a mental health condition meet in Bracknell, Reading, Thatcham, Newbury and Wokingham. New members are always welcome at all the groups. You can find the dates, times and venues at www.berkshirecarers.org or call 0800 988 5462 and we will send you a list. We are also looking for people to volunteer to help run groups. If you don't have the time perhaps you know someone who does? Call 0800 9888 5462 or email helpline@berkshirecarers.org

Ten times more disabled children are not accessing free childcare.

A NEW report, *Levelling the playing field*, produced by Contact a Family with The Council for Disabled Children, The Family and Childcare Trust and Mencap, shows that 40 per cent of families with disabled children are not accessing the current free childcare offer of 15 hours a week. That's ten times more than families with nondisabled children. A survey of parents who care for young disabled children reveals that of the families who say they aren't taking up the full 15 hour entitlement: Over a third (38%) said it was because they did not think the childcare provider could care for their child safely. 30 per cent did not think the childcare provider had adequately trained staff. A quarter said the nursery or childcarer refused a place or excluded their child because of their disability or special educational needs. And of those whose child was refused a childcare place or excluded: Nearly half (49%) said the childcare provider could not meet their child's additional needs. 47% said their child needs 1:1 care or other additional support that was not available or affordable. Contact a Family chief executive Amanda Batten said: "High quality, flexible childcare helps children's educational and social development and enables parents to maintain paid employment. But this remains a pipe dream for many families. "At the same time there is a significant shortfall of the knowledge and skills needed to provide quality care and education to disabled children in the childcare and early years' workforce." For more about Contact a Family campaigns see www.cafamily.org.uk
CARERS are among residents in the

Grow helps Royal Borough job seekers



Royal Borough of Windsor & Maidenhead who can access a free service which helps set you on the right track for employment. Grow offers information, advice and guidance on returning to or starting work and personal development courses to improve confidence and practical help with CVs, interview skills or applying for jobs. Following registration with the service every resident is offered a full and comprehensive Advice and Guidance interview with a qualified IAG member of staff. Grow currently offers a Monday drop-in between 9.30am – 3.30pm at Maidenhead Town Hall and weekly booked 1-1 information sessions for Windsor residents. The Strive programme offers local residents the opportunity to access training in order for them to start their own business. Through fun and interactive sessions Enterprise Cube provide advice and guidance on a range of key business issues from registering a company through to marketing, and basic accountancy requirements. At the end of the 12 week programme participants present their business plan to a panel with a view to access advice, support, and an interest free loan to support the business start-up. The programme runs three times a year in Maidenhead. Anyone who needs help to get into work can use Grow's services, particularly those who may be finding it difficult, such as carers, lone parents, people who have been made redundant, school leavers, adults with mental health conditions or moderate learning difficulties, older people, exoffenders and those who want to change careers. Please contact Kate Collier, Service Coordinator for more information on 01628 685661 or visit www.growourown.co.uk

Work choice for disabled carers

THE WORK CHOICE programme replaced the earlier Work Prep and Work Step initiatives part of the wider New Deal for Disabled People Programme. Work Choice is delivered by different independent providers across the country under jobs brokerage contracts. These providers can be from the Charities Sector or the Private Sector. They offer three levels of help.

- **Work Entry Support:** Advice on work and personal skills to help you find a job Up to 6 months
- **In-Work Support:** Help to start work and stay in your job up to 2 years
- **Longer-term In-Work Support:** help to get on in your job and work without support long-term

Work Entry Support can be extended by 3 or 6 months in exceptional circumstances and when there is a clear prospect of a job. To qualify for Work Choice you must:

- be of working age
- need support in work as well as to find a job
- be able to work at least 16 hours a week after Work Entry Support
- have a recognised disability that means you find it hard to get or keep a job.

THE SHAW TRUST, a not-for-profit organisation with a local office in Reading, is contracted in Berkshire to support disabled adults to find and stay in employment through the Work Choice programme. Shaw Trust also provides help for employers to manage and support disabled and disadvantaged employees with the recruitment of job ready candidates and help for employers to become disability confident. Call 0300 7900 523 for further information or visit www.shaw-trust.org.uk

Do you or know an organisations who might be interested in a letter/paper folding machine that I have which is now surplus to requirements for the Club that I was Secretary to for 8 years? Also I have several – up to 10 – A4/Foolscap size Lever Arch files that I no longer require. Do you know of anyone who might be able to use them?

I can deliver them within a reasonable distance of Wokingham.

Please email; Tricia Harcourt triciah@ta14.net if you are interested in the above.

