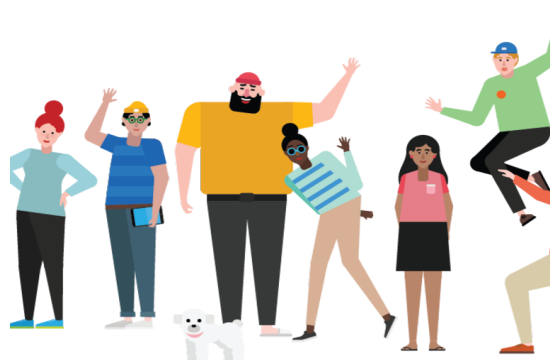


SEND Local Offer 16+ Guide

Special Educational Needs & Disabilities

Family Information Service
April 2023



**This newsletter contains information on Support Services &
Leisure for young people aged 16+ through to adulthood.**

**All of this information and more can be found on the
Reading Services Guide**

SEND Local Offer

www.readingsendlocaloffer.org

E: localoffer@reading.gov.uk Tel: 0118 9373777 (opt 2)

Readings - Special Educational Needs & Disabilities

‘Local Offer’



What is the Local Offer?

Readings - Local Offer

Reading's Local Offer gives children and young people with special educational needs or disabilities and their families' information about what support and services are available in the local area. This information can be found by visiting

www.readingsendlocaloffer.org

It will help parents, carers and young people to see clearly the range of services, support and information that are available to them in their local area and understand how to access them.

What is the Local Offer and what does this cover?

- Benefits and financial guidance and assistance
- Health & Social Care
- Schools, Education & Transport
- Leisure and social activities
- Special educational needs
- Short breaks
- Support groups
- Early Years & Childcare

If you don't have access to a home computer the Local Offer can be viewed online at your local library or visit the Civic Offices, Bridge Street, Reading, RG1 2LU

Alternatively email localoffer@reading.gov.uk

Call us on 0118 9373777 (option 2) Lines are open Monday-Friday 9am-5pm

Welcome to our Transition 16-25 Newsletter

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Giving Feedback

Feedback on our Directory of services is important to us so that we can make sure our information is accurate, up to date and relevant.

We welcome all feedback and we are always open to suggestions to improve our service.

Leaving feedback is easy! Select the service record that you would like to comment on and click the green box saying 'rate this service' and then leave your comments. You will need to register first though. See instructions below.

SEND Local Offer 16+ Newsletter

SEND Local offer 16 - 25 Newsletter for families who have young people/adults with SEND aged 16-25

SEND Local Offer Newsletter Transition 16-25 2019

Information on:

- News & Information
- Training, Employment & Further Education
- Clubs, groups & Community Activities
- What's on/Events

To be added to the mailing list to receive the newsletter and other information email: localoffer@reading.gov.uk or Phone 0118 9373777 (opt 2)

The Family Information Service provides information on the SEND Local Offer on behalf of Brighter Futures for Children, which is contracted to deliver the SEND/Local Offer service. [Brighter Futures For Children - Website](#)

Who to contact

Telephone 0118 9373777 (opt 2)
E-mail localoffer@reading.gov.uk
Website <http://www.reading.gov.uk/sendlocaloffer>

Where to go



[Rate this service](#)

[Print](#)

[Add to My Shortlist](#)

[Back to results](#)

Share

Social

SMS



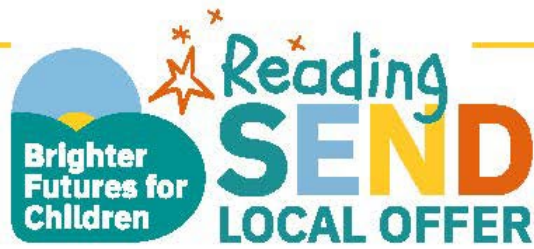
Directions

[Get directions to RG1 2LU](#)

You will need to [Create an account](#) following the instructions provided. Once you have submitted your details, you will receive an email with a link to activate your account.

If you have not received the activation email, please check it has not been filtered into your junk or spam mail folder.

Once activated you will be taken to the [Sign in page](#) once signed in you will be taken to the welcome back page and using keywords you can search for the record that you want to 'rate and review' by clicking on the 'rate this service' green button.



Information, support and services for Reading's children and young people with special educational needs and disabilities (SEND) and their families. ✨



Contact

- ☎ 0118 937 3777 (option 2)
- @ localoffer@reading.gov.uk
- f @ReadingLocalOffer

Visit www.readingsendlocaloffer.org

Disabled Students Allowances

Disabled Students' Allowances provide extra financial help if you have an impairment, health condition (including mental health conditions) or a specific learning difficulty like dyslexia. They are paid on top of the standard student finance package and don't have to be repaid.

Who are Disabled Students' Allowances aimed at?

Disabled Students' Allowances are grants to help meet the extra course costs students can face as a direct result of a disability or specific learning difficulty. They are aimed at helping people with disabilities to study on an equal basis with other students.

Eligible full-time, part-time and postgraduate students can apply for Disabled Students' Allowances.

The amount you get doesn't depend on your household income. Disabled Students' Allowances are paid on top of the standard student finance package, and don't have to be paid back.

What can they be used for?

Disabled Students' Allowances can help with the cost of:

- specialist equipment you need for studying - for example, computer software
- a non-medical helper, such as a note-taker or reader
- extra travel costs you have to

- pay because of your disability
- other costs - for example, tapes or Braille paper

Eligibility

You can apply if you are doing:

- a full-time course that lasts at least one year (including a distance-learning course)
- a part-time course that lasts at least one year and doesn't take more than twice as long to complete as an equivalent full-time course (this can include an Open University or other distance-learning course)

To apply for financial help through Disabled Students' Allowances, both you and your course must be eligible. It's worth checking this before you make your application.

