



Disability
Information
Scheme

Reading

0118 937 3777
www.reading.gov.uk/disc

Issue Number 10
Spring 2016

Newsletter



- Free parent workshops
- Information & Advice
- Learn something new...
- What's On!

*The FIS/DISC Team would like to wish
all our readers a Happy Easter!*



Reading
Borough Council
Working better with you

Family Information Service, Disability Information Service (DISC)

The Family Information Service is a statutory service providing FREE individually tailored information, advice and guidance on any family matter. The service is available to any family member taking care of children or young people aged 0-25 years of age inclusive as well as professionals working with families in Reading. Information is available on Ofsted registered childcare, educational services, support organisations, health, leisure activities, children centres, special needs and much more.....

The Disability Information Service forms part of the Family Information Service and is a FREE impartial information, advice and guidance service for 0-25 year olds who have Special Educational Needs and Disabilities (SEND). The Local Offer also sits with the Family & Disability Information Service.

The service is delivered by NVQ Level 3 and Level 4 qualified staff in Information, Advice & Guidance (IAG).

The Disability Information Service can provide information on the following:

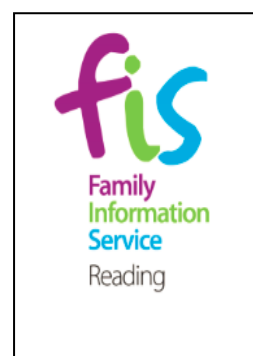
- Short Breaks / Respite
- Holiday Clubs
- What's on, Leisure Activities and Clubs
- Events
- Support Groups and Organisations local and national
- The Disability Information Scheme (Disc) Newsletter published three times a year.
- Information emails keeping parents/carers/practitioners informed on new groups, courses, events and more...
- Information on Financial help for families'
- Ofsted registered childcare including childminders who offer provision for children with special needs
- Information on Local Offer, Education & Health Care plans / Personal Budgets
- Research - *If we don't have the information we will research it for you!*

A free information service for families living and working in Reading.

We are available Monday - Friday 9am - 5pm all year round except for Bank Holidays.

We can be contacted by phone, email or face to face by visiting the Civic Offices in Bridge Street.

Tel: 0118 9373777 (opt 2) Email: disc@reading.gov.uk www.reading.gov.uk/servicesguide



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Welcome to the Spring 2016 edition of Reading DISC

The information in the DISC newsletter is provided by third party organisations therefore Reading Borough Council cannot guarantee the accuracy of this information. Where appropriate DBS should be requested.

News...

Disabled Children & Young Peoples Register

Reading Borough Council have recently launched the Disabled Children & Young People's Disability Register which is hosted on the Reading Services Guide www.reading.gov.uk/servicesguide

The Reading Children and Young Peoples Disability Register is a secure database which aims to capture information about all children and young people aged 0-25 years with special educational needs and/or disabilities in Reading. The information that you give us will be used anonymously to show the use of and demand for services in Reading. The Register is purely voluntary and this information will help us to plan, monitor and develop appropriate facilities and services for the future for disabled children and their families.

The Children and Young Peoples Disability Register is managed by the Reading Family Information Service. We would like to encourage as many of you as possible to register so that we can get as clear a picture as possible of the needs for services in Reading.

To register you must complete an online form which will allow you to provide us with details of your child. We will be able to use your contact details to keep you up-to-date with developments in services and other relevant information for disabled children and young people. [Disabled Children & Young Peoples Register](#)

For those families who complete the online register, an opportunity to sign up for the free MAX Card will be available. The MAX Card offers considerable discount on major attractions across the country and on many local attractions in Berkshire and neighbouring counties. [Max Card](#)

To find out more contact the Family Information Service on Tel: 0118 937 3777 (opt 2) or email: disc@reading.gov.uk

Right to Request - Government Consultation

Education Secretary Nicky Morgan has announced new plans to give families the 'right to request' wraparound and holiday childcare for children from Reception up to the end of Key Stage 3 (Year 9) to help deliver on the government's commitment to help parents access affordable and flexible childcare. Childcare providers will also have the 'right to request' the use of a school's facilities when the school is not using them - opening up good quality, affordable childcare when they need it.

The consultation closes on the 29 February 2016. The consultation can be found by following the link: <https://www.gov.uk/government/consultations/wraparound-and-holiday-childcare>

Reading Families' Forum



A voice for families of children and young people with special educational needs and/or disabilities

Reading Families' Forum are a voluntary group of parent carers with children and young people with a variety of special needs and disabilities.

We hold a **coffee evening at Krazy Play Days every half-term** with a variety of speakers and a chance for parents to talk together while the children have fun while supervised by Forum helpers experienced in working with children with additional needs.

The Forum has **groups of parents affiliated to us at 22 schools in Reading**. If your school hasn't already got a group for parents of children with additional needs, ask us for help in setting one up. It is a great chance to chat to other parents in the same boat. The Forum also helps arrange speakers on sleep, managing behaviour and anxiety, finances and more.

The Forum are always keen for parents to join our steering group. We hold **parent carer steering groups every half-term** to plan our work over a relaxing coffee. The steering group meet Education, Social Care and Health managers to discuss the needs of our children. You can do as much or as little as you want. It is great to be working with like-minded parents to improve things for our children and families.

Reading Families' Forum fran.morgan.rff@gmail.com Tel: 0776 723 4255

DWP services more accessible thanks to new British Sign Language pilot

DWP is introducing a new video relay service to help British Sign Language (BSL) users easily access government services.

A groundbreaking new system to ensure British Sign Language (BSL) users can easily access government services is now in operation at the Department for Work and Pensions (DWP).

The video relay service (VRS) allows users to make BSL interpreted video calls via their tablet, smartphone, computer or laptop. A professional interpreter then relays the call in English to a member of DWP staff.

VRS is being trialed through the call centres for Disability Living Allowance, Attendance Allowance and Access to Work, as well as by the Access to Work advisers in the Hearing Loss Team.

To deliver the VRS the department has signed a contract with industry specialists Sign Video, a social enterprise with extensive experience of delivering VRS for companies such as Barclays and Halifax banks and Allianz Insurance.

