



Wokingham
Learning Disability
Partnership Board

Minutes from the Self Advocate Workshop

Bradbury Centre
Tuesday 20th September, 2011

Being Part of Your Community

Introductions and Icebreaker

Julie welcomed everyone to today's workshop which was about **Being part of your community**. Helene introduced our Icebreaker and asked everyone to say their name and share what is important to them in their community. Helene had brought along a picture of her sitting on a horse, because going horse riding is important to her.



We went around the room and this is what a few people said:

Anthony brought in photos he has taken of important places in his community - where he works, where he shops & more!



Groups such as CLASP, the Partnership Board & the Day Service Members Committee are important to lots of people.



Suzanne brought in bus timetables because it is important for her to get around the community. She also brought some menus from her favourite take-away restaurants.



Channah showed us photos of the synagogue where she worships, and the building where her flat is.



It is important to Leo to go to the fun events in the community - like the Berkshire Show in Swallowfield. He loves the horse show!



Margaret G thinks the NAG (Neighbourhood Action Group) is important in the community. And she enjoys reading the Wokingham Times because it tells her what's going on locally.



Jackie & Julie live at Oakfield Court. Going out as a group and having BBQs are important to them.



Chris and Tim think the library is an important place in the community.



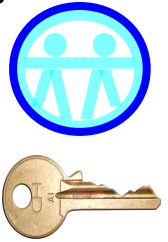
Paula thinks that the PCSOs are very important in the community as they make our area feel safer.



Margaret L's local village shop and post office is closing down. The local people are very sad because it's an important part of the the community, so they are getting together to open a community shop!



Jennie brought her office keys and security pass to show that the Partnership Board is important to her and the learning disability community in the Borough.



Ann lives in Finchampstead and her Church is an important part of her community.



Social activities such as going to the theatre, Friday Night Project, line dancing, going to the gym, watching football, bowling etc are important places in the community for lots of us!



Julie White loves looking after her garden, so an important place in the community for her is the local garden centre, where she gets advice about different plants.



Julie Weller belongs to 2 different 'work' communities - 1 is Tesco and the other is the farm. She loves working at both places and meeting the people there.



What is a Community?

During the Icebreaker, we had heard about lots of things that make up a community. A community is an area where people come together and have something in common – for example a sharing a love of books or an interest in the same football team. The Bradbury Centre in Rose Street is our local community centre and it's where people in Wokingham can meet friends and have a coffee. Today we have come together because we have learning disabilities in common.



Other examples of a community is:

Where you live



E.g: Oakfield Court

Where you go in the day



E.g: Day Centre

Where you worship



E.g: Synagogue

Where you learn



E.g: College

Where you share an interest



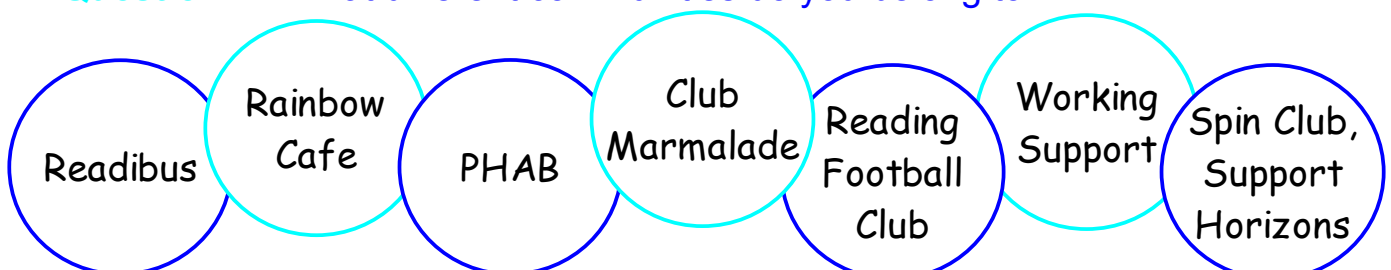
E.g: Football Stadium

Then we worked on our tables and Tim asked us to think about these questions:

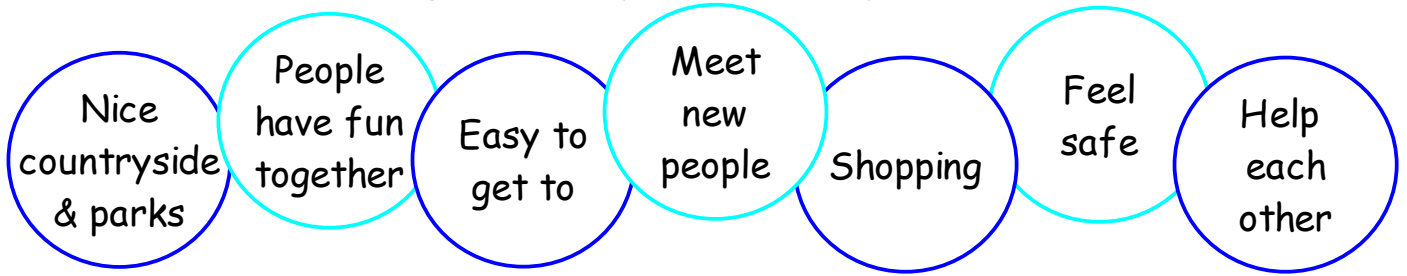
1. What different communities do you belong to?
2. What's good about your community?
3. What's not good about your community?

Here are some of our suggestions:

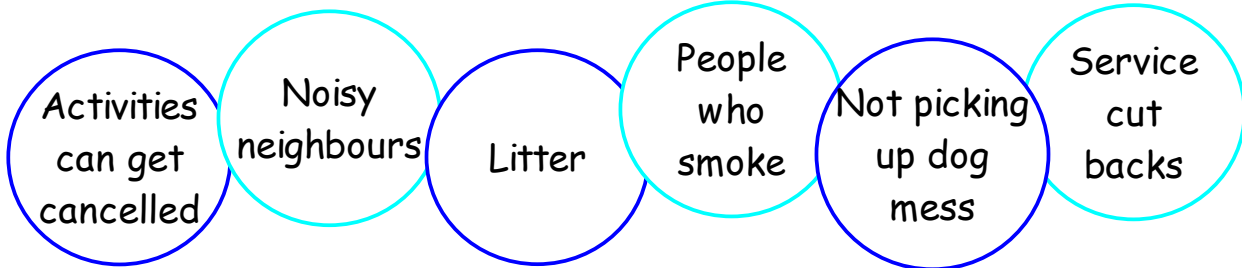
Question 1: What different communities do you belong to?



Question 2: What's good about your community?



Question 3: What's not good about your community?



Why Recycle?

What is recycling? It is using things again – either in their original form or changing it into something else. For example, you can re-use a plastic bottle for your drink in your lunch box, or you can turn it into something else – like a fleece jacket! It takes just 25 x 2 litre bottles to make one adult size fleece jacket.



What are the good reasons why we should recycle?

- **We need to look after what we've got**

Julie showed us her new shopping bag which was made from recycled plastic bottles. She carries it in her handbag so she doesn't need to use plastic bags when she is shopping.



- **Save energy**

We need to find new ways of making energy, like using wind turbines to collect energy from the wind, and special machines in the sea that collect energy from the waves.



- **Stop filling up landfill sites**

What will happen if we keep taking our rubbish to landfill sites? They will fill up, and already there is too much pollution from these sites.



- **Look after our environment**

We don't want to pollute the environment. Things like greenhouse gases are polluting the atmosphere and making a big hole in the ozone layer. We need the ozone layer because it acts like an umbrella to protect us from harmful UV rays from the sun, and because it helps protect life.



Next we thought about the different things we can recycle from our homes, and the things we might need to take to a special recycling place.

Kerbside recycling (recycling that is taken from our homes)

In the Wokingham Borough, all households are given 2 black recycling boxes. One box is for their plastics, tins and cans; and the other box is for their paper and cardboard. The Council also give green bags to households for their garden waste, which is things like grass cuttings, leaves, hedge trimmings, flowers etc. If you don't have a box or a bag, ring Wokingham Direct on tel: 0118 974 6832.