Disabled Students' Allowances - how to apply

There are two different ways of applying for Disabled Students' Allowances. Which one you use will depend on whether or not you are:

- doing a full-time higher education course
- studying part time or doing a postgraduate course

Most universities and colleges have a Disability Advisor. They can help with your application and give you advice about other sources of funding.

Useful Websites:

<https://www.gov.uk/disabled-students-allowances-dsas/how-to-claim>

Learning Disabilities: Annual Health Checks

If you would like more information please contact Reading Mencap on 0118 966 2518

**Free health checks
for over-14s with a
learning disability**



**get
checked
out**

- Got a learning disability?
- Over 14 years old?
- then ...
- Get a checkup



Ask for a **free** learning-disability health check at
your local GP practice

Reading Families' Forum

www.readingmencap.org.uk

Reading mencap

Reading Families' Forum

Reading mencap
The local voice of learning disability

Are you a parent/carer of a young person with a learning disability?

Yes?

This is how to arrange a free health check for them ...

- ask your GP to enter their name on the practice's Learning Disability Register
- you will be sent a letter with an appointment
- the letter tells you what will happen at the health check
- after the health check, your GP will give you a Health Action Plan
- your GP will also ask whether you are willing to share important information with other health and care professionals to benefit the person you care for

It's easy!

Need more information or advice? Contact Reading Mencap at
21 Alexandra Road, Reading RG1 5PE tel: 0118 966 2518
email: office@readingmencap.org.uk

Specialist Equipment/adaptations

If you are parent or carer of a child or young person aged 0-25 years with a learning difficulty or disability, you may require some specialist equipment to help that child or young person to develop and/or to help you provide their care.

There are a number of organisations who can provide various types of equipment depending on the child/young person needs.

Reading Borough Council and West Berkshire Primary Care Trust provide some specialist equipment and are committed to working together to provide a good equipment service and information for parents and carers so that they know what equipment may be available.

The Children and Young People's Disability Team ([CYPDT](#)) has its own Occupational Therapist, who undertakes specialist assessments of young people in their home environment, to assess for potential home adaptations and equipment. If you would like to access this service please call 0118 937 3641 to find out if you are eligible for an assessment. Link to further information

<http://search3.openobjects.com/kb5/reading/directory/service.page?id=h1D0WUIOodio&familychannel=3>

Please see the short list below of other providers that may also be able to help with equipment:

<http://servicesguide.reading.gov.uk/kb5/reading/directory/shortlist.page?action=LOOKUP&id=8h3BatOBXdA>

Adult Social Care Support

If you are finding it more difficult to take care of yourself or keep in touch with others because you are getting older or you have a disability or ongoing health condition Adult Social Care Services may be able to help. They offer a range of information, advice and support to help you:

- Stay living in your own home for as long as possible
- Be as independent as you can be
- Stay involved in social activities and
- Live your life the way you want.

Some of the services we offer are free and available to all Reading adults, other services have specific eligibility criteria and people may be asked to contribute towards the cost - how much you pay depends on your financial situation.

For more information contact Adult Social Care on 0118 937 3747 (Age 18+)

There are some useful resources available to help you find services and support to meet your needs, including our Reading Services Guide www.reading.gov.uk/servicesguide

Preparing for Adulthood - An information guide for parents and carers



To see the guide please click on the link [Preparing for Adulthood - An information guide for parents and carers](#)

The guide was jointly produced by Brighter Futures for Children and Reading Borough Council. This document was prepared with the help Reading Families' Forum, Reading Mencap, Berkshire Healthcare Foundation Trust and the [SEND](#) Transitions Project Group.

You can also contact the Preparing for Adulthood team by emailing pfa@reading.gov.uk

Housing Options for people with a learning disability

Leaving home – Getting a place to live – Leaving Care

Please see links below for Support Services:

[Housing Options for People with a Learning Disability](#)

[Horizon Care & Education – Young Lives, Bright Futures](#)

[Disability and Independent Living - NHS Choices](#)

[Disability Rights UK | We are disabled people leading change](#)

[Radar keys | Disability Rights UK](#)

[Scope - Independent Living](#)

[Looked after children and care leavers - Catch22 \(\[catch-22.org.uk\]\(http://catch-22.org.uk\)\)](#)

[The Care Leavers Foundation](#)

[Gov.uk Independent Living Fund](#)

[Care Quality Commission \(CQC\)](#)



Ambitious about Autism

The national charity for children and young people with autism

We provide services, raise awareness and understanding, and campaign for change. Through [TreeHouse School](#), [The Rise School](#) and [Ambitious College](#) we offer specialist education and support.

Our ambition is to make the ordinary possible for more children and young people with autism.

Right from the Start toolkit

Do you think your child has autism or have they been recently diagnosed?

If the answer is yes, you will have many questions about what to do next. Ambitious about Autism's Right from the Start toolkit is here to help.

This practical toolkit contains a wealth of straightforward information in one place to guide parents and carers through their child's journey in the early years.

From the autism assessment process to the first day of school, this toolkit is packed with practical tips and checklists to support parents during the earliest years of their child's life. It also provides signposts to sources of support or additional information.

If you have a pre-school child, download the free toolkit now <https://www.ambitiousaboutautism.org.uk/>

Tel: 020 8815 5444 **e:** info@ambitiousaboutautism.org.uk **Web:** [Ambitious about Autism](#)

Employment, Training & Further Education



JobCentre Plus – Access to Work Grant

An Access to Work grant helps pay for [practical support](#) if you have a disability, health or mental health condition so you can:

- start working
- stay in work
- start your own business

How much you get depends on your circumstances. The money doesn't have to be paid back and will not affect your other benefits. There is no set amount for an Access to Work grant. How much you get depends on your circumstances.