Customers will access VRS from links on the relevant GOV.UK information pages - for example, the [Disability Benefits Centre contact page](#). Each hyperlink acts as the "call" button for BSL users and carries a unique identifier which shows the provider where in DWP the call is for. This enables the provider to make contact with the relevant area.

DWP staff members will deal with calls as they would for any other call and ask a few identity verification questions through the interpreter before continuing.

There is no registration required for the service and it will be instantly available. There is no need to schedule an appointment.

Reading FC Community Trust Soccer Schools - Inclusive

Easter Holidays

When: 29th March - 1st April & 5th - 8th April

For ages 6 - 14 (this can vary slightly depending on activity and location)
Venues Vary - Please go to website for full timetable of activities and venues for the Easter holiday Inclusive Club

For more information or to book a place, please call: 0118 9681460 / 0118 9681480

Visit: www.community.readingfc.co.uk
'Sports Participation to book online or www.readingfc.co.uk 'Soccer Schools to download a booking form

Leighton Park School Holiday Club - Easter Holidays

Where: Shinfield Road, Reading, RG2 7DE

When: 29th March - 1st April & 5th - 8th April

An inclusive holiday club for children aged 5-14 years old. Activities include: Archery, climbing wall, den building, swimming, trampolining, arts & crafts and lots more.
Opening times for 2015: Early Bird Club: 7.30am-3.30pm or 7.30am-5.30pm, Normal Day: 8.30am-3.30pm or 8.30am-5.30pm.

For more information/booking forms and prices

www.leightonpark.com/enterprises
Email: activities@leightonpark.com
Tel: 0118 987 9538

Norcot Holiday Play Club

Where: Norcot Early Years Centre, 82 Lyndhurst Road, Tilehurst, Reading, RG30 6UB

When: 29th March - 1st April & 5th - 8th April

An inclusive holiday club for children aged 3 - 6 years and 11 months, aiming to provide fun activities and care for all children, whatever their needs. Please provide a packed lunch (no nut products).

For further details: Tel: 0118 937 5618 or visit: www.norcotearlyyearscentre.co.uk

Challengers Youth Schemes Holiday & Saturday Club...

For ages 13-18 years

Where: The Avenue School, Conwy Close, Reading, RG30 4BZ

When: 10am - 4pm

Easter: 30th March - 1st April & 4th April - 8th April

Days packed with fun, arts & crafts, superhero day, sports, dance & drama, archery... Also off site activities including Marwell Zoo, Hawk Conservancy and much more...

Take a packed lunch

Saturday Club fun on and off site activities.

For bookings and timetable: 01483 230939
www.bookings-challengers.org
www.disability-challengers.org/readingyouthscheme

Reading Play - Holiday Play Club

Reading Borough Council Holiday Playclubs are a full childcare facility for children aged 4 years old (in full time education) to 12 years old (up to their 13th birthday) during the school holidays. Children are fully supervised within an open play service, and enjoy a variety of safe and exciting activities in comfortable surroundings. All the activities we offer abide by the Reading Play principles, encouraging fun activities that aim to meet learning objectives in a controlled, safe environment.

To find out more about these clubs and for pricing and booking information please go to <http://www.readingplay.co.uk/playclubs-after-school-clubs/> Please note we do not offer personal care.

Holiday Clubs...

TAG Holiday Club

Come and join the fun this Easter 2016

We welcome all children aged between 8 -18 with Autism who have a severe learning disability and/or challenging behaviour.

There are spaces for up to 14 children each day

Tuesday 29th March to Thursday 31st & Tuesday 5th April -Thursday 7th April
(Optional date of Monday 4th April subject to interest - confirmation will be nearer the time)

- Children must have a diagnosis of Autism
- Schools must verify/endorse additional education support
- Club held at :
Thames Valley School, Conwy Close, Tilehurst ,Reading
- 10.00am to 4.00pm
- Cost £20 per day, PAYABLE IN ADVANCE
- BOOKING FORMS TO BE RETURNED By Friday 19th Feb 2016



For a booking form please contact: tag.holiday.club@hotmail.co.uk

Thumbs Up Easter Holiday Club

Thumbs Up Holiday Club for children with a diagnosis of Learning Difficulty and/or Disability aged 3-19.

Where: Addington School (next to Bulmershe Leisure Centre) Woodley

Time: 9.30am - 4.00pm

When: March 30th & 31st; April 1st, 4th, 5th, 6th & 7th

Cost £22 per day for bookings and payment received before 29th February. For forms received after 2nd March there will also be a one off administration fee of £15 payable.

Please also note that places are allocated on a first-come-first served basis so even if forms are received by 2nd March we cannot guarantee a place.

Unfortunately individual funding is not available but some of the cost is claimable as part of the Working Tax Credit for those eligible.

A mini-bus service, will operate in the Wokingham and south/east Reading areas ONLY, There is an additional cost of £7 per day for transport.

We must emphasise places are very limited and will be confirmed after 2nd March.

We operate a high staff ratio with a minimum of 1 adult to 2 children or more as required.

If you feel your child needs additional support please inform us when booking.

The club reserves the right not to accept certain booking requests or accept them on a trial basis or set certain conditions.

Tel: 0118 947 1196 or email: bookings@thumbsupclub.co.uk
enquiries@thumbsupclub.co.uk

Siblings Holiday Club...



The local voice of learning disability

Siblings Club

For: brothers and sisters of service users of Reading Mencap.

This group meets about six times a year during school holidays. Come down, have fun, chill out and make some friends. There are activity trips, such as paintballing, ice-skating and swimming, and visits to places of interest, like Cadbury World. We cater for siblings aged 8-16 years.