FREE Sports Sessions for Mental Wellbeing

Just turn up and have fun! **BADMINTON & SHORT TENNIS** (*currently running*)

Tuesdays 12 – 1pm @ Loddon Valley Leisure Centre,
Rushey Way, Lower Earley RG6 4GD

TABLE TENNIS (*currently running*)

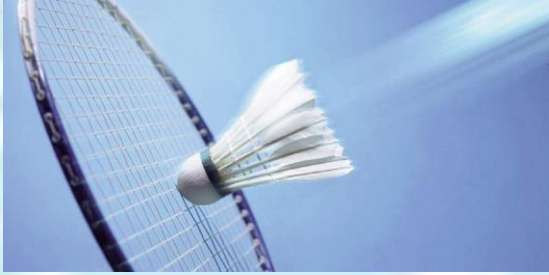
Fridays @ 1.45 – 3pm @ St Crispin's Leisure Centre, London Road, Wokingham
RG40 1SS

STRETCH AND RELAX (Starting Thursday 10th September)

Thursdays @ 11.30 – 12.30pm @ St Crispin's Leisure Centre, London Road,
Wokingham RG40 1S

Please contact Stephen Orwin for further details on
stephen.orwin@wokingham.gov.uk or call **01189 746962**





Mental Wellbeing Sport and Physical Activities

The mental wellbeing sports programme is a FREE service designed to promote and encourage positive mental wellbeing using sport and exercise as a tool.

The sessions are run in a relaxed environment by qualified coaches. There are several different levels at which you can play. You can play at a competitive environment, in which you compete with players and teams at your own level, or you can relax and learn the sports at your own pace with our coaches.

How to join in with the sessions:

- GP referral to the sessions
- Self-referral
- Referral through a carer/care home
- Referral through a charity
- Volunteer to help

Programme Schedule

BADMINTON AND SHORT TENNIS

Tuesdays 12noon to 1pm
At Loddon Valley Leisure Centre,
Rushey Way, Lower Earley RG6 4GD

STRETCH AND RELAX

(Starting Thursday September 10)
Thursdays at 11.30am to 12.30pm
At St Crispin's Leisure Centre,
London Road, Wokingham RG40 1S

FOOTBALL

(Starting October 21)
Wednesday at 6pm to 7pm
At GOALS Football Centre,
Woodlands Ave, Woodley, Reading RG5 3EU

TABLE TENNIS

Fridays at 1.45pm to 3pm
At St Crispin's Leisure Centre,
London Road, Wokingham RG40 1SS

HEALTH WALK

(Starting October 16)
First Walk: 10.15am to 10:45am
Second Walk: 11.30am to 12noon
Meet at the Old Forge,
45-47 Peach St, Wokingham RG40 1XJ

ZUMBA

(Starting November 9)
Mondays 12.30pm to 1.30pm
At St Crispin's Leisure Centre

London Rd, Wokingham RG40 1SR



www.involve.community

Christmas Day Lunch

The Salvation Army, Castle Street Roundabout

Time 10:00 to 3:00pm 25th December

Tel: 0118 9583019



You must call by 10th December and book your place

South Reading Events

**St Agnes Church
Hall**

Free cookery
demonstration-
gifts to make for
Christmas

Saturday 5th
December 2pm to
3:30pm

**South Reading Community Café - Clare McEnoy
07496154842**

Tues 8th Dec Christmas Carols 10:30am to 11:30am

Sat 12th Dec Christmas Craft fair 11:00am to 3:00pm

Sat 12th Dec Christmas Family Party 1:30 to 4:00pm

Three Cooks - Brenda Neale 07961945030

Fri 11th December 12:00pm onwards Christmas buffet
at Cintra Park

Sat 19th December Christmas dinner with live singing
for Lynne Turner at Christ The King Church Hall,
Whitley. Please call Brenda in advance to book

Whitley Library - Jackie Perrow 01189375117

Thurs 6th December Christmas computer sessions, send E cards and
messages and find out how to get bargains on the internet!

Cornerstones Sheltered Housing, Halcyon Terrace,

Salvation Army Band 9th December 2015 2:15pm

**The World Turned Upside Down, public house, Basingtoke Road,
South Reading - Good Friends Christmas Meal 12.30pm £5.00 15th
December**

West Reading Events

All Nations Christian Church

Berkeley Ave, Reading, West Berkshire RG1 6JE
0118 950 5661

We are holding our Christmas Lunch on Thu 17th December at 1pm.

If anyone local to us wishes to attend please book a place:

Tel: 0118 9505661 by no later than Thu 10th December or;

Email office@allnationselim.org with your name and telephone number by
no later than Sun 13th Dec.

