



Registered Charity No: 1104708

From Me2 U

Newsletter November 2010

Welcome to the winter newsletter. We have been busy in the last few months, making lots of new matches, our third 'weekend away', organising fundraising events, and planning our Christmas party, which is right around the corner. More information on all of this and more can be found inside!

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Me2 Club Christmas Party - 11th December 2010

All of our young people and volunteers are invited to join in some holiday fun at our Christmas Party. There will be party food, a clown and a visit from Father Christmas.

Date: **Saturday, 11th December 3pm-5pm**

Location: **Woodley Airfield Youth Centre**

Invitations are enclosed. Please return the reply slip by 22nd November so we can tell Father Christmas who's coming. See you there!

Weekend Away

The slightly soggy weather did nothing to dampen spirits on our final trip of the year. A big thank you to all the volunteers and young people for their energy, enthusiasm, and have a go attitude. It was brilliant to see friendships developing between young people that had never met before.

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job vacancy and gymnastics*



Dates for the diary:

- 19th November - Manual Handling Training.
- 19th November - Deadline to sign up to the Santa Fun Run.
- 25th November - FIRST Volunteer Committee Meeting - Please contact Amy if you'd like to come along.
- Saturday 5th December - Santa Fun Run.
- Saturday 11th December - Me2 Club Christmas Party.

Please do not reproduce any of the photographs that appear in this publication without permission. Thank you.

Me2 Club Runners

The Me2 Club is always trying to raise funds for the work that we do, and in the current economic climate this is harder than ever. Therefore we are thrilled that so many people have signed up to running events on our behalf.

Santa fun run

On the 5th December a team of 15 Me2 Club Santas will be running 5K around Greenwich Park in London - each is raising money for the Me2 Club.

We'd like to wish them all loads of luck in their training and fundraising and we'll be there to cheer them on.



Want to join them?

There are still places on the run, but the deadline to sign up is **19th November**.

For full details contact Amy, or sign up now at:

www.doitforcharity.com/book-online.aspx?eid=1225&cid=71419&charity=true
(it's a long link, so if its easier email us and we'll send it to you!)

Marathons and Half Marathons

5K isn't enough for some Me2 Club fundraisers and next spring Amy (Me2 Club coordinator), Sam (Me2 Club volunteer) and Gary (another volunteer) will be running the **READING HALF MARATHON** in aid of The Me2 Club. Gary will also run the **PARIS MARATHON** to raise even more money!



Amy, Sam and Gary are aiming to raise as much money as possible from all their running and will also need motivation to keep up their training throughout the cold wet winter months. They'd love it if you could spare a few pennies (or pounds!) to sponsor them.

Visit their Just giving page at: www.justgiving.com/Amy-Sam-Gary

We'd also like to give a big thanks to Tom Boden who is also running the Reading half marathon on our behalf - THANK YOU!



Anyone who'd like to do a fundraising event for us can set up a just giving page to collect sponsorship - just visit www.justgiving.com

Why we do it!

'He's integrated so well into the group and has come along so much since he first started. It's not always possible to adapt activities but having a volunteer means that he can still be involved. It's great to see how far he's come.' Scout Leader

You are doing a fantastic job Me2! We really appreciate all your help and support. Parent



'There is nothing more rewarding in life than seeing Toby progress week to week at Cubs'. Volunteer



Adam went away on a weekend trip with the Me2 Club. He hadn't stayed away from home without family before, and it has definitely increased his confidence. He thoroughly enjoyed the trip and it helped a great deal having his volunteer with him, he would not feel confident to stay away on his own. He is now more willing and able to try and participate in activities that he wouldn't before. Adam's volunteer is absolutely brilliant with him, he trusts him completely and thinks of him as a big brother. For the family it was absolutely fantastic as it gave us a break which we were desperate for. Thanks! Parent

Me2 Club new projects update

Third Successful 'Weekend Away'

It's hard to believe our residential trips are over for this year, but not before 9 children and young people along with 12 volunteers enjoyed our third incredible trip at the end of Oct. Everyone enjoyed themselves and tried many new activities including a low ropes course, maze, obstacle course, archery, pond dipping, orienteering, camp fire and art activities and games. We are looking for more funding to allow us to continue these brilliant trips next year. Any ideas - please let us know.