For further details or to attend, please contact us on 0118 966 2518 /

office@readingmencap.org.uk

www.readingmencap.org.uk

Sonning Tennis Club and Henley River & Rowing Museum

When: Thursday 18th February

Where: Meet at Reading Mencap, 21 Alexandra Road, Reading RG1 5PE

Time: 10am – 3pm

Cost: £3 (Bring a packed lunch)

Gravity Force Trampoline Park

When: Thursday 7th April

Where: Meet at Reading Mencap, 21 Alexandra Road, Reading RG1 5PE

Time: 10am – 3pm

Cost: £5 (Bring a packed lunch)

Reading Sailing Club

When: Thursday 2nd June

Where: Meet at Reading Mencap, 21 Alexandra Road, Reading RG1 5PE

Time: 10am – 3pm

Cost: £5 (Bring a packed lunch)

Holiday Clubs....

Animal Ranger Days

Easter: 29th March - 1st April & 5th - 8th April

Where: Bartletts Lane, Holyport, Maidenhead SL6 2JD

A great educational day for children suitable for ages 7+ - 16 years

Cost: £25.00 per session time: 10.30am - 3.00pm

A chance for your child to become an Animal Ranger for a day, looking after all our lovely animals at the Farm

Pigs/Goats/Alpacas/Llama/Shetland Ponies/Ducks/Chickens/ Rabbits/Guinea

Pigs/Chinchilla/Hamster/Gerbil/Rats/Degus/Baby Rabbits/Snakes/Bearded Dragons/Quails/Stick insects

They will get involved hands on with all the animals, cleaning, feeding, exercising, and lots of petting and handling.

Limited numbers, please note sessions get booked very quickly

For bookings dawndingwall@btinternet.com www.animalrangers.co.uk

Short Breaks & Clubs...

Reading Young Carers Young Carers Project



What is a Young Carer?

A young carer is one of around 3000 children and young people in Reading who care for people they live with. Young carers look after someone with an illness or disability, learning difficulty, a mental health problem or who are misusing substances.

How do they do it?

They care in lots of different ways, such as doing housework or cooking. They may help lift someone, or help someone dress, wash or use the toilet. They might babysit their siblings or get them ready for school in the morning.

But, a young carer may not do anything listed above and still be a young carer because they are living with someone with an illness or disability.

What does The Reading Young Carers Project Do?

The Reading Young Carers Project is a place for 5-18 year olds to come and spend a few hours a week doing something for THEM!

Talk to other young carers > Spend time with people your own age > Learn new things > Games > Someone to talk to > Sports > Arts & Craft > Cooking

The clubs are held at Fairview Youth Club, Mondays to Wednesdays during Term Time. There are six groups and each group attends fortnightly.

Seniors: Age 12-18 years Monday from 5pm - 7.30pm

Inters : Age 8-12 years Tuesday from 4pm-6pm

Juniors: Age 5-9 years Wednesday 4pm-6pm

A light snack will be provided to tide you over till dinner time and we may be able to support with transport. If this sounds like a good opportunity for a bit of time out for you, your child, or someone you know, then get in touch to find out more.

Contact Flic Ellmes on 0118 9374003 or youngcarers@reading.gov.uk

Short Breaks & Clubs...

C2D Playscheme (Chance to Dance)

When: Monthly on Sunday's
Where: Strathy Close, Craig Avenue, Tilehurst, Reading RG30 2PP
Time: 10.30am - 2.30pm **Ages 3-18 years**

Each child or young adult that attends will need to bring a packed lunch, snacks and plenty of fluids. We have ramps, disabled toilets, access to a kitchen and trained volunteers to take on most disabilities. The play scheme is run by myself, Vickie Andrews, family members and volunteers.

Contact Vickie Andrews: 07736 343570

vickieandrews50@hotmail.co.uk
www.sendanceclub.co.uk

Saturday Club

RBC Funded Resource

A Saturday Club for young people with learning disabilities
For ages 13-19yrs

Time: 10am-4pm
When: The club runs on the last Saturday of each month.
Where: South Reading Youth Club, 252 Northumberland Avenue, Reading, RG2 7QA
To find out if you are eligible please contact:
Kevin Black on Tel: 07734 4994826
email: kevin.black@reading.gov.uk

Smiles Club

RBC Funded Resource

When: Thursdays, 3.30pm-5.30pm, term-time only
Where: Tilehurst Youth Centre, The Triangle, Reading, RG30 4RN
A club for young people aged 13-17 years, with mild/moderate learning difficulties, where they are given the opportunity to integrate with young volunteers in a fun and relaxed environment.
For further details: Contact Kevin Black
kevin.black@reading.gov.uk

BARTON ROVERS EAGLES

We are a disability football club for both males & females with a variety of special needs ranging from age 5 upwards

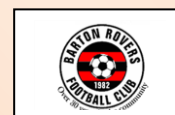
We meet on Saturday mornings, starting at 9.30am finishing at 11am.

As well as improving football skills with our qualified coaches, our club provides opportunities to make new friends, learn about working as a team and having fun within a social setting.

At present we are playing indoors at Prospect School in Cockney Hill. As from March 2016 we will be moving to the outdoor playing fields at Brookfield Special School.

Cost is £3 per session payable weekly

Contact Sarah on 07983467003



Bphab Youth Club

When: Saturdays 9.30am - 1pm for ages 9 - 18yrs
Where: Berkshire Phab, MAPP Centre, 22 Mount Pleasant, Reading, RG1 2TD
Please note we are closed Saturday 26/3 & 2/4/ 2016

For young people with and without disabilities aged 9 - 18. There's a range of activities available, including games on the playstation or Wii, giving the club's robot mascot a seasonal makeover, getting sporty with table tennis or basketball, creating a culinary masterpiece or chilling out in the fantastic sensory room.

Siblings are welcome, and parents don't have to stay (although we are not able to provide personal care).

For further details:
Tel: 0118 916 8413, Email: info@berkshirephab.org
www.berkshirephab.org
www.facebook.com/berkshirephab

Raft Club

When: 2nd and 4th Saturday every month
Where: The Avenue School, Conwy Close, Tilehurst, Reading, RG30 4BZ
The RAFT Club has been set up to provide support for families of children with Autistic Spectrum Disorder living in Reading. The club employs play workers who organise activities for children aged 4-12 years.
For further details: Contact Michele Page, Tel: 0118 9471438, Email: michelepage22@hotmail.co.uk

Short Breaks & Clubs...