The money can pay for things like:

- adaptations to the equipment you use
- special equipment
- fares to work if you can't use public transport
- a support worker or job coach to help you in your workplace
- a support service if you have a mental health condition and you're absent from work or finding it difficult to work
- disability awareness training for your colleagues
- a communicator at a job interview
- the cost of moving your equipment if you change location or job



Tel: 0800 121 7479 **Textphone:** 0800 121 7579

Email: atwosu.london@dwp.gsi.gov.uk <https://www.gov.uk/access-to-work>
Jobcentre Plus

Reading Mencap – Preparing for Adulthood Service



Support for transitioning to adulthood

An information, advice, and advocacy service for young people with learning disabilities aged 16-25 and their families.

A new Reading Borough Council funded service to support young people and adults with Learning Disability and Autism and their families, who are aged 16-25 and preparing for adulthood.

Our new full time Transitions Family Adviser will offer an independent, outreach, information, advice and support service to guide young people and their families through the complexities of becoming an adult, to manage the changes in social care, benefits, housing, health, education, employment and financial management.

Our vision for children and young people with learning disabilities and autism in Reading is the same as for all children and young people, that they achieve well in their early years, at school and in college and make a good transition to adulthood to lead contented and fulfilled lives.

For enquiries about this new service contact:

Tel: 0118 966 2518 (open Mon-Fri, 9.30am-1.30pm)

Email: familysupport-kate@readingmencap.org.uk

New Service To Support Young People Prepare For Adulthood - Reading Mencap

New Meaning - A Social Enterprise in Reading



Our Achieve Programme teaches life skills to support young people to be able to live independently

There is a focus on practical life experiences such as cooking, planning and booking trips, social skills, public transport, embedding Maths and English and British Values.

Teaching and activities take place in a small group environment of approximately 8 students.

This programme is specifically for young people who have an Education Health Care Plan in place ([EHCP](#)).

The course runs over 2.5 days, 2 days of life skills, 1/2 day of English and Maths.

Work & Study Programme

(No EHCP is required for this programme.)

1 day per week Maths & English and 3 days work experience (the work experience can be anything the young person would like to get into).

Construction Programme

Multi trade including carpentry, painting & decorating, tiling across 2 days with a half day Maths & English study.

We are unable to provide personal care

New Meaning Reading - Home | Facebook

Contact: Katy 07566 805706

E-mail [Lauren.Greenmoor@newmeaning.co.uk, jessica.tyrrell@newmeaning.co.uk]

SEND Family Finance

Family Finance aims to inform and educate families, leading to their greater financial well-being and consequent improvements in lifestyle. At a time of huge change to the benefits system, the organisations listed below will help provide a much needed source of free, confidential, high-quality and up-to-date advice for parents. Please also use the links to view related information.

Reading Community Welfare Rights Unit

Specialists in welfare benefits, debt & housing advice.

The service is FREE, Independent, Confidential & Impartial.

Drop in Tuesdays & Wednesdays and you will need to be there before 9am

Telephone helpline & appointments: Direct 0118 9551071 - Advice Line 0118 9551070

252 Northumberland Avenue Reading Berkshire RG2 7QA -

Email: advisor@readingspecialist.co.uk

<https://readingspecialist.co.uk/>

Communicare

CommuniCare is a local Christian Community Advice Centre to help people in the Reading area meet their complete needs through offering information, advice and support.

CommuniCare can offer Debt Advice - Form Filling - Housing Advice - Benefits Checking - Employment Advice and much more...

233, Kings Road Reading, RG1 4LS Tel: 0118 9263941

Email: office@communicare.co.uk Web: www.communicare.co.uk

Autism Berkshire

Autism Berkshire's Benefits Service provides help completing application forms and preparing for appeals, and our Benefits Adviser Kevin Jackson is also able to represent people at benefit assessment hearings and appeal tribunals.

He can help with the following benefits:

Universal Credit; Employment & Support Allowance; Jobseeker's Allowance, Carer's Allowance, Disability Living Allowance (DLA), and Personal Independence Payment (PIP).

Reading Mencap

Contact a Family Adviser at **Reading Mencap** Centre by telephoning 0118 966 2518 during office hours 9.30 to 1.30 Monday to Friday **Reading Mencap Family Support Service** You may just want to chat to a Family Adviser to see if your child or dependant might qualify for a benefit, it is always worth checking.

Stepping Forward

Stepping Forward Stepping Forward works to **facilitate** and **accelerate** access to essential services, information, resources and life opportunities so that all people affected by disability can live a full life.

Carers Partnership

Information, advice and support services for family carers in Reading and West Berkshire will be provided by the Reading & West Berkshire Carers Partnership from 1 November 2022. The partnership members - **Age UK Berkshire, Age UK Reading, CommuniCare and Reading Mencap** - all have a successful track record of working with carers. **Carers Partnership - Reading & West Berkshire**

Further information can be found on the link below:

SEND - Family Finance | Reading Services Guide

Elevate - Helping you towards a Brighter Future



Our aim is to help NEET (or Risk of NEET) young people aged 16-18 (up to 25 for SEND and Care Leavers) to make informed career choices about their future. Our role is to provide impartial advice and guidance supporting young people back into Employment, Education and Training.

Visit the [Brighter Futures for Children](https://www.brighterfuturesforchildren.org) website to find out more.

T: 0118 9373766

M: 07929 178133

elevate@brighterfuturesforchildren.org [Brighter Futures for Children - Elevate](https://www.brighterfuturesforchildren.org)

Visit the [Brighter Futures for Children](https://www.brighterfuturesforchildren.org) website to find out more.

