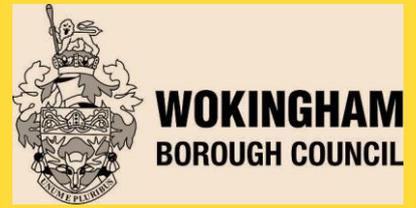


CAN Network Newsletter



February 2021

Welcome to our first newsletter of the year.

With the excitement of Christmas over and the ongoing restrictions regarding leaving home, having a daily walk can be beneficial to health and well-being. Although cold winter weather - wrap up warm and burn off some energy! You will also boost the effect of sleep hormones such as Melatonin and help regulate sleep. Popular parks such as Dinton Pastures have reduced available parking spaces and are operating a ticket booking system for the play park, and California Country Park being another congested area, perhaps it is the perfect opportunity to explore other less popular nature reserves and parks within the Wokingham area. See the attached article for further information.

The CAN network is researching opportunities for the Easter school break - and whilst we are still very unsure what the situation will be in the current covid situation - it would be very useful if you let us know of any plans being made for leisure and activities during the school holidays – either locally or further afield, small activities or bigger attractions – please let us know and we can include the information to enable the planning and booking of activities well in advance!

Health Information

Wokingham Borough Council Coronavirus Information

For the latest information from Wokingham Borough Council about the pandemic, please click here:

<https://www.wokingham.gov.uk/health/public-health-campaigns/coronavirus/> - webpage is updated regularly - check back for updates.

Vaccinations for unpaid carers

Information from the Contact for Families website:

The government's expert committee - Joint Committee on Vaccination and Immunisation (JCVI) - revised its recommendations recently to include unpaid carers. It recommends unpaid carers who get Carer's Allowance, or who are the main carer of an elderly or disabled person whose welfare may be at risk if the carer falls ill, should be prioritised alongside people with underlying health conditions. This means unpaid carers are now in priority group 6.

Parents should ask their GP to mark their record with a 'carers flag' so you will get an invitation at the appropriate time. Work is happening to identify all unpaid carers so that they can be vaccinated in line with JCVI advice. More

information about vaccinations on the Contact website here: <https://contact.org.uk/advice-and-support/covid-19/children-with-health-needs/covid-vaccination-your-questions-answered/>

Reminder: Add your child to the GP learning disability register in 2021 - Registering your learning disabled child, whatever their age – they will then be automatically invited for annual health checks and winter flu vaccinations, once they turn 14 years old.

Still time to get a flu vaccination

If you or your disabled child have not yet had a flu vaccination, there is still time to request one from your GP or local pharmacy.

NHS Berkshire West & East Berkshire Clinical Commissioning Groups (CCGs)

have relaunched the mental health booklet, The Little Blue Book of Sunshine. Lots of practical, useful advice to help children & young people - sharing tips on how to deal with problems, such as anxiety, stress, body image, relationships & anger. Plus how to get help when needed. You can find more information on the East Berkshire CCG website.

News & Support

Whilst we have made every effort to ensure that the information we send you is correct - given the unprecedented times we are currently experiencing, we strongly advise that you check the events and activities prior to visiting or booking.

SEND Voices Wokingham

SEND Voices Wokingham is the independent parent carer forum for the Borough. It was set up to ensure that the families and carers of children and young people with Special Educational Needs and disabilities between 0-25 years of age in the Wokingham Borough, can have a voice and participate fully in the development of services.

Membership is FREE to parent carers living in the Wokingham Borough with a child or young person aged 0-25 with any Special Educational Needs or Disability. You will receive their e-bulletins and newsletter with updates on their work, events, training courses, consultations and relevant information that may affect you and your family.

In addition, they are currently able to offer all members of SEND Voices Wokingham a FREE Max Card. The Max Card is the UK's leading discount card for families of children with additional needs age 0-25. Families can use their Max Card at venues across the UK to get free or discounted admission.

For more information about SEND Voices Wokingham, what they do, and the Max Card please visit their website:

www.sendvoiceswokingham.org.uk or email: info@sendvoiceswokingham.org.uk

Promise Inclusion

Website launch - Look out in the local press and on social media for the launch of their new website – www.promiseinclusion.org which has been updated following their charity name change.

Virtual Coffee Morning - 9th February at 10.30am. Contact the office or Tracey for the Zoom meeting code. Jeremy May will be joining them to have an informal chat about the Census 2021 and how as carers you may be able to help

with providing guidance to those that you support or how you can access support if you need it.

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

Rachel (Wokingham – children) 07827 340409

Simone (Wokingham – transition and adults) 07827 34040

Tracey (Wokingham – transition and adults) 07423 686965

Smiles for Sibs Clubs (Wokingham) - Zoom at 4.30pm – Ruth Hatch runs this group and can be contacted on 07551 159072 or contact the office on 0300 777 8539 for further information.

Tu Vida

Berkshire Carers Hub remain open 9am-5pm, Mon- Fri. General Carers Group is normally held the 2nd Wednesday of every other month 10-12pm at The Bradbury Centre, Rose Street, Wokingham RG40 1XS – next meeting date: Wednesday 10th February 2021.

Virtual Carers Group – the 2nd Wednesday of every other month 10-12pm – next meeting date 10th March 2021

If you would like to join one a meeting or check it is still going ahead, then please contact the office on 0118 324 7333 or email berkshirehub@tuvida.org

CLASP News and Information

CLASP have a fun packed start to 2021 with their February guests and projects. As well as their regular sessions this quarter they have 3 LDPB Roadshows where they will have some fun alongside some key messages with great guest speakers. All sessions start at 10am until noon and are over ZOOM.