Peapods Saturday Club

When: Every Second Saturday of the month 10.30am - 12.30pm

Where: Twyford Scout Headquarters, Loddon Hall Road, Twyford, Berkshire, RG10 9JA

Peapods is a parent-led charity providing support to families with physically disabled children across Berkshire and the surrounding counties. Every second Saturday of the month they run a Saturday Club where the whole family can experience a variety of activities in addition to ad-hoc social events throughout the year.

If you would like to come along and join us please contact Felicity on 07722 793393 or

felicity@peapods.org.uk www.peapods.org.uk

Friday Club at Rivermead

Fridays Monthly 6.30pm - 8pm

For those with special needs and their families. A social evening with soft play and bouncy castle, football, table tennis, badminton, teas, coffees and soft drinks are available.
£2 per child, Come along and join the fun!

Tel: 0118 9015014 **Email:** andy.welch@gll.org or j.rumble626@btinternet.com

Building for the Future (Our House)

Saturday Club

When: 11am - 1pm Physical disability and Down Syndrome; 3pm - 5pm ASD, ADHD, ADD or related additional needs, all the usual activities.

Where: Our House, Toutley Road, Wokingham RG41 1QN

Based near Wokingham, the Centre offers a sensory room, a soft-play area, a computer pod, a craft zone, a performance area, a chill-out room for disabled teenagers as well as a fully-accessible bathroom. There is also a Saturday Club for physically disabled children of all ages. There is also a small garden as well as a parents' room and a kitchen.

The Centre is open to families with disabled children in the Wokingham and surrounding areas (includes families living in Reading).

Check the website for holiday activities

Play Group

When: Tuesdays in term-time 9.30am - 11.30am

Where: Our House, Toutley Road, Wokingham RG41 1QN

All abilities welcome for babies and children with additional needs age 0-4. Siblings below school age welcome too. £2 per family.

Call 07500 114427 **Email:** sarah@bftf.org.uk
<http://www.bftf.org.uk/timetable.php>

Chance to Dance - Special Needs Dance Club

When: Saturdays, fortnightly

Where: Tilehurst Methodist Church, School Road, Reading, RG31 5AN

This is a unique dance school that caters specifically for disabled children and young adults that have a physical, cognitive, mental, sensory, emotional or/and developmental disability. We hold lessons on Saturday's once a fortnight. The classes are held in Tilehurst, Reading and Martin's Heron, Bracknell full address on the 'contact us' page. There are four classes; three general dance classes separated by ability and a tap class.

The children and young adults that attend have various disabilities, yet all are inspiring. They light up the classes with happiness, joy and laughter!

Please go to website for session times.

We also offer:

Playscheme; Parties; Freelance Events, Lunchtime Clubs; After School Clubs; Private Respite

Booking essential. Contact Vickie Andrews 07736 343570 or 0118 3480447
email: vickieandrews50@hotmail.co.uk www.sendanceclub.co.uk

Autism Berkshire Clubs...



Autism Berkshire - Lego Club

Time: 9.30am - 11.30am **Age** 8+

Reading Lego Club

Where: All Saints Church, Downshire Square, off Bath Road, RG1 6NN

When: 2nd Saturday of each month

West Berkshire Lego Club

Where: Woolhampton Village Hall, Bath Road, Woolhampton, West Berkshire RG7 5RE

When: 3rd Saturday of each month

Members £2.50 non-members £3.50

If you are interested in either of these clubs please Tel: 01189 594594 Email: contact@autismberkshire.org.uk
www.autismberkshire.org.uk

Autism Berkshire - Games Club

Where: Club is held at: Emmer Green Youth & Community Centre, Grove Road, Reading, RG4 8LN

When: 2nd and 4th Saturday of the month and is open to young people with an ASC who reside in Reading as it is funded by Reading Borough Council.

Time: from 2pm-4pm

Ages 8-15 years

Children can play Pokemon, Wii, Playstation, build lego and play Lego Dimensions.
They can also play minecraft and smash brothers.

Please contact Tracy White on 0118 959 4594 or email: contact@autismberkshire.org.uk

Autism Berkshire - Trampolining

Where: St Joseph's Convent School, Upper Redlands Road, Reading, RG1 5JT

When: Fortnightly on Saturday afternoons

Time: 2pm-3.30pm

Trampolining for children and adults on the autistic spectrum for ages 8 - 19 years. A coach attends each session but parents must remain with their children at all times.

Parents are invited to make a voluntary contribution of £10 towards the cost of these sessions. The courses are all currently full but if you would like to be included on the waiting list please call or email the BAS office. We have two groups - Team A and Team B who attend on alternating weeks.

For further details: Tel: 0118 959 4594 or email: trampolining@autismberkshire.org.uk

Autism Berkshire - Free Family Swimming Sessions

Where: Rivermead Leisure Complex, Richfield Avenue Reading RG1 8EQ

When: Saturdays 4pm - 5pm & Sundays 4.15pm-5.15pm.

For dates or to book a place call 0118 9594 594 contact@autismberkshire.org.uk

Reading Mencap Clubs for children & Young People...

Childrens Clubs

Where: Reading Mencap, 21 Alexandra Road, Reading, RG1 5PE
Contact: For further details, to attend or to find out if transport is available please contact us on 0118 966 2518 / office@readingmencap.org.uk
www.readingmencap.org.uk

Friday Club

For: Children aged 11-17 years with a variety of learning disabilities.
When: Every other Friday in term time, 6.30 pm – 9.00 pm
Activities: Games, arts & crafts, parties, discos, and generally having fun!
Cost: £3 per session

Transport may be available for some areas at an extra cost of £3, please ring the office for details.

Saturday Club

For: Children aged 8-11 years with a variety of learning disabilities.
When: Every Saturday in term time, 9.00 am – 12.00 pm
Activities: Soft play, ball pit, crafts, role-play and dressing up.
Cost: £3 per session

Transport may be available for some areas at an extra cost of £3, please ring the office for details.

Please note that in order for your 8 year old to qualify, their birthday must be on or before the 31st August.

