

CAN Information Network News



**WOKINGHAM
BOROUGH COUNCIL**

October 2023

The CAN Information Network is part of Wokingham Borough Council and is an information and support service for children, young people and young adults (up to age 25) and their families who live in the Wokingham Borough. Welcome to the Autumn edition of the CAN Information Network News - packed full of ideas for activities and days out in Wokingham and the wider locality, plus information on the Governments household support grants. By sharing information with you, the CAN Information Network is not providing a recommendation or endorsement of the service/organisation. If you are aware of a service or activity that is not included on the Local Offer or in our newsletters, and you believe it would be of benefit to other families, please let us know – and we will let others know! More information on the CAN Information Network [here](#)

The Local Offer - Find information and services for children and young people with Special Educational Needs & Disabilities, and their families.



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.

Website: www.sendvoiceswokingham.org.uk

Facebook page: [SEND Voices Wokingham](#)

Membership of SEND Voices Wokingham 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.

For more information about SEND Voices Wokingham and what we do, please visit our website or email:

info@sendvoiceswokingham.org.uk.

Details of up-and-coming events available on the website here: [SVW events](#)

To book please email info@sendvoiceswokingham.org.uk

Household Support Fund - money to help if you're struggling with food, bills or energy costs.

You can apply if you're struggling to pay for food; bills; energy costs & other everyday essentials.

Household Support Grant - providing support to anyone who is not part of a family where children receive means-tested free school meals. If you have applied and received a grant from Age UK Berkshire or Citizens Advice Wokingham between April and September 2023, you can now apply again. New applications are welcome. Higher amounts are being paid to households which are likely to spend more money on daily essentials like food and energy. Support is available to households who feel they are struggling with rising costs of living as well as people in receipt of benefits:

-Call Citizens Advice Wokingham One Front Door on [0808 278 7958](tel:08082787958) [Apply on Citizens Advice](#) Wokingham website

-Call Age UK Berkshire on [0118\) 959 4242](tel:01189594242) [Email Age UK Berkshire](#)

If you have a child who receives means-tested free school meals - you can get £20 per week, per child, during school holidays. **Also, apply for a Holiday Food Vouchers** - If you received support from the Holiday Food Vouchers scheme from First Days Children's Charity since April 2023, you do not need to apply again. You will automatically receive support.

From October 2023 you can get £20 per week, per eligible child, during school holidays. This has been increased from October half-term 2023 onwards to provide more support during the winter months. The amount you get in total depends on the number of children in your family who receive means-tested free school meals.

Once you've successfully applied, payments will be made for every school holiday until Easter 2024. If you miss any school holidays due to applying later, you will get a back payment up to the previous school holiday when you've applied. [Apply now through First Days website](#)

Pensioners, carers, disabled people and/or households with four or more people - you can get a grant of £240

All other households - you can get a grant of £120

The funding is an [extension of the Household Support Fund](#) and has been allocated by the Government to Councils in England, who use it to support those in need in their local area. Visit the [Government's cost of living help pages](#) for more information.

Read the [Easy Read guide to the Household Support Fund](#).



An app to make rail travel a little easier for disabled travellers [here](#)

Consider joining the sunflower network [here](#)

The Hidden Disabilities Sunflower is a simple tool to voluntarily share that you have a disability or condition that may not be immediately apparent – and that you may need a helping hand, understanding, or more time in shops, on transport, or in public spaces.



Me2 Club is an inclusion charity for children and young people with additional needs and disabilities in the Wokingham and Reading Boroughs. Tackling social isolation and loneliness experienced by children not being able to access mainstream leisure activities, they are unique by not requiring a formal diagnosis to offer support.

Supporting children and young people aged 5-19 to take part in mainstream activities by recruiting and training volunteers to 'buddy' 1:1 with them (2:1 when required) so they can join in and have fun. With their help individuals can access a wide range of activities including sports clubs, uniformed groups and drama classes, giving them a chance to build independence and vital life social skills. **Check it out** [here at Me2Club.org.uk](https://www.Me2Club.org.uk)





Days Out & Activities

Follow the links for details of activities and days out. You will need to check individual venues for updated information!

Information [here](#)

Open the page and select a County near you – Berkshire alone has details of almost 30 activities! Have a look at neighbouring Counties too....

Kids Days Out

Low Cost October Half Term Activities in Berkshire guide [here](#) is packed full of events which are either FREE or cost £5 per person or less to attend.

Wasing Estate's ever-popular [Pumpkin Event](#) is back for its 3rd year, 20- 29th October 2023. Spot some hocus pocus along the woodland trail, step into a fairy tale pumpkin carriage, pick your own pumpkins, navigate the maize maze & enjoy tasty seasonal snacks and drinks.