**Octopus Room, Curious Lounge, 1st Floor, Pinnacle Building
20 Tudor Road, Reading RG1 1NH**

Berkshire College of Agriculture - Additional Learning Support

At BCA we recognise that our students come to us with a range of different skills, abilities and experiences. Additional Learning Support is available across the College to help students with evidence of declared learning needs. Declared learning needs can include:

- Specific learning difficulties such as dyslexia and dyspraxia
- Social, Emotional and Mental Health (behavioural, emotional and social difficulties)
- Sensory impairments
- Physical and medical difficulties
- Mental health difficulties
- Social and communication difficulties such as ASC

Our friendly and knowledgeable team of support staff and specialist tutors work together with curriculum area to provide support where necessary. Additional Learning Support can be delivered in the classroom, on an individual basis, or in small groups. Additional Learning Support can include:

- Transitional support
- Mentoring and guidance
- In-class support
- Anxiety and behaviour management
- Assignment planning and writing
- Developing literacy and numeracy skills
- Assistive technologies

It is important that any student entering BCA with a history of learning difficulty should give details during their interview process, to enable us to arrange appropriate support for September. If you'd like to talk to a member of the ALS team, please call us on 01628 827549 or contact us at learningsupport@bca.ac.uk

BCA, Hall Place, Burchetts Green, Maidenhead SL6 6QR <http://www.bca.ac.uk>

Activate Learning - SEN Prospectus 2022/23



Welcome to our colleges, situated across Oxfordshire, Berkshire, and Surrey

Activate Learning is a forward-thinking education group that aims for far-reaching, progressive change and impact through learning. We work with students as individuals, helping them make the choice of career pathway or course that's right for them and their ambitions.

We recognise every student has a different story; people come to college having had different experiences. We want to capitalise on these and help them grow by building effective relationships, as we know that how you feel about learning is just as important as what you learn.

Information can also be found here [Activate Learning SEND Prospectus 2022/23](#)

Contact details for Wokingham & Bracknell Colleges

E-mail BracknellSEND@activatelearning.ac.uk

<https://bracknell.activatelearning.ac.uk/>

[Bracknell & Wokingham College- Activate Learning | Bracknell Directory \(fsd.org.uk\)](#)

BEEP - Part of Adviza Employment Services



Berkshire Education Employer Partnership (BEEP) is an exciting new employability programme that runs over two-and-a-half years, delivered by Adviza and funded by the European Social Fund*.

Its purpose is to align young people and businesses in Berkshire, encouraging employers to create opportunities and nurture talent while developing employability skills in individuals.

Who it's for

BEEP specifically supports young people aged 15–24, including 140 requiring intensive support i.e. those who are not in education, employment or training (NEET), have special educational needs and disabilities (SEND), additional needs or low attainment rates.

We will prioritise young people with additional needs for our intensive support offer.

We promote opportunities (including T-Levels and Apprenticeships), help young people make informed employment decisions and provide employability training, helping to improve the supply of priority skills into the local economy and retain local talent.

Tel: 0118 402 7050 E: Beep@adviza.org.uk

<https://www.adviza.org.uk/beep>

Supported Internship Reading 2023

shaw trust



The program is co-ordinated by Shaw Trust in partnership with Reading Local Authority - Brighter Futures for Children

We have a fantastic opportunity on our Supported Internship programme, now available in Reading, for 16 to 24 year-olds who have an **Education, Health, and Care Plan (EHCP)**.

It is a 1-year full time program (An unpaid internship) - working with young adults between the ages of 17-25 years of age and have SEN (special educational needs). These young adults study an employability qualification including Maths and English up to GCSE level every morning from 9-10am a week at a classroom setting within the high street, the remaining time from Mon-Fri between 10-3:00pm a week, the intern would be in a placement- from in which they learn skills on the job.

Further information and leaflets can be found here [Reading Directory | Supported Internship Reading 2023](#)

Please see a video link of what some of our current interns say about the program and it's life changing impact for them: <https://youtu.be/TxRi98pdW1o>

To apply, or find out more information please contact us:

Zain Mehmood T: 07783811064 E: zain.mehmood@prospects.co.uk

Reading Information, Advice & Support Service for SEN (Reading IASS)

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.

Email: iass@brighterfuturesforchildren.org Tel: 0118 937 3421 www.readingiass.org
www.brighterfuturesforchildren.org

Digital Skills & Confidence building courses

Digital Gum, bringing digital skills to life for those needing some digital fire power to start their career, re-launch themselves or get their business digitally on track. Our young persons courses are designed to build the confidence to go get that dream job. Our re-launcher courses are designed to build confidence to return to work. We understand it can feel a little overwhelming to know where to start with your 're-launch' you process - let us help you start your journey. Our courses are run at [The Curious Lounge](#) in Reading Town centre right by the train station.

Funding is available to offer free places to people in Reading who would love to return to work after a career gap or have been made redundant but are lacking in confidence. These are the [courses](#) and this [blog](#) should give you a flavour of the outcomes.

I run them at [The Curious Lounge](#) in Reading town centre which has been designed to be warm, welcoming and inspirational.

Contact: Louize Clarke Tel: 07854 189407 email: hello@wearedigitalgum.com www.wearedigitalgum.com

Dates and times of courses can also be found here: [Digital Skills & Confidence building courses | Reading Services Guide \(openobjects.com\)](#)



Vision – Post 16

Welcome to Vision - Post 16

Cranbury College's Post 16 Provision is called "Vision"

Students work alongside members of staff to complete academic qualifications and gain skills to help them transition into further education, apprenticeships and full time employment.

The curriculum at Vision provides for students who have a variety of needs with a clear pathway in mind. Students can study Maths, English and Psychology at GCSE and English, Maths and ICT Functional Skills Level 1 and 2 as well as a range of other accredited courses including, Art, Princes Trust, Jamie Oliver Cooking Skills, Hair and Beauty, Child Care and Construction.