Keen Performing Arts Club (Kids Enjoy Exercise Now)

This club is run by Reading University students with the guidance of a drama coach.

For: Children aged 9-13 years who experience more severe learning disabilities and/or complex needs.
When: Saturdays in University term time (16th January to 19th March), 3.00 pm – 5.30 pm
Activities: Bite size activities with an end of term performance.
Cost: £4 per session

Transport may be available for some areas at an extra cost of £3, please ring the office for details.

Clubs cont'd....



The wheelchair basketball club caters for players aged 8+ and adults; who have a physical disability. All the players play in a sports wheelchair, completing training sessions, friendly and competitive matches.

The club also offers the opportunity for volunteers to help within the session to assist the players to participate in the sport. Many of the current volunteers are working towards awards such as the Duke of Edinburgh award



Our training sessions are held at Kennet Leisure Centre, Stoney Lane, Thatcham, RG19 4LJ (01635 871112)

If you would like to join our sessions or for more information please contact:
Jacqueline Scoins-Cass MBE
Telephone : 07775682987
or Email : info@berkshirewheelchairbasketball.co.uk

We are also on the web at:
www.berkshirewheelchairbasketball.co.uk

Wanna play a cool sport?
Wanna meet new Friends?
Wanna shoot some hoops?

Come and Join us



Session cost is £5.00

Session time between:
11.45 and 14.00



What's on, Events & Workshops...

Autism Friendly Screenings from Vue Cinema Reading & Showcase Cinema Winnersh

**Vue Cinema's next screening is 'The Good Dinosaur'
Sunday 28th February at 10am.**

To see the next screening at Showcase Cinema Winnersh please go to the website below. (2nd Sunday of the month)

What makes our screenings Autism Friendly?

The lights will be low; the volume will be turned down; You will be able to take your own food and drinks; You'll be able to move around the cinema if you like! Children are to be supervised at all times.

Information & bookings can be found at <https://www.dimensions-uk.org/families/autism-friendly-screenings/>



Save the Date! **Sport & Physical Activity Networking Forum** **14th April 2016**

Forum Objectives

- Networking
- Sharing Good Practice
- Creating New Partnerships
- Gaining insight and information

Forum Details

9.30am start, finishing with a networking lunch @ Bisham Abbey National Sports Centre, The Abbey.

The key note will be focusing on Mental Health led by colleagues from 'Sport in Mind' and 'Young People with Dementia'.

The event will also feature a walking networking session and themed discussion groups.

An attendees list will be shared prior to the event.

To book onto this free forum please contact
dominic.onions@getberkshireactive.org
Or tel: 01628 473031

Planning for the Future

Forthcoming event in Reading Mencap's Planning for the Future series. FREE seminars for families and carers, with vital information and advice provided by a specialist local legal professional. One-to-one sessions with the solicitor will be available.

Please call 0118 966 2518 or email office@readingmencap.org.uk to book your place & request a one-to-one appointment.

Powers of Attorney & Court of Protection Applications

Issues of capacity and how to obtain power of attorney or appoint a deputy to make decisions on behalf of a family member with a learning disability.

When: Thursday 10th March 2016
Where: Reading Mencap, 21 Alexandra Road, Reading, RG1 5PE
Time: 7pm - 9pm
Cost: Free

Eating 4 Health workshop



- Eating a balanced diet
 - Weight management and what this means
 - Should we snack?
 - How you can increase your physical activity
- Plus, 15 minutes of seated exercise to music!*

All unpaid carers in Reading, West Berkshire and Wokingham welcome at these free sessions organised by Berkshire Carers Service and Eat4Health

Friday 11 March 10am - 2pm
The Oakwood Centre, Headley Road,
Woodley RG5 4JZ
and

Tuesday 22 March 10am - 2pm
Meeting Room 2, Beacontree Court,
Gillette Way, Reading RG2 0BS
Registration from 9.30am. Lunch included.



To book a place, please call
0800 988 5462 or email
helpline@berkshirecarers.org
by Monday March 7

Registered number 2952417. Registered charity number 1042294.





Autistic Girls and Young Women Workshops

Workshop Details

12th April - Growing up on the Spectrum - Olley Edwards (British film director who campaigns for Autistic females in a bid to raise awareness)

- The challenges of puberty
- Gender identity in puberty and beyond
- Practical tips for staying safe

19th April - Inclusion: the experience of autistic girls in mainstream schools - Ruth Moyse (Ruth Moyse is a specialist parenting practitioner; teacher & researcher into the experiences of autistic girls)

- The hidden curriculum at school and what happens when you can't decipher it
- The impact of an invisible condition
- The hidden attitudes of others and how they influence available support

26th April - Self-image, self-esteem and confidence-building - Ruth Moyse

- The risks and benefits of being a chameleon
- Perspectives and expectations - ours and our daughter's
- Fostering emotional and mental well-being

Booking Details

Each workshop is being held at **North Thatcham Children's Centre**, Park Lane, Thatcham. RG18 3PG, and run from **10am - 12pm**.

To book your place, please register online using the button below..

Click here to register for each workshop 

or via: <http://bit.ly/PSCAutisticGirlsandYoungWomenWorkshops>

Time Out for ASD

***PLUS 2 week Sleep workshop**

A course for parents with Preschool and Primary school aged children who have been diagnosed with Autism

Next course starting: Thursday 14th April from 10.00 am until 12.00 noon at Caversham Childrens Centre, 114 Amersham Road, Reading RG4 5NA

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 5 x 2hr weekly sessions.