Location: RG7 4LY. For tickets and more information please click [here](#)



Bonfire Night Events and firework displays are planned across Berkshire this year including some low-noise fireworks. Click [here](#) to find the events and keep checking back as the list is frequently updated.



October Half Term Holiday Camps

If you are looking for childcare support over the upcoming Half Term, have a look at the Holiday Camps guide - packed full of camps for all ages and interests. View the full list [here](#)

Little Leapers PLAY CAFÉ & BAKERY

[Little Leapers Play Cafe](#) & Bakery in Bracknell that offers stay & play sessions with an on-site cafe making fresh food and baked goods daily. Explore a wide range of equipment including soft play, role play and bouncy castle, plus events for half term and Christmas! [Events and News | Little Leapers Play Cafe & Bakery \(little-leapers.co.uk\)](#)

Visit Jake's Play World - [MORE DETAILS HERE!](#)

Come and join us at Jake's for an unforgettable time this Halloween - with fun and games for everyone!



Little ones can enjoy 'Toddler Halloween Morning' on Tuesday 31st October from 9.30 to 12pm with a FREE farm visit afterwards! Or the whole family event of a Halloween Disco on Friday 27th October from 6 to 9pm with food (for adults & children) AND plenty of activities for everyone to enjoy! Disco from 8 to 9pm - don't forget to dress up and remember to **pre-book your tickets** via phone or pop in to see us!

Full details for both events: [Toddler Halloween Morning](#); [Family Halloween Disco](#)



Spine-thrilling fun - **Halloween Spooktacular Trail** by the Black Swan Lake!

From 21 to 29 October (9 to 5pm) get a trail map and activity sheet for each child (so everyone gets a treat) from [Dinton Activity Centre](#) reception for £2.50 then use the clues to hunt for ghouls, ghosts and other creepy creatures hiding in the bushes. On completion of your quest - bring the activity sheet back to the activity centre reception or [The Coffee House](#) to collect a sweet treat by 5pm.

The trail is just over 2km long and normally takes around 1 hour to complete. The paths are wheelchair- and buggy-accessible. To have a quick start, make a booking [online](#) before you go.

There are still spaces in our half term [Wild Days holiday club](#) from 23 to 28 October at Dinton Pastures. Designed for ages eight to 13, the holiday club offers two land or water sports in three-hour sessions, include fencing, indoor climbing, archery, raft building, kayaking, canoeing and more. Each session costs £32 per person. Booking is made [online](#).

NEW

Sensory Garden and Wild Wood



The Sensory Garden is designed with younger children in mind, although most of the equipment is suitable for a range of ages and abilities, including a variety of imaginative water play equipment. It provides a space where children can investigate and discover their world through creative play or test their physical abilities in more active play.

The Wild Wood is designed to physically challenge older children and teenagers. It includes three different tree houses of varying heights and level of challenge wrapped around existing pine trees. There's a rope and pole agility course climbing pyramid and a zip wire, as well as sound cushions and carved woodland animals at ground level to add interest for younger children. Natural elements such as logs, boulders, water, timber and trees help create a space that connects children to nature, providing a sense of wellbeing. With a range of inclusive and interactive equipment – including a spinning disc, swings, musical chime walkway and a trampoline that are suitable for wheelchair users and additional seating for parents and carers.

The play area has all-year-round appeal with good accessibility with new surfaced paths to the paddling pool, café and toilets plus a changing places facility for disabled users. Have a look at these facilities [here](#) !

Bracknell Trampoline Centre (BTC) is a purpose-built trampoline facility giving access to all trampoline associated activities including recreational classes for children of all ages, teens and adults.

BTC has nine full sized trampolines, plus a foam pit, conditioning area, soft play, bouncy castles etc. There is provision for those with additional needs.

[Additional Needs - Bracknell Trampoline Centre](#)



Coral Reef Waterworld

[Nine Mile Ride, Bracknell RG12 7JQ](#)
[01344 862525](#)

Click the link for more booking information [at Coral Reef Waterworld here](#)





Disability Swimming

Wokingham Leisure Centre has two regular disability swimming sessions on Mondays and Friday, from 2pm to 3pm. Sessions cost £1.60 per person, with a carer admitted free of charge. Advance booking is recommended. Please note that children under 8 must be supervised in the water and changing rooms by a parent or adult. The leisure centre is at the Carnival Hub, in Wellington Road Wokingham. call 0118 977 0007 [or check the website here](#)



For 25 years Fledglings has been sourcing products for families with disabled children - a non-profit shop that helps children and adults with additional needs by supplying products and equipment helping with everyday challenges.

Summer may officially be over, but swimming is an all year-round activity. Check [out Fledglings range of swimwear and swimming aids](#) to suit all ages and to help with all types of disabilities.