T:01189 376847

Cranbury College, Cranbury Rd, Reading, RG30 2TS

e.conroy@maidenerleghtrust.org

Further information can be found here

http://search3.openobjects.com/kb5/reading/directory/service.page?id=PJz_tb6l5Vo&familychannel=3

Autism Berkshire SocialEyes course for autistic adults aged 19+



Talking sense about autism.

This **free** course for adults on the autism spectrum, aged 18 or over, helps to develop social skills and understanding. SocialEyes was developed by the **National Autistic Society** in conjunction with people with autism and Asperger syndrome and leading professionals in the field.

SocialEyes does not ask people on the autism spectrum to change 'inappropriate' social behaviour or to acquire social skills by copying the 'typical' behaviour of others. Instead, it gives people the option of learning social interaction skills or alternative social strategies.

It focuses on eight social skills that people on the autism spectrum can have difficulty with, including starting and ending a conversation, body language and facial expressions, eye contact and personal space.

The course in Reading is made up of weekly two-hour workshops, running over six weeks in the evening.

Click on the link to our website to register for a free place on this course.

It is funded by Reading Borough Council's New Directions service.

For more information about forthcoming courses, call 01189 594 594 or email admin@autismberkshire.org.uk

01189 594 594

contact@autismberkshire.org.uk

Learning to Work

Learning to Work is a local charity working for the benefit of local young people, schools, colleges and businesses. Learning to Work creates high impact activities with local employers to inspire young people including those with a Special Educational Need/Disability (SEND), to educate them about opportunities and give them the skills they need to be successful. Please visit our website for more details on our service:

www.learningtowork.org.uk Tel: 01753 502384 Email: info@learningtowork.org.uk

Starting Point Reading

Monday to Friday 9am until 5pm

Starting Point is mentoring service that support young people aged 16 – 25 into employment, education or training (NEET).

We mentor any young person aged 16-25 who is currently, or is at risk of becoming NEET **(including those with SEND)**. We also work with vulnerable Year 11s in their transition from school into a positive destination. All mentoring focuses not only the practical aspects of finding employment or further education, but also on the social and emotional wellbeing of an individual which contributes to them being NEET.

There is no fixed time limit to mentoring and we strive to never have a waiting list so that a young person in need of mentoring can access the support straight away.

Whether you're hoping to find work, do a course at college, start an apprenticeship, or just don't know what you want to do - we can provide you with the support to get you where you want to be.

Sam Lloyd Project Manager Tel: 07864 040466 sam.lloyd@themustardtree.org

[Starting Point](#) [The Mustard Tree](#)

The Prince's Trust

The Trust supports people aged 13-30 who are looking to make a change in their lives?

If you're unemployed or struggling at school, The Prince's Trust can help you in a number of ways, including free training courses, brand new experiences, support, mentoring and finance. We provide a different course in different subjects every month, so we try to cater to as many different young people and their needs as we can.

We meet or talk on the phone to all young people who are interested in a Princes Trust course and we will assess with the young person what the right course is for them and what individual support needs that they require.

If a certain course from a practical standpoint is not suitable for the young person or we feel we won't be able to give the young person the support that they need, we will continue to engage with that young person and try and get them on the course that's right for them.

Call Free on 0800 842 842.
www.princes-trust.org.uk

Shaw Trust

Shaw Trust is a national charity that supports people who are disabled or disadvantaged into work, gain skills and take control of their futures.

Over the past thirty years, the Trust has striven to combine its charitable heart with its commercial brain to provide the very best support to the people it was set up to serve.

Shaw Trust is the largest third sector contractor for Department for Work and Pensions.

We deliver both mainstream (Work Programme) and specialist (Work Choice) employment support schemes across Britain and help over 50,000 people per year. It also helps people gain skills and into work via a wide range of other activities including education and skills contracts, 49 shops and a national volunteering programme as well as health and social enterprise projects.

For further information contact 01628 824444
<http://www.shaw-trust.org.uk>

The Ways and Means Trust Ltd

We offer work based training for adults with learning difficulties or mental health difficulties in a safe, friendly environment.

We offer training, work experience and volunteering in catering, horticulture, warehouse work & cleaning.

A free minibus runs from Caversham.

Anyone may refer to us. Social Services, parents, carers or self referral.

Open Monday to Friday 8.30am to 4.30pm
Unit 26, Manor Farm, Rotherfield Peppard,
Henley-on-Thames, Oxfordshire RG9 5LA
No 1:1 support or personal care available.

Contact Denise Jones on 01491 628933 or
email: mail@waysandmeans.org.uk

Graft (Thames Valley) Limited

Graft Thames Valley is a small but dynamic charity that aims to eradicate barriers to employment for disabled or disadvantaged people struggling to find a job. Our individualised training and "end-to-end" support will create a programme designed entirely around your own needs and ability.

Our services are entirely **FREE OF CHARGE**. We can help with CV writing, job searching, work experience placements, one to one support and work related training courses.

Graft aims to provide information, advice and guidance to disabled and disadvantaged groups who are looking for employment and work related opportunities. We can help with CV writing, job searching, work experience placements, one to one support and work related training courses.

Supporting adults, older people, young adults (16-25) with disabilities.

Email: info@graft.org.uk Tel: 07729 610536
<http://www.graft.org.uk>

Register and get your FREE Max Card

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 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:
localoffer@reading.gov.uk

Once you have registered your child or young person on the Children & Young Peoples Disability Register (DCR), then you will have the option to create a **Care Passport**.

The care passport can be completed by the parent carer, to provide information about the young person, which can be used when attending short breaks, activities etc. You can only complete the care passport once you have submitted your registration on the DCR. You will then have to sign back in to your account to complete the Care Passport - Sign in [here](#). Once signed in click on 'Your child's disability record', under actions select 'care passport'.