- February 23rd will be about the 2021 Census and Wellbeing
- Tuesday 2nd is Book Corner
- Friday 5th there will be an update on the exciting new developments at Dinton Pastures Country Park Activity Centre
- 12th and 26th is their fabulous Choir
- Shrove Tuesday (16th) CLASP members will be walking the equivalent of around Dinton Pastures lake to raise money for CLASP
- Friday 19th they will continue working on the South Western Railways project

Young Carers

Young Carers are currently delivering online sessions. No booking is required for Monday drop-ins, but booking is required for any of their other events. Call the Hub on 0118 324 7333 or email Berkshirehub@tuvida.org for more details.

- 1st February 2021 16:45-18.15
- 8th February 2021 16:45 – 19:00
- 15th February 2021 Juniors 16:45-18:00
- 22nd February 2021 Juniors 16:45-18.00

Youth Club @ Addington

The Youth Club @ Addington School normally runs every Wednesday during term-time from 7.00pm–8.45pm but is meeting virtually using Zoom. Young people with learning disabilities between the ages of 13 (year 9) and 19 are welcome to come along for a fun filled evening. Georgia, the Co-ordinator for this group, can be contacted on 07551 159073 or phone the office on 0300 777 8539.

Camp Mohawk

Camp Mohawk reopened in July 2020 to existing registered families, groups, and some Short Breaks, although with limited capacity and only for outdoor facilities. Please make contact before planning a visit to ascertain which essential services are still operating and to discuss additional measures. There are also a number of

online support projects for both groups and individuals – please contact Donna for more information: donna.levy@campmohawk.org.uk If you have a child with special needs and are not already registered, you can register for visits although these may not begin until later this year.

Building for the Future

Currently operating with limited bookings. For more information contact julie@bftf.org.uk

Acorn Social Group

@The Acorn is a weekly social club for adults 16+ with learning disabilities, including those with profound and multiple learning disabilities in Wokingham. The club normally runs every Tuesday evening from 7.00pm-9.00pm at the Acorn Community Centre, Woosehill, but is meeting virtually using Zoom. Morning sessions commence at 10.30am and afternoon sessions commence at 1.30pm. For more information, please email LDDSWokingham@optalis.org

Wokingham Borough Libraries

Wokingham Borough Libraries are currently running the following on-line sessions:

- Monthly online teen writing group
- Monthly Code Club – currently full
- Monthly Storytime
- Weekly Rhyme along on Facebook

For more information visit:

Libraries@wokingham.gov.uk

Missing person support – Lowland Rescue

is assessing multiple dogs across the country to establish suitability to enter a 12-month training scheme to learn to track an individual scent - a process which could prove critical during a search for a high-risk missing person.

Purpose-made scent kits will be available soon, with full instructions on how to capture and safely store a scent. Once the project is fully operational with trained dogs across the country, the scent article could be used in moments of crisis if the person were to go missing. Details of the person which are stored with the scent kit would offer an additional source of information to aid with the police search.

<https://searchdogheroes.org.uk/>

Training

FIRST

Waking up to Healthy Sleep – five weekly 90 minute workshops which cover understanding sleep cycles, causes of sleep issues, establishing a good routine and identifying and managing sleep problems, the environment and positive bedtimes.

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

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

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

National Autistic Society EarlyBird, EarlyBird+ and Teen Life parent programmes being offered via MS Teams' – contact assist@wokingham.gov.uk to find out how we can help and support.

ASD Family Help

ASD family help delivering evening workshops as they are unable to offer their usual Family Matters 5-week training course. The workshops are via zoom and open to all parent/carers - no need for a diagnosis.

Communication - Wed 10th February 7-9pm

Sensory Sensitivities - Thurs 11th March 7-9pm

To book email: jayne@asdfamilyhelp.org

Parenting Special Children

Parenting Special Children announce their new project of a series of neurodiverse workshops for young people. The first series of workshops are aimed at young people in mainstream education aged 11-16 (school years 7-11) in receipt of a recent diagnosis of ADHD and/or Autism. Facilitated by experienced practitioners from the Auticulate project. Further details email: tess@parentingspecialchildren.co.uk

Pre and post assessment workshops – ADHD. A series of three linked pre- and post-assessment workshops for parent/carers of children and young people who are waiting for an assessment for ADHD, or who have recently been diagnosed with ADHD. You will need to attend all three sessions.

1. **Intro to ADHD** - Tue 9 February: 7-8.30pm
2. **Anxiety and ADHD** - Tue 16 February: 7-8.30pm
3. **Managing ADHD Behaviour** -Tue 23 February: 7-8.30pm

Parenting programmes –

“Who’s in Charge?” - Child/Adolescent to Parent Violence and Abuse (APVA). An 8-week course providing a therapeutic approach for Berkshire parents/carers of children and young people with special needs (aged 8-16) who are violent or aggressive. Mon: 7-9pm - 25th January, 1st and 8th February, break for Half Term, 22nd February, 1st, 8th, 15th and 22nd March. (Follow up session: expected June 2021).

Autism Berkshire

Advice & workshops for children and young people aged 5 to 25 who are autistic or have ADHD – or are waiting for assessment – and their families. The service is a partnership with Parenting Special Children, delivering services on behalf of the Berkshire West NHS Clinical Commissioning Group (Reading, Wokingham, and West Berkshire council areas). You must be registered with a GP surgery that is part of the CCG. You can contact the service by email at contact@autismberkshire.org.uk or calling 01189 594 594 (option 1)

2021 online benefits advice workshops for Autistic people and their families will take place on Mondays - 11th January, 8th February and 8th March, 10.30-12.30pm on Zoom. Places are free – register at www.autismberkshire.org.uk