Topics include:

- Autistic Spectrum Disorder - what does it mean?
- Typical ASD characteristics
- Understanding your child
- Practical strategies
- Responding in a positive way



To enquire or book a place, contact the Parenting Team:

Call: 01189 376545 and ask for Teresa
Email: parenting@reading.gov.uk

“Loads of information and help that I didn’t know about, thank you so much” Reading Parent



www.reading.gov.uk



Reading
Borough Council
Working better with you

Time Out for Special Needs

A course for parents who have Preschool and Primary aged children with special educational needs

Next course: Wednesday 8th June until 20th July from 09.30 until 11.30am at Southcote Children Centre, 85 Coronation Square, Southcote, Reading RG30 3QP

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

**“Loads of information and help that I didn’t know about.
Thank you so much..” Reading Parent**



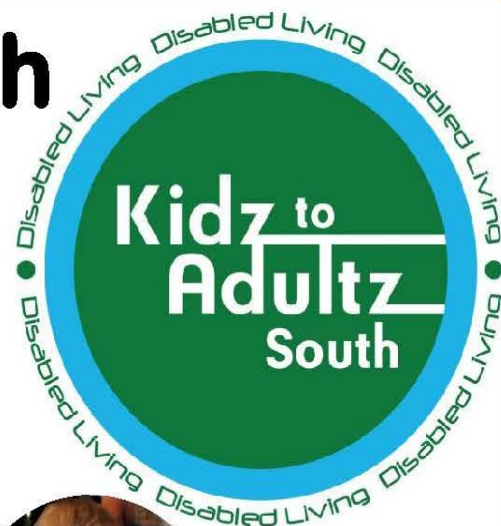
www.reading.gov.uk



Reading
Borough Council
Working better with you

Kidz to Adultz South

Thursday 9th June 2016
Rivermead Leisure Complex,
Reading, RG1 8EQ
9.30am – 4.30pm



Over 100+ Exhibitors providing Information on:

- Funding •Seating •Beds
- Mobility
- Bathing •Sensory
- Accessible Vehicles •Transition
- Toys •Education
- Legal Matters •Communication
- Wellbeing •Sports/Leisure
- and much more...

FREE event for children & young adults with disabilities and additional needs, their families, carers and professionals.

Free Entry

FREE CPD SEMINAR PROGRAMME!

Topics Include -

- Moving and Handling •Sleep Issues •Behaviour
- Continence Issues
- Sensory •Transition
- Accessible Vehicles
- Transition •Toys •Education
- Legal Matters
- Communication
- and much more...

CHILDREN WELCOME

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Call 0161 607 8200
info@disabledliving.co.uk
www.kidzexhibitions.co.uk



Kidz Exhibitions
Disabled Living

Established in 1897, Disabled Living a charity registered with the Charity Commission for England and Wales. Registered Charity number 224742

Dates For Your Diary

•Kidz to Adultz in the Middle –
10/03/2016

Ricoh Arena, Coventry

•Kidz to Adultz Wales –
07/07/2016

National Indoor Athletics Centre
(NIAC), Cardiff.

•Kidz Scotland –
September 2016

Royal Highland Centre, Edinburgh

•Kidz to Adultz up North -
17/11/2016

EventCity, Manchester



Organised By:
Disabled Living

Practical solutions supporting disabled adults, children & other people

What's on continued...

Autism Berkshire Reading ASC Support Group Meetings

We are pleased to announce our programme of Reading Support Group Meetings .

All of our meetings run monthly and are held during term time on a **Friday between 9.30 am - 11.30am** at the Berkshire Autistic Society, Unit 7 Richfield Place, Richfield Avenue, Reading RG1 8EQ.

Friday 11th March 2016: Paul and Ann of Home from Therapy will present a slide show on services and therapies that can be used in the home.

We look forward to meeting you!

For more information please call Autism Berkshire on 0118 9594594



Berkshire Vision - 'Event'

Berkshire Vision is holding a **'Resources Exhibition' on Thursday 31st March 2016** at the Hilton Reading, Drake Way, Reading RG2 0QC from 10am-3pm Exhibitors will be on hand to demonstrate a range of portable, desktop, specialised and hand held magnifiers, mobile phones and equipment to help with everyday tasks for home, leisure, and in the work place; and to discuss the various statutory and voluntary services that are available for visually impaired people and their families.

For more information visit www.berkshirevision.org.uk.



NEW Looked After and Adopted Children with Special Needs Service

***Looked After and Adopted Children with Special Needs
Monthly Workshop and Support Group - Reading - Free
Mondays from 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 special educational needs or disabilities.

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



Please feel free to join us on 7th March at: 11 Glebe Road, Reading.
RG2 7AG. Tel: 0118 986 3532 admin@parentingspecialchildren.co.uk

16+ and Adults Clubs

Where: Reading Mencap, 21 Alexandra Road, Reading, RG1 5PE
Contact: For further details, to attend or to find out if transport is available please contact us on 0118 966 2518 / office@readingmencap.org.uk
www.readingmencap.org.uk

Gateway Club

For: Young people and adults with a variety of learning difficulties - aged 18-24 years and 25+ years.
When: Every Tuesday in term time, 7.15 pm – 9.15 pm.
Sessions split into two age groups: 18-24 years and 25+ years and runs alternate weeks
Activities: User-led Club, members are empowered to make their own choices and decide on their activities, such as cooking, sports, trips, craft and much more. To make sure this happens some members have formed a Gateway Committee.
Cost: £3 per session

Coffee Club

For: Adults with learning difficulties.
When: Every other Monday, 11.00 am – 1.00 pm. Please see our website for a timetable of events:
<http://www.readingmencap.org.uk/clubs/coffee-club>
Activities: Members choose their own activities like bowling, Zumba, swimming, arts & crafts, gardening, drama and day trips.
Cost: Club is free, however there is a cost for activities or free when supported by sponsors.

ME Project (Mencap Enables)

This club is an innovative user-led day service promoting self-help skills; members plan activities, support and encourage each other, learning vital skills as well as having fun along the way.

For: Adults with learning difficulties.
When: Every Tuesday, Wednesday and Friday, 9.30am – 4.00pm.
Tuesday is aimed at 18 – 30 years. Wednesday and Friday is aimed at all ages.
Activities: Members decide what they would like to do, such as Tai Chi, Yoga, day trips, cooking, arts & crafts, sports, drama and day trips. Interviewing the person providing the service helps members decide what they would like to learn or do next.
Cost: £27 per day, usually paid for with a personal budget.



Mencap for Adults cont'd...