Everyone should be able to enjoy the water safely and if you haven't seen [our amazing range of swimming aids, take a look](#)

Halloween and Bonfire Night are approaching fast - this can be a difficult time for some children with additional needs, especially those with autism and sensory processing issues. That's why this week in [our Fledglings shop](#), the focus is on [the auditory system](#) and how ear defenders and earplugs can help.



Ozone Ice Rink - SEN sessions, Western Road, Bracknell RG12 1RW



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Libraries [Whats on and events at WBC libraries](#) – dates of storytime, lego club, rhymetime and spooky tales sessions at a library near you in the Wokingham Borough!

Fun and free family information event at Lower Earley library - A variety of organisations will be visiting on Tuesday 24 October outside the library from 10 to 12noon to help you find out more about what is available locally, with fun and free activities for children too!

Organisations taking part include Herbies Hedgehogs, Sport in Mind, My Journey, The Link Visiting Scheme, Dr Bike, Trinity Church and Thames Valley Police.



ASSIST – Wokingham Borough Council autism spectrum service for information, support and training [service information here](#)

Dates for parent and carer sessions [here](#) and autism specific workshops [here](#)

FIRST – Wokingham Borough Council - supporting families with sleep and behavioural issues
Contact the team [here](#) for the dates of future sleep and behaviour workshops.





Sports, fun and more at the Festival of Inclusivity

Children and adults with disabilities are invited to take part in a multi-sport event at Cantley Park in Wokingham. Sport Together Berkshire is hosting the Festival of Inclusivity on Friday 27 October and WBC are proud to be supporting the event. For all those with physical disabilities, learning and neurological conditions, come and have a go at all sorts of sports including basketball, cricket, football, hockey and rugby. There is also a one mile 'Start Together, Finish Whenever' event.

The day runs from 9.30 to 4pm and it costs £10 per person for half a day of activities and £20 for the full day. Food and drinks are available to purchase at the café on site.

For more information, [send an email](#) to Sport Together Berkshire.



Holiday club

[Just Play Sports holiday clubs](#)

Protect Yoda in dodgeball - free your team from jail on the climbing frame - shoot penalties like Chloe Kelly - fire bullseyes like Robin Hood - hit sixes like Stokes - win Olympic medals.

St Paul's Junior School, Wokingham and Oaklands Junior School, Crowthorne

The A Team: Awesome Autism and ADHD

A monthly group for autistic girls (aged up to 18 years old), who live, or attend a school, in Berkshire, to meet, socialise, have fun and try new things. Take part in interactive activities helping to build self-esteem, confidence and teamwork skills as well as being lots of fun!



Transition to Adulthood Workshop: Berkshire West

For parents/carers of young people (age 15-25) who have a diagnosis/awaiting assessment of Autism/ADHD, registered with a Berkshire West NHS GP Surgery (Reading, Wokingham, West Berkshire Boroughs).

Topic: Ruth Pearse will share her journey with her daughter, who is autistic/ADHD, through transition to adulthood, looking at aspirations, education, college, supported living and work.

Wednesday 8th November, 7-8.30pm, Zoom.

ADHD Course: Berkshire West

For families registered with a Berkshire West NHS area GP surgery (Reading, Wokingham, West Berkshire Boroughs).

Thursday 16th, 23rd and 30th November (3 linked sessions), 7-9pm, Zoom

Interoception Workshop


For parents/carers of children and young people who have difficulties with the lesser-known sense of Interoception (an aspect of sensory processing). This sense helps you to understand and feel what's going on inside your body. Those who struggle with the interoceptive sense may have trouble knowing when they feel tired, hungry, full, thirsty, hot or cold. Having trouble with this sense can also make self-regulation a challenge. The child/young person does not need to have received a diagnosis for you to attend this workshop.

Tuesday 5th December, 7-8.30pm, Zoom.



PSC are working in partnership with Autism Berkshire to provide Autism and ADHD related support under the 'Berkshire West Autism and ADHD Service'. You can see additional events provided by Autism Berkshire [here](#).





Building for the Future
of Children and Young People
with Additional Needs

LADYBIRDS
8th / 22nd September
6th / 20th October
10th/24th November
8th December

Any queries please email jema@bftf.org.uk or call 079255692277


Ladybirds is a playgroup for children under 5 with additional needs and their siblings.

Come and join us for activities, chat and support. No need to book.

9.30 – 11.30am

Our House, Toutley Road, Wokingham, RG41 1QN

Building for the Future – Our House, Toutley Rd, Wokingham RG41 1QN
BuildingfortheFuture.org.UK
Email jema@bftf.org.uk Tel: 079255692277



Building for the Future
of Children and Young People
with Additional Needs

BFTF Youth CLUB
ACTIVITIES GAMES SEXEDANCE AND MORE

6.30 - 8.30pm

30th October
27th November
18th December

Our House, Toutley Road
Wokingham RG41 1QN

FREE ADMISSION

Parent / carers are required to stay on site, but not with their young person. Parents room and Kitchen available. For further info email jema@bftf.org.uk or call 079255692277



SATURDAY CLUB

9th / 23rd September
14th October
11th / 25th November
9th December

11am – 1pm Children with Physical disabilities/Downs
3pm – 5pm Children with ASD and associated conditions
Put the dates in your diaries and we look forward to seeing you all soon.