**'Everything was best because
it was all fun and new.'**

'Seeing the joy in the faces of the children and young people on the trip allowed me to appreciate that there is more to life than shopping and watching the TV!'

'This is the most amazing thing I've ever done. The best thing in my whole life. Thank you.'

'We've got to know each other better and this will improve our bond.'



Inclusion Training

The inclusion training project continues to prove popular and we have had a range of activity leaders coming along to the training sessions. These have included Youth workers, Ice hockey coaches, Beaver leaders, Guiders, Playworkers, Canoe instructors, Swimming assistants and more.

We've been getting really positive feedback from participants and are exploring funding options to continue the project next year.

'really good, informative and enjoyable'

'I feel more confident to plan activities where everyone can be involved'

'I now have greater empathy and awareness with ASD young people'

We are still trying to raise awareness of these workshops so please do pass on the details to anyone involved in any activity in Wokingham Borough (scout/guide leaders, sports coaches, dance teachers.... all are welcome!) or ask them to get in touch with Emily.

Workshops Coming Up:

Mon 22nd Nov (am) - Epilepsy
Tues 18th Jan (eve) - Introducing disability
Wed 2nd Feb 2011 (pm) - Autism
Wed 23rd Feb (pm) - Behaviour difficulties

Sat 26th March (am) - Adapting Activities
Mon 11th April (eve) - Communication
Tues 10th May (eve) - Autism
Mon 23rd May (eve) - Strategies

More Me2 Club (and other) News

Me2 Club Annual General Meeting

On the 23rd of September the Annual General Meeting was held. Updates were given on the achievements, developments and finances of the project. It was great to see some of our young people attending and taking an interest. Thank you to all who attended. Within the meeting the trustees of the Charity were re-elected as:

Lucy Skye, Chair	Bev Mitchell, Co-Chair
John Turner, Treasurer	Angie Burnish, Secretary

They will continue to work with our dedicated committee to oversee the running of the Me2 Club. The other committee members are: Kim Russell (volunteer), Lynn Palfrey (beaver leader), Nadine Parrington (past volunteer), Paul Knott (parent) and Sarah Mellor (parent). If you'd like to join them please get in touch.

The Queen's Award for Voluntary Services

We are really pleased to announce that the Me2 Club has been nominated for The Queen's Award for Voluntary Service, which is the highest award given to volunteer groups across the UK for outstanding work done in their local communities.



The nomination will be assessed at county level by representatives of the Queen called Lord Lieutenants, helped by a county assessment panel of leading representatives from the local community and they may visit volunteer groups that have been nominated. Each nomination is judged on the benefits it gives to the local community. The Cabinet Office sends a recommended list of volunteer groups that should win the award to the Queen for her approval.

We are meeting the representatives this week so keep your fingers crossed!

A special thank you to the Berkshire Community Foundation Service for honouring us with this nomination.

Wokingham,
Bracknell &
Districts Mencap



Vacancy for a Playworker, up to 4 hours per week £6.50 per hour (term time).

Would suit sixth-former or youngster aged 16 upwards seeking to gain experience working in the community with children.

Also seeking volunteers to work at the Saturday Children's Activity Club and for Wednesday evenings to support youngsters at the Youth Club @ Addington.

To apply, please contact Mencap at admin@wokinghammencap.org.uk

REACH Wokingham: The Parents' Forum for Disabled Children in Wokingham

Government Spending Review Meeting with Andy Couldrick, Head of Children's Services, senior council and NHS officers.

Sunday, 21st November 11:30am-4:00pm at The Acorn Community Centre Fernlea Drive, Wokingham, RG41 3DR

For more information or to reserve a seat contact Judith Newman at info@reachwokingham.com or 07917 142748

Gymnastic Activities for children with additional needs

- Sunday 11-12pm, Coach led for children who would like to do a session independently.
- Sunday 12-1pm, For 5-16 year olds who require 1-2-1 assistance.

Free tasters available, no booking required.

Pinewood Gymnastics Club, Unit 6a, Old Wokingham Road, Berkshire, RG40 3AQ