Karaoke

- For:** Adults with learning difficulties.
When: First Wednesday of the month, 7.30 pm – 9.00 pm
Activities: Bring your own CD to sing along to! Refreshments are available.
Cost: £3 per session.

Disco

- For:** Adults with learning difficulties plus a carer, if needed.
When: Last Thursday of the month, 7.30pm - 9.30pm (except August, November and December)
Activities: Chat, dance and enjoy! Includes Party Anthems and Rock Section (with inflatable guitars!) Refreshments are available.
Cost: £3 per session.

Pokemon and Level Up Club - Autism Berkshire

When: First & Third Saturday of the month 2pm - 4pm:
For ages 16-25 years

This club supports any young person resident in Berkshire with an ASC, allowing parents the opportunity to have a short break whilst the young people are in supervised play. Pokemon TCG, video games and board games such as Dungeons and Dragons will be available.

Where: Emmer Green Youth & Community Centre, Grove Road, Reading, RG4 8LN

Cost: Members £3.00 per child, Non Members £5 per child

For further details: Tel: 0118 959 4594 Email contact@autismberkshire.org.uk



Berkshire Phab

Mon-Thur 10am - 4pm (adults 18+), Saturdays 9:30am - 1pm (age 9-18)

A drop in club for those with and without disabilities offering various activities; pool, table tennis, arts, crafts, computer skills. Further activities can be arranged as and when requested by those attending. Food is available with hot and cold drinks available at all times. Sensory room. Garden area.

Open Monday-Thursday 10am-4pm.

Cost £12 per full day, £6 per half day, lunch £3.50.

Contact Sian Hooley (Centre Manager) 0118 916 8413 info@berkshirephab.org www.berkshirephab.org

The MAPP Centre, 22 Mount Pleasant, Reading RG1 2TD

Family Support...



ASD Advisor to Schools & Settings

Supports any family in Reading that receives a diagnosis of Autism for their child. All families are offered a home visit and a five week programme called 'Living with Autism', for parents/carers to increase their knowledge of autism and services to them.

Please contact Jenna Redmond ASD Advisor to schools & settings Tel: 0791 236 2341
Email: jennaredmond@reading.gov.uk

Reading Information, Advice & Support Service for SEN (Formerly The Parent Partnership)

Reading Information, Advice & Support Service for SEND offers free confidential and impartial advice and support to Reading parents and carers who have children (up to the age of 25) with special educational needs. The service also offers all parents (whether the child has special educational needs or not) advice and support with secondary transfer. This service operates term time only and can be contacted as follows:

Email: iass@reading.gov.uk

- Tel: 0118 937 3421
- www.parentpartnership-reading.org

For advice about secondary transfer call 0118 937 3242 or email choice.advice@reading.gov.uk

Family Support...

Reading Mencap Family Support Service

Where: Reading Mencap, 21 Alexandra Road, Reading, RG1 5PE

Contact: For further details, or to make an appointment, please contact us on 0118 966 2518 / office@readingmencap.org.uk www.readingmencap.org.uk

Our unique Family Support Service provides practical help for children and adults with learning disabilities and their families. We provide information, advice, advocacy and practical support on a range of issues - including education, benefits, housing, health and social care, as well as issues surrounding transitions in the lives of children and young adults.

To make contact with the Family Support Service call our helpline on 0118 966 2518 or drop in to Alexandra Road Monday - Friday, between 9.30am and 1.30pm. We also run a fortnightly drop in session on a Friday downstairs at the Hexagon 1.00pm-3.00pm Please contact us or see our website for dates <http://www.readingmencap.org.uk/hexagon>

Our Family Advisors are experienced, qualified professionals in learning disabilities and Autism; their experience across children's and adult services enables them to empower families, ensuring that they can go on to make informed choices with the information and advice we provide.



INSAAN

INSAAN is an independent UK charity and volunteer group set up to offer free support and advice to individuals with disability, as well as their parents, carers, teachers and healthcare professionals. The services of the charity are open to all, and especially members of the Ethnic Minority communities within the Greater Reading area.

We aim to:

1. Promote and raise awareness of disability in general
2. Engage Ethnic Minority communities for consultation on disability issues
3. Inform, Educate & Support on disability matters
4. Help to improve services for the disabled
5. Establish parents support group for families facing disability
6. Provide support for parents/carers

Tel 07414 162631 www.weareinsaan.org.uk



The local voice of learning disability

Alpha Service

Information and support for black and minority ethnic families with children and adults with learning difficulties & disabilities

The Alpha Service for Reading Mencap extends its existing service to BME families with culturally and linguistically sensitive support where there is a child, young person or adult with LDD including Autism or Asperger Syndrome. It respects cultural traditions and diversity and offers:

- Information
- Support
- Advocacy

The service offers personalised casework support for families of children and adults who are struggling with a range of issues including diagnosis, education, employment, benefits, health, housing and social care. To find out more, contact: Nina Sethi at Arcade, 11 Glebe Road, Reading, RG2 7AG.

Email: alpha-nina@readingmencap.org.uk Mob: 07985 246166 Web: www.readingmencap.org.uk/alpha
Main office is at 21 Alexandra Road, Reading, RG1 5PE Tel: 0118 966 2518

ACRE Family Support Team (Alafia)

Supporting black and minority ethnic families with a child (0-25) with additional needs or disabilities.

First Tuesday of the Month - Alafia Parent Carer support group

Contact for location Tel: 01189510279 email: info@acre-reading.org

Second Monday of the Month Alafia at Special Needs Evening Krazy Playdays 5.30 -7.30pm. Come find out about Alafia. Alafia will pay for children registered with the service.

For more information and support please contact Alafia's Co-ordinator. Amelia Robinson Tel: 0118 951 0279
Email: amelia.robinson@acre-reading.org

Family Support cont'd...

Parenting Special Children - Pre and Post Diagnosis Support

Parenting Special Children is a local charity and everyone that works for the charity is a parent of a child with an additional need. We aim to help parents/carers in many areas:

- A listening ear from our **Diagnosis Support Service**
- Talk to a fellow parent/carer with our **Peer Supporter Service**
- **Parenting Programmes** including strategies for Parents/Carers
- **Sleep Service** including Sleep Workshops and Sleep Clinics.