Our Carol Service and Nativity with a difference is at 6pm Sun 20th Dec. Coffee
and mince pies will be served after the event.

Tilehurst Oak Tree House -

Contact: Tina Ford 07870198584

Fri 18th Dec Pantomime -
Cinderella, Tickets cost £5:00

Mon 21st December Goodnight
Sweethearts -singing and
dancing 4:00pm to 5:00pm
tickets cost £2:50

Thurs 31st December, New
Year's Eve Party. Bring and
share food and drink 7:00pm till
late

Firtree Retirement Club YMCA Tilehurst

Club Secretary 0118 9677130

**Christmas concert on Tuesday 8th
December from 10.45am to 12.00pm
Carol Service 15th December 10.45am to
12.00pm led by Rev Brian Blackman with
a visit from Cllr Eden and mince pies. All
Welcome**

Tilehurst, St Michael's Church Rough Lane, Reading

Christmas at St Michael's Tilehurst 2015

In addition to our regular services at 8.00 am, 9.30 am and 6.30 pm on Sundays, the traditional celebrations for Christmas begin on Sunday 29th November, 6:30pm with Readings and 'Music for Advent' with the choir.

Our annual Christingle service led by Jenny Foakes on Sunday 6th December at 9.30 am is for all ages. The uniformed organisations take a special part and we enjoy welcoming their friends and parents too. The proceeds for this service always go to the Children's Society. That evening at 6.30 pm is a Eucharist with anointing and laying on of hands.

In Advent we have services of a different kind including Taize worship on 13th December at 6.30.

If you enjoy singing why not come along on 19th December to Carols at the Triangle at 2.00 pm?

Our final All Age Eucharist of the year is on 20th December at 9.30 when our young people and children take an active part in the service.

And then the joys of Christmas! There is nothing quite like the Nativity service at 4.00 pm on 24th December on Christmas Eve. Children dress up as characters in the wonderful story and their families and friends have just as much fun watching them and joining in the singing.

Later at 6.30 pm is the traditional service of Nine Lessons and Carols. You will be most welcome to join us as we tell once again the most wonderful story in the history of the world in music and readings.

At 11.30 pm is the first mass of Christmas, always with a wonderful feeling of anticipation as we walk to and from church in the dark.

The First Mass of Christmas starts at 11.30 pm even though we think of it as "Midnight Mass". Do come early, the church is always full!

On Christmas Day join us at 10.00 am on 25th December for our Family Eucharist while we enjoy the happiest day in the year!

All of us at St Michael's Church Tilehurst wish all of you a Blessed Christmas.

Norcot Mission Church

Brockley Close, Tilehurst

**Neighbours drop in session with mince pies, etc. December 16th.
10am to 12 noon**

Christmas Supper. Please book if you can, 0773 481 1954.

December 12th December 5:30 pm

Oasis drop in December 11th and 18th. 10am to 12 noon

Christmas is a time when we celebrate that "love came down" in the form of Jesus Christ who changed the world forever and still changes our lives today.

Please join us at one of our meetings; we'd love to see you!

13th December 4:30pm

Family Carols with lots of noise, fun and celebration

20th December 6:30pm

Carols by Candlelight

25th December 10:30am

Family Celebration

25th December 1pm :Christmas Lunch
(please call the church to book your place)

North Reading Events

'POP-IN' With Us
Tea & cake
Mondays
2:30 - 4 pm
At Grace Church
119 Peppard Rd, Caversham
Call Jane : 01491 572931

Abbey Baptist Church

Abbey Square
Reading RG1 3BE
www.abbeybaptistchurch.org.uk

CAMEO event (Come And Meet Each Other) on Wednesday 2nd December at 2.15, we will have a choir singing Christmas music.

Town Centre Events

St Laurence Church Town Centre

Carol Service 6pm Sunday 20th
December

Midnight Mass on 24th December
11:00pm

New Hope Community Church

Community Carol Singing
Tuesday 22nd December, 6pm
Starting at New Hope and singing our way around the neighbourhood, ending back at New Hope for festive refreshments around 7pm

Christingle Service
Thursday 24th December, 4pm
Nativity for all ages, candles, carols and mince pies

All-age Christmas Celebration with Communion
Friday 25th December, 10.30am
Celebrating Emmanuel - God with us

Greyfriars Church Reading Centre

Follow the Star - Friday 4th December, 10.15 - 11.15am

The Christmas story with crafts, songs, & games, for Under 5s & their parents/carers, followed by refreshments

Carols by Candlelight - Sunday 13th December, 5pm & 7.30pm

A service of readings, carols and solo items led by choir and orchestra, followed by refreshments