If you need help with registering, please contact the Family Information Service.

Telephone - 0118 9373777 option 2 localoffer@reading.gov.uk



Day Services

Day centres

Day centres are friendly, welcoming places offering a variety of leisure, educational, and health and well-being activities. Different day centres are available for older people, and people with physical disabilities, learning disabilities or mental health problems. Day centres will have trained staff on site to offer support as required.

Drop-in centres and community hubs

Drop-in centres and community hubs are similar to day centres in that they provide various activities and opportunities for older adults, and adults with learning disabilities, mental health problems or physical disabilities. However, they don't require membership or booking - you can just turn up.

You often don't need to tell a drop-in centre or hub in advance that you will be coming on a particular day. This is great when you don't know how able to leave the house you will be on any given day.

Drop-in centres and hubs are a great way to meet other people, to join in a variety of activities if you want to, and to try new things and have fun.

Please see list of Day Services below available to Reading residents.

Home - Kingsley Organisation

Golden Planet Project Academy

Optalis Day Services

Out & About @ Optalis - Evening and weekend activities for adults with SEND

Parity - Services for People with Profound and Multiple Disabilities

Reading Mencap 4ME Day Activity Service

Fab4All Day Activity Service

Ridgeline Trust Therapeutic Garden

The Rising Sun Arts Centre - Move Up Project

Stepping Stones Day Services

Thrive

The Yume Project

The Inclusion Project

Chiltern Centre - Supporting Young Adults with Disabilities

Social Groups, Leisure & Events

SPECIAL UNITED

SEND Youth Forum
£10 Amazon Vouchers!!



A Youth Forum for Young People who:

- have Special Educational Needs and/or Disabilities
- are 8 -25 years old live in the Reading Borough area
- AND siblings of these young people

The SPECIAL UNITED Youth Forum - Regular Zoom Events

For more information Email rgebridgman@aol.com

Visit: <http://www.readingfamiliesforum.co.uk/index.html>

Autism Berkshire

Autism Berkshire 197 Club



Meetings are currently taking place online - email Kevin Jackson for details.

This club for adults with autism spectrum conditions and their parents/carers meets fortnightly in Reading, normally on Monday evenings.

Every other meeting takes place at The Outlook pub. Venues for the other meetings vary and can include bowling arcades, restaurants or walks.

Full details of forthcoming meetings and outings are available on the leisure activities page on our website.

Contact: Kevin Jackson Co-ordinator

01189 594 594 197club@autismberkshire.org.uk [Autism Berkshire leisure activities](#)

Berkshire Autism Alert Card

The aim of the Berkshire Autism Alert Card scheme is to provide a simple way for people living with autism, or a parent or carer, to quickly and easily explain their condition to others, giving cardholders more confidence to go out and about.

Autism Berkshire issues the Berkshire Autism Alert Card free of charge to anyone with an autism spectrum condition.

Applications can be made using the online form on the Autism Berkshire website or by downloading and completing a printed form, which should be posted to the Autism Berkshire office or scanned and emailed to admin@autismberkshire.org.uk T: 01189 594594 [Berkshire Autism Alert Card](#)



FaB4All - Day Service for people with SEND



Fab4All provide Day Centre facilities in our fully accessible Purpose-built building, for individuals with a range of abilities, including Learning difficulties, Physical disabilities, Mental health problems and the Elderly.

Our purpose is to provide a safe and secure environment for our members and promote their social, cognitive, physical, and emotional wellbeing. We aim to build a community to help prevent social isolation and loneliness and promote wellbeing.

Our dedicated and trained staff encourage an inviting and relaxing atmosphere for our members. We take pride in providing a range of activities, including arts and crafts, computer skills, games, and a selection of indoor sports adapted to our members' needs.

We have a relaxing Sensory Room which is a wonderful space full of lights, sound, and touch.

Full Day Activities 10am-4pm

Half Day Session 10am-1pm or 1pm-4pm

Wednesday evenings 7pm-9.30pm

Contact: Christina Ross 0118 9860705 info@mapclub.org.uk

[Reading Directory](#) | [Fab4All - Day Service for people with SEND](#)

The Move Up Project

Move Up is a project run by people with learning disabilities based at the Rising Sun Arts Centre. Move Up is a whole day of activities in a relaxed environment where you can learn a variety of creative skills and take part in exciting art-based projects.

All sessions are run by experienced artists and tutors with expertise in running classes and workshops in these art forms. A 'Snack Bar' is open all day, selling healthy snacks. The snack bar area is open for you to relax and meet friends whether you are taking part in classes or not.

A new day of exciting, creative, learning activities for adults at the Rising Sun Arts Centre. Tuesday's, 10.45am 'til 4.45pm. And in the evening....Finches Bar, open from 7pm on alternate Tuesdays

No Personal Care available. Rising Sun, 30 Silver Street, Reading, RG1 2ST

enquiries:programming@risingsunartscentre.co.uk

FB: www.facebook.com/TheRisingSunArtsCentre

Tel: 0118 986 6788 **E:** info@risingsun-artscentre.co.uk <http://www.risingsun-artscentre.co.uk>

Reading Mencap Groups & Activities

21 Alexandra Road, Reading, RG1 5PE

T: 0118 966 2518

E: office@readingmencap.org.uk

Services for Adults

Adult Day Activity Services - [For Adults - Reading Mencap](#)

4ME

4ME Activities offers exciting opportunities for adults with learning disabilities to enjoy a range of daytime pursuits. Our daily activity groups give members the chance to try all sorts of new, interesting and fun things.

The service runs Monday to Friday from 9.30am to 4.30pm at 21 Alexandra Road, Reading RG1 5PE.