Recycling centres (places where you take things to be recycled)

It isn't just plastic bottles, cans and garden waste that can be recycled. There are lots more things that can be used again! For example: glass, silver foil, batteries, books, glasses, glass bottles, shoes, juice cartons, textiles (clothing). These items need to be taken a recycling centre. Sometimes shops recycle things – for example glasses can be recycled at an opticians, and shoes can be recycled at a shoe shop. Margaret said that Tesco and Boots have a special box for recycling batteries.



What we are doing for the community

Next we thought about the different things going on in the community that the Partnership Board are involved with:



CLASP Coffee Morning at the Bradbury Centre

CLASP volunteers, along with volunteers from the Methodist Church, run a coffee morning every Tuesday, 10am-12noon. If you would like to help, please speak to Barbara Knee or Sarah Cox. The sorts of things you would be doing is pouring drinks, taking money and washing up. If you don't have those skills, don't worry, because you will be supported to learn.



Safer Places Scheme

The Safer Places Scheme was set up by the Partnership Board and CLASP to help vulnerable people in the community feel safe. Shops and businesses in the Wokingham area who are part of this scheme display a special sticker in their window. If a vulnerable person feels worried or anxious, they look for the sticker and know that the shop/business is a 'Safer Place' and they can go inside and ask for help.



Hate Crime Reporting Centre

The Hate Crime Reporting Centre was set up by the Partnership Board and CLASP for vulnerable people who feel worried about reporting a crime or an incident at a police station. The volunteers at the Reporting Centre have been specially trained to take down the details in confidence, and then take them to the police on your behalf. The Hate Crime Reporting Centre will soon be moving to the Rose Buddies Drop-in which is at 44 Rose Street, Wokingham.



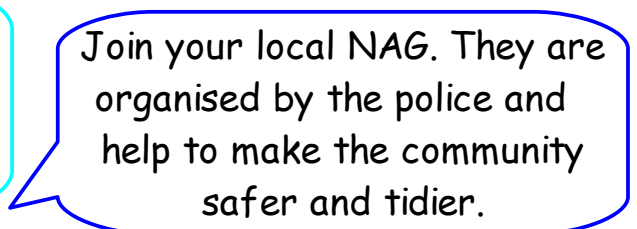
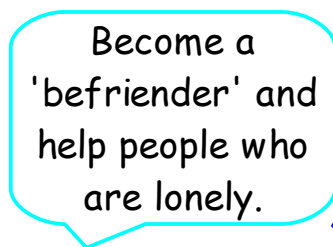
Wow4me Website – www.wow4me.org.uk

The wow4me website was set up by the Partnership Board and is looked after by CLASP. The website is easy to use and has lots of information about activities for people with learning disabilities in the Wokingham area. There is a section for reviews on places where people have been – for example a restaurant, bowling alley, swimming pool. There is also a section with people's success stories (something they are proud of doing) and another section to help people find a job. If you would like to learn how to use the website, or post a review, come to the CLASP coffee morning on a Tuesday and Steven and Philip will show you what to do.



How you can help the community

We had talked a lot about how people can get involved with things in the community and places where they could go to find out more information. Now it was time to hear if anyone in the group had some of their own suggestions. This is what people said:



Tell people about the Safer Places Scheme & the Hate Crime Reporting Centre.

Help pick up litter in your area.

Help return your neighbours' bins & recycling boxes to their gardens to keep the road tidy.

Raise money for charity with a sponsored walk or bicycle ride.



Volunteer in your local shop to help stop it from closing down.



Take your old clothes to a charity shop for recycling.



Being part of your community

Supported Volunteering

Phil Warner came to a Big Meeting and talked about the Supported Volunteering Scheme run by the Wokingham Volunteer Centre. The Scheme supports people with disabilities to do some volunteer work. Things like the new local gardening scheme, working in a shop or a cafe, or working in an office.

To find out more, contact Phil on tel: [0118 977 9749](tel:01189779749) or email: supportedvolunteering@googlemail.com



Other things going on in the community

Julie had some leaflets about lots of things going on in the community to help people be more involved - things like *Two Left Feet* (inclusive dance classes for everyone).

Please get in touch with Julie if you would like to find out more.



That was the end of our Workshop!

Our next workshop will be on **Tuesday 1st November** at the Bradbury Centre, 10am-12noon where we will be talking about

Keeping Safe