Any queries email jema@bftf.org.uk or call 079255692277
No need to book Our House, Toutley Road, Wokingham, RG41 1QN



Camp Mohawk, The Woodland Centre Trust,
Wargrave RG10 8PU CampMohawk.org.uk

Tel: 0118 940 4045 Email: info@campmohawk.org.uk

[Gallery | Camp Mohawk](#) – Centre photographs inside and out!

[Calendar | Camp Mohawk](#) – what's on



Office telephone: 0300 777 8539

SMILES FOR SIBS GROUP- opportunities for Sibling children to have some 'Me' time; meet other siblings; try out various activities; play games together and have FUN!
Mondays 4.30pm Woodley Airfield Centre, Hurricane Way, Woodley, term time only. Please contact Ruth on 07551 159072 for more information or email: sibsw@promiseinclusion.org



YOUTH CLUB @ ADDINGTON SCHOOL Every Wednesday during Term-time, 7pm – 9pm. For young people with learning disabilities between the ages of 13 (Year 9) & 19. Please call 07551 159073 for more information or email: yc@promiseinclusion.org There is a variety of different activities planned as well as a tuck shop every week. £5.50 per session (invoiced half-termly). For further details please contact the office. This club is funded by grants and club fees. Please note that parents can use their direct payments to pay session fees.



FAMILY LIAISON TEAM Our 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, schools and colleges, EHCPs, mental capacity, power of attorney, deputyship and more.... IF YOU WOULD LIKE TO TALK TO A FAMILY LIAISON WORKER YOU CAN CONTACT:

Tracey (Transition & Adults - Wokingham) on 07423 686965 or Tracey@promiseinclusion.org

Michele (Transition & Adults - Wokingham) on 07827 340408 or Michele@promiseinclusion.org

Christine (Transition & Adults – Bracknell) on 07798 707574 or Christine@promiseinclusion.org

PAUL'S KARAOKE Volunteers run karaoke evenings on the middle two Wednesdays of each month for everyone over 18 years old with a learning disability. Come along and join in the fun! Soft drinks provided. The group will be meeting at The Cornerstone, Norreys Avenue, Wokingham from 7.30pm to 9.00pm. Please note that there is a £4 charge per session. Please let us know if you would like to come along. Contact the office on admin@promiseinclusion.org or 0300 777 8539

@ THE ACORN SOCIAL GROUP Tuesday evenings from 7pm to 9pm at the Acorn Community Centre, Fernlea Drive, Woosehill, Wokingham, RG41 3DR. This is a social group for all people aged 18+ with learning disabilities, including people with more complex needs. It is an opportunity for people to meet with their friends, do fun things and make new friends in a relaxed and suitable venue. COST: £5 per session (to be invoiced in advance) or £10 Ad Hoc. (Funded by club fees, fundraising and donations). For more information on how to join the group contact Debbie on 07436 418705 or email: acorn@promiseinclusion.org



Project 73 & Project 73+

See attached flyer about Project 73 and Project 73+ If one of these groups might be of interest to you, or someone you know, please get in touch with Kate whose details are on the flyer.

Night Owls - drinks & cinema meet up

The Night Owls will be meeting at The George pub, Winnersh 8pm on Saturday 21 October. Then off to the Showcase Cinema to watch a scary movie. For full details please **see the attached flyer**.



To book or for more information, please call: 07780 749 453

email: admin@claspwokingham.org

Facebook page: <https://www.facebook.com/CLASPWokingham/>

website: www.claspwokingham.org

CLASP Coffee Shop – On Tuesday 24 and 31 October, it's our regular Coffee Shop drop-in, 10 to 12 noon at the Bradbury Centre.

Puzzle drop-in session – Small session for members who do not enjoy large groups and noise. At Wokingham Library every other Friday, 12:30 to 1:30pm. Book with CLASP before you come. Next date Friday 27 October.

Disability Swim sessions – Cost for swim sessions on Mondays and Fridays has increased by 10p to £1.70

To book or for more information, please call: 07780 749 453

email: admin@claspwokingham.org website: www.claspwokingham.org

Your next CAN information network news will be packed of Christmas activities – let us know what is happening near you and we will include it for all families to enjoy! CAN.Network@wokingham.gov.uk

Meanwhile check out the bigger events - they may need to be booked early!

Berkshire mummies Christmas light trails [here](#). Chimptrips Christmas activities [here](#). (Includes information on Wokingham's Winter Carnival!)