Members have a big say in choosing what they would like to do, with recent activities including rugby, climbing, zumba, cooking, drama and crafts. In the summer, we go canoeing and play tennis. We bring in expert instructors to provide special sessions such as drumming, yoga and dance.

We also get out as much as we can to local museums, garden and leisure centres, parks and cafes. We've also enjoyed days out to places like Legoland.

For more information and to ask about fees, telephone the office on 0118 9662518 during office hours (9.30am to 1.30pm) Monday to Friday.

Hear our Voice

We meet every Monday morning. We are a self-advocacy group and we like speaking up for ourselves.

Hear Our Voice, formerly known as Coffee Club, meets every Monday from 10am – 1pm at the Museum of English Rural Life (MERL), Redlands Road, Reading RG1 5EX.

Gateway Club

Like craft, snooker, climbing and going to the pub? Join us at our Tuesday evening Gateway Club.

Gateway Club meets on a Tuesday evening from 7.15pm – 9.15pm. The cost is £3 per session.

Performing Arts Club

Everyone's a star at Performing Arts Club

This is a lively club, where members get the chance to sing, make music and act.

Reading Mencap Choir

For those who love to sing

We all love to sing at Reading Mencap and run an inclusive community choir for adults with a learning disability, staff and volunteers.

Check our website for next performance.

Make/Sense MONDAYS!

A new adult theatre company for people with autism and/or learning disabilities

Make/Sense Theatre is forming a company of adults interested in acting, movement and/or theatre making for 40 weeks from September 2022 to July 2023

@ South St Arts Centre, Reading, RG1 4QU Mondays 10am - 3pm Age 18+



At the end of the 40 weeks we will perform a devised piece in the main theatre. No experience is necessary, just a willingness to give things a go!

Every Monday from 10am - 3pm we will come together to be creative and have fun!

We will develop our skills in stagecraft and acting all whilst meeting new people who share a similar interest in the arts.

Opportunities for company trips to shows at South St and other Reading venues may also be available at an additional cost.

£25 contribution per week Paid half termly in advance. Commitment to the full year is preferred but not required

To secure your place please contact team@makesensetheatre.com

Independence Youth Club at Cressingham

Cressingham short breaks are pleased to offer a new independence youth club that will run one Friday evening per month.

The club will be for teenagers up to the age of 18yrs old. They will have a moderate learning disability and be able to participate in independence activities such as:

Money management

Shopping skills

Cooking

Travel training

Organising trips out

The aim of the group is to support and develop life skills and to build and maintain friendships.

One Friday per month 3pm-8pm – Free

Contact Samantha Whitehouse

Tel: 01189374201

Email: cressingham@brighterfuturesforchildren.org



Sense is a national charity that supports and campaigns for children and adults who are deafblind. We provide advice and information as well as specialist services to people with dual-sensory impairments.

Who We Support:

Deafblind people, their families and friends, and professionals.

Sense produce a newsletter and weekly online/zoom activities for all the family to help you with lockdown.

Call: 0300 330 9250 E: info@sense.org.uk W: <https://www.sense.org.uk/>



Reading Rep & Make/Sense Theatre Creative Youth Assembly



This unique and carefully crafted youth theatre with a youth club feel is the perfect opportunity for SEN young people aged 11+ to be supported in developing their social skills and making friends whilst building their confidence and self-expression through drama and dance/movement.

Half Assembly (11 – 25 years) Thursdays 6.15pm – 7.15pm

This is for young people who are keen to make friends, develop their social skills whilst taking part in fun drama and movement workshops, but would prefer not to perform.

Full Assembly (11 – 25 years) Thursdays 6.15pm – 8.15pm

This is for young people who may have some experience of drama and/or dance and want to develop these skills and work towards productions. They may also be looking for more opportunities to socialise and make friends in a supportive and fun environment.

The Avenue School, Conwy Close, Tilehurst, Reading, RG30 4BZ

£8.50 (Half Assembly) and £16 (Full Assembly) per week paid half-termly in advance

Gathering (6.15pm – 6.30pm) Arriving to activities can sometimes make us feel anxious and people can also be delayed or get stuck in Reading traffic on the way. With this in mind, we ease our participants into the evening. Whilst chatting with friends and the Make/Sense team they can listen to music, or enjoy calming and creative activities and a drink and snack as everyone arrives.

Exploring (6.30pm – 7.15pm) For 45 minutes, our founding practitioners facilitate fun drama and dance/movement sessions (depending on numbers we might be in two groups). At the end of these sessions, our Half Assembly participants go home.

Socialising (7.15pm – 7.30pm) Young people who have signed up to the Full Assembly have a short comfort break. They can eat a packed dinner or have a drink and small snack on us whilst catching up with their friends. Staff will be on hand to facilitate conversations between young people to nurture friendships and social skills.

Creating (7.30pm – 8.15pm) For the final 45 minutes we will come together to work as the Full Assembly on an extended performance project. This will culminate in a show once a year in the main Reading Rep auditorium, with more informal opportunities organised to share work with an invited audience at the end of each term.

Saturday Assembly (13 – 25 years) Saturdays 10.00am – 1.00pm

Another hour of imaginative fun is added onto our usual youth assembly format, with ample opportunity for young people to socialise and develop their creative skills.

Reading Rep Theatre, Kings Road, Reading, RG1 4LY

Half Assembly – £16 per week Full Assembly – £18 per week Paid half-termly or on an ad hoc basis in advance.

Free Trial

We offer a free trial workshop, so all prospective participants can get a true feel and understanding of how we work and see if it's for them!

Please contact us at team@makesensetheatre.com to book a free trial session.

Berkshire West Autism & ADHD Support Service



The Berkshire West Autism & ADHD Support Service provides advice, workshops and courses for children and young people aged 5 to 25 who are autistic or have ADHD – or are waiting for an NHS assessment – and their families.