The **Diagnosis Support Service** offers a **one-to-one Peer Support Service** for parents/carers of children recently diagnosed with additional needs - a disability, learning difficulty, developmental delay or a genetic disorder. This service is for parents in the Berkshire West Area (Reading, Wokingham & Newbury areas). We also provide a **Parents/Carers' Information Room** at the NHS Dingley Centre in Reading that we have recently refurbished. This room has up-to-date information about local and national support services, and a reference library of books and magazines for families of children with disabilities. These information resources are supplied for parents/carers and for local professionals who support families around the time of a child's diagnosis.

www.parentingspecialchildren.co.uk dss@parentingspecialchildren.co.uk Tel: 07990 761676

NEW Looked After and Adopted Children with Special Needs Service

Looked After and Adopted Children with Special Needs Monthly Workshop and Support Group - Reading - Free Mondays from 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 special educational needs or disabilities.

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

Where: 11 Glebe Road, Reading. RG2 7AG.

To find out more about this service please call 0118 9863532 email: admin@parentingspecialchildren.co.uk visit: www.parentingspecialchildren.co.uk

Children and Young People's Sleep Workshop - Reading

Course is Free (£10 for course materials)

Friday 11th March 2016

A half day course for parent/carers of children with special needs.

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

<http://bit.ly/PSCSleepReferralForm>

Email: sleep@parentingspecialchildren.co.uk

Tel: 0118 9863532



Parenting Special Children (PSC)

PSC run various courses and workshops throughout the year, such as:

- ADHD Monthly Workshop & Support Group
- Time Out for ADHD
- Time Out for Autism
- Anxiety & Autism Workshop
- Sleep Workshops
- Pre & Post Diagnosis Support
- Looked After and Adopted Children with Special Needs
- Children with Special Needs Service
- Parenting Support

For information on courses, workshops and much more, please Tel: 0118 9863532 Email: admin@parentingspecialchildren.co.uk or visit: www.parentingspecialchildren.co.uk

The Autism Berkshire Benefits Service

Autism Berkshire has been running a Benefits Advice Service for over a year now and is pleased to announce that the service is now available free of charge to non-members, as well as members of the charity. Kevin Jackson is a qualified advice worker and has also worked in the field of Learning Disability and Autism for over 15 years. He has a detailed knowledge of the Benefits system and supported adults in applying for and appealing decisions made through the DWP's assessment processes. He has a detailed knowledge of welfare reform.

Kevin can assist parents and carers in applying for DLA for your child, Carer's Allowance and advise on the effect of DLA on other benefits/tax allowances.

For adults Kevin can assist with moving from Incapacity Benefits to Employment Support Allowance (ESA), Job seekers allowance and Personal Independence Payments for new claimants and Housing and Council Tax benefit.

Kevin can also assist young people who turn 16 and move from DLA to PIP. Kevin also runs our 197 Club for adults with an ASC which meets at the Lookout in Reading and Level Up Computer Club for 16-25 year olds.

Kevin is available for appointments on a Monday all day and a Tuesday morning. Additionally he can do an evening appointment subject to a £25 charge.

Please contact Kevin or Claire (administrator) at Autism Berkshire on 01189 594 594, or email: admin@autismberkshire.org.uk.



Greenslade

Respite & Home Sitting Service

Provides a range of services for adults and children with complex needs. Services range from small packages of ad-hoc or regular support to 24-hour packages in individual group supported living environment. Anyone can access these services by contacting Greenslade directly.

For further details: Tel: 0118 986 1135 Email: greenslade@radis.co.uk or visit www.radis.co.uk

Reading Crossroads

Crossroads Care Reading is committed to providing practical support in the home in order to enable carers to have a break from their caring responsibilities. In providing this service to carers, Crossroads Care Reading may provide a personal care service to people with care needs (service user) and will ensure that the provision of such personal care is user lead. Tel: 0118 9454209 Email: admin@readingcrossroads.org www.readingcrossroads.org

Out of Office Hours - phone: 0118 945 4218.

Dingley Family & Specialist Early Years Centre

Provides a place where children, from birth to five years, with special needs and disabilities come to develop skills through therapeutic play. It is a place where their parents and carers are welcome, where they can make friends and share experiences.

Where: Kennet Walk Community Building, Kenavon Drive, Reading RG1 3GD

For further details: Tel: 0118 327 7424 Website: <http://www.dingley.org.uk/centres/reading>

Snowflake Centre

A Nursery Setting for children who have been diagnosed with a High-Functioning Autism Spectrum Condition. We are based within New Bridge Nursery School, Montague Road, Caversham RG4 5AU. We are an experienced and caring team. Our team works closely with the children and their families. We welcome visits, and any questions you may have.

To speak to a member of staff please call the Snowflake Centre on 0118 937 5580

www.newbridgenursery.reading.sch.uk

www.reading.gov.uk/servicesguide

Reading Services Guide



**Adult &
Carers
Support
Services**

**Family
Information
Services**
0118 937 3777

**Reading
Youth**



Disabled Children & Young People's Register



Community activities and support groups for all



NHS Choices for GPs, Pharmacies, Dentists



Venues for hire



Local events

Care services, specialist support services, social activities and advice services for older people and people with disabilities and their carers.

Information for families in the Family Information Service (FIS) section of the guide - parents can search for Registered Childcare Services, see OFSTED reports, find activities or get parenting advice.

Information, activities and support services for young people, collectively making up Reading's Youth Offer.

The "Local Offer" provides details about local services and support for children and young people with Special Educational Needs and Disabilities (SEND) to help improve choice for them and their families.

**...and
much more**

LOCAL OFFER
Special
Educational
Needs &
Disabilities (SEND)
READING



Reading
Borough Council
Working better with you



This Service is provided by Reading Borough
Council's Family Information Service

Contact us on:

Tel: 0118 937 3777 (opt 2)

disc@reading.gov.uk

www.reading.gov.uk/servicesguide



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