All-age Nativity Service - Sunday 20th December, 10.30 -11.30am

A fun, interactive retelling of the Christmas story for all ages, with refreshments afterwards. Children are welcome to dress up as Nativity characters

Christmas Eve Midnight Communion - Thursday 24th December, 11.30pm
A traditional Christmas service with carols and communion

All-age Christmas Celebration - Friday 25th December, 10.30 -11.20am
A festive service for all ages, celebrating the birth of Jesus

Christmas Coach Trip Ashdown House Woodland Walk Thursday, 10th. December, 2015 10:00 a.m. - 3:30 p.m.* All walking abilities welcome

Reading Walks Programme is organising a coach trip to Ashdown House near Lambourn for a day out walking in the grounds and surrounding woods, finishing up at a local hostelry for tea or coffee and a mince pie + a Christmas Quiz.

The woods and grounds are beautiful at this time of year and we will be leading three groups concurrently for walks of different lengths and speeds. There will be a gentle walk of about 45 mins, for those who prefer it, with a trail map and a quiz and plenty of time to chat afterwards. The other two groups will be a medium-paced walk for an hour and a faster walk for the more confident walkers for about an hour and a half. The coach will take us to the Rose & Crown in Ashbury where you can buy refreshments (Tea/Coffee + Mince Pie: £2.50).

Please wear suitable clothing and sturdy footwear.

Coach Ticket: £5.00.

Please let us know if you prefer to meet us at Ashdown House.

Reading Pick-up points:

10:00 a.m. - Outside front of Palmer Park Stadium in the car park
10:15 a.m. - Outside the Civic Offices at the bus stop in Bridge Street
10:30 a.m. - Norcot Junction bus stop (outside Reading Retail Park).

Ashdown Walk Coach Departure:

3:30 p.m. - From the Rose & Crown car park, Ashbury.

*Arrival times back in Reading will depend on traffic and weather conditions.

Date	Activity	Where	Time
25 November - 6 Dec	Make Reading' pop-up shop with handmade gifts	Jacksons Corner, 1-9 Kings Road www.jelly.org.uk	11am - 7pm
Sunday 29 November	Advent Carol Service	St Peters Church, Caversham	6:30pm
Tuesday 1 December	Amersham Road Community Saturdays: planning discussion	Amersham Road Community Centre	10am - 11:30am
Saturday 5 December	Community centre consultation with tea & mince pies	Amersham Road Community Centre	10am - 12 noon
Saturday 5 Dec	Charity Christmas Fayre	Queen Annes School, Henley Rd	10am - 2pm
Saturday 5 Dec	Christmas Market	St Peters Church, Caversham	10:30 - 12:30pm
Saturday 5 Dec	Green Christmas tree sale	Caversham Court Gardens	9:30 - 1:30pm
Saturday 5 Dec	Vintage Christmas Market	Fox & Hounds Pub, Gosbrook Rd	1pm - 5pm
Sunday 6 December	Santa Run	Forbury Gardens (www.readingsantarun.co.uk)	9am
Monday 7 December	Special Shopping Evening for the Elderly and Disabled	Broad Street	5pm - 7pm
Saturday 12 Dec	Coca-Cola Christmas truck stop	Broad Street	12noon - 8pm
Weds 16 December	Carol Service	St Johns Church, Gosbrook Rd	6:30pm
Thursday 17 Dec	Town Carol Service	Reading Minster Church	6:30pm
Saturday 19 December	The Winter Giant procession	Queens Walk (next to Broad St Mall)	5pm
Saturday 19 December	Amersham Rd Family Xmas Party	Amersham Rd Community Centre	2pm - 5pm
Sunday 20 December	Caversham Cooking Club (7-11s)	Amersham Rd Community Centre	5pm - 7pm
Monday 21 Dec	Festive Carol singing evening	Caversham Court Gardens	7:30 - 8:30pm
Thursday 24 Dec	Christmas Eve Fun2Play	Caversham Children's Centre	9:30 - 11am
Thursday 24 Dec	Christmas Nativity Play	St Johns Church, Gosbrook Rd	4:30pm
Thursday 24 Dec	Christmas eve Midnight Mass	St Johns Church, Gosbrook Rd	11:30pm
25 Dec - 3 January	CHILDREN'S CENTRE SHUT	Caversham Children's Centre	Re-opens 4 Jan
Friday 25 December	Christmas Family Service	St Johns Church, Gosbrook Road	9:30 - 10:30am
Friday 25 December	Free Christmas Dinner (must book - 0118 9474529)	Grace church, Peppard Rd, Caversham	12 noon - 3:30pm