The service is a partnership between Autism Berkshire and Parenting Special Children, delivering services on behalf of the Berkshire West NHS Clinical Commissioning Group, which serves the Reading, Wokingham and West Berkshire council areas. Please note that you must be registered with a GP surgery that is part of the CCG to get support from this service.

You can contact the service at any time using our contact form, by email at contact@autismberkshire.org.uk or calling 01189 594 594 (option 1) – please include a daytime phone number in your message, so our team can get in touch.

Click the website link below for details of the wide range of support available.

Julia Cox Senior family support worker

01189 594 594 (option 1) contact@autismberkshire.org.uk

<https://www.autismberkshire.org.uk/berkshire-west-autism-adhd-support-service/>

Parenting Special Children - The Diagnosis Support & Helpline Service

Diagnosis Support and Helpline Service

The Diagnosis Support & Helpline Service offers one to one support, signposting and information to families who have recently received a diagnosis for their child/young person or are awaiting an assessment.

This service can support parent/carers in a variety of ways:

- A pre-booked telephone consultation
- Ring our Helpline
- E-mail conversation
- Face to face meetings

We aim to help parent/carers on a 1:1 personal level by:

- Offering understanding and support at an emotional and often frustrating time
- Reducing parental loneliness and self-blame
- Building up the self-esteem of the parent/carer by offering knowledge, useful tips and strategies to manage behaviour
- Signposting families to other local and national services
- Offering several ways of contacting the service when convenient for the parent/carer (phone, text, email, Social Media)

We hope that this support will enable you to begin to adjust to the news of the diagnosis or to help you through the assessment process and to lessen the feelings of isolation and anxiety that many parent/carers have at this time.

Find out more here [Parenting Special Children - The Diagnosis Support & Helpline Service | Reading Services Guide \(openobjects.com\)](#)

Contact Jennie Kettell 07990 761676 e: dss@parentingspecialchildren.co.uk

Mental Health in Reading - Information page

What is mental health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Mental health problems are very common and there is lots of support available. Most conditions do get better with treatment and many people recover completely.

[Reading Directory | Mental Health in Reading - Information page](#)

Take notice of your health

If you are experiencing one or more of the following it could be an early sign that you need to speak to your [GP](#):

- Eating or sleeping too much or too little
- Withdrawing from friends, family and activities you usually enjoy
- Yelling or fighting with family and friends
- Constantly feeling tired or like you have no energy
- Feeling numb or like nothing matters
- Unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, emotional, angry or scared
- Experiencing severe mood swings
- Having persistent thoughts and memories you can't get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Struggling with normal tasks, like getting to work or school

Further information can be found by clicking on the link

https://servicesguide.reading.gov.uk/kb5/reading/directory/advice.page?id=XI_aBXly8aA

Some Local Services

Berkshire West Your Way

Berkshire West Your Way offers a range of mental health support, including a flexible programme of groups and activities in the community led by service users and peer supporters.

Call 0118 966 0240

Visit <http://www.together-uk.org/yourway>

or email: berkshirewestyourway@together-uk.org

Sport in Mind

Sport in Mind provide physical activity sessions for adults (18+) experiencing mental health conditions to promote mental wellbeing and enrich lives.

Call 07341267740

E-mail info@sportinmind.org

or visit our website <http://www.sportinmind.org/>

Samaritans

The Samaritans offer a broader range of services than most people realise. If you're worried, anxious, depressed or suicidal, the Samaritans offer safe, confidential support so you can talk about your problems and make sense of your situation.

Face to face support: 59a Cholmeley Road, Reading RG1 3NB. Open 11 am - 10 pm. Call 0118 926 6333

24/7 Helpline: 0116 123 or visit www.samaritans.org or email: jo@samaritans.org.uk



New service for carers

- Get support to help you in your caring role
- Find local services and sources of help
- Look after your health and wellbeing
- Connect with other carers
- Understand your rights
- Carers Assessments for Reading-based carers

Information, advice and support services for family carers in Reading and West Berkshire will be provided by the Reading & West Berkshire Carers Partnership from 1 November 2022. The partnership members - Age UK Berkshire, Age UK Reading, CommuniCare and Reading Mencap - all have a successful track record of working with carers.

How to contact the Carers Partnership

CommuniCare provides information, advice and support to carers in need in Reading and West Berkshire.

CommuniCare, 233 Kings Road, Reading, RG1 4LS

☎ 0118 926 3941

✉ office@communicare.org.uk

🏠 www.communicare.org.uk

Reading Mencap offers support for carers of children and adults with a learning disability and/or autism.

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

☎ 0118 966 2518

✉ carers@readingmencap.org.uk

🏠 www.readingmencap.org.uk

Age UK Berkshire provides support for the carers of older people age 50 plus in West Berkshire.

Age UK Berkshire, Unit 119, Broad Street Mall, Reading, RG1 7QE.

☎ 0118 959 4242

✉ info@ageukberkshire.org.uk

🏠 www.ageuk.org.uk/berkshire/

AGE UK Reading offers support to carers of older people over the age of 50 in Reading.

Age UK Reading, Walford Hall, Carey Street, Reading RG1 7JS

☎ 0118 950 2480

✉ carers@ageukreading.org.uk

🏠 www.ageuk.org.uk/reading/

Age UK Berkshire Charity No. 1146462. Age UK Reading Charity No: 1103557. CommuniCare Charity No: 1078694. Reading Mencap: 1118287.



**This Service is provided by the Family
Information Service on behalf of
Brighter Futures for Children**

Contact us on:

Tel: 0118 937 3777 (opt 2)

Email:

localoffer@reading.gov.uk

www.readingsendlocaloffer